



NEWSLETTER NO. 4

FEBRUARY 2009

Welcome to the February newsletter as the heat is turned up in the office and all the elves and helpers are working day and night on the final stages of preparing for the Big Day on March 21st. While all the attention is focused on the start, a lot of work is also being done by Stage Managers and others in preparation for the rest of the ride. Read on, and should there be any questions then someone will have an answer, it's just working out which department it will come from!

STAGE ONE - FULL UP

When registrations closed on Friday 20th for Stage One there were sixty-one riders registered and that means the stage is full. The closing date for all other stages is one month prior to the start of that stage. Alis Alexander, the brilliant Administrative Assistant at the Bike Ride nerve centre, is waiting to receive your forms!

RIDES TO LAUNCH

In Newsletter 3 we mentioned the Rides to Launch which are being arranged by the Victorian launch committee. There have been some changes in the start times so the list below shows the corrected start time on Saturday March 21st. This information is also available from our website www.greataustralianbikeride.org.au – look for the Rides to Launch page

RIDE	LOCATION	MELWAY REF	Distance	START TIME
Southern R1	Mornington Mornington park C/P, Snapper point	Map104-D10	65km	8:00am
Southern R2	Mordialloc Beach car park opp Centre way	Map 92-E1	39km	9:45am
Northern R3	Darebin Arts Centre Bell St	Map 30 –E1	8.5km	11:00am
Northern R4	Cross Keys Reserve ,Strathmore Near car park area behind hotel	Map28-K1	13km	10:30am
Eastern R5	Gardeners Creek, from Glen Iris Eric Raven Reserve, Estella St	Map 59- K9	11.6km	10:30am
Western R6	Werribee Kelly Park Werribee	Map 205- K7	47km	9:30am
Western R7	Altona Logan's Reserve, Pier St	Map 54- /H11	15km	10:30am

Five Rotary districts are combining to launch this great event and if you ride a bike then join in and take part. You can choose to take part in any one of the short rides and there are a number of alternative starting points tailored to suit every rider. Enjoy a casual Saturday morning bike ride to the city or just come to show your support as part of the send off!

People who have already registered for Stage One of the Great Australian Bike Ride can opt to join the ride from Mornington – where Australian Rotary Health began in 19881 – or they can be at the official start of the GABR on the steps of Parliament House at 1.15 pm.

For further details about the Rides to Launch contact Rob Henry on 0417 570 417 or e-mail treborwh@bigpond.com

FINAL PAYMENT FORM

Everyone on Stages 1, 2 and 3 should now be finalising their sponsorship and making sure their sponsors are sending the money to the Australian Rotary Health office. For those keeping a check on their sponsorship money or being sponsored on a per kilometre basis there is a form on the website in the Fundraising page. For Stage One entrants your time is up! Office Manager Jenny Towe is waiting to receive your final payment form and your money to enter. You can send money using the website or send it to Jenny at the office address.

RIDE OFFICE WINNEBAGO AT ADELAIDE CARAVAN SHOW

If you're interested in motor homes then the new Winnebago "Esperance" model, which will be the Ride office for seven months, has come off the production line and will be at the SA Caravan and Camping Show, Goyder Pavilion at the Adelaide Showground, Wayville from February 25th to March 1st. It will then return to the factory for minor modifications before being handed over to the Bike Ride for use as the travelling office.

RIDER JERSEYS AND POLO SHIRTS

The Riders' jerseys and casual polo shirts are now in production and will be landing here very soon for distribution. The jerseys look very colourful and will certainly stand out. They have over thirty sponsors' logos on the front and sleeves plus a map of the route on the back. Everyone seeing them will know you are taking part in the Great Australian Bike Ride! To make sure you receive the right size jersey and polo shirt please download the Medical/Clothing/Bike form which you will find on the "JOIN" page of the website. All riders and volunteers must submit a medical form which will be taken on the event in case there is an emergency or medicines are needed. The Shimano Workshop team also needs to know the types of bikes being used.

IT'S IN THE BAG

DO NOT PACK TOOL KITS, SPANNERS, TYRE LEVERS ETC IN YOUR CARRY-ON BAGGAGE AS THEY MAY BE CONFISCATED AT THE BAGGAGE SECURITY CHECK

The following information has been provided by Rob (Trust Me) Henry veteran organiser of many Rides to Launch and Stage Manager for the Melbourne to Hobart leg.

You must limit your baggage to one sports /travel bag. Every rider is given a day bag to use in the support vehicles and all other luggage is carried in the baggage trailer which goes direct to the overnight stop. The riders who are attending the District conference in Hobart must arrange for their conference clothes to be taken separately by family or friends, as there is no room in the luggage van.

A rider jersey will be supplied plus a polo shirt for casual wear and evening functions. It is good to have two sets of riding gear with plenty of socks. You need proper bike shorts with a chamois insert.

