GEAR UP GIRL SA

ELDER PARK ADELAIDE
SUNDAY 28 NOVEMBER 2010

GEAR UP GIRL SA is presented by Bicycle SA in partnership with Bicycle NSW AND supports the Heart Foundation and it’s Go Red For Women campaign.
Welcome to GEAR UP GIRL SA 2010

This Ride Guide contains essential information to help you enjoy your ride

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THE RIDE

In proud partnership with Bicycle NSW, Bicycle SA is delighted to bring you GEAR UP GIRL SA 2010, a ride specifically for women to enjoy, sharing the experience with other women in a celebration of cycling. The hope is many women who may not be regular riders, or have not ridden for a long time, will take this opportunity to get on a bike and join in. For fitter, more accomplished riders there are longer, harder ride options to choose from. And hopefully experienced riders will see GEAR UP GIRL SA as an opportunity to encourage their less experienced friends, family and work colleagues to share the good stuff. GEAR UP GIRL SA is a ride for women of all ages and abilities to enjoy. Children are welcome too, and everyone can participate in the festival finish.

Gear up Girl offers a choice of three routes making it suitable for women of all ages and abilities.

All loop rides start and finish on the banks of the River Torrens at Elder Park, King William Street. The 35km Beach Ride and 50km Hill Ride will start at 9am whilst the 15km River Ride will start at 9.30am

35km and 50km start – 9am
From the start, the SA Police will provide an escort for all riders from Elder Park, along King William Street through the city centre, as far as East Terrace and the parklands near Victoria Park. This first leg of the ride, under escort, will be at a leisurely 10km per hour.
From South Terrace the Police escort will lead the 35km Beach Rides to Glenelg via Anzac Hwy at an average speed of 16-18km/h.

A separate Police escort from will lead the 50km Hill Ride from the intersection of South Terrace and Hutt Street to the bottom of the Freeway at an average speed of 18-20km/h.
All riders should make sure that their bicycle is in sound mechanical condition before the ride and also ensure that it is equipped with a functioning bike bell or horn – as required by law. A bell is also important for safe riding along Linear Path, being used for the Beach Ride. This is a shared-use path and you will need to give fair warning to walkers, runners, other cyclists and all other users on this path.

The Police escort includes a lead Police vehicle at the front plus another Police vehicle at the back. By riding at the same consistent speed, and communicating with Traffic Control, riders should also benefit from continuous green traffic lights all the way through the city! Normal road rules apply however, so should you come to a red traffic light, you have to stop. If you drop off the back of the escort, whether you have to stop to make a bike adjustment, answer a mobile call or you pick up a puncture, there will be Bicycle SA ride marshal volunteers who will provide support until you catch up with the others. At the very back is a Sag Wagon with flashing lights and signage, and this will never move in front of the last rider. No one gets left behind!

15km start – 9.30am
A Bicycle SA ride marshal volunteer will lead riders from the Elder Park start, crossing King William Street and riding along Victoria Drive before joining the river side Linear Park Trail just before Frome Street. The ride loop follows the trail east to Walkerville before turning back west to complete the 15km circuit. There will be a ride marshal volunteer to bring up the rear and assist riders where necessary.
ROAD RULE AWARENESS

- You must obey all Australian Road Rules.
- GEAR UP GIRL is an open road event (even during the Police escort) -
  - You will be sharing the road with other traffic.
  - On shared-use paths there will be pedestrians and other users, so give way, pass only on the right of others and give plenty of clear warning of your approach.
- Move to the left to allow motor vehicles to overtake.
- Keep your distance from those in front.
- Move off the road before you dismount.
- You must wear an approved Australian Standards bicycle helmet.
- Outside of the Police escorts you must ride in single file where appropriate and no more than 2 abreast at any time.
- Pass only in single file and only on the right of other riders.
- Be aware of your fellow riders and other traffic. Indicate and call out your intention to slow down, stop or change direction
- Be sociable and safe. Ride with someone who can tell you to slow down.
- Take care as other traffic may be travelling at high speeds.
- Private support vehicles are not permitted along the route. Vehicles belonging to family and friends must use an alternative route.
- The police will be patrolling the route and any riders found to be riding outside of the road rules will be subject to penalties under the Australian Road Rules.

