

INFORMATION SHEET ONROAD 2024

Saturday 9 – Monday 11 March 2024

Last updated 19/2/2024

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 Brett and Elly. Brown riders may arrive by 7am, 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: a new venue in 2024, the Murray Aquatic and Leisure Centre (but we won't be swimming).

Dinner catered by Life Cycle. Bring a bike lock.

We will also run a bar on site.

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

Tenting and swags are an option at both venues. Sleep indoors or outside.

ROUTE

Essentially the same as in 2023, with a couple of tweaks.

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

DISTANCES

	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	28	48	37	30	390
Orange	35	44	48	36	47	28	48	37	30	354
Blue	30	38	48	26	42	28	32	23	30	297
Green	30	38	48	26	42	28	32	23	30	297

FINISH POINT

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

Groups should arrive between **1:00 and 1:40pm**

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).

We hope that 2024 will be the year that we reach \$3 million in total donations to Canteen since inception in 1998. What a great combination with the 25th year! Please help make sure this happens.

NO PETS POLICY

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

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

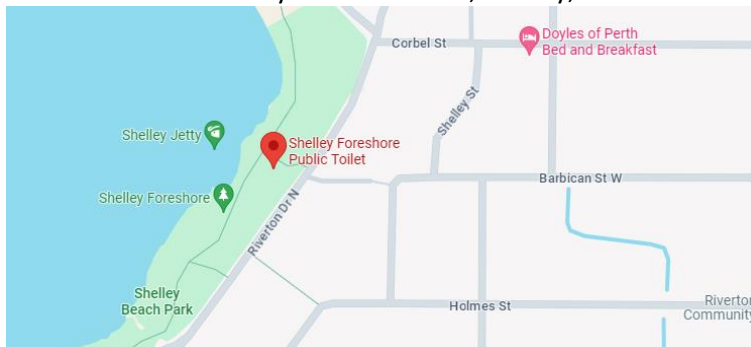
Familiarisation Rides were introduced particularly for new recruits, but everyone is welcome. It is important for those new to the event or to peloton riding to learn peloton protocol, signals, skills and what to expect, as well as meet fellow riders and maybe check your bike. If you plan to join us for either of these rides, it is helpful if you notify Jenny in advance if possible.

Every Saturday morning leaving under the Narrows Bridge south end
Jason will lead a no-drop loop via Fremantle (approx 40km) 0488 097 097

Sunday February 11 – Point Walter and return

There will be a faster group that may go via Fremantle on the way to Point Walter for a coffee stop.

6:30am Meet at Shelley Beach Reserve, Shelley, near the toilet block.



Sunday 25 February – Whiteman Park and Tonkin Hwy cycle path

CANCELLED

INCLUDED MERCHANDISE

Every participant will receive a piece of merchandise. 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.

Barry from Next Bike Balcatta will attend on Saturday and Sunday to help you with bike issues.

WHAT TO BRING FOR RIDERS

No pets

No folding chairs and other non-essential items

Sleeping bag, pillow, pyjamas

Inflatable mattress

Small tent or swag if desired

Bike, helmet, Garmin, etc

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

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

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

\$1 and \$2 coins for cool drinks en route

Medication

Ear plugs to block out snoring

Insect repellent if you are susceptible

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

Phone

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

Your own Gatorade powder, protein bars, etc if you wish. There will be hydrolyte sachets available.

No bathers needed – not enough time at Waroona.