2013 Ride Guide

[SUNDAY, 3RD MARCH 2013]

Challenge Ride
45km

River Ride
20km

Love Your Ride

Park Ride
25km
bicycle
NSW

JOIN TODAY!

bicyclensw.org.au
(02) 9704 0801

* Public Liability Insurance (AU/NZ)
* Personal Injury Insurance (AU/NZ)
* Regular cycling news from NSW & beyond
* Discounted entry in Bicycle NSW events
* A dedicated voice for cycling in NSW

creating a better environment for cycling
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Check list...

Bike: Check your bike is in good working order
Bike Helmet: This is a legal requirement
Rider Number: Attach this to your handlebars
Rider Wristbands: Attach this to your wrist

Start times...

<table>
<thead>
<tr>
<th>Challenge Ride</th>
<th>7.30am</th>
<th>All riders depart Wentworth Common</th>
</tr>
</thead>
<tbody>
<tr>
<td>River Ride</td>
<td>9.30am</td>
<td>All riders depart Parramatta Foreshore</td>
</tr>
<tr>
<td>Park Ride</td>
<td>8.00am</td>
<td>All riders depart Wentworth Common</td>
</tr>
</tbody>
</table>

For your safety...

To ensure that you and your fellow riders have an enjoyable and safe ride, Gear up Girl, please adopt safe and courteous riding at all times by following these basic principles:

- SLOW DOWN – relax and enjoy your ride. Remember it is not a race!
- Obey instructions on all event signage, or as given by the Police, Route Marshals and other event personnel
- Comply with the NSW road rules and regulations at all times – roads are not closed for this event.
- Extra care is required when riding down hill. Slow down and ride carefully
- Ride on the left hand side of the road at all times
- Always give hand signals when veering, turning or stopping
- Look behind before you make any sudden changes to ensure it
is safe to do so

- Wear a correctly fitted Australian Standards approved helmet at all times
- Wear bright clothing to make it easier for other road users to see you
- Ring your bell and call “passing” when overtaking other cyclists
- Always overtake on the right
- Call “stopping” if you are slowing down rapidly or stopping to reduce the risk of someone running up the back of you
- Keep at least two bike lengths behind the cyclist in front when riding in a group. Remember if you tip the wheel in front it is almost always you who falls!

Can’t make the distance?
It should be noted that if you are unable to meet the route closure times or need to depart the designated event route at any time, you do so as a solo, unaccompanied cyclist under regular road conditions without any event support. Should this occur, you are no longer a participant in the event and we ask that you remove your official Rider Number.

We do provide a Sweep Bus with bike trailer for those who are unable to keep up or pedal to the finish. The Sweep Bus will drop you and your bicycle to the nearest train station so that you can make independent transport arrangements back home or to the finish line.

Take Care!
- Participants are to take care in the following course locations:
- Much of the course is on off-road cycleway, however there is some road riding and road crossings. Please note there are no road closures on the course and all normal road rules apply. Event marshals will assist at road crossings and Police will be monitoring some intersections to ensure you cross safely.
- Please follow instructions of Police and Event Marshals at all times
- Please ride carefully through Sydney Olympic Park cycleways. These are open to the public and are popular with other cyclists and pedestrians.
- Take care exiting the cycleway from Rhodes onto Walker Street as there is low visibility for cars around the corner. Police will monitor this area so follow their instructions.
- Take care exiting the cycleway from John Whitton Bridge onto Bay Drive as you will need to perform a sharp u-turn onto the road.
- Marshals will assist the entry onto the pathway on the bridge at Stubbs Street. Please ride in single file along the bridge. You will be asked to dismount at the end of this bridge to cross the road at Stubbs Street.
What to bring...

• A mechanically safe bike to ride
• Not sure if your bike is ok? Have your bike serviced at your local bike shop prior to the Gear up Girl event
• Your official event Rider Number - Attach this to the front of your bike before you leave home
• A correctly fitted Australian Standards approved helmet. This is compulsory and is a legal requirement in NSW
• 1-2 full bottles of water - You must bring your own water bottles, which you can refill at any of the Rest Stops along the way
• Sun protection – Reapply your sunscreen regularly and wear sunglasses
• Spare inner tube (correct size for your bike), tyre levers and puncture repair kit – just in case you get a flat
• Bike pump
• Comfortable cycling clothes, including wet weather gear and a jacket just in case it rains or gets cold
• Money for food at the Rest Stops and the Finish Site Festival
Bike Safaris

Explore part or all of 35 kms of cycleways including three great circuits! Let your discovery begin...

**Olympic Circuit**
Take a journey past the Olympic icons and relive memories of the “Best Games Ever!”

**River Heritage Circuit**
Meander along the scenic Parramatta River and take in the naval heritage precinct of Newington Armory and neighbouring woodlands.

**Parklands Circuit**
Ride through Bicentennial Park, past the Badu Mangroves and Waterbird Refuge. A must see for nature lovers.

Enjoy eating at the many cafes, bars and restaurants located in the Park. Bike hire available at Bicentennial Park and Blaxland Riverside Park (weekends only).

For more information and to register for What’s On? updates, visit www.sydneyolympicpark.com.au
Cycling etiquette...

**On Shared-Use Paths (SUPs):**
- Give way to pedestrians at all times.
- Move off the path when stopped.
- Be courteous to other path users.
- Slow down near children, playgrounds, shops etc.
- Ring your bell to warn others you are approaching.
- Give clear hand signals.
- Keep left where possible.
- Be predictable.
- Indicate hazards to other riders.

