

BE PREPARED

- Ride with at least two 750ml water bottles and / or hydration pack.
- Stop at each refreshment station, drink and fill your water bottles (it is better to stop, drink and cool down more often than to dehydrate).
- Protect yourself from sun exposure with SPF30+ sunblock.
- Wear jerseys made of material that 'wicks' away moisture from the body. Avoid cotton, which can become waterlogged and cause a chill when wind causes evaporation.
- Carry a pump, spare tube and puncture repair kit.
- Carry your mobile and / or change to make a phone call. There are significant stretches along the route without mobile phone coverage (depending on your network).
- Carry identification and details of an emergency contact.
- If you experience mechanical problems, please rest your bike on its saddle on the roadside so support personnel can easily recognise you need help.
- In the event of an accident or breakdown we can transport you and your bike to the next refreshment station or finish.
- The SAG WAGON follows the last rider and can be contacted on **0438 438 846** or by calling the Event Base on **0407 600 326**.
- Other roaming support vehicles will travel along the route and will stop for you if you have your bike rested on its saddle by the roadside. Call the Event Base number for assistance.
- 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.
- 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 for health and safety reasons.
- **Bicycle SA recommends that all riders insure themselves for Personal Accident and Ambulance Cover. Third Party and Personal Accident insurance covers current Bicycle SA members.**
- You are strongly advised to watch the weather forecast prior to the event and carry/wear appropriate clothing and sun protection. The latest weather information can be found on www.bom.gov.au
- Bicycle SA does not record any ride times.