



9 March 2014

# gear up girl

SYDNEY OLYMPIC PARK TO CRONULLA

CRONULLA LOOP RIDE TO KURNELL



Beach Ride

20 km

## gear up girl



*Love Your Ride*



Challenge Ride 40 / 60 km

## gear up girl

Ride Guide 2014

**Join NOW**

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*Creating a better  
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## Welcome to 2014 Gear Up Girl



Welcome to the 2014 Gear Up Girl Ride.

Love Your Ride! Gear up Girl is Bicycle NSW's women's-only cycling initiative, designed to get women of all ages and abilities, shapes and sizes on their bikes. It's about giving women the confidence to get out there and have a go; and it's about encouraging women to lead an active and healthy lifestyle while promoting the benefits of cycling as an environmentally sustainable means of transport.

This year we are returning the event to Cronulla with 2 ride options of 20km and 60km (with a shortcut option at 40km). The rides will include both off-road cycleways and dedicated on-road cycle lanes to encourage participation of novice women cyclists and ensures a safer and more enjoyable route.

### Challenge Ride – 60km / 40km

The Challenge Ride will start within Sydney Olympic Park and travel south east along the Cooks River cycleway, through Wolli Creek, Tempe and out to the waterfront cycleways along Brighton Le Sands and Ramsgate Beach. From here the ride crosses the Taren Point Bridge and links up with the cycleways over the wetlands beside Woollooware Bay before reaching Cronulla. Here you will have the option of continuing out to Kurnell and back to Cronulla for 60km or finishing at Cronulla for 40km.

### Kurnell Ride – 20km

The newly introduced Kurnell ride will utilise already popular on-road cycle lanes from Cronulla, out along Captain Cook Drive to Kurnell, with an option of an extra loop through the Botany Bay National Park, before returning the same route back to the finish at Cronulla.

The Gear up Girl Challenge is ALL about being active, feeling good about yourself and making a difference by leading an environmentally friendly lifestyle.



## 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.

## 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.
- 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



## Beach Ride



### BEACH Ride

Distance:	20 km with optional 6km ride through Botany Bay National Park
Average Speed:	5-25kms per hour
Start Time:	8:30am
Start Location:	Cronulla
Finish Location:	Cronulla
Age Limit:	10yrs and older, children under 16 children MUST ride with paying adult.

Cut-off times Gear up Girl Ride 2014 To provide a safe event for all riders in the Gear up Girl Challenge, and to reduce the impact the event has on the non-event community. Gear up Girl will enforce "cut off" times along the route so we are able to safely move the participants through the route and re-open any closed roads to the non-event community. If you are able to keep up with the average speed specified for this ride you will have no problem reaching the following cut-off points as they are designed to give you enough time to ride the event, but also experience what's on offer at each of the sites and attractions along the way. It is important to note that Gear up Girl is NOT A RACE and the route and timings have been designed to allow a fun recreational safe ride through Sydney and the surrounding suburbs.