SIGNAGE & MARSHALS

- From start to finish there will be Bicycle SA RED arrows and other signage marking the route.
- Signs will also indicate when you are approaching a refreshment station.
- There will be marshals (wearing fluorescent vests) on the route, riding bicycles and in vehicles, as well as at stationary posts. All volunteers and staff involved in the event will be clearly identifiable. The marshals do not have the authority to stop motorists; they are there for your safety and other road users. Please listen and obey their instructions

REFRESHMENT STATIONS

There will be drink stations along each route as indicated below:

50km HILL RIDE
1. EAGLE ON THE HILL 19km
2. MT LOFTY 23km
3. NORTON SUMMIT 31km

35km BEACH RIDE
1. WIGLEY RESERVE, GLENELG 15km
2. OZONE RESERVE, HENLEY BEACH SOUTH 21km

15km RIVER RIDE
1. ELDER PARK, CBD 15km

The loop route brings you past Elder Park half way around the course.

- At each station Nippy’s water and juices, plus Powerade will be available. The refreshment station at Mt Lofty will also offer tea and coffee, fresh fruit, cake and biscuits.
- All riders must bring water to the start of the event and we suggest you bring some extra snacks to eat along the way or should you happen to break down.
- Food and drink vendors will be onsite at Elder Park. There will also be supplementary water and Powerade available.

NOTE: Additional public toilets and mains water taps are available at regular intervals along the route where you can stop and refresh between official drink stations.
PRE-REGISTRATION - RIDER ID COLLECTION

- All riders should collect their unique Gear Up Girl Ride ID and wrist band from the Bicycle SA office (111 Franklin Street, Adelaide) between 9.00am and 5.00 pm, Thursday 25 and Friday 26 November and between 8.00am and 12 noon, Saturday 26 November. If you have not collected your Ride ID, by 12 noon, Saturday 26 November, you must check in at the registration desk at the start location to collect them on the morning of the ride. Your Ride ID will give you access to all food and refreshment stations en route and at the finish.

- PLEASE NOTE THAT IF YOU COLLECT YOUR RIDE ID PRIOR TO THE EVENT, YOU DO NOT HAVE TO CHECK IN AT THE START - you can go straight to the rider marshalling area.

- You can deposit small bags and items with the ‘cloakroom’ to be collected at the finish.

- Elder Park registrations are open 07.30am and all riders MUST be registered by 08.30am (9am for 15km River Riders) A rider briefing will commence at 08.40am for Beach Ride and Hill Ride; then 9:10am for River Ride.

- Your Ride ID will give you access to all drink stations en route and at the finish. If you decide to withdraw during the event you must call us to de-register – 0407 600 326

<table>
<thead>
<tr>
<th>LOCATION</th>
<th>Elder Park, Cnr King William Rd and Victoria Drive</th>
</tr>
</thead>
<tbody>
<tr>
<td>REGISTRATION OPENS</td>
<td>7:30am – you MUST be registered by 8:40am for Beach Ride and Hill Ride* (9:10am for River Ride)</td>
</tr>
<tr>
<td>RIDER BRIEFING</td>
<td>8:40am for Beach Ride and Hill Ride (9:10am for River Ride)</td>
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<tr>
<td>START TIME 35km/50km</td>
<td>9:00am Beach Ride and Hill Ride</td>
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<tr>
<td>START TIME 15km</td>
<td>9.30am River Ride</td>
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START / FINISH LOCATION – ELDER PARK

