



FREQUENTLY ASKED QUESTIONS – AND THE ANSWERS

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Where can I get an entry form?

Registration forms will be available from the website. They will also be available from certain bike shops.

Who is eligible to ride?

Riders must be aged 18 years or older on the day of commencement of the ride with the exception of Rotary Exchange students. Each rider must complete and sign the designated registration form. The organiser, may, in its absolute discretion and without giving reasons for its decision, accept or refuse an application for registration. The event will involve a limited number of riders. The selection of entries will be at the discretion of the organiser. All riders must attend the daily ride briefings.

What do I receive for my registration?

You will receive full support while you are taking part in the Great Australian Bike Ride. This includes food and drink at rest and overnight stops, overnight accommodation, access to a bike mechanic and spares on the event, access to online blogs on the GABR website and a certificate of achievement at the end. There will be newsletters and updates available on the Ride website

Conditions of Entry

The terms and conditions under which riders agree to take part in the Great Australian Bike ride are set out on the website.

Is it a race?

No. The event is a ride to raise funds for the Australian Rotary Health Research Fund and to raise awareness of the work the Fund does in mental illness.. There are no prizes for getting there first and competition of any sort is actively discouraged.

How much does it cost?

To participate in The Great Australian Bike Ride, every rider must pay a registration fee of AUD\$550 (including GST) except for those registering for Stage Two for which the registration fee is AUD\$110 (including GST). This amount is non-refundable and must accompany the Registration Form. Riders must also undertake to pay the outstanding amount (total less the registration fee) prior to the start of their first nominated stage. Each stage has been costed on a daily rate as set out in the following table:

Stage	Cost (inclusive of GST)
Melbourne – Hobart	\$750
Hobart – Melbourne	\$250
Melbourne – Sydney	\$2500
Sydney – Brisbane	\$2500
Brisbane – Townsville	\$1750
Townsville – Darwin	\$4000
Darwin – Perth	\$6000
Perth – Adelaide	\$5000
Adelaide – Melbourne	\$2000

Does it cost extra to enter a team?

We do not have official teams as this is a co-operative ride. If you wish to enter a group then each member simply pays for his/her own individual entry.

Can I get a discount for riding more than one stage?

The stage costs have been set and it is not possible to offer a discount. However any entrant who raises \$40,000 (of which at least \$20,000 must be paid prior to the start of the Ride) will be able to take part in all stages. In addition those riders who raise \$40,000 will receive a TREK bike donated by event sponsor TREK Bicycles Australia.

Are there any prizes for taking part in the Ride?

There are no glittering prizes at the end of the ride but event sponsor TREK Bicycles Australia has donated a number of bicycles. As an incentive to fundraise, a TREK bike will be awarded to the top fundraiser for each stage, based on the amount raised prior to the start of your first nominated stage. (multiple stage riders will have fundraising totals contributed to their first stage)

When do entries close?

For Stage One, starting on March 21st 2009, we will accept riders up until February 21st 2009. For all other stages the entries will close four weeks prior to the start of the stage. If we reach our capacity of riders on any stage that will be indicated on the website.

Can I enter to ride on a stage at the start of that stage?

There is a lot of administration work involved in running a stage and it is not possible to turn up at the start and expect to take part unless you have filled in a registration form and completed all the necessary forms. Entries close for each stage a month before they start. The only riders who will be catered for and able to use the event support team will be those who are registered for that stage.

Can I just ride on a stage for one day only?

The logistics of running this event make it impossible for riders to turn up for a day. You may come along and support the riders for a day but the only riders who will be catered for and able to use the event support team will be those registered as riders on that Stage.

Can I request a refund?

Requests for refunds must be received in writing before March 1st 2009 for stage one and three weeks prior to the start of each other stage. No refunds will be given for cancellations made less than three weeks prior to the start of a stage

If I am unable to do the ride, can I transfer my place to someone else?

Yes, providing the person taking over your ride has signed all the requisite forms and agreed to the terms and conditions of the event.

What if I can't make the distance on the day?

On the event a recovery vehicle is provided if you can't make the full distance on a day and you will be picked up and taken to the overnight stop. There is a medical team on the event if medical assistance is needed as well as a mobile workshop supplied by event sponsor Shimano to provide assistance to any bike needing a repair.