#### **Cut-off times:**

**8:30am – Cronulla Start Site**

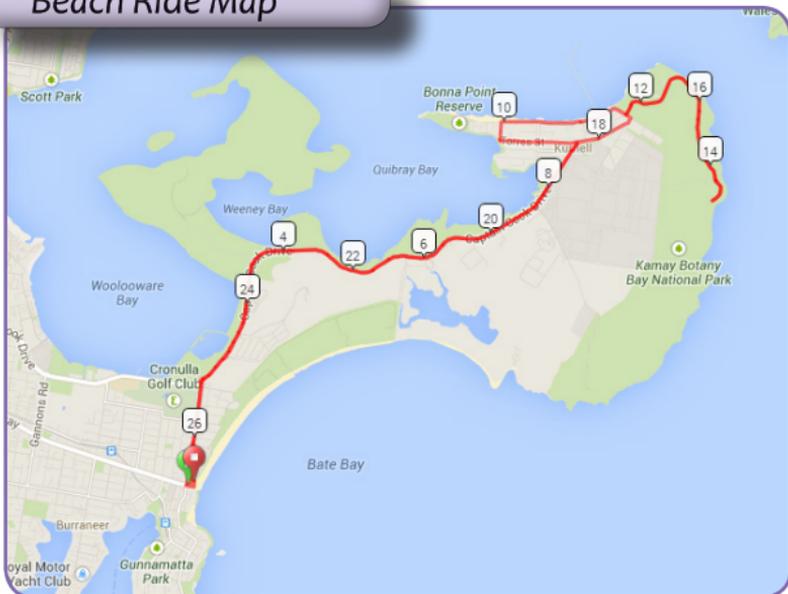
**9:30am – Captain Cook Park**

**1:30pm – Cronulla Finish Site**

If you have not passed these points within the specified time, you will not be able to complete the ride under event conditions. Each ride is equipped with Route Marshal Volunteers, Ride Crew, Bicycle Mechanics, Sweep/Support Bus, Qualified Traffic Controllers, First Aid Response Teams and a Last Rider to assist you throughout the ride.



## Beach Ride Map



Stop	Location	From Start	From Finish	Site Open	Site Closed
Start Site	Don Lucas Reserve Cronulla	0 km	20 km	7:00am	8:30am
Rest Stop	Marton Park Kurnell	10 km	10 km	8:30am	11:30am
Finish Site	Don Lucas Reserve Cronulla	20 km	0km	9:00am	2:00pm



## Challenge Ride



### CHALLENGE Ride

Distance:	40 km with optional Kurnell loop extending the ride to 60km
Average Speed:	10-25kms per hour
Start Time:	7:00am
Start Location:	Bicentennial Park
Finish Location:	Cronulla
Age Limit:	12yrs and older, children under 16 children MUST ride with paying adult.

Cut-off times Gear up Girl Ride 2014 To provide a safe event for all riders in the Gear up Girl Challenge, and to reduce the impact the event has on the non-event community. Gear up Girl will enforce "cut off" times along the route so we are able to safely move the participants through the route and re-open any closed roads to the non-event community. If you are able to keep up with the average speed specified for this ride you will have no problem reaching the following cut-off points as they are designed to give you enough time to ride the event, but also experience what's on offer at each of the sites and attractions along the way. It is important to note that Gear up Girl is NOT A RACE and the route and timings have been designed to allow a fun recreational safe ride through Sydney and the surrounding suburbs.

#### **Cut-off times:**

**7:00am – Bicentennial Park Start Site**

**8:30am – Ford Park**

**9:30am – Cahill Park**

**10:30am – Peter Depena Reserve**

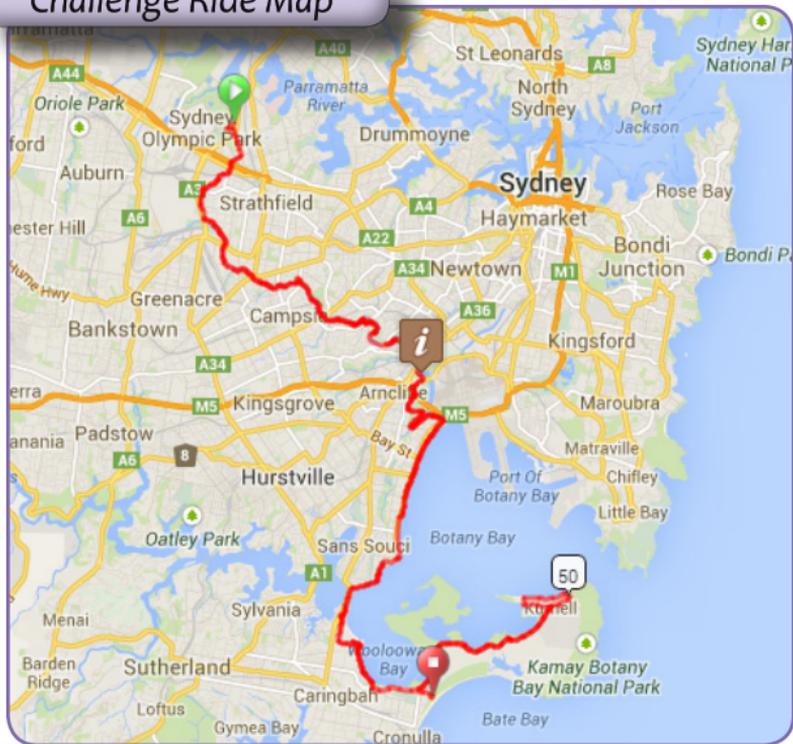
**11:30am – Captain Cook Drive Junction Point for 40km/60km**

**1:30pm – Cronulla Finish Site**

If you have not passed these points within the specified time, you will not be able to complete the ride under event conditions. Each ride is equipped with Route Marshal Volunteers, Ride Crew, Bicycle Mechanics, Sweep/Support Bus, Qualified Traffic Controllers, First Aid Response Teams and a Last Rider to assist you throughout the ride.



