

## HOW TO APPROACH YOUR DAY ON THE RIDE ?

### THE CYCLE ROUTE - MAPS

Maps for each day's route are available on the website and will also be included in your printed copy of the official Ride Guide. You can also view the maps on [www.ridewithgps.com](http://www.ridewithgps.com). The links to each daily route profile are listed in the Itinerary tab of the [Flinders Escape webpage](http://www.flindersescape.com.au). If you have Google Earth and the software you can also view each stage as a flyover, which is great if you want more of a picture of the terrain.

The route is fully supported, which means that the roads you will be riding during the event will have a far greater level of supervision than they would ordinarily. Before the cycle route is opened for riders, our signage volunteers put out directional signage and warning signs (such as CAUTION CYCLISTS AHEAD), while other volunteers set up the morning refreshment station.

Even though we put in a support/safety net greater than you would normally expect along quiet country roads it is important to remember that the roads we use are open to other traffic and normal road rules apply. This always means that you should ride to the left of the roadway, obey the road rules and look out for your fellow riders and other traffic.

Where possible we travel along low traffic-volume rural roads but sometimes we must travel sections of busier roads. Our volunteer marshals, support crews and mobile mechanics are there to direct and assist you. Please help them by always following their directions and always ride no more than two abreast, and even then, only if conditions allow.

Your copy of the Ride Guide contains detailed maps of each day's cycle route so you can plan where to meet up with friends or family. It also lists refreshments and lunch stops.

You should keep a lookout for official route signs indicating the cycle route. These are a combination of small red directional arrows, plus signs notifying you about upcoming stops or hazards, as well as big caution signs for other road users. Be aware that just because the rider in front of you is heading up a particular road doesn't necessarily mean that it is the official cycle route!

Ride marshals may be positioned at a particular road hazard where extra caution is required. Please be alert and heed their warnings and advice.

### SAG WAGON

The Sag Wagon follows the last group of riders and collects the signage on the way. In the event of an accident or breakdown the Sag Wagon will collect you and your bike and transport you to the finish. You can contact the Sag Wagon on 0438 438 846. Other roaming support vehicles travel along the route and will stop for you if you have your bike rested on its saddle by the roadside.

To avoid the Sag Wagon driving past while you are away from the road (toilet stop, sightseeing, etc.) please place your bike clearly visible on the side of the road – preferably upside down to indicate you require assistance.

Please inform the Sag Wagon, Morning Refreshment station or Lunch volunteers if you plan to take a detour to a tourist site, winery or pub, etc. We won't necessarily wait for you as you while away the hours on the pub verandah, but at least we can let you know if you'll be unsupported for the rest of the day's route.

## **WATER**

You should carry with you at least two large (750ml) water bottles (bidons) and / or a hydration pack and fill these up at each opportunity.

Refreshment station and lunch stops are placed along the cycle route approximately every 20km – 30km. Make sure you stop and take on water throughout the day and drink every 10 minutes whether you feel thirsty or not. Feeling thirsty is a sign that you may already be dehydrated.

## **RIDE MARSHALS**

The volunteer ride marshals are the angels on bikes who support you along the route. Clearly identified with reflective vests, the Ride Marshals are always there with a smile, supporting words and of course a hand with puncture fixing, brake and gear adjusting and any amount of useful advice to keep you going. You'll see them at the departure gate each morning, ready with a bike pump if needed, and you may of course see them on the road. The ride marshals pay particular attention to riders in the back third of the group, so they don't often arrive at the camp until very late in the day, tired but happy with another job well done.

## **SETTING OUT EACH DAY**

Once you have packed and loaded your luggage it's time to saddle up and hit the road. Before you leave the campsite make sure you fill all your water bottles and even though the sun may not yet be much above the horizon, apply plenty of SPF30+ sunblock.

The route opens each morning from the campsite at 7:30am (when it's a long day ahead we may open the route at 7am) and closes at dusk each evening (or as soon as the Sag Wagon follows the last rider into campsite). We would like you to leave the morning campsite no later than 8:30am each day so we can pack up and move on to our next home and get it ready for when you arrive

Please don't leave the campsite before 7.30am (or 7am when we start early. Any change to the route opening times will be announced at the rider briefing each evening at 7pm) as we have to get signs, marshals and refreshment stations set up in advance along the first part of the cycle route and we don't want you riding along an unsupported cycle route. Our Sag Wagon will leave the campsite after the official last rider set off and follows the last group of riders.

## **IT MAKES ROAD SENSE**

We want your help to make the ride as safe as it can be. Here are seven practical things you can do to help us help you and other riders:

1. Be alert at all times. Pay attention and look where you are going. Keep a look out for who is behind you and who is beside you especially when riding close to others. Just because you are surrounded by people on bikes doesn't mean that the risk of a collision has been eliminated. In tight bunches it is considerably riskier. It is easy to accidentally clip another rider's wheel and lose your stability. Indicate and call out your intention to slow down, stop or change direction.
2. Be predictable. Always ride so that others can have proper warning of your movements. Ride in a straight predictable line and don't wobble all over the road or stop suddenly. When passing, other riders always announce your intention by shouting "passing" before you overtake the rider in front. And always pass on their right-hand side. Never pass on their left.

3. Ride at a slower than normal speed downhill. Riding in a large event is not the same as riding the open road on your own. You must allow for other riders and passing traffic. In crowded conditions you have less room to manoeuvre so you must ride slower down hills and on the flat than you would normally do riding solo. You should always be prepared to stop. Expect the unexpected around the next corner! There could be another rider stopped on the road or a branch falling from a tree, or any other obstacle.

4. Ride only in the left-hand lane and on narrow two-lane roadways ride in single file. The route uses main and secondary roads. On approaches to towns and in larger built areas you can expect to share the road with other traffic. If you ride two abreast or too far out from the edge you increase the dangers for others trying to pass you by forcing them out into oncoming traffic. We recommend that you always allow others to pass you on the right-hand side.

5. Stop at all red traffic lights and stop signs. Remember, there aren't any special road closures on the Tour, so normal road rules apply. You must obey the directions of riding marshals. They are doing their job to see that everyone enjoys a safe ride.

6. Keep well clear of other riders. Remember if your front wheel tips the rear wheel of the rider in front it is YOU who falls. And it is often the poor soul behind you who suffers a major catastrophe trying to avoid what may be only a minor incident for you.

7. Look out for each other. If you find someone in distress, stop and offer help; just being there can provide all the support that is needed.

*Bicycle SA reserves the right to stop an individual's ride on health and safety grounds. We recommend that all riders ensure themselves for Personal Accident Cover. Third Party and Personal Accident insurance covers Bicycle SA members only.*

For more information go to [www.bikesa.asn.au](http://www.bikesa.asn.au) or email [office@bikesa.org.au](mailto:office@bikesa.org.au)