

Amy's Ride SA 2014 - Participant Information

We're guessing you've got lots of questions. We've put together a guide with some essential information to help you enjoy your ride. Please take your time to read over it all.

Road Safety Awareness

- From start to finish there will be Bicycle SA RED arrows and other signage marking the route.
- You must obey all Australian Road Rules.
- AMY'S RIDE SA is an open road event. Except for the Southern Expressway section, Old Willunga Hill Rd and Wickhams Hill Rd, you will be sharing the road with other traffic.
- You will also be sharing the road with other riders of differing abilities, so please be aware of your fellow riders.
- Keep 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 Australian Standards approved bicycle helmet.
- 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 to the finish.
- 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 that of other road users. Please listen to and follow their instructions.

Road Closure Details

- The Southern Expressway will be closed from 8.00am until approx 10.30am. You should aim to be at the southern end of the Expressway by 10.00am. That gives you 2hrs from Flinders Uni start and 1.5hrs from O'Halloran Hill start. Support vehicles will be following behind the riders to collect those who find they cannot get to the end of the freeway in a reasonable time.
- Old Willunga Hill Rd will be closed between St Mathews Terrace at the bottom and Meadows Rd at the top from 9am until 1.30pm. Riders must commence the climb no later than 1pm to ensure that they are well clear of the top before the road re-opens to normal traffic and to have sufficient time to complete the rest of the course. This includes those who are making the climb twice on the 120km Grande ride option. There is still 45km to go to the finish from here.
- Wickhams Hill Rd will be closed between Toops Hill Rd at the top and Kangarilla Rd at the bottom between 9.30am and 2.00pm. Wickham's Hill Rd is a very steep winding descent with some very tight corners. You should exercise extreme care when descending and ensure that you control your speed.

Pre-registration - Collection of Ride ID, Optional Jersey & Info Pack

All riders should collect their unique Ride ID, ride information pack and optional ride jersey from the Bicycle SA office (111 Franklin Street, Adelaide) between:

- 8.30am and 5.00pm, **Thursday 30 October**
- 8.30am and 5.00pm, **Friday 31 October** and
- 8.30am and 12 noon, **Saturday 1 November**.

If you have not collected your Ride ID, info pack or optional jersey by 12 noon, Saturday 1 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 deposit small bags and items with the 'cloakroom' to be collected at the finish.

Start Venue Information

FLINDERS UNIVERSITY START

LOCATION	Flinders University, Sports field next to University Drive - between Sturt Drive and Sturt Road
REGISTRATION OPENS	6:45am - you MUST be registered by 7:40am*
RIDER BRIEFING	7:40am
START TIME	8.00am
DISTANCE	125km / 100km / 70km / 35km

* Registrations may take between 10 and 15 minutes, so allow plenty of time

- To facilitate the start there will be a temporary road closure along University Drive coordinated by the SA Police and Altus Traffic Management.
- Riders gather on the closed western side of University Drive between Sturt Rd and Sturt Drive. One northbound lane on University Drive will remain open for vehicle access. All southbound lanes will remain open. Please observe speed restrictions and drive with care. Riders need to gather towards the start line and wait for the countdown.
- Prior to the start we will be asking riders to place themselves in rankings based on estimated average speed. These rankings will be: up to 20km/h, 20-25km/h, 25-30km/h and 30-35km/h. The start line marshalling area will be marked with signs indicating each speed zone section. Please assist us by waiting in the relevant section to hear the rider briefing prior to the start.
- The SA Police, in communication with the Traffic Control Centre, will coordinate the movement of riders from the start venue at the junction of University Drive & Sturt Road to the junction of Sturt Rd and Main Sth Road through to the Southern Expressway. The SA Police will aim to escort all riders on to the Southern Expressway in one go; however, the SA Police may, if required, stem the flow of riders to clear the backlog of vehicle traffic. Riders must obey the instructions of the SA Police.
- Flinders University is approximately 30 minutes drive from Adelaide CBD via Anzac Highway & Main South Rd.
- On site there will be water, coffee, change rooms and toilets.
- Car Parking: There is plenty of parking available at Flinders University. There is reasonable space near the start venue in Carparks 13, 16, 18 & 20. Alternatively you can use Car Park 1, off University Drive. (See start venue map on our website) Please note: you park your vehicle at your own risk. Please use these car parks for dropping off as well. Do not drop off on the side of the road - doing so will create a traffic hazard

O'HALLORAN HILL START

START LOCATION	Former TafeSA O'Halloran Hill campus, Majors Road
REGISTRATION LOCATION	TafeSA, Front entry
REGISTRATION OPENS	7:30am - you MUST be registered by 8:10am*
RIDER BRIEFING	8:10am
START TIME	8:30am
DISTANCE	30k

* Registrations may take between 10 and 15 minutes, so allow plenty of time

- The start line is at the old TAFE SA O'Halloran Hill campus. Rides will gather at the front parking area and wait for the countdown to go. When the signal to start has been given, riders will make their way up Major's Road to the emergency slip lane access on Majors Rd and down on to the Southern Expressway.
- All day car parking is available at the TafeSA campus. Please note: you park your vehicle at your own risk.
- Majors Road is approximately 40 minutes drive from Adelaide CBD via Anzac Highway and Main South Road.