## Challenge Ride Map



Stop?	Location	From Start	From Finish	Site Open	Site Closed
Start Site	Bicentennial Park Sydney Olympic Park	0 km	40/60 km	6:00am	8:00am
Water Stop	Ford Park Strathfield	9 km	31/51 km	7:00am	8:30am
Rest Stop	Cahill Park Wolli Creek	20 km	20/40 km	7:30am	9:30am
Water Stop	Peter Depena Reserve Sandringham	32 km	8/28 km	8:00am	10:30am
Water Stop	Marton Park Kurnell	50 km	10 km	8:30am	1:00pm
Finish Site	Don Lucas Reserve Cronulla	40/60 km	0 km	9:00am	2:00pm



## For Your Safety



**For Your Safety!** To ensure that you and your fellow riders have an enjoyable and safe Gear up Girl experience, please adopt safe 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, Traffic Controllers, Route Marshals and other event personnel
- Comply with the NSW road rules and regulations at all times – roads are NOT closed for the event.
- Extra care is required when riding downhill. 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!
- Share the cycle ways with other users, keep to the left
- Watch your speed, it’s not a race

### Keep up and keep pedalling!

While we encourage you to have a break at the at the Rest Stops and soak up the amazing scenes of Sydney and local atmosphere, please remember that the route and rest stops for the Gear up Girl ride will only remain open for specific time durations. After this time, the route and roads will be progressively returned to regular road conditions. Please follow instructions of any official event personnel when you are asked to move along the route.

### 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 or event site so that you can make independent transport arrangements back home or to the finish line.

### Take Care!

- Be careful as you pass, enter or exit the Rest and Water Stops.
- Look both ways and keep to the left at all times.
- Please ride carefully along all event shared pathways. These are open to the public and are popular with other cyclists and pedestrians, so please give way to pedestrians.
- Some areas on the course are off-road dedicated cycle ways that may include varying surfaces including timber 'boardwalk' style. Please slow down through these areas.
- Follow the direction of Police and event marshals to ensure your safety at all times along the route

Gear up Girl is **Bicycle NSW's** women's-only cycling initiative, designed to get women of all ages and abilities, shapes and sizes on their bikes. It's about giving women the confidence to get out there and have a go; and it's about encouraging women to lead an active and healthy lifestyle while promoting the benefits of cycling as an environmentally sustainable means of transport.



## Rider Support



**Bicycle NSW** believe it is important to provide the right support for all riders on our events. Safety and enjoyment of the women on the Gear Up Girl ride is our number one priority.

To provide this safety and rider support all **Bicycle NSW** rides are equipped with the following....

**Sweep Bus** - A sweep bus will follow the ride to ensure that any riders who have difficulty completing the ride are given assistance. If necessary, the sweep bus can transport riders to a nearby train station or event site.

**Bike Mechanics** - It is a good idea to have your bike checked by a bicycle mechanic before joining the Gear Up Girl ride. However, if you do find yourself with a flat tyre or get into some technical difficulty, our bike mechanics will be available to provide assistance. Our bike mechanics will be stationed at the start/finish sites.

**First Aid** - First Aid officers will be available both at the start/finish sites and also as mobile help throughout the ride. We work alongside trained Pink First Aid first aiders and value their contribution to a safe ride.

**Volunteer Marshals** – We place marshals at key junctions and turns to make sure that you are always on target to successfully complete your ride.

**Ride Crew** – A dedicated team of volunteer bicycle mechanics will ride with the participants to help them complete their ride. If you have any mechanical issues and require the help from the Ride Crew Volunteers, simply move yourself and your bike out of harms way. Turn the bike upside down and the next available Ride Crew will be riding along shortly to get you back on the ride.