15km River Riders
9.30AM START

50km Hill riders

35km & 50km RIDERS
9AM START POLICE ESCORT THRU CITY

15km River riders & 35km Beach riders
River Ride - 15km

The 15km River Ride is a circular route along the River Torrens. The ride heads east from Elder Park along Victoria Drive and then joins the riverside Linear Path just before the Frome Street. The route continues east under Frome Street, past the Zoo and under Hackney Road before leaving the riverside path for a short distance at Richmond Road. Rejoining the river path a little further along, the ride continues east until crossing over to the north side of the river at Walkerville. The route then travels along Cluny Ave and crosses Stephen Terrace before rejoining the river where it crosses back to the south side and heads back in the opposite direction along the part of the same path ridden previously. There’s a short narrow wooden boardwalk at which you must dismount and walk your bike along before making another crossing to the north side. Back at the Frome Street Bridge, the path narrows so the route heads out along War Memorial Drive and continues west past Adelaide University and Adelaide Oval, before crossing Montefiore Road and cruising past the Adelaide golf courses. Turning off at North Adelaide train station where you need to walk your bike across the tracks, the route connects up with the Linear Path back past Old Adelaide Gaol and the weir before the final procession in front of the rowing boat houses and Festival Centre, all the way to the finish!

The River Ride is a mix of shared-use bike paths and relatively quiet roads, including sections with bike lanes. This ride is suitable for all levels of ability.

15KM River Ride

See map next page
Beach Ride - 35km

From the start, Beach Ride participants join with the 50km Hill riders for the Police escort through the CBD and along the East Parklands. From there the Police continue to escort Beach Riders along South Terrace with the Hill Ride group splitting off at Hutt Street. The Police escort continues all the way along Anzac Highway at a slightly faster 16-18km per hour average speed. Again, this provides maximum safety and also ensures riders enjoy the benefit of green lights all the way!

At Glenelg, the Police escort stops and riders head north along the foreshore, using a mix of quiet roads and shared use paths past Adelaide Shores to West Beach, crossing the River Torrens.

There will be a refreshment station just north of the Torrens River at Ozone Reserve.

From here the route heads east along the Linear Path, following the meandering path of the River Torrens, all the way back to the Elder Park finish. The Beach Ride is almost half Police escort on roads; as well as un-escorted sections along quiet roads, some with bike lanes, plus shared-use paths, especially along the beachfront and riverside.

The Beach Ride distance is suitable for all riders with moderate fitness levels

35km Beach Ride

See map next page
Hill Ride 50km

The Hill Ride is the most challenging of the Gear Up Girl rides. Hill Riders are part of the Police escort as far as South Terrace, and from there split off and continue along roads with bike lanes all the way to the Mount Barker Freeway. From there riders start to climb along the bike path, which runs parallel to the Freeway, before turning off at Devil’s Elbow and continuing up via Eagle on the Hill. The bike path exits onto open roads again at Crafers, where the route continues up to Mount Lofty summit. From there it twists and turns along the top of the range, past Cleland National Park, through Summertown to Norton Summit. From here it's a thrilling downhill ride to Magill, then some zig-zagging through the eastern suburbs before crossing Victoria Park, through the city centre to the Elder Park finish.

The Hill Ride includes the Police escort as far as the bottom of the Freeway, sections along suburban roads with bike lanes, major roads with bike lanes, plus the bike path up to Crafers. It is suitable for reasonably fit riders keen for a challenge.

50km Hill Ride

See map next page
At the finish

All Gear Up Girl routes start and finish at Elder Park, King William Street, in the city centre. The Event Village is on the beautiful riverside, with the Festival Centre as a spectacular backdrop. There is plenty of shade and open space ideal for a relaxing picnic at the end of a challenging but fun ride. There is plenty of nearby parking on the street and near the Torrens Parade Grounds. And if you don't pack a picnic, there will be outlets offering food, snacks, coffees and cold drinks.

You MUST de-register at the check-in point at the finish so we know you have returned. If you decide to withdraw during the event you must call us to de-register – 0407 600 326.

Drink Stations

Each Drink Station offers water, Nippy's juices and Powerade (fresh fruit will also be provided at Mt Lofty - 50km Hill Ride and Ozone Reserve - 35km Beach Ride). There will bike maintenance facilities as well. Drink Stations are the ideal places to step off your bike for a moment, have a rest, catch up with your riding buddies, enjoy the scenery and importantly, re-apply your sunscreen and make sure that you keep your hydration levels up.

