

Gear Up Girl SA 2023 – Rider Update

07/11/2023

There are just a few days to go before this Sunday's Gear Up Girl SA 2023 community bike ride.

Whilst we are all enjoying the current run of fabulous weather and temps are getting up into the 30's, we can expect cooler conditions on Sunday with 23 degrees forecast.

It will be a mild day and partly cloudy. It may be a good idea to pack a light rain jacket just in case we get a sprinkle of rain. Of course, you are more than welcome to leave a small bag at the check-in tent with some extra clothes to change into after the ride.

WINNERS ARE GRINNERS!!

We have got some great prizes to giveaway thanks to our friends at Ground Effect cycling clothing, Café Bonython and Coriole Wines.

We will be announcing the winners of \$50 vouchers from [Ground Effect](#) cycle clothing, Gourmet Cheese packs from [Cafe Bonython](#) and Prosecco sparkling wine from [Coriole Wines](#) in the coming days.

Plus we will have a few more vouchers / platters to give away on the day so there is still a chance for you to win!

If you have already registered, you are in with a chance but make sure you encourage your friends and family to jump on board too. It will be a great day out and any of you may just be a winner!!!

Here is a few extra reminders to help you prepare for the event.

Pre-registration - Ride ID collection on Thursday

Remember that you can collect your unique Ride ID for Gear Up Girl SA before the event, pick up from Bicycle SA office (11a Croydon Rd, Keswick 3035)

- Thursday 09 November - between 9am and 5pm

If you have NOT collected your Ride ID by 5pm Thursday 09 November, you must check in at the registration desk at the start location to collect them on the morning of the ride.

Note: our office is closed on Fridays

If you have ordered a Cheese Pack, you will be able to collect your voucher for this to redeem at the finish. If you would now like to purchase one, please call our office on 8168 9999 with your credit card details and we will add one (or however many you would like) to your registration. Limited numbers available – first in, first served!

Please Note:

- Your Ride ID will give you access to all food and refreshment stations en route
- You can collect Ride ID's on behalf of your ridding buddies
- PLEASE NOTE THAT IF YOU COLLECT YOUR RIDE ID PRIOR TO THE EVENT, YOU **DO NOT HAVE TO CHECK IN AT THE START** - you can go straight to the rider marshalling area.
- For anyone that you know that has not registered yet, they can register online until midday Saturday or even at the start at Bonython Park on Sunday morning.

Start / Finish Venue

This year we will again be setting up in Bonython Park on Port Rd, Thebarton – just opposite the old Coca Cola factory site. [Click here](#) to view the location. Please arrive early.

Car Parking

If you are not able to ride to the start, there is plenty of car parking in the large car park just as you enter the parklands off Port Road – [Click here](#) for details

You can also park along War Memorial Drive, just across the river and access Bonython Park via the weir and railway underpass.

Rider Information

For all details about the ride please visit the [Gear Up Girl SA](#) page on our website. Please take time to have a look over everything so you are aware of all details about the ride including the Ride Options tab which outlines details of each route, and the Participant Information outlines all you need to know about the event. You should also check out at the Prepare Your Ride tab for useful tips about preparing your bike and your body in the lead up to the event.

Starting times:

- 55km Harbour ride will start at 9.00am, rider briefing at 8.40am
- 40km Beach ride will start at 9.15am, rider briefing at 8.40am
- 10km River Ride will start at 9.45am, rider briefing at 9.30am

Mechanical support:

Mechanical support will be available at start and limited roaming mechanical support en-route will also be available. Riders are responsible for carrying their own repair kits and spare tubes as well as ensuring that their bike is mechanically sound before the event. Thanks to our volunteer team and Bill from [Bill's Bicycle Service](#).

At the Event village

To satisfy your morning coffee needs, Josh from [Donut King](#) will have his mobile coffee van running from 8am. After your ride, you can purchase some fresh food and drinks from [Café Bonython](#) adjacent to the event village, overlooking the river in the green surrounds of Bonython Park.

Everyone that finishes the ride gets a complimentary glass of [Coriole](#) bubbles or soft drink to celebrate. Make sure you have your unique Rider ID Wrist Band so you can receive your glass. Some of you have also taken advantage of the opportunity to purchase a gourmet cheese selection, supplied by [Cafe Bonython](#) so you can finish in style. You will be given a special voucher when you collect your Rider ID - use this to collect your cheese pack from the special service area at the finish.

Thanks to our event sponsors and supporters



Remember to share your stories and photos on social media by following us on [Instagram](#) or [Facebook](#) and tagging @BicycleSA and #GearUpGirlSA. It is not too late to register so get all your friends, workmates and family to join in for this great day out.

We look forward to seeing you this Sunday at Gear Up Girl SA!

Happy Pedalling...