

Brisbane to Gold Coast

• CYCLE CHALLENGE •

14th October 2018

100km Info Sheet

Thank you for entering the Brisbane to Gold Coast Cycle Challenge and supporting our event beneficiary – the Heart Foundation. This event will start in Grey Street, South Bank (Brisbane) on Sunday 14 October, 2018. Important information regarding the event is outlined below.

In the event of an emergency anywhere along the route please call 000. Call less serious medical situations through to the event Medical Command Centre on 0400 333 725.

Rider ID envelope

Your rider ID envelope contains your bike bib (and twist ties to attach it to your handlebars - see picture over), which is essential for the ride. Attach it before arriving at the start site - with your number clearly displayed if you hope to be snapped by the event photographers. Additionally, if you:

- **Are a Bicycle Queensland member** you will also receive a green wristband to wear on the event and for entry to the BQ member marquee at the finish site.
- **Booked an early morning train service from the Gold Coast** you will also receive a wristband to wear on the train.
- **Booked a bus ticket** this is to be collected from the Transport Tickets tent when you arrive at the finish site.
- **Ordered merchandise**, it will be sent separately the first week of October (for all orders placed by 30.09.18).

Inclement weather

The event will proceed if it rains. Only extreme weather will force a cancellation. All participants will be contacted via SMS if the event is cancelled and we will post a message on the event website.

Qld road rules for cyclists

Bicycle road rules can be found here - please read them before the ride: <https://www.qld.gov.au/transport/safety/rules/nonpowered/bicycle/>

Start site

Once you reach the event area, follow the signage to your nominated speed category and line up in the appropriate assembly zone. **Start times (progressive from):**

- Sponsors & VIPs (silver)..... 5.15am
- 30+km/hr (red)..... 5.15am
- 25-30 km/hr (orange) 5.30am
- <25 km/hr (blue) 6.00am

Last rider must enter busway by 6.20am sharp

We suggest you arrive 30 minutes prior to your designated start time. **Please refer to the start site map** (on the Info Sheets page of the event website) **for how to access the site.**

Road conditions

There are a limited number of road and lane closures, so you will be sharing the road with moving traffic. **Normal road rules apply at all times and especially note:**

- You must stop at red lights unless a police officer is waving you through.
- **Do not pass on the left** at any time.
- Ride no more than two abreast and allow traffic to pass safely.
- **Remember - each and every rider is a cycling ambassador on the day** - it is important we all do the right thing and set a good example for all road users!
- **Please keep the roads we enjoy litter-free.** Keep any wrappers and rubbish in your pockets. There are bins at each stop.

Signage

It is important to follow the event signage. Signs are not at every intersection, so don't turn off a street until the signs indicate to. Don't make the mistake of blindly following the riders in front of you.

Rest Stops		Food / Drink / Facilities / Services											
Location	Distance (KM)	Water	Bike Mechanics	First Aid	Toilets	Sunscreen	Banana	Hydration / electrolyte drink	Winners Bar	Winners Chews or Gel	Muesli Bar	Coffee (for purchase)	Food & Drink Vendors
Start Site - South Bank	0	✓	✓	✓	✓	✓							
Rest Stop 1 - Eagleby	44	✓	✓	✓	✓	✓	✓	✓	✓				
Rest Stop 2 - Coomera	78	✓	✓	✓	✓	✓		✓		✓	✓	✓	
Finish Site - Southport	100	✓		✓	✓	✓						✓	✓

Please note - Riders with special dietary requirements or allergies who cannot eat the items listed are encouraged to bring their own food supplies.



Safety protocols

- This event is **NOT A RACE**. There is no prize for arriving first. Racing is actively discouraged and may cause you to be excluded from the event.
- There will be a large number of riders participating in the event so please be patient.
- Start straight – have your bike in an easy gear so you don't wobble.
- Ride smoothly – erratic riding such as hard braking or sudden swerving can cause accidents.
- Give yourself space – riding too close to others will increase the chance of a problem if they ride erratically. Space means you can see ahead and plan for potholes, traffic or changes in direction.
- Calling your moves in advance, such as **"passing"** or **"stopping"**, is very helpful to others.
- Riders passing each other in an unsafe manner is the most likely cause of accidents. To reduce this risk please ensure you line up in the coloured category according to your bike bib, be patient in the first few kilometres, exercise caution when passing others and, slow riders, please keep left and ride a consistent line.
- Please listen to announcements at the start site.
- If you need to stop and walk at any stage please move to the extreme left before dismounting and use the footpath if available.