**On Roads:**
- Be courteous to all other road users.
- Avoid riding in driver’s blind spots. If you cannot see the driver, the driver cannot see you.
- Do not hold onto vehicles.
- Use the road shoulder or left-hand lane to avoid obstructing other road users.
- Avoid riding too close to parked cars to reduce the chance of colliding with pedestrians or opening car doors.
- If riding uphill in a group, be considerate of other road users and ride in single file.
- Give clear hand signals.
- Be predictable.
- Do not use your phone or listen to music while riding on the road.
- Indicate hazards to other riders.
- Use bicycle lanes where available.

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**CityRail - Scheduled Trackwork...**

**Northern Line**
- Buses replace trains between Hornsby and Strathfield via Eastwood
- A shuttle train service will operate between Epping and Chatswood via Macquarie Park

**North Shore Line**
- Buses replace trains between Hornsby and Gordon

**Newcastle and Central Coast**
- Buses replace trains between Newcastle and Central

**Hunter Line**
- Buses replace trains between Scone and Newcastle and also between Dungog, Telarah and Newcastle.
St John Ambulance Australia will be there for you at Gear Up Girl

Safety tips for the day:
• Wear appropriate clothing and footwear
• Warm up before you start riding
• Drink plenty of water and carry a water bottle
• Wear sunscreen and reapply as needed
• Be aware of your surroundings and be considerate of other riders
• Don’t try to exceed your capabilities
• Stop riding and rest if you begin to feel unwell

If you are in need of first aid during the day, look for your nearest St John post.

1300 360 455 | stjohnnsw.com.au
Getting to the start at Wentworth Common, Sydney Olympic Park

**Train:** Arrival and departure times at Sydney Olympic train station are frequent.

**Ferry:** The closest ferry wharf is located at Sydney Olympic Park Wharf.

For further information regarding timetables please visit www.131500.com.au or call the Transport Info Line on 131 500.

**Car:** You or your supporters can park in the recommended carparking area at P5 in Sydney Olympic Park. For more information on parking facilities at Sydney Olympic Park refer to: www.sydneyolympicpark.com.au

**Drop off and Pick up:** Your family or friends can drop you and your bike from the designated Temporary Drop off and Pick up area located opposite the start line on Bennelong Parkway. No parking will be permitted in this area. Maximum stopping time is 2 minutes.

**Bike:** Leave your car at home and ride to the start - it will be a great pre-event warm up!

Getting to the start at Parramatta Foreshore

**Train:** Arrival and departure times at Parramatta Train Station are frequent.

**Ferry:** The closest Ferry is located at Philip Street, Parramatta.

For further information regarding timetables please visit www.131500.com.au or call the Transport Info Line on 131 500.

**Car:** For carparking information around Parramatta City please refer to their website www.parracity.nsw.gov.au

As a special service, Bicycle NSW would like to offer any ladies that have purchased items at Parramatta Festival the opportunity to have their bags taken back to the finish site at Sydney Olympic Park. Bags can be dropped off at the Bicycle NSW tent at Parramatta and then picked up at the Bicycle NSW tent at Wentworth Common.
Jaxon Taylor was three when he first rode a bike. His face lit up like a Christmas tree and his mum cried. So did his dad and his gran. Now Jaxon is seven. This bright young man will never walk or run like other children his age...but he sure can ride!

Ride for kids with disabilities.

Please register for Gear Up Girl and choose TAD as your fundraising charity. Every dollar raised will go towards funding special TAD bikes for kids with disabilities.

www.tadnsw.org.au
Start
Wentworth Common, Sydney Olympic Park

Start time: 7.30am

At the start site
Delicious coffee
Bike Mechanics - basic assistance only
Toilets
Water Station

Rest Stop 1 + 3
Silverwater Park, Silverwater
12km from start
14km from finish
Toilets
Water refill station
First aid
Bike Mechanics

Rest Stop 2
Parramatta Foreshore, Parramatta
25km from start
Coffee and other yummy foods
Toilets
Water refill station
First aid
Bike mechanics (no major overhauls!)

At the finish
Gear up Girl will continue once you have crossed the finish line. Celebrate your achievements and enjoy the festival celebration at Wentworth Common.
Start
Parramatta Foreshore, Parramatta (Philip St side of the river)

Start time: 9.30am

At the start site
Coffee and other yummy foods
Bike Mechanics - for basic assistance only
Toilets
Water Station

Rest Stop 1
Silverwater Park, Silverwater
7km from start
Toilets
Water refill station
First aid
Bike mechanics

At the finish
Gear up Girl will continue once you have crossed the finish line. Celebrate your achievements and enjoy the festival celebration at Wentworth Common.
At the start

Wentworth Common,
Sydney Olympic Park

Start time: 8.00am

At the start site
Delicious coffee
Bike Mechanics - for basic assistance only
Toilets
Water Station

Rest Stop 1

Silverwater Park,
Silverwater
12km from start

Toilets
Water refill station
First aid
Bike Mechanics

At the finish

Gear up Girl will continue once you have crossed the finish line. Celebrate your achievements and enjoy the festival celebration at Wentworth Common.

Festival Finish for all
a live band, a pamper tent, entertainment for the kids, market stalls and food stalls will be available. There is also BBQ facilities available.
Make your Gear Up Girl ride count and fundraise for a cure for kids’ cancer

You have taken on this challenge. Kids with cancer don’t choose their challenge.

Please help us make kids’ cancer history.

Fundraise at:


Or contact Pip: 02 8394 7711

Or email: pip@tkcp.org.au

www.thekidscancerproject.org.au
[ P R O U D L Y  B O U G H T  T O  Y O U  B Y ]

bicycle
NSW

[ S U P P O R T E D  B Y ]

Sydney Olympic Park
Parramatta

[ P A R T N E R S ]

EventWorks
ParkBikes

[ C H A R I T Y  P A R T N E R S ]

Bicycle NSW
Environmental Trust
TAD Disability Services
The Kids Cancer Project