## Bag drop off service



As a special service, **Bicycle NSW** would like to offer any ladies that have items at Bicentennial Park the opportunity to have their bags taken back to the finish site at Don Lucas Reserve. Bags can be dropped off at the **Bicycle NSW** tent at Bicentennial Park and then picked up at the **Bicycle NSW** tent at Don Lucas Reserve.



## Start Site (Bicentennial Park)



START – Bicentennial Park, off Victoria Avenue. Sydney Olympic Park

### Meeting Point

Bicentennial Park, Sydney Olympic Park (Concord West Entrance).

### Getting There by Bicycle

If you are up for a bit of a warm up before you ride Gear up Girl why not ride to the start? To find a safe route to the start check out the mapping resources provided by Transport for NSW at

[http://www.bicycleinfo.nsw.gov.au/maps/cycleway\\_finder.html](http://www.bicycleinfo.nsw.gov.au/maps/cycleway_finder.html)

### Getting There by Public Transport

Concord West Train Station is the closest train station. Head to [www.sydneytrains.info/](http://www.sydneytrains.info/) to view the latest train time table and find the best way to the start.

### Getting there by Car

Parking is limited and we recommend you leave the car at home. However if you do plan to drive and leave the car at the start, click here for information about parking in the Sydney Olympic Park area.

<http://www.sydneyolympicpark.com.au/maps/parking-at-sydney-olympic-park>

#### What's ON:

- Start Line for the Challenge Ride
- Coffee & Food Vendors
- First Aid
- Bike Mechanic
- Toilets
- Water Refilling Station

\*Entertainment and activities subject to change



# Finish Site (Don Lucas Reserve, Cronulla)



## Meeting Point

Don Lucas Reserve, Sanderson Street Cronulla.

## Getting Home by Bicycle

If you still have the energy to ride home, we advise that you choose a route that avoids riding against the other 1,000 riders still in the Gear up Girl ride. To find a safe route home check out the mapping resources provide by Transport for NSW at

[www.bicycleinfo.nsw.gov.au/maps/cycleway\\_finder.html](http://www.bicycleinfo.nsw.gov.au/maps/cycleway_finder.html)

## Getting Home by Public Transport

Cronulla Train Station is the closest train station. Head to [www.sydneytrains.info/](http://www.sydneytrains.info/) to view the latest train time table and find the best way home.

## Getting Home by Car

Parking is limited and we recommend you leave the car at home. However if you do plan to drive and leave the car at the finish, click here for information about parking in the Cronulla area.

### What's ON:

- Live Music
- Street Performers
- Pamper Zone
- Market Stalls
- Food Stalls
- Free Bike Parking
- Bike Mechanics – Live Demonstrations
- Dressed to Impress Parade

°Entertainment and activities subject to change



## Fundraising



**Bicycle NSW** is proud to support TAD Disability as the Gear up Girl charity for 2014.

TAD Disability Services is the only charity in NSW which designs and builds custom equipment to enable people with disabilities to lead more independent lives.

### **TAD's Freedom Wheels**

TAD's Freedom Wheels Bikes enable children with disabilities to ride a bike when it was never thought possible. Many of these children cannot walk but they can ride. These special bikes are designed to suit the individual child's age, height, weight and physical and cognitive abilities.

Each Freedom Wheels Bike is individually designed by our therapists and built by our TAD volunteers to their exact needs.

With the support of riders in the Gear up Girl ride, we are able to provide these assessments free of charge and subsidise the cost of the Freedom Wheels Bikes to families who often face overwhelming financial hurdles.

At TAD, we believe that every individual has the right to equal opportunity and affordable equipment.

Every child deserves the thrill of riding a bike and with your support we can provide more bikes to more kids with disabilities.

Start a fundraising page today!

For more information about TAD Disability Services, please visit our website or call 1300 663 243.



You don't have to dress up like a superhero to be a hero. It is as simple as creating a user page on Everyday Hero where you can share a special message of inspiration, start a blog or share images/videos to raise awareness of your charity.

Your page (individual or team page) allows you to invite friends who can then make donations and leave messages of support. The donations you receive will be tallied and displayed on your public page meter to help you gauge your progress.

Donations are automatically processed and transferred to your selected charity or cause. It couldn't be easier!

