



General Rider Information

These notes are supplied to entrants on District 9810 rides and will be useful background information for everyone involved in the Great Australian Bike Ride

Rotary Riding for Research \$\$\$'s

Rotary Clubs everywhere appreciate how the Rotary Ride program benefits the community. Over \$600,000 has been raised for Australian Rotary Health by District 9810 in its Ride to Conference event. This year the Great Australian Bike Ride is Australian Rotary Health's premier event.

Australian Rotary Health

- started in 1981 when the Rotary Club of Mornington proposed that a fund be established to research Sudden Infant Death Syndrome (SIDS)
- is now one of the largest independent health research funds in Australia
- aims to support healthier minds, bodies and communities through research, awareness and education
- has been approved by the Board of Rotary International as a Multi District Activity.
- is the largest Australia-wide project undertaken by Rotary.
- since 1985 has allocated over \$18 million for research into SIDS, Aged Care, Adolescent Health, Family Health, Mental Illness, Indigenous Health, Rural & Remote Nursing & Medical Scholarships and community mental health forums
- is a registered charitable organisation. All donations are tax deductible

Since 2000 the focus of Australian Rotary Health funding has been on research into Mental Illness

What will the Ride achieve?

- promotion of Rotary and Australian Rotary Health
- raising awareness of the work done by Australian Rotary Health
- fundraising for Australian Rotary Health

Sponsorship

While the Ride is about great fellowship and sightseeing its prime objective is to raise funds for Australian Rotary Health. With this in mind you are asked to talk to your club, friends, fellow workers and business associates about sponsoring this wonderful project. District 9810's target is \$2000 per entrant which will raise \$70,000. (Not everyone may have the contacts to achieve this, but what a great goal). Remember it's tax deductible and receipts will be issued. All money you raise will be attributed to your Rotary Club. An individual supporter or company who donates \$100 will receive a "Friend" certificate. If you are a Rotarian talk to your club about how you can raise funds for this great Australian Rotary project.

INFORMATION ON THE RIDE

How far will I ride?

The total distance for each day is on the website with an average daily distance of 103 kilometres. It is expected that each rider should be able to complete the daily distance. Support vehicles will pick up riders who need a rest. Fitness can be improved with training and a suggested training schedule appears on page three.

Remember the Great Australian Bike Ride is not a race

What to do on the ride

- Wear bright comfortable clothing. The official ride jersey is bright yellow with sponsors logos on it.
- Drink regularly, at least every 20 minutes or more to stop dehydration.
- Use sunburn cream regularly – there will be plenty of it in the support vehicles.
- Use your gears to maintain a steady power flow. Your legs should feel as if they are smoothly spinning the pedals, not pushing hard.
- Communication! Let people know what you are about to do. Tell them you are “passing” or “braking” or if there is a pothole ahead, etc.
- Ride no closer than 1.5m to the centre of the road.
- Two abreast most times but single file on narrow, winding and double lined roads. Allow more space on down hill or wet roads.
- Concentrate, keep a good line and don't swerve or stop suddenly.
- Look after your bike and put it on the trailer when we stop.
- You have your ride travel bag for use in the cars. Put your name on it and use it for your gear
- Cycling is energy consuming work. Your body is an engine that needs fuel so eat small amounts continually during the day
- Get some training kilometres under the belt

Your Bike

- A range of bike spare parts will be carried on the ride. Any spares used such as tyres and tubes, etc. will be at your expense.
- Desirable bikes: (in order of suitability)
- Road racer Recommended
- Hybrid / tourer Recommended
- Mountain Bike (with road tyres)
- You must have a water bottle carrier fitted on your bike.
- If you have not had your bike serviced in the last few months, it is important that this is done in the month prior to the Ride. Unreliable bikes can ruin a pleasant trip and they can be also be unsafe. Ensure your bike is in good condition.
- No bike will be permitted on the ride if it has not been recently serviced.

Where We Stay

All people young and old will be rotated around and mixed up each night, to share the rooms and ensure greater fellowship. Married couples will mostly have double rooms. Unfortunately you cannot swap rooms; we need to know where every one is at all times! All motels have a “no smoking in the rooms” policy. Breakfast each day will be provided at the motel but some breakfasts will be provided by Ride sponsor McDonald's. All motel details will be in the February bulletin.

What Will You Need

Apart from the obvious items like clothes to ride in and wear in the evening, you will also need a helmet, gloves, shoes, water bottle, sunglasses & strap, waterproof gear, sunscreen and insect repellent. On Stages 4 to 8 you will need a sleeping bag and pillow as there are nights when you will be sleeping out. When it comes to camping out the rule is sleeping bags and mats but not swags as they are too bulky.

It will help if you can pack a knife, fork and spoon set plus a plate and mug to cover all catering eventualities. Depending on how long you are riding for, it would help with the luggage trailer if you could pack everything in to a soft sports bag rather than a bulky, rigid suitcase.

What to pack into your bag

Most importantly you must limit your baggage to one sports / travel bag.

- We give every rider a day bag to use in the vehicles so that vehicles are kept tidy at all times.
- All other luggage is carried in the baggage trailer between motels.
- An official ride jersey will be supplied for riding as well as an ARH polo shirt for evening functions.

?? Ride gear

- 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. An appropriate strap should hold them.
- Pack some form of wet weather gear, such as a waterproof jacket.

?? Other Casual Clothes

- trousers or skirt
- shorts
- spare shirt or top
- Windcheater or jumper
- Jacket or coat.
- Bathers
- Sleeping gear
- Underwear
- Toiletries and a towel

?? Tips

- There are a number of products on the market that will prevent chafing. Pyrantel Powder is one but check at your chemist or bike shop for other potions and preparations.
- A cake of Sard soap is good to get the grease out and wash your bike gear each night.

TRAINING PROGRAMME

While the Ride is not a race it will require a certain level of fitness for entrants to maintain the daily average distance of 103 kms. No-one will be left behind if they can't keep up the pace as there is always the recovery wagon to carry rider and bike for a while.

This programme is for people who are not regular bike riders or ride only a day or two a week and can average 20 kph. If you can ride at a higher average speed then keep your average under 26 kph and give yourself at least eight weeks to prepare.

Week 1	Ride 4 days for a total of 5 hours or 100 kms
Week 2	Ride 4 days for a total of 6 hours or 120 kms
Week 3	Ride 5 days for a total of 7 hours or 140 kms
Week 4	Ride 5 days for a total of 8 hours or 160 kms (one ride to be 50 kms)
Week 5	Ride 5 days for a total of 9 hours or 180 kms (one ride to be 75 kms)

Week 6 Ride 5 days for a total of 5 hours or 100 kms (on day 6 ride 100k ms)
Week 7 Ride 4 days for a total of 8 hours or 160 kms
Week 8 Ride 3 days for a total of 5 hours or 100 kms

This suggested regime is by no means definitive and if you want to know more, look for your local Bicycle Association or User Group and see what they recommend on their website.

Questions regarding daily ride operations should be directed to

Geoff Kennedy on 0400 335 759 or to gjkenn@foxall.com.au.

Geoff also needs to know your arrival and departure details for all Stages.