

# LIFE CYCLE 2020 @ COLLIE OFFROAD

## INFORMATION

Last updated 2/10/2020

Due to upheavals in our social system, the committee has opted for a modified event this year. The dates are 31 October and 1 November. You will note that this is only 2 days on a weekend. The start is officially Saturday morning as described below, but committee members will attend on the Friday to get prepared and some of you may wish to come early and stay at the football club with us on Friday night. You may even wish to ride on Friday (no organised option).

### TRANSPORT

To conform to physical distancing requirements, we will not be using a coach to transport riders and bikes. You will need to arrange your own transport and we encourage you to carpool or bring your family. There will be two trailers available on Friday (morning and afternoon) if you are unable to transport your own bike.

### ACCOMMODATION

Our campsite will be the Collie Eagles Football Club in Prinsep St. There are two clubrooms (Collie had two football clubs which merged) and ample space for sleeping. You will be able to sleep outside on verandahs or in a tent on the oval if desired. There are also many other accommodation options as listed separately on this web page. See the link on the website *OffRoad Rider > Information Sheet OffRoad 2020 > Accommodation Options in Collie.*"

### SATURDAY START

For Groups 1 and 2, cars need to park at Wellington Dam Kiosk. We will have someone to watch over the vehicles while we are away riding. For other groups, you will meet at the car park at the end of the Grizzly Trail on Pile Road. There is a map in the brochure to be found on this same page of the website. In both cases, please sign in by 9am for a 9:30am start.

### SUNDAY

- Arklow Trails and Ray's Trail. These are close to town and will be accessed by bike.
- Option 2, Buckingham-Darkan Rail Trail, originally offered, has been withdrawn due to logistical considerations. If you plan to arrive on Friday morning, you might consider this as an option on Friday.

### CATERING

The football club will cater for our Saturday evening meal and families will be able to join us there (for a cost). We will have our own catering team to supply breakfasts, lunches and morning and afternoon teas. Top-up drinking water will be available from vehicles along the route. For those who attend on Friday, we will dine in town in the evening at our own expense.

### FUNDRAISING

- Since many families and businesses will have been through very tough financial times, we are asking that you set a minimum fundraising *target* of \$200 this year.
- Jenny will have Cadbury chocolates, collection tins and Bandanna Bags and you may have to get creative with work morning teas, sausage sizzles, etc. Jenny can put you in touch with others to help as crew for sausage sizzles if you book one when they are again available.
- A free CanTeen cycle jersey (once only) for riders who raise \$500 or more will still be on offer.



### 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 a beanie. 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 new 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. Support vehicles along the route will also have first aid kits. We will be using the marking system (for crossing roads, at points of uncertainty, etc) that we have been using on our practice 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.

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.

There are some choices of trail difficulty at Arklow and Mt Lennard.

You choose your group at the start but can change groups at lunch or each day if necessary.

## **PRACTICE RIDES**

These have now been re-instated and the full schedule is available on the website.

## **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
- 2 sets of riding clothes
- 2 rainproof jackets (1 for riding, one for evenings)
- Water bottle/Camelbak, butt cream, backpack if desired/raincover, bike lock,
- Warm clothes and shoes for evenings
- Mozzie repellent, sunscreen (we will have plenty), lip balm
- Toiletries, towel, wet wipes
- Medications
- Camera
- Money or card for coffee Friday night dinner, etc
- Torch
- Plastic bags for wet clothes
- Garmin or other GPS device with courses loaded
- Chargers for all your gadgets
- Please carry spare parts (see above)
- A sense of humour and fun