

LIFE CYCLE OFFROAD 2023 @ NANNUP

INFORMATION

Last updated 28/8/2023

Dates are **Saturday 30 September to Monday 2 October** (the middle weekend of the school holidays).

SATURDAY START and TRANSPORT

Everyone has elected to make their own way to Nannup, so the coach transport has been cancelled.

Note that the AFL Grand Final has been returned to this weekend, so fans who wish to watch this will be able to stay at the Recreation Centre on Saturday afternoon and watch with the locals.

ACCOMMODATION

We will be staying at the Nannup Recreation and Community Centre on Centenary Drive. There is a gym for sleeping inside, hot showers and an option to camp outside. There are also many other accommodation options in the town. Remembering it is school holiday time, it is advisable to book early if you wish to stay elsewhere.

RETURN TO PERTH

The planned departure time is likely to be about 2pm from Nannup.

CATERING

We will have our own catering team to supply breakfasts, lunches, dinners and morning and afternoon teas.

FUNDRAISING

- A \$200 minimum applies, with exemptions if you raised \$200+ during the March OnRoad and a once only \$200 minimum for any couple or family group.
- Jenny will have Cadbury chocolates, collection tins and Bandanna Bags and you may have to get creative with ideas such as work morning teas, sausage sizzles, games afternoon, book sale, etc. Jenny can put you in touch with others to help as crew for sausage sizzles if you book one when they are available.
- A free CanTeen cycle jersey (once only) for riders who raise \$500 or more will again be on offer.



FACEBOOK POSTS

We love it when you post on facebook before, during or after the event. Please make use of the hash tags advertised during the event while doing so.

NO PETS POLICY

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

PHOTOS

After the event, please send Jenny a couple of your favourite photos. They can be useful for thank you posts and certificates, the website gallery, etc.

MERCHANDISE

New riders will be able to order their blue vest during the ride. Return riders must bring their vest for another row of stitching and will also receive another item. Other articles of merchandise and Life Cycle jerseys will be available for sale during the event.

YOUR BIKE

We emphasise that mountain bikes with knobbly tyres are essential, hybrids are not suitable. Please make sure it has been serviced.

Make sure you read our policy on **Mechanical problems during the ride** as posted separately on this web page. See the link on the website *OffRoad Rider > Information Sheet OffRoad 2020 > Mechanical Problems During the Ride*

SPARE PARTS

We will have some spare tubes and tyres, which can be purchased as needed.

Your spares list – most of these are specific for your bike; we cannot supply every conceivable spare.

- Chain link – correct size for your chain (8, 9, 10, 11 or 12)
- Tubes – correct size & valve type (26", 27.5", 29" Presta or Schrader valve)
- Appropriate derailleur hanger – all bikes have different types and they DO break

GROUPS ON THE TRAIL

We will ride in groups of no more than 12, graded by speed/experience, each with a front and rear marshal who will carry a small first aid kit. We will be using the marking system (for crossing roads, at points of uncertainty, etc.) that we have been using on our social rides.

Support crew from the Toyota Land Cruiser Club of WA will be stationed along the route each day at checkpoints and meal stops. They are there to ensure your safety and comfort, but do not have room for anyone besides injured riders. They will have first aid kits, food and water (and lollies!).

Please also remember that we do not want any rubbish left in the bush, whether it be paper, apple cores or banana skins. Please carry it all out with you or off-load it to a TLCCWA support vehicle or a catering vehicle when you see them.

WHICH GROUP SHOULD I JOIN?

You do need basic mountain bike skills and to have been training so you have a reasonable degree of fitness and skill. You choose your group at the start but can sometimes change groups at lunch or each day if necessary. Groups will be approximately graded from stronger and faster through to slower.

MONTHLY SOCIAL RIDES

The dates, locations and details for our monthly social rides are on the website. Friends are welcome to attend. These can also help you decide which group suits you.

WHAT TO BRING

- Previous OffRoad riders please bring your blue vest – clean and named - for this year's stitching
- Sleeping bag/bedding, pillow (or swag), inflatable mattress, ear plugs
- Warm pyjamas
- 3 sets of riding clothes
- 2 rainproof jackets (1 for riding, one for evenings)
- Water bottle/Camelbak, butt cream, backpack if desired/raincover, bike lock, spare tubes
- Your white name plate, attached to your seat, from a previous ride if you have it
- Warm clothes and shoes for evenings
- Mozzie repellent, sunscreen (we will have plenty), lip balm
- Toiletries, towel
- Medications
- Credit card **and some coins to purchase cool drinks and snacks from us**
- Torch
- Plastic bags for wet clothes
- Garmin or other GPS device with routes loaded (we can help you with this during the event)
- Chargers for all your gadgets, small USB power pack or multi plug?
- Please carry spare parts (see above)
- **Any hydralytes, etc that you may wish to use.**
- A sense of humour and fun