

03 July 2024

Dear Annual Tour rider,

The countdown is on.....

This will be the first in a series of quick updates and reminders to all of you who are joining us to ride the Annual Tour to Kangaroo Island in October 2024.

### **Have your mates booked yet?**

If you know of friends or family who are thinking about joining us but who have yet to book, please give them a little nudge to register ASAP. This will greatly assist us in our planning as we make final preparations over the coming months.

### **Training**

Time to get very serious, if you haven't already, and really lock down your training schedule for the following months.

View the **My Training** information sheet in the **Participant Information** tab of the website

<https://bikesa.asn.au/faq-annual-tour>

### **Travel Insurance**

We recommend that all participants purchase travel insurance to cover any of the usual unforeseen issues that can occur with any holiday **including cancellation due to unexpected illness or injury**. We don't recommend any particular company, but suggest you spend time researching what is on offer with the various companies and options available. Check the fine print! The time to sort this is now, not the week before you leave.

### **Emergency Identification**

Your bike will be identified with your name plate (in your registration pack which you collect at the start) However, we urge all riders to carry another form of identification on them whilst riding (as well as your lanyard). There are many ways of doing this. An old driver's licence in your seat bag, a laminated photocopy of your passport or one of the many sport ID bracelets or helmet ID's that are available. Important to list your emergency contact details and any medical conditions or allergies, as well.

### **EMERGENCY 000**

We recommend that you download this app to your smartphone, as a permanent safety feature. The Emergency+ app is free, and was developed by Australia's emergency services, the Government and industry partners. The app uses GPS functionality to help a Triple Zero caller provide critical location details to mobilise emergency services. You may not have mobile phone range on all parts of the Flinders Escape, but this is still worthwhile having this on your phone. <http://emergencyapp.triplezero.gov.au/>

### **Labelling and Lost Property**

With up to 200 participants, plus our team of volunteers – there is a lot of 'stuff' that ends up in lost property, nameless and homeless. Please make sure your belongings have been clearly labelled with your full name including your mobile phone and any recharging cords. There will be a facility to recharge phones / E-bikes in the evening. If recharging cords are labelled with your name, there can be no arguments as to whose it belongs to!

**Cash and ATMs**

For most of us, we don't carry much cash anymore. And whilst Credit Card / EFTPOS / Cashless purchasing will be available in most places, you'll need to have some cash on hand in some places for extra expenses such as drinks in the pub, coffee van etc. Your best option is to make sure you have sufficient cash with you from Day 1. Smaller denomination notes are preferred to make it easier for issuing change – please avoid bringing \$50 and \$100 notes. There will be ATM's in most towns. However, they may not cope with 200 people all wanting to get money! So please make sure you have enough cash to see you through to the end.

We will be sending out additional updates in the coming months with more information to help you prepare for Annual Tour including information on car parking, optional activities, bike preparation, plus a survey to fill out for our bike mechanic so he can gain an understanding of the sort of bikes he will be dealing with.

As always, don't hesitate to contact us if you have any queries in the meantime.