Busway rules

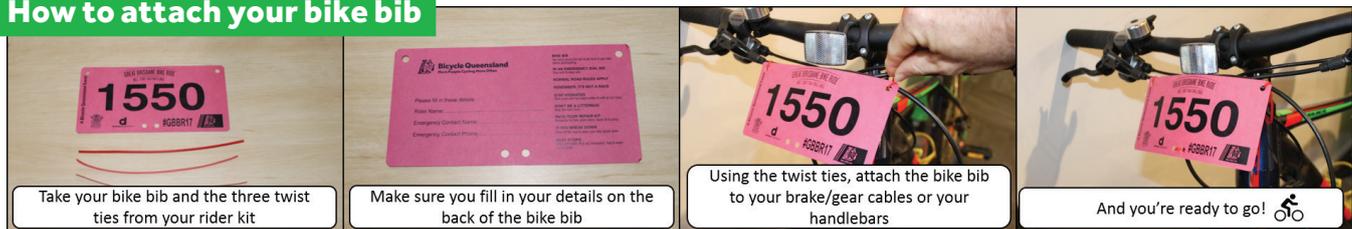
- Riders may only enter the busway at South Brisbane (via the official start portal).
- You must enter the busway by 6.20am sharp (no exceptions).
- Keep to the left lane at all times (emergency or event vehicles may be travelling in the other lane).
- Do not double-back.
- Please do not drop rubbish on the busway.
- You must exit the busway at Eight Mile Plains by 7.30am.
- Anyone who may not meet the time restrictions will be picked up by the SAG Wagon and driven to the end of the busway.
- The busway is closed for this event only - bikes are not permitted at any other time.

The Brisbane to Gold Coast Cycle Challenge is the only event with access to the South East Busway. To make sure Bicycle Queensland continues to be given access we need your help to follow these few simple busway rules.

Rest stops

Remember to refill your water bottle/s before leaving the rest stops. Please be mindful about where you stop and leave your bike: do not block the main access way. Please only take one of each item or other riders will miss out.

How to attach your bike bib



SAG wagon

The SAG wagon (sweep bus) will be following the last rider. If you have not made the cut off times you will be asked to board the SAG wagon and will be driven to the next location to continue the ride. If you do not wish to board the bus then you will be required to hand your rider bib to the bus driver as you will no longer be part of the event. This is a requirement of the Queensland Police Service. Visit <https://b2gc.com.au/cycle-challenge/faqs> for course cut-off times.

Mechanical support

There will be bicycle mechanics at the start, rest stops and mobile along the course. If you require mechanical assistance please move off the road, turn your bike upside down and wait. Mechanical assistance is free of charge, however parts (i.e. tubes) need to be paid for, so remember to bring a spare tube and/or puncture repair kit with you.

After the ride

The ride finishes at the Broadwater Parklands, Southport (next to the Gold Coast Aquatic Centre and opposite Australia Fair Shopping Centre).

- Remember other participants will still be finishing the ride - please keep the finish area clear.
- Drink some fluid and eat something straight away.
- Enjoy live entertainment plus food and drink vendors from 9am-12pm.
- If you've booked transport for you and your bike visit the transport marquee to collect your ticket.
- Smile! You conquered the 100km ride and were part of Queensland's biggest and best bike ride!

There is no parking available - if you are getting picked up it is recommended you ride a short distance away from the site. Bus services are available back to Brisbane or to Nerang Train Station. You can also visit the Bicycle Queensland caravan for a map and directions on how to ride to Helensvale Train Station.

Bicycle Queensland members

Bicycle Queensland members are invited to the BQ marquee. Please wear the green wristband in your rider envelope for entry (as well as to identify you as a member throughout the ride!). We hope you can join us to enjoy some light refreshments, sit in the shade and relax with a complimentary massage.

Your event memento

All photos taken by our event photographers will be available to download free of charge after the event. Don't forget to smile when you are being snapped! You will receive an email with a link to your pics in the days following the ride.