

Brisbane to Gold Coast

• CYCLE CHALLENGE •

14th October 2018

60km Info Sheet

Thank you for entering the Brisbane to Gold Coast Cycle Challenge and supporting our event beneficiary – the Heart Foundation. **The 60km ride will start at Olivers Sports Complex in Eagleby (Logan)** 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 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).

Start site

There is no mass start at this site. **Riders can start from 7.30am and must be on the road by 8am.**

This site is also rest stop 1 for the 100km riders. Please be mindful of this when arriving at Olivers Sports Complex and **avoid driving on the bike route.**

Please consider catching the train to Beenleigh or parking at the station. It is a short ride from Beenleigh Train Station to Olivers Sports Complex.

If driving, we suggest you park near River Hills Park West on River Hills Road and ride from there. Please do not drive any further down River Hills Road than Zachary Street and Sharon Drive as you'll be mixing in with the riders who will be making a left turn into Temma Street

from River Hills Road. Please note - Wagner Street will be closed to traffic.

Once you reach Olivers Sports Complex join in with the 100km riders and you'll be on your way to the Gold Coast!

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.

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: www.qld.gov.au/transport/safety/rules/nonpowered/bicycle/

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 - Eagleby	0	✓	✓	✓	✓	✓	✓	✓	✓				
Rest Stop 2 - Coomera	33	✓	✓	✓	✓	✓		✓		✓	✓	✓	
Finish Site - Southport	60	✓		✓	✓	✓						✓	✓

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 be patient, exercise caution when passing others and, slow riders, please keep left and ride a consistent line.
- If you need to stop and walk at any stage please move to the extreme left before dismounting and use the footpath if available.

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.

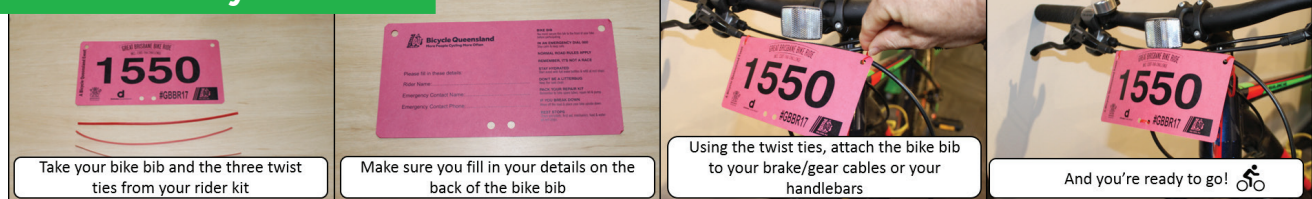
Rest stop

Remember to refill your water bottle/s before leaving the rest stop. 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.

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.

How to attach your bike bib



Mechanical support

There will be bicycle mechanics at the rest stop 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.
- Relax with your free coffee (or tea or hot chocolate).
- 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 60km 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.

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.