

GREAT BRISBANE BIKE RIDE

INCL. COOT-THA CHALLENGE

110km & 75km Info Sheet

Thank you for entering the Great Brisbane Bike Ride, including Coot-tha Challenge and supporting our event beneficiary – Diabetes Queensland. This event will start in Riverside Drive, South Brisbane on Sunday 29 April, 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 029 449.**

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.

Start site

The ride begins in Riverside Drive, South Brisbane. **All riders should enter the site via Jane Street. There is no access to the start site from Bouquet Street or the Kurilpa Park bike path.** Once you reach the event area, search for your nominated speed category and line up in the appropriate holding area.

The ride will start progressively from 6.15am. We suggest you arrive 30 minutes prior to this.

- Sponsors & VIPs (grey bibs)
- 30+km/hr (red bibs)
- 25-30 km/hr (orange bibs)
- <25 km/hr (blue bibs)

Parking

There is no designated parking. If you are driving and parking in the neighbourhood, please be considerate of residents, businesses and parking restrictions.

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. The different length rides sometimes share the same route, so be careful at the signed split and rejoin points.

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.

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 event permit.

Rest stops

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

Sites	Distance		Food* / Drink / Facilities / Services											
	75km	110km	Water	Bike Mechanics	First Aid	Toilets	Banana	Muesli Bar	Hydration Drink	Mixed Lollies	Coffee for purchase	Fruit Bun	BQ member marquee	Food & drink vendors
Start Site - South Brisbane	0	0		✓	✓	✓								
Rest Stop 1 - Indooroopilly	45	45	✓	✓	✓	✓	✓	✓	✓					
Rest Stop 2 - Moggill	n/a	69	✓	✓	✓	✓				✓	✓			
Rest Stop 3 - Corinda	58	92	✓	✓	✓	✓			✓			✓		
Finish Site - West End	75	110	✓		✓	✓					✓		✓	✓

*Subject to change

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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.
- 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.
- Riders passing each other in an unsafe manner is the most likely cause of accidents. To reduce this risk please line up in the coloured category according to your bike bib. Be patient in the first few kilometres and exercise caution when passing others, especially slower riders. Please keep left and ride in a consistent line.
- Calling your moves in advance, such as “**passing**” or “**stopping**”, is very helpful to others.
- Please listen to announcements at the start site.
- If you need to stop and walk at any stage please move to the footpath if available.

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 other riders 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 rest stop.

Qld road rules for bike riders

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

Mt Coot-tha

- Be mindful some riders will be turning left at the end of Simpsons Road and bypassing the climb. Move right if tackling the climb; keep left if taking the detour.
- Keep to the left lane at all times (emergency or event vehicles may be travelling in the other lane).
- On the timed hill climb and subsequent descent extra caution is needed by all - especially as there are many tight corners.

- Do not zigzag across the road.
- If you need to stop and walk - move to the extreme left before dismounting.
- On the downhill you must stay within the speed limit of 50km/hr - this will help avoid hard or erratic braking (be mindful there are lots of riders behind you).
- Part way down there is a veer to the left - be ready.
- You will cross the Western Freeway using the cycling overpass. The entry for this requires you to be no more than two abreast and to slow down.
- Mt Coot-tha will be closed for the event from 6am to 9am. Spectators cannot access it by any means of transport, except bicycle, during the closure.
- **Riders who do not reach Mt Coot-tha by 8.30am will not be able to complete the climb up Mt Coot-tha.**
- Because of the closure time constraints and other traffic implications you should not delay on the mountain - keep moving.

Moggill Ferry Crossing

- The event again has exclusive use of the Moggill Ferry in 2018!
- The crossing takes less than five minutes.
- Riders will be loading and disembarking under marshal instructions.
- Change your gears down before boarding the ferry.
- If instructed, or not confident, walk on to the ferry (remove shoes if necessary).
- There will be toilets, water and a sweet treat for riders waiting. There will also be coffee for purchase.

After the ride

- **The ride finishes on Riverside Drive near Davies Park in West End.**
- 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, food and coffee vendors from 9am-midday.
- **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.

Free photos

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!