What do I need to bring with me on the ride?

You should bring clothes and supplies to last you for the stage. We will carry your bags between stops. You will need to carry an ample supply of water on each day's ride. If possible carry a spare tube and tyre levers although there will be a mobile workshop travelling with the event. Food and drinks will be available at the rest stops. On some stages between Townsville and Adelaide you will need to bring eating utensils and camping gear. Further details will be posted on the website as overnight arrangements are finalised.

How do I find insurance to take part in the ride?

State and territory bicycle associations can provide insurance for riders taking part in bicycle events. You will need to join an association to gain the insurance cover.

Can children ride on this event?

We do not accept registrations from anyone less than 18 years of age. This is a challenging and long ride. Riders will be responsible for training before the event and making sure they are fit.

What happens if it's raining?

Riders should be prepared for all weather. The Ride will keep going whatever the weather, unless there is a danger to entrants because of poor visibility, lightning, storms or strong winds.

How safe is it?

The organisers do everything possible to make the ride safe. At all times there is a lead vehicle at the head and a trail vehicle behind all the riders. In addition there are other vehicles alerting traffic to the presence of the Ride. The event travels with a medical crew and a support team.

Is there a limit to the number of entries?

We have placed a limit of 40 on each stage of the Ride. Once that limit is reached we will place further names on a waiting list.

How hard is the ride? Will I make it?

This will be a challenging event but if you are a moderately fit person there is no reason you will not be able to make it. The average day's ride is 103 kms. Some stages are as short as 40km others are over 120 kms. The longest ride is 167 kms on Day 180 in South Australia.

What training should I do in preparation?

We recommend you train responsibly over the months leading up to this event to ensure you can ride for 6-8 hours a day and to prepare your body for the ride. You should build up your fitness over 2-3 months starting with 10-20km rides until you can comfortably complete 60-80km rides. You should also ensure you drink enough fluids (before, during and after riding) as well as eating a good diet that provides you with a lot of energy. The Ride organisers will provide water and an energy drink for all riders.

How good does my bicycle have to be for the Ride?

In addition to your own fitness you should make sure your bicycle is in good repair. It is important to have your bike serviced prior to starting in the ride and to ensure that it is suitable for long distance riding.

How do I get to and from the event?

Entrants are responsible for making their own way to the start of the stage all of which are in major cities. Exact locations of each stage start will be listed on the website.

Can I bring a friend in a private vehicle as my support team?

No. The GABR will provide a vehicle to carry your baggage and a mechanic to fix your bike. There will also be a medical team on the event. Private support vehicles are not permitted along the bike route.

Can I bring an animal with me?

Animals are not permitted on the Ride unless you are dependent on the animal and the approval of the Event Director is given.

What happens on the rest days and spare days?

Working with local Rotary clubs, the ride organisers will arrange dinners, tours and other recreational events on the designated rest and spare days of the Ride. This may also be free time to explore the towns we visit along the way. We will update you with the specific events before the ride begins.

Can I volunteer for the support team?

The ride will need a number of volunteers on each stage over the seven months and there are various positions on the team. Download an expression of interest form from the website, return it to the ride office and we will contact you. Everyone registering as a volunteer on the Ride will be sent the fundraising guidelines. If they request to be a fundraiser and are given this authority by the ARHRF, they will be covered for public liability insurance in fundraising activities under the general Rotary policy.

Do volunteers pay any money?

No, as volunteers are kindly donating their time and services there will be no charge. However, each volunteer will be allocated a specific role and can expect a challenging experience but one that will also be very rewarding. As with riders, volunteers will each have their own blog page and are able to collect donations.

What is the Great Australian Bike Ride Challenge?

Each person registering to cycle the whole way around Australia (or just the mainland) has the opportunity to be part of the Great Australian Bike Ride Challenge. The challenge is for riders to raise \$40,000. If they reach 50% of this target prior to the start of the Ride they will be considered as having reached the interim target and will be rewarded with a complimentary place on each stage of the Ride. Riders are then expected to raise the remaining amount by the event's conclusion (deemed as one month following the event) and to pay whatever difference remains.