

Brisbane to Gold Coast

• CYCLE CHALLENGE •

15 September 2019

100km Info Sheet

Thank you for entering the Brisbane to Gold Coast Cycle Challenge and supporting our event beneficiary – Mater's Smiling for Smiddy. The **100km ride will start at UQ St Lucia campus, on the Eleanor Schonell Bridge** on Sunday 15 September, 2019. Important information regarding the event is outlined below. Please take the time to read it carefully.

In the event of an emergency anywhere along the route please call 000. Call less serious medical situations through to the **Medical Command Centre on 0402 171 968 (until 7:30am) OR 0400 333 725 (from 7:30am).**

Rider ID pack

Your rider ID pack contains your bike bib (and twist ties to attach it to your handlebars - see picture on page 2 on how to attach), which is essential for the ride. Attach it before arriving at the start site with your number clearly displayed (do not wrap it around your bars). 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** to travel back to Brisbane—this is to be collected from the Transport Tickets marquee when you arrive at the finish site.
- **Ordered merchandise**— it will be included in your pack for all orders placed by the mailout due date.

Start site

Once you reach the Green Bridge Busway (off Sir William MacGregor Dr, St Lucia) follow the signage to your nominated speed category on the bridge and line up in the appropriate assembly zone. Alternatively you can ride across the Eleanor Schonell Bridge bike path from the Dutton Park side.

Approximate start times (progressive from):

30+km/hr (red)	5.30am
25-30km/hr (orange)	5.45am
<25km/hr (blue)	6.10am

Last rider must enter busway by 6.20am

Parking— is available at UQ St Lucia (free on Sundays). The best parking to arrive at the start site is along Sir William MacGregor Dr. You can then enter the busway via ramps. 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.

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/

Signage

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

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.

Rest Stops

Eagleby & Coomera—**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. Please only take one of each item or other riders might miss out.

SAG Wagons

The SAG wagons (sweep buses) will be following the last rider with another deployed where needed. 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 Qld Police. Visit <https://b2gc.com.au/cycle-challenge/faqs/> for course cut-off times.

Rest Stops	Food / Drink / Facilities / Services														
	Location	Distance (km)	Water	Bike Mechanics	First Aid	Toilets	Sunscreen	Bananas	Hydration/ electrolytes	Winners Bar	Chews or Gel	Winners	Bun	Coffee (for purchase)	Food & Drink Vendors
Start Site—UQ	0	✓	✓	✓	✓	✓	✓								
Rest Stop #1—Eagleby	40	✓	✓	✓	✓	✓	✓	✓	✓	✓					
Rest Stop #2—Coomera	80	✓	✓	✓	✓	✓	✓		✓		✓	✓	✓		
Finish Site—Southport	100	✓		✓	✓	✓	✓						✓	✓	

Please note—riders with special dietary requirements are encouraged to bring their own food supplies.

Safety protocols

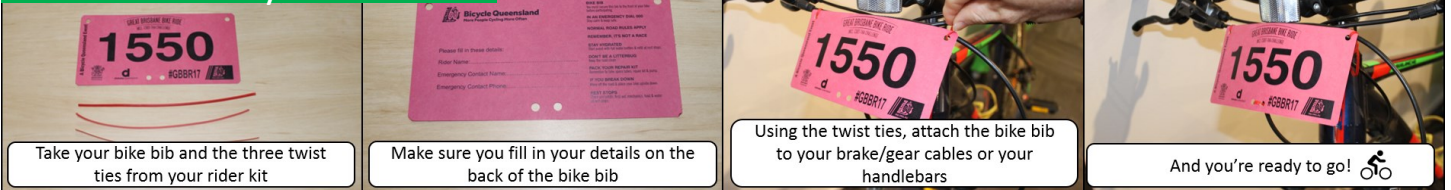
- This event is **NOT A RACE**. There is no prize for arriving first. Racing is actively discouraged and may cause you to be excluded from the event.
- There will be a large number of riders participating in the event so please be patient.
- Start straight – have your bike in an easy gear so you do not 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 problems if they ride erratically. Space means you can see ahead and plan for potholes, traffic or direction changes.
- 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 avail.

Busway rules

- Riders may only enter the busway at Dutton Pk (via the official start portal) by no later than 6.20am (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 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.

To make sure Bicycle Queensland continues to be given access to the South East Busway, we need your help to follow these few

How to attach your bike bib



Take your bike bib and the three twist ties from your rider kit

Make sure you fill in your details on the back of the bike bib

Using the twist ties, attach the bike bib to your brake/gear cables or your handlebars

And you're ready to go!

simple busway rules.

Post 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 have 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!

N.B. 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 (part of your rider pack) 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.

15th year celebrations & mementos!

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.

As a special thank you, you will also receive a complimentary gift to celebrate the 15th year of the Brisbane to Gold Coast Cycle Challenge.