All riders must wear a bike helmet and fingerless gloves. Sunglasses should be worn with a strap to hold them. Pack wet weather gear such as a waterproof jacket. Casual clothes should include trousers or skirt, shorts, a spare shirt/top, windcheater, jacket or coat, bathers, sleeping gear, underwear, toiletries and a towel.

Based on his own experience Rob also advises that there are a number of products on the market that will prevent chafing. "Pyrantel Powder" is one solution and EGO Pharmaceuticals, one of the Ride sponsors, has a number of products that are suitable. Also a cake of Sard soap is good to get the grease out and wash your bike gear each night.

TRAVELLING BACK TO MELBOURNE

For those concerned about being left behind in Tasmania at the end of Stage 2, be assured that unless you have indicated otherwise you are booked in to a motel in Launceston on Saturday night and booked on a flight to Tullamarine on Sunday morning March 29th. Your bikes will be on the trailers aboard the Spirit of Tasmania and they will be at Tullamarine when you land.

BBQ TRAILER – JIM AITKEN

When the Ride starts on the Remote Stages from Townsville to Adelaide one of the most vital pieces of support equipment will be the BBQ Trailer (with freezer) generously loaned to the event by Jim Aitken and Partners. Jim is a man of many parts, one of which is a business hiring out BBQ trailers. He is also principal of a large real estate agency and currently Mayor of Penrith (NSW). He also happens to be the brother of Bob Aitken who Rotarians would know as the long time Managing Editor of the RDU monthly magazine. Thank you Jim for the loan of the trailer.

WHAT ARE THE STAGE MANAGERS UP TO?

Denis Green (Stage 4 Sydney to Brisbane) has driven the route from Sydney to Grafton again with his able assistant Barry Preskett. Denis has been finalising accommodation and catering arrangements and making final adjustments to the route.

Dick Wilson (Stage 8 Perth to Adelaide) had a meeting with Event Manager John Flower at Sellicks Hill just outside Adelaide recently to discuss his Stage arrangements prior to a meeting of interested Rotary Clubs in Adelaide.

David Brown (Stage 3 Melbourne to Sydney) and Geoff Kennedy (Ride Director on the event) both live in Healesville and have been somewhat distracted by other events over the past fortnight or so. David is still finalising a couple of days on the route and just wants the nod from two NSW Police regional areas before having it all sewn up. Geoff is putting the finishing touches to travel arrangements to and from Tasmania.

Ken Brand (Stage 9 Adelaide to Melbourne) visited Sydney recently as he is now on the Executive board of Probus which is based down the corridor from Australian Rotary Health. Ken was briefed by John Flower on arrangements for Stage 9 as well as what to expect when Ken travels on Stage 8 as a volunteer

MEDIA COVERAGE

Gerardine Grace, the Media and Communications Officer for Australian Rotary Health, is now compiling media lists to cover radio, television and newspapers for every day of the Ride. Gerardine is also issuing media releases about the Ride in general and about specific riders who might attract media attention. Once the Ride starts Gerardine will be contacting the media a couple of days ahead of the event with information about when the Ride will arrive in a town, where it is starting or finishing plus who to contact for an interview. If you have a story that you think Gerardine might be able to use to attract media coverage in your local area contact her on gerardinegrace@australianrotaryhealth.org.au (and yes, it is Gerardine with two Rs)

SUPPORT VEHICLES ALL WRAPPED UP



The support vehicles will certainly attract attention on the Ride! Through the good offices of Ross Ballinger at Signwave Parramatta, in conjunction with Avery Graphics, Graphic Art Mart and the Visual Industries Suppliers Association the three Toyota Commuter buses will be "wrapped" in vinyl. The sponsors' logos are yet to be placed on the van pictured above but once they are in place along the roof the vehicles will look stunning. One of the vans will be at the Visual Impact Image Expo Melbourne 2009 being held at the Melbourne Showground, Boulevard Hoecker, Epsom Road, Ascot Vale on Friday 6 and Saturday 7 March from 10 am – 4 pm.

SPONSORSHIP

Terry Davies, Corporate Donations Manager at Australian Rotary Health has been working the phones and letters and we have now signed up with the following new sponsors:

- Caltex Regional Distributors – fuel cards
- Toyota – RAV 4 support vehicle
- Waeco – fridge freezers
- Falken - new tyres for ARH vehicles
- Tyrepower – servicing and fitting new tyres for ARH vehicles
- Clintons Toyota – towbars for ARH vehicles
- Blooms the Chemist – First aide kits for support vehicles
- Avery Graphics – vinyl graphics on ARH vehicles
- Signwave Parramatta – graphic works for support vehicles

THE LAST WORD

It hardly seems possible that there are only three weeks to go to the start of this wonderful event. However as the Ride office is filling with all the paraphernalia needed for the event it is becoming obvious that the start is nigh!

If you have questions about the event go to the website and check out the Frequently Asked Questions there – together with the answers!

If you can't find what you're looking for then ring Alis on 02 8837 1900. If it's about money or payments ring Jenny Towe on the same number.

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Event Manager

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