

INFORMATION SHEET ONROAD 2023

Saturday 11 – Monday 13 March 2023

Last updated 4/12/2022

START POINT

Ashfield Reserve (corner Guildford Rd and Colstoun St) – All Groups

Breakfast will not be served at Ashfield Reserve, but there will be fruit and a hot urn for making tea. There will be a coffee van (have small change on you). All riders please arrive by **6:15am**. There will be speeches and a general briefing at 6:45am and **riders will leave from 7:00am**. Check-in is essential at the marked table where you can also collect your name plate and hand in money, collection tins and silent auction items. Those with dietary requirements can make themselves known here to our head caterers Andrea and Nicole. **Brown** riders may arrive later, as they will **not depart until 8am**.

LUGGAGE TRUCK

On Saturday morning please deliver your luggage to the truck upon arrival. No eskies will be loaded into the luggage truck.

Luggage will go into a Hertz Truck for transport direct to the overnight stop each day. You therefore cannot access your luggage during the day.

On Monday the truck will NOT travel to Busselton, so if you are making your own way home or wish to have a shower at Busselton, you will need to place your luggage or backpack in your group's trailer on Monday morning.

CATERING

All meals are included in the nomination and those with dietary requirements are asked to identify themselves to the head caterers as early as possible.

There will be bananas and biscuits in one vehicle for each group for en-route stops.

There is always water in the vehicles for you to fill up bottles at scheduled and unscheduled stops.

If you are not attending either of the two catered evening meals, please let Jenny know prior to the event so that we are not paying for yours. Should you have extra people joining for dinner, please also let Jenny know in advance.

OVERNIGHT VENUES

Saturday: Pinjarra Football and Netball Club. Dinner catered by Life Cycle. Bring a bike lock.

Sunday: Harvey Brunswick Leschenault Football Club. Dinner catered by Football Club and Brunswick Tavern.

Tenting and swags are an option at both venues.

Both venues will have their bar open from 4pm, so please support them rather than taking your own alcohol.

ROUTE

Essentially the same as in 2022, with a couple of tweaks. Note that in 2022 we deleted the detour along Ridge Hill Road for the first 3 groups. Although this is disappointing for those who love the hill challenge, it has been deemed unsafe and a traffic hazard to stop at the top of the hill.

It is important to note that we do not want family or friends following the groups on the road as this increases congestion.

DISTANCES (to be confirmed)

	Sat			Sun			Mon			Total
	Leg 1	Leg 2	Leg 3	Leg 1	Leg 2	Leg 3	Leg 1	Leg 2	Leg 3	
Brown	35	44	56	64	47	44	48	37	30	405
Yellow	35	44	56	64	47	32	48	37	30	394

Orange	35	44	42	36	42	31	48	37	30	347
Blue	30	38	42	26	42	28	32	23	30	291
Green	30	38	42	26	42	28	32	23	30	291

FINISH POINT

Churchill Park, Adelaide St, Busselton. Vehicles will have to park outside on the road verges.

Groups should arrive between 12:30 and 1:30pm

Departure time for the coaches is 2:30pm.

Please let Event Controller Anita know early in the weekend if you are NOT returning on the bus, as many people change their minds from what they said in their nomination.

Please note that the lunch provided by the Lions Club of Busselton is for riders and crew only, not for families. The Lions provide this free of charge and cater only for the number of participants.

Bike packing for return journey:

Bike packers will have tools to enable them to help you remove your pedals, which you will then pack in your hand luggage. Areas will be designated for you to leave your bike and luggage. You are encouraged to pad your bike yourself first. When all bikes are ready, Metrocount riders will load bikes. They will have cardboard packing to go between bikes. While all care will be taken, they will not be held responsible if something happens to a bike. However, this system is much safer than having everyone trying to load their own bike. Metrocount riders will also unload at Optus Stadium carpark.

PERTH DROP-OFF

P2 carpark at Optus Stadium. Follow Roger Mackay Drive into the stadium area and turn right at the roundabout. The estimated time of arrival is 6:30pm. Please note that there will be a (strict) 20 minute food/drink/toilet stop at a major service station on the way home. There is no need therefore to take food on the bus.

FUNDRAISING

There is a \$200 minimum fundraising requirement. This applies once only within a family and is waived for those who achieve \$200 in the previous OffRoad.

CanTeen will generously recognise those fundraisers who raise \$500+ with a free CanTeen cycle jersey (once only).

COVID PLAN

This will be dependent upon the State mandates at the time.