BE PREPARED

Being prepared helps ensure you get the most out of your ride, without any worries.

- 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). Don't allow yourself to become thirsty, at this point you will already be dehydrated.
- Protect yourself from sun exposure with SPF30+ sunblock.
- Although not critical for rides moderate in length, cycling jerseys are made of material that 'wicks' away moisture from the body. Cotton tops 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 stretches along the Hill Ride 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 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. Roaming and rear support vehicles will 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 (rear support vehicle) 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.
- Mechanical support is available at each of the refreshment stations.
- 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.
KEEPING HYDRATED

Heat exhaustion can be avoided by following these simple tips:

- Drink enough fluid to replace your sweat;
- Refill your water bottle at every opportunity;
- Remind your friends and team members to drink;
- Don’t ignore the signs of heat exhaustion;
- Call for assistance if you or your friend is suffering from any one of the heat exhaustion symptoms, which include dizziness, nausea, fatigue, unsteadiness, weakness, rapid pulse, headache and shortness of breath.

How much fluid does your body need during exercise?

**Before**: Always start every exercise session well hydrated. Drink 300-500ml of fluid in the 15 minutes before your workout.

**During**: Aim to drink 150-250ml every 15 minutes to offset fluid losses – drinking smaller volumes more frequently minimizes stomach discomfort. Remember, the more you sweat, the more you need to drink.

**After**: How much fluid you need depends on how much you lost. Try to drink 1 litre of water for every hour of exercise.

What should you drink?

Don’t overlook water as a great fluid choice. Water is easy and kilojoule-free. Sports drinks are suitable during and after longer, higher intensity exercise sessions as they contain carbohydrates (4-8%) and electrolytes to aid fluid absorption. Carbohydrates provide an added energy source and electrolytes replace salts lost in sweat.

Check out [www.bikesa.asn.au](http://www.bikesa.asn.au) for important information about keeping your body hydrated.
IS YOUR BIKE AS FIT AS YOU ARE?

You have been training for the ride, but what about your bike? Can it keep up with you? Not sure? Then you should give your bike a thorough tune-up, or get your friendly bike shop to help you. If your bike is as well prepared as you, there will be less likelihood of mechanical problems occurring, so you can relax and enjoy the ride!

Here is a list of items on your bike that you should check or have a qualified mechanic check for you:

- **ALL THE BEARINGS**
  - Wheel bearings, front and rear
  - Headset
  - Bottom bracket
  - Pedals

- **DRIVE TRAIN**
  - Chain (has it stretched - i.e., worn – beyond its limit?)
  - Chain rings
  - Cogs
    - If any one of the drive train components are suspect the other components need to be carefully assessed also. Worn drive train components can lead to poor gear shifting, or the chain slipping.
  - Cranks and chain ring bolts should be tight

- **GEARS**
  - Derailleurs
  - Cables
    - Replace any frayed cables, or any cracked or broken cable outers
  - Shifters
    - Gripshift style (twist) shifters need to be cleaned and lubricated from time to time

- **BRAKES**
  - Pads
    - Not too worn, properly aligned (disc brake pads wear too)
    - Pads (rim type or disc) not dragging
  - Cables – as for gears above
  - Hydraulic discs – should not be spongy

- **WHEELS**
  - Check for buckles, large or small
    - Buckled wheels will also affect braking performance
  - Check for broken or loose spokes

- **SUSPENSION**
  - Performing correctly, without leaks, rattles, or backwards and forwards play

**ACCESSORIES** (racks, lights, drink bottle cages, etc.) should be tight, not broken, and with all the correct fixings.

**Spares and tools that you should carry with you on your ride include:**

- Spare tubes of the correct size for your wheels and tyres
- Patch kit and tyre levers
- Bicycle pump
- Basic tools (Philips and flat screwdrivers, Allen keys or spanners) or a multi-tool

Talk to your bike shop about the need to take any special tools specific to your bike.