MCLAREN VALE START

START LOCATION	McLaren Vale - Serafino Winery, Kangarilla Rd
REGISTRATION LOCATION	Lawns in front of the cellar door
REGISTRATION OPENS	8:00am - you MUST be registered by 9:00am*
RIDER BRIEFING	9:00am
START TIME	9:15am
DISTANCE	12km

* Registrations may take between 10 and 15 minutes, so allow plenty of time

- The start line is at Serafino Winery
- Car Parking will be available at the venue. More details available soon.
- McLaren Vale is approximately 35km from Adelaide CBD via Main South Rd
- Lunch NOT included with this ride option. Additional food will be available for sale from local providers, including snacks, hot food, coffees, ice-cream and soft drinks.

Southern Expressway

Marshals will be positioned at the mid-way entrances on to the Southern Expressway, and there will be signage indicating the closed road. In addition, boom gates will prevent any vehicle access.

The Southern Expressway begins with a steady climb lasting over 4km, which will test most riders. For a little added boost DJ Chris from "Beats Working" - Mobile DJs will be pumping out the tunes to encourage you up the last bit. From the top, near the junction with Majors Road, the road undulates and the net result is a descent to the finish at the southern junction with Main South Road. Riders must aim to reach the end of the Southern Expressway by 10.30am. While there is provision in our traffic management plan for delayed riders and / or mechanical problems, the aim is to clear the Southern Expressway on time to allow for the resumption of normal service.

At other key locations along the route there will be event-specific traffic controls, ensuring the safety of riders and other road users (see route notes).

35km & 30km Express ride

Once off the Southern Expressway 35/30km Express riders will join the Coast to Vines path at River Rd. There will be a refreshment station just after you join the Coast to Vines path. Follow the new path along side Railway Rd, past the new Seaford Train station and under Seaford Rd.

Refreshment Stations

Several refreshment stations will be along the 125km/100km/70km route plus one for the 35km/30km ride:

1. JUBILEE PARK, PORT NOARLUNGA 25km
 2. LINEAR PARK, WILLUNGA 60km
 3. TOP OF WILLUNGA HILL (WATER ONLY) 64km
 4. FINGERBOARD CORNER, KANGARILLA ROAD 86km (109KM - 125k ride)
- 35km/30km riders will receive refreshments at the bike path junction with River Road at 21km
 - 12km Shiraz Trail riders will use the Willunga refreshment station at the half way point of the ride.
 - At each station Nippy's water and juices, plus hydration product will be available. Linear Park, Willunga will also offer tea and coffee, fresh fruit, cake and biscuits.
 - All riders should 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.
 - Lunch is available after you arrive at the McLaren Vale finish. (lunch not included with 12km Shiraz trail ride) There will also be supplementary water and hydration product available.

The Finish

All riders finish at Serafino Winery, McLaren Vale

De-registration is not necessary. Just after the finish line you'll be directed to the food counter, where you receive your lunch - a filled roll/wrap, muffin and piece of fruit. Please only take the vegetarian option if you indicated this on your registration. Note: Lunch is not included with 12km Family Shiraz Trail ride. Additional food will be available for sale from local providers, including snacks, hot food, coffees, ice-cream and soft drinks.

Optional massage services will be available for riders. There will be live music for everyone to enjoy, plus face painting for the kids and much more.

McLaren Vale is approximately 35km from Adelaide CBD via Main South Rd or the Southern Expressway. While riders' family and friends are very welcome to join in the festival of entertainment and activities at Serafino, they cannot follow the ride route in their own vehicles. The route must be kept clear of personal support vehicles to reduce the level of traffic and, most importantly, to allow for the easy movement of emergency vehicles and official Bicycle SA support vehicles.

Car Parking at the finish

Car Parking will be available at the venue. More details available soon.

Programme

- 6:45am Registrations open at Flinders University
- 7.30am Registrations open at TafeSA, O'Halloran Hill
- 8.00am AMY'S RIDE START - Flinders University - 125/100/70/35km riders
- 8:00am Registrations open at Serafino Winery, McLaren Vale
- 8:30am AMY'S RIDE START - O'Halloran Hill - 30km riders
- 9:15am AMY'S RIDE START - McLaren Vale - 12km Family Shiraz Trail
- 9:30am First riders expected at McLaren Vale finish
- 9:30am Entertainment programme at Serafino Winery
to Food & drink also available
- 1:00pm Prize giveaways and presentations
- 1:00pm First coach transfers depart for O'Halloran Hill and Flinders University
- 2:30pm Activities and entertainment programme concludes
- 3:00pm Second coach transfers depart for O'Halloran Hill and Flinders University

Mechanical Support en-route & Pre-ride Servicing

Mechanical support will be available at both start locations as well as at Port Noarlunga, Willunga and Fingerboard Corner refreshment stations. Limited roaming mechanical support en-route will also be available. 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 that their bike is mechanically sound before the event.