NO PETS POLICY

It is a policy of Life Cycle for CanTeen that participants cannot take pets/animals of any kind on any event.

TRAFFIC MANAGEMENT PLAN

Main Roads require a Traffic Management Plan. It is vitally important that everyone follows all the rules. Please read through the Rider and Marshal Guidelines on the website (even if you are not a marshal) and make sure you heed marshal and driver instructions as well as road rules.

Each group will have a designated Lead Marshal for all 3 days and this is the person to whom you address all questions and concerns regarding group riding. He/she will wear a pink hi vis identifier. Other marshals will wear orange.

RIDER GUIDELINES

Please read the rider guidelines on the website for safety, as well as consideration for others.

We ask that everyone is mindful of drinking only in moderation, remembering that we have underage people involved and that we are all riding the next day. No eskies will be carried in the luggage truck or any trailers. No alcohol is to be consumed on the coaches on the way home - a strict requirement of Gannaways Bus Service.

FAMILIARISATION RIDES

Saturday 4 February

Meet at Shelley Park Beach on Riverton Drive between Corbel and Beatrice Streets, near the toilet block. Arrive **7am for a 7:30am start**. Potential marshals are asked to attend if possible.

We will ride in two groups (faster and slower) along the foreshore and then proceed to Point Walter (via 2 routes) for coffee. In particular, we hope to see 1) riders who are not accustomed to riding in a peloton and 2) riders new to Life Cycle to familiarise you with us and our protocols.

Sunday 19 February

Start Point: iamFIT cafe, 75 Joondalup Drive Edgewater (next to Bike Time bike shop). Plenty of parking and it is right next to Edgewater train station for anyone that might use the train. 3 options.

Ride Leader: Aaron Lee

Start Time: **6am** start for faster riders (70km) - ride to Yanchep for 4 laps at the new Splendid Park criterium track. Be able to ride a 27kph average – ie Brown or Yellow groups.

7:30am start for Orange Group (40km)

7:30am start for Blue and Green groups – bike path circuit of Lake Joondalup (35km)

70km option <https://www.mapmyride.com/routes/view/5322725989/>

40km option <https://www.mapmyride.com/routes/view/5155685557>

35km Green/Blue route <https://www.mapmyride.com/routes/view/5321505490/>

If you plan to join us for either of these rides, it is helpful if you notify Jenny in advance if possible.

INCLUDED MERCHANDISE

Every participant will receive a commemorative t shirt. These are distributed at Pinjarra on the first night. Please make sure you collect yours.

SILENT AUCTION AND BIDDING AUCTION

There will be a silent auction on Sunday night at Brunswick. If you can provide any items, please let Jenny know beforehand (with a RRP) or hand them in at the start.

SPIRIT OF THE RIDE AWARD

2019 saw the inception of a SPIRIT OF THE RIDE Award, initiated by Marty Seward, who made a perpetual trophy. This will be awarded at Busselton. A judging panel will take input from participants during the event to decide the recipient. Everyone is asked to write their suggestions. Pens, paper and a box will be available at each stop.

The recipient could be any participant or supporter of the event. The criteria for judging will be:

Courage and determination – eg overcoming personal difficulties

Support of others – eg encouragement, humour, selflessness



Positive, enthusiastic attitude – to all participants

Inclusion of all

“Above and beyond” behaviour

There will be many people who display these attributes, so we will rely upon your input to help the judges.

SPARE PARTS

We always take an assortment of spare tubes and tyres which are available each morning and evening. If you use any stock, you need to pay for it later. Please bring two spare tubes with you.

WHAT TO BRING

No pets

Small hand sanitiser if you wish (we will have hand sanitiser in vehicles and at stops)

Sleeping bag, pillow, pyjamas

Inflatable mattress

Small tent or swag if desired

Bike and helmet

Bike lock for Pinjarra

2 spare tubes, tool kit

Your white name plate, attached to your seat, from a previous ride if you have it

3 sets of riding clothes, shoes, gloves, butt cream (use it on the first day)

Drink bottle/s (escort cars will have plenty of water)

Sunscreen, lip cream, hat (we do have sunscreen in all escort vehicles)

Clothes and shoes for evenings and for going home

Toiletries and towel, wipes, torch

Bathers and towel (optional Sunday morning at Waroona). Include a *named* plastic bag or backpack for transporting these on the day.

Money for snacks

Camera

Medication

Ear plugs to block out snoring

Insect repellent if you are susceptible

Chargers for your phone, bike computer, gear changers, etc, A small USB power pack?

Your own Gatorade powder, protein bars, etc if you wish.