

22 August 2024

Zen Energy Grand Slam Challenge #4 – 75km/150km at Strathalbyn Sunday 25 August 2024

After a brief winter pause, **Bicycle SA's 2024 Zen Energy Grand Slam Challenge Series** of recreational road rides continues with a choice of either 75km or 150km distances, at Strathalbyn on Sunday 25 August.

Weather

Whilst we are still subject to the variability of winter weather, the current outlook for Sunday is looking reasonably good with a forecast of 21 -23 C for Adelaide and the wider Fleurieu and Adelaide Hills region. There is a medium chance of some showers, especially in the middle part of the day so we recommend that you dress accordingly with appropriate layers and pack a waterproof shower jacket just in case. The weather can be a little unpredictable at times in the Adelaide Hills and Fleurieu regions.

As always, we recommend the use of bright clothing and front and rear lights to enhance your visibility to other road users.

Venue

The start location is at the Strathalbyn Show Hall [Coronation Rd, Strathalbyn](#), with check-in and registrations inside the Hall. The hall is on the southern perimeter of the Strathalbyn Oval.

Please be aware that there may be sport being played there on Sunday so parking may be limited within the oval precinct. There should be plenty of street-side parking along Coronation Rd.

Strathalbyn is approximately 55mins from Adelaide via the South Eastern Freeway and Mt Barker- [Click here](#) for directions

Make sure you allow plenty of time to arrive and check-in before the start.

Registration, Check-in and Start Time

Registration and check-in to collect your Rider ID number commences at 7am.

The first **75km loop starts at 8am sharp**, with the **Rider Briefing at 7.45am**.

If you plan to ride just one loop (Mini Slam) and prefer a later start, you may start Loop 2 from 10:00am but no later than 10:30am.

If you are riding both loops you must start the second loop no later than 11:45am.

Remember to carry plenty of water with you – take AT LEAST two bottles and use plenty of sunscreen.

As always, we recommend that you wear bright clothing and have both front and rear lights fitted and working for extra visibility on the roads.

For those who have yet to register - online registrations close at 4pm on Saturday 24 August. However, to assist us in planning for catering requirements, we ask that you register before 5pm on Thursday 22 August.

Late registrations will be accepted on the day via hard copy. EFTPOS (or cash) facilities will be available.

Route Map

The route map is now available for download from the BikeSA [website](#). You will also find links where you can download the route to a GPS device.

The route will be signed with our usual red Bike SA arrows however we encourage you to take a copy of the route map / notes with you just in the case you inadvertently deviate from the course.

Despite our best efforts we cannot guarantee that signage won't be tampered with before or during the event.

The route notes also contain emergency contact numbers in case you require assistance along the way.

Refreshments

Water and juice along with snack bars and bananas will be available at the refreshment stations on both loops. Take extra water with you – at least 2 x 600ml water bottles or a hydration pack. It is a good idea to drink a bottle of water before you start to ensure that you are fully hydrated.

For those who can't go without a morning espresso hit, [Barking Bean Coffee](#) will be cranking out “freshly squeezed” espresso coffee & cappuccinos before the ride so bring a credit card or some loose change if you want to purchase a coffee.

Mechanical support

Do not forget to make sure your bike is in top condition for riding and have it serviced before the ride. Also remember to pack a spare tube, pump and a puncture repair kit including tyre levers and multi-tool. Bill Dragos from [Bills Bicycle Service](#) will be on hand to assist with mechanical issues at the start and during the first loop. Give Bill a big high five for recently being voted as having the Best Beard in SA! And of course, our usual posse of volunteer support crew will be on hand to assist with breakdowns/mechanical issues throughout the day as well.

Thanks to our Grand Slam sponsors

We encourage you to support those companies that support our work and our rides.



Bicycle SA welcomes back [Zen Energy](#) as naming rights sponsor of the Grand Slam Challenge Series in 2024

ZEN STANDS FOR ZERO EMISSIONS NOW. NOT TOMORROW.

We believe Australia can be a superpower in the post-carbon global economy. Big change starts with a single, small step. One each of us can take, today.

The Grand Slam Challenge Series is the perfect community partner, promoting healthy recreation and activity with a positive impact.



[Roof Racks Galore](#) are fantastic supporters of the Grand Slam Challenge Series and many other Bike SA events. Need a new bike rack or roof rack for your car or trailer? Pop in and see the team

at 37 Gilbert Street, Adelaide.

They will provide you with expert advice on the type of rack best suited for your vehicle.

If you have signed up for the series and register as a Bike SA member – you're in the draw to win a \$250 Roof Racks Galore voucher www.roofracksgalore.com.au

Adelaide
Superb
Chauffeurs



[Adelaide Superb Chauffeurs](#) can provide passenger and cycle transport to/ from your home to any of our cycling events including Grand Slam. If you are heading off on holidays, they can arrange transfer between Adelaide Airport and your home or hotel. They can also assist with sightseeing & winery tours or any other

situation where you need someone to transport you and/or your bike. Your bicycles and luggage will be well looked after in their fully enclosed lockable trailer so there is plenty of room. [Download their flyer here](#)

Adelaide Superb Chauffeurs will be offering a \$100 gift voucher to one lucky Grand Slam rider this Sunday.



[Hammer Nutrition](#) will be providing [FIZZ hydration product](#) at the start/finish and refreshment stations for each ride. Plus we will be giving away a \$50 Hammer Nutrition voucher to 8 lucky random draw winners at each ride.

All Bike SA event supporters can purchase Hammer Nutrition products at a 10% discount at Hammer Nutrition.

Purchase the products online then proceed to the checkout cart.

Insert the code BIKESA the coupon section, click apply, your discount will be applied, and then proceed to checkout. Remember “Fuel Right, Feel GREAT!”

[Click Here](#) for useful information about “The Top 10 Biggest Mistakes Endurance Athletes Make”.

A andersons Bike SA and [Andersons Solicitors](#) have enjoyed a long-standing relationship. Andersons not only sponsor our community of Bike SA volunteers, but they also offer members a FREE simple Will service and a FREE initial phone conversation with a lawyer in addition to 10% off all legal services.

Grand Slam continues.....

After this weekend, the Grand Slam series continues with the final challenge of 100k or 200km in Mt Pleasant on 22 September.

We look forward to seeing you at Strathalbyn