For more info please visit: [www.gearupgirl.com.au/fundraising/](http://www.gearupgirl.com.au/fundraising/)



## Courses



### GEAR UP GIRL WORKSHOP

Looking to get back on the Bike but not too sure how to get into the swing of it? Want to find an environment to brush up on your skills but feel intimidated? Want to learn from more about yourself and bike? Want to be able to change a tyre by yourself?

If you can say yes to any of these questions then why not sign up for the women's only Gear up Girl Workshop.

Courses start from \$20 for Bicycle NSW Members and \$40 for Non-Members.

These workshops are aimed at women of all ages, shapes and walks of life; to come together, learn from the best, share stories and ask questions.

Each workshop is tailored to advance your skills in a controlled environment, learn basic mechanic skill, and talk to a specialist in the cycling industry. Don't wait and sign up to our next workshop.

We hope to see you there!

For more information please go to the Gear Up Girl website:

[www.gearupgirl.com.au/courses/](http://www.gearupgirl.com.au/courses/)

### GEAR UP GIRL MTB RIDES

These trips are run by [mtnbike.com.au](http://mtnbike.com.au) and are all about getting out on your MTB and having a great weekend with some like minded people. Come and learn some skills, have a few laughs and ride some truly fantastic trails. These fully-catered weekends are open to All levels of riders, you can even hire a bike for the trip.



2014 Gear Up Girl MTB Trips:

15 – 16 February | Canberra

17 – 18 May | Taree

7 – 8 June | Canberra

For more information please visit the Gear Up Girl website

[www.gearupgirl.com.au/rides/](http://www.gearupgirl.com.au/rides/)



## Event Gear



### Official Event Gear

Bicycle NSW has teamed up with Body Torque, our official apparel partner, to supply this year's Gear Up Girl event gear designed in Australia and featuring the latest sports fabrics.

### Gear Up Girl NSW 2014 Event Jersey – Designed by Body Torque

Our designers at Body Torque have created a new Comfort Plus fit style that should appeal to everyone, especially those who don't feel comfortable wearing a traditional athletic style Lycra jersey.

The jersey features:

Traditional or Comfort Plus fit jersey

3/4 invisible front zip

Breathable jersey fabric

3 back pockets with extra center zipped pocket

SPF 30+ protection.



### Gear Up Girl NSW 2014 Event Vest – Designed by Body Torque

Body Torque's cycling vests are made from high performance and breathable sports fabrics that keep you dry no matter what the conditions through 'wicking' away moisture.

The vests feature:

Traditional fit vest

Full length front zip

Wind proof microfiber fabric

Mesh back for ventilation

3 back pockets

SPF 30+ protection



## Gear Up Girl NSW BT Socks – Designed by Body Torque

The Socks feature:  
Mesh ventilation over top of foot  
Medium cuff  
Comfy foot contour



## Gear Up Girl NSW Women's Classic Short (BT Knicks)

The Knicks features:  
6-panel  
Contrast purple flat locking stitching  
Italian Chamois  
Silicone gripper hems  
Check your best fit on the BT sizing charts here!  
For young girls the Traditional Cycling Jersey sizes  
XXS & XS are normally suitable. Please call the Body  
Torque team if you have sizing queries. (03) 5256  
2431.  
If you have any queries regarding the Gear Up Girl  
event gear, please contact Body Torque: info@  
bodytorque.com.au



# Ride in the Right gear

Whether you're cycling with family, friend/s or riding to work, Body Torque designs the gear to suit your ride.

Bring to life your own group jersey design and promote your team, group, company or charity with a full custom design or semi custom design with a minimum quantity of 5 per order. Various contoured fits available - just ask!



## Gear Up Girl Participant Only Offer!

As a Gear Up Girl participant, you will have a sneak preview of our new range and get to vote for your favourite designs. So email us at [marketing@bodytorque.com.au](mailto:marketing@bodytorque.com.au) and we'll send you the link to "vote", along with a \$25 voucher to redeem from our new Autumn range. Offer ends May 30, 2014 (not redeemable for event merchandise)

Official apparel provider for Gear Up Girl 2014



**BODY TORQUE**  
Live it...



Ph: (03) 5256 2431

[bodytorque.com.au](http://bodytorque.com.au)

## Event Partners

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SydneyOlympicPark 



## Event Organisers

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*Love Your Ride*