

Brisbane to Gold Coast

• CYCLE CHALLENGE •

15 September 2019

60km Info Sheet

Thank you for entering the Brisbane to Gold Coast Cycle Challenge and supporting our event beneficiary Mater's Smiling for Smiddy. The **60km ride will start at Olivers Sports Complex in Eagleby (Logan)** 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), 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 as you will not be able to be identified on route).

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** to travel back to Brisbane—this is to be collected from the Transport Tickets tent 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

Olivers Sports Complex— There is no mass start at this site. **Riders can start from 7.30am and must be on the road by 8.00am.**

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.

Parking—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 will be mixing in with the riders who will make 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 will 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 very 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 a message will be posted 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. **Please do not make the mistake of blindly following the rider/s in front of you.**

Mechanical Support

A bicycle mechanic will be at the rest stop and mobile mechanics will be 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. Once the finish line is reached, mechanical repairs are the responsibility of the rider.

Rest Stop

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.



| Rest Stops | | Food / Drink / Facilities / Services | | | | | | | | | | | |
|-----------------------|---------------|--------------------------------------|----------------|-----------|---------|-----------|--------|-------------------------|--------------|-----|-----------------------|---------|--------------|
| Location | Distance (km) | Water | Bike Mechanics | First Aid | Toilets | Sunscreen | Banana | Hydration/ electrolytes | Winners Bars | Bun | Coffee (for purchase) | Vendors | Food & Drink |
| Start Site—Eagleby | 0 | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | | | | |
| Rest Stop—Coomera | 40 | ✓ | ✓ | ✓ | ✓ | ✓ | | ✓ | | ✓ | ✓ | | |
| Finish Site—Southport | 60 | ✓ | | ✓ | ✓ | ✓ | | | | | ✓ | ✓ | ✓ |

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 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.

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 Queensland Police Service. Visit <https://b2gc.com.au/cycle-challenge/faqs/> for course cut-off times.

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 60km 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

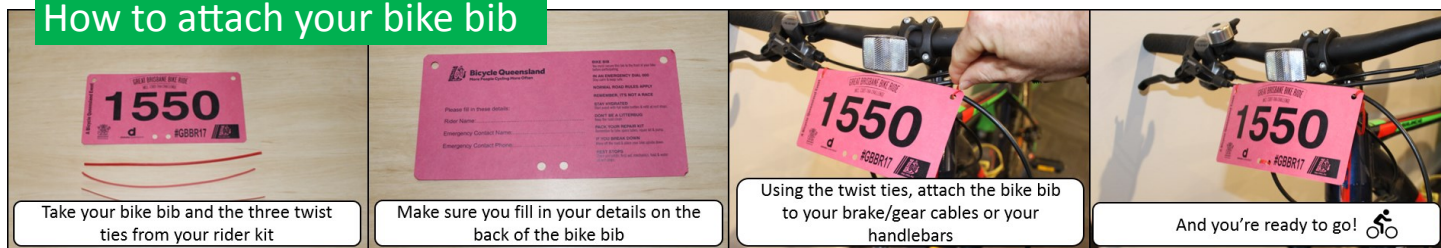
Bicycle Queensland members are invited to the BQ marquee. Please wear the green wristband (part of your rider pack) for entry (as well as to identify you as a member throughout the ride!). We hope you can join us to enjoy some light refreshments, sit in the shade and relax with a complimentary massage.

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.

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! 🚴