

18 September 2024

Zen Energy Grand Slam Challenge #5 – 100km/200km Mount Pleasant - Sunday 22 September 2024

Bicycle SA's 2024 Zen Energy Grand Slam Challenge Series of recreational road rides concludes this Sunday 22 September with the ultimate challenge of riding either 100km or 200km, commencing at Mount Pleasant. Note: early start time – 6.30am!

Weather

The weather outlook for Mount Pleasant on Sunday is currently showing a cool 15 degree maximum with a minimum overnight temperature of approx. 8 degrees. There is also the chance of a shower or two in the morning. so dress accordingly in suitable layers and don't forget to carry a lightweight showerproof jacket.

NOTE: NEW START VENUE

The start venue is at the **Talunga Park Oval, [Melrose St, Mount Pleasant](#)**.

Mount Pleasant is located 55km northeast of Adelaide. Travel time is approximately 1hr 5min via North East Road. Alternatively, you can travel via the SE Freeway and Onkaparinga Valley Rd. The distance is 64km however the travel time is also approximately 1hr 5 min.

Parking

There is plenty of room to park around the oval precinct. Please don't park next to the clubrooms. Leave this area free for event support vehicles.

[Click here](#) to view a map of the start location on Google Maps

[Click here](#) for directions from Adelaide via North East Rd [Click here](#) for directions from Adelaide via SE Freeway and Onkaparinga

Registration, Check-in and Start Time

Registration and check-in to collect your Rider ID number commences at 5.45am.

The first **100km loop starts at 6.30am sharp**, with the **Rider Briefing at 6.20am**.

Please don't be late for the start as the SAG wagon will not hang around too long for late comers on the first loop.

If you plan to ride just one loop (Mini Slam) and prefer a later start, you may start Loop 2 from 9:30am 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.

Route Map

The updated route map is now available for download from the [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 can't 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.

Mechanical support

Don't 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 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're 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.



The final ride of the Grand Slam Challenge is not going to be an easy feat. Nutrition will play a vital role in the successful competition of this ride. Click on the adjacent banner for important hydration information to help prepare for your ride.



[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**

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.

Zen Energy Grand Slam will return again in February 2025

After this weekend, there is still plenty of riding opportunities including:

Sunday 10 November: [La Grande Gita - Barossa Valley](#)

Sunday 17 November: [Gear Up Girl - Bonython Park, Adelaide](#)

We look forward to seeing you at Mount Pleasant on Sunday.

The Event Team
Bicycle SA