PRE-RIDE SERVICING SPECIALS

Bring your bike in store for a pre-ride service to ensure your bike will perform as well as you! If possible they aim for a 24hr turnaround to get you out on the road quickly with little delay ** conditions apply.

Mention that you're preparing for Amy's Ride and they'll give you 10% discount on the cost of a basic service and 10% discount on any parts or accessories.

BOOK YOUR BIKE IN EARLY - DON'T LEAVE IT UNTIL THE LAST MINUTE!!

OXYGEN CYCLES MCLARENVALE, 143 MAIN ROAD Tel: 8323 7345

www.oxygencycles.com

ELBOWS AKIMBO ADELAIDE & SUBURBS - Mobile service Tel: 0427 820 256

www.elbowsakimbo.com.au

ADELAIDE MOBILE BICYCLE SERVICE ADELAIDE & SUBURBS - Mobile service Tel: 0466 343 885

www.adelaidemobilebicycleservice.com.au

Travel & Accommodation

McLaren Vale and the Fleurieu Peninsula offer a range of accommodation from self-contained B&Bs to executive hotel suites. Why not stay in the region for the weekend?

Serafino Winery has excellent accommodation options onsite phone (08) 8323 8911 or visit

www.serafino.com.au

The staff at the McLaren Vale Visitor Information Centre can also provide information and assistance. you can call them on (08) 8323 9944 or visit www.mclarenvale.info or www.fleurieupeninsula.com.au

Coach Transfers

All coach transfers must be booked in advance at the time of registration. Bookings will not be possible on the day of the event. If there is spare capacity on the coaches an announcement will be made on the PA system at McLaren Vale Visitor Centre.

Coach transfers back to both TafeSA O'Halloran Hill and Flinders University depart at 1:00pm and 3:00pm. Depending on demand one coach may service both destinations, with passengers for O'Halloran Hill being dropped off first.

Loading will begin 30 minutes prior to departure. Cut off time to arrive and load your bike is 15 minutes prior to departure. Coaches will depart promptly from adjacent to the finish line so make sure you're on board in plenty of time. Late arrivals may not be able to be accommodated.

You will be required to help with loading your bike. Depending on available bike storage space, you may be required to remove your front wheel and / or remove pedals and turn handlebars. Cardboard packing sheets and blankets will be used to protect bikes in transit.

Note:

The coach transfers are arranged through Genesis Coach and Charter, who have been providing passenger and bike transfer services for many years. Please note that Bicycle SA will not be liable or responsible for any direct, indirect, consequential or accidental damage, loss, accident, delay or irregularity of any kind which may be occasioned by reason of any act or omission of any third party, including Genesis Coach and Charter. Please contact Genesis directly on (08) 8552 4000 if you would like more information about their insurance and liability. Bicycle SA strongly recommends all participants have appropriate Personal Accident and Ambulance Insurance, as well as cover for their bike. Third Party and Personal Accident insurance covers current Bicycle SA members.

Extreme Weather

Riders should be reassured that AMY'S RIDE SA has in place strategies to deal with hot weather. Firstly the ride is scheduled for early November, taking advantage of the slightly cooler weather prior to the summer months.

There will be three refreshment stations en route, offering water, juice and hydration product plus snacks at Willunga. A refreshment station especially for riders completing 30km and 25km is located on the bike path at River Rd. 12km Shiraz Trail riders will use the Willunga refreshment station at the half way point of the ride. In addition there will be Ride Marshals and multiple support vehicles en route providing extra back up, including:

- Support Bus
- Rapid Response vehicle
- Sag Wagon
- Maintenance Support
- St John First Aid

Each vehicle will carry additional water supplies. Water and hydration product are also available at both start locations and at the finish.

Extreme weather that may influence any decision to modify, postpone or cancel the ride, would be assessed using the following criteria:

- If three or more consecutive days leading up to the event day experience extreme apparent/wet bulb temperatures
- If the forecast for event day is for extreme apparent/wet bulb temperatures
- Hot / strong winds are forecast

In the event of forecast hot weather during the week beginning Monday 27 October, regular assessments will be made. If extreme weather is expected, the option remains to modify, postpone or cancel the ride, and any such decision will not be made any later than 8am Saturday 1 November. In this case any change would be highlighted on the Bicycle SA website and attempts would be made to contact registered riders by email or telephone.

As detailed in the Conditions of Entry, if the event is cancelled, fees are transferable to other Bicycle SA rides.

Riders are encouraged to monitor the weather forecast and prepare appropriately. Detailed weather information can be found on www.bom.gov.au.

Please get in touch if you would like further information. rides@bikesa.asn.au Tel: (08) 8168 9999

[Click Here](#) to download further advice on managing physical activity in hot weather

Emergency / Incident Procedures

IN AN EMERGENCY DIAL 000

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

- Ensure your own 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 unsafe to do so
- Provide all possible assistance to emergency services
- Record actions taken, 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 9901

Contact Numbers

SUPPORT BUS (pick up) 0458 966 527
RAPID RESPONSE (non emergency) 0417 545 574
SAG WAGON (follows last rider) 0438 438 846

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.