**MECHANICAL SUPPORT EN ROUTE**

Mechanical support will be available at the start and at the refreshment stations. All official event vehicles and marshals will have the resources to help with punctures, though riders are responsible for carrying their own repair kits and spare tubes; as well as ensuring their bike is mechanically sound.
BUNCH SKILLS by Stephen Hodge - Olympian and Tour de France cyclist

Bunch riding is when a group of cyclists ride together single file or two abreast, taking it in turns to lead from the front. Riding this way saves a lot of energy. But it does require constant attention and doing it well comes with experience.

Not many Gear Up Girl riders will be part of a bunch. But if you have the opportunity to do so, and you’ve got the support of those around you, then you might like to have a go and experience what it’s like at the heart of the bunch.


WHAT SHOULD THE BUNCH DO?

First and foremost, obey the law!

Stop at red lights and at other appropriate times. Running lights runs the risk of accident and serious injury, you may be lucky and get through without incident, but the riders following you may believe it is safe to do so without having the benefit of the field of view you have.

Also, it is not in anyone’s interests contributing to aggression on our roads, so let’s be safe together!

Good bunches also look after their riders by:

• Stopping to help fix small mechanical problems and punctures quickly, so that inexperienced riders are not left behind to fend for themselves;
• Regrouping after hills or other difficulties to keep everyone together;
• Waiting for the others if the group gets split up by a changing traffic light;
• Helping the less experienced riders with tips and a helping hand when needed;
• Working as a group. For example, the front riders calculate actions for the group as a whole to ride safely not just themselves, and the tail end riders should assist the group negotiate lane changes by acting as the rear turn indicators and signalling when the road is clear of traffic.

SUMMARY OF THE MAIN POINTS:

• Obey the law;
• Check out what is happening around and ahead of yourself, don't look at the wheel in front - only the back of the rider and beyond;
• If you are leading the group, act responsibly for the sake of all the riders behind you, not just yourself;
• Keep your braking, changing direction and other movements progressive;
• Signal hazards to the other riders of your group;
• Place yourself to maintain a safety run-out directly in front;
• Welcome new members to the bunch;
• Look after everyone in it by stopping to assist with mechanicals and incidents;
• When in front, remember you have the responsibility of guiding the whole group who are following along behind you.

This fact sheet was written by Stephen Hodge and supported by the Cycling Promotion Fund. The Cycling Promotion Fund is a non-profit body supported by the bicycle industry.
In 2010 Bicycle SA has welcomed the Heart Foundation as a charity partner for Gear Up Girl SA.

Most women don't know that heart disease is their number one killer. Go Red for Women is the Heart Foundation's campaign that unites women in the fight against heart disease - helping to raise awareness of the risks and promote healthier choices.

Challenge the myths and share the facts about heart disease with your friends. Find out more at www.goredforwomen.org.au

You can also contribute to this great cause by creating your own webpage to raise life-saving funds for the Heart Foundation simply visit http://www.everydayhero.com.au/event/gearupgirl
EMERGENCY / INCIDENT PROCEDURES

IN AN EMERGENCY DIAL 000

In the event of an incident, use the following checklist as a guide:

- Ensure your safety first
- Ensure the safety and welfare of any injured person, any participants, volunteers and/or public
- Contact appropriate emergency authorities, stating your name, location, phone number, role and service(s) required
- Remain at the scene until emergency assistance arrives, unless safe to do so
- Provide all possible assistance to emergency services
- Record all actions and times and details of all involved, including possible witnesses as soon as practical. If necessary / possible take photographs
- Contact Bicycle SA as soon as possible on 8168 9999

ROUTE SUPPORT

ELDER PARK SUPPORT (River Ride) 0417 545 574

SUPPORT BUS (Beach Ride) 0419 950 884

SAG VEHICLE (Hills Ride) 0438 438 846

TO WITHDRAW DURING THE RIDE 0407 600 326

You must contact Bicycle SA if you withdraw during the ride, so we don’t waste valuable resources searching for riders who may already be safely home

BICYCLE SA OFFICE (general enquiries) 8168 9999

EVENT MANAGER 0427 771 821

Please note that every attempt has been made to ensure the details contained in this Ride Guide are accurate at the time of printing, however things can change and we urge you to check the validity of the information yourself.