

Sunday 13 March 2016



*gear up  
girl*



# Ride Guide 2016

20km | 40km | 60km

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**informa**

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# Welcome to Heart Foundation GEAR UP GIRL Ride

GEAR UP GIRL is presented by Bicycle NSW, and has become the biggest women's-only cycling initiative in New South Wales. It is designed to get women and girls of all ages and abilities on their bikes. Gear Up Girl is not just about one event. It combines a series of workshops and led rides to give women the confidence to get out there and rediscover the freedom of riding a bike. It's about encouraging women to lead an active and healthy lifestyle while promoting the benefits of cycling as an environmentally sustainable mode of transport.

Enjoy spectacular Sydney to Cronulla with three ride options of 20km, 40km and 60km. The rides will include the safety of both off-road cycleways and dedicated on-road cycle lanes to encourage participation for even a beginner and ensures a thoroughly enjoyable route.

## 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 bicycle lanes where available.

- Use the 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.

### General Route

- Watch your speed, it's not a race.
- Wear a correctly fitted Australian Standards approved helmet at all times.
- Always give hand signals when veering, turning or stopping.
- Obey instructions on all event signage or as given by the Police, Route Marshals and other event personnel.
- Ride on the left hand side of the road and shared pathways at all times.

## What to Bring

- A mechanically safe bike to ride (pumped tyres, working breaks, and clean, oiled chain). *Not sure if your bike is ok? Have your bike serviced at a Gear Up Girl affiliated bike shop (page 20) prior to the event.*
- Your official event Rider Number - attached 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 (approximately 2 litres) - 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 coffee and food at the Rest Stops and the Festival Finish Site.

## Heart Foundation Gear Up Girl 20km Beach Ride

You will start at Cahill Park, Wolli Creek. This is an idyllic flat ride almost entirely off-road. You will cycle paths along the Cooks River, Brighton le Sands and Ramsgate foreshores. Then traverse over the Taren Point Bridge and cruise along another separated cycle path all the way to Cronulla. Ideal for both mums and kids, novice and experienced riders.

### Ride Facts

- Distance: 20km
- Typical Rider Speeds: 5-25km per hour
- Wave starts between 8:00am - 9:30am (riders pre-register for start times). Make sure you arrive 10 minutes prior.
- Finish Location: Don Lucas Reserve, Cronulla
- Age Limit: 10yrs and older, children under 16 children MUST ride with paying adult.

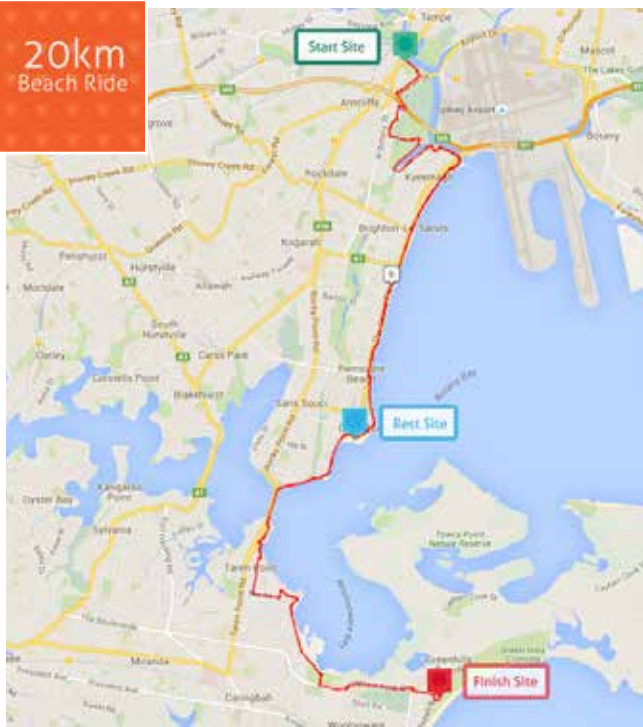
### Cut-off times

If you have not passed these points within the specified time, you will not be able to complete the ride under event conditions.

- 9:30am – Cahill Park, Wolli Creek – Start Site
- 12:00pm – Peter Depena Reserve, Sandringham – Rest Stop
- 2:00pm – Don Lucas Reserve, Cronulla – Finish Site

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.

20km  
Beach Ride



Stop	Location	From Start	From Finish	Site Open	Site Closed
Start Site	Cahill Park, Wollsi Creek	0km	20km	7:15am	10:30am
Rest Stop	Peter Depena Reserve Sandringham	11.2km	9.8km	8:00am	12:00pm
Finish Site	Don Lucas Reserve Cronulla	20km	0km	9:00am	2:00pm

## Heart Foundation Gear Up Girl 40km Classic Ride

This is a comfortable, leisurely ride ideal for all ages and abilities, the novice and experienced rider. Your adventure starts in beautiful Bicentennial Park at Sydney Olympic Park and heads south along the Cooks River cycleway (off-road). Showcasing some of the best of Sydney's cycling infrastructure, the route makes its way south to the beautiful beaches and a festival finish at Cronulla.

### Ride Facts

- Distance: 40km
- Average Speed: 10-25kms per hour
- Start Time: 7:30am
- Start Location: Bicentennial Park, Sydney Olympic Park
- Finish Location: Don Lucas Reserve, Cronulla
- Age Limit: 12yrs and older, children under 16 children MUST ride with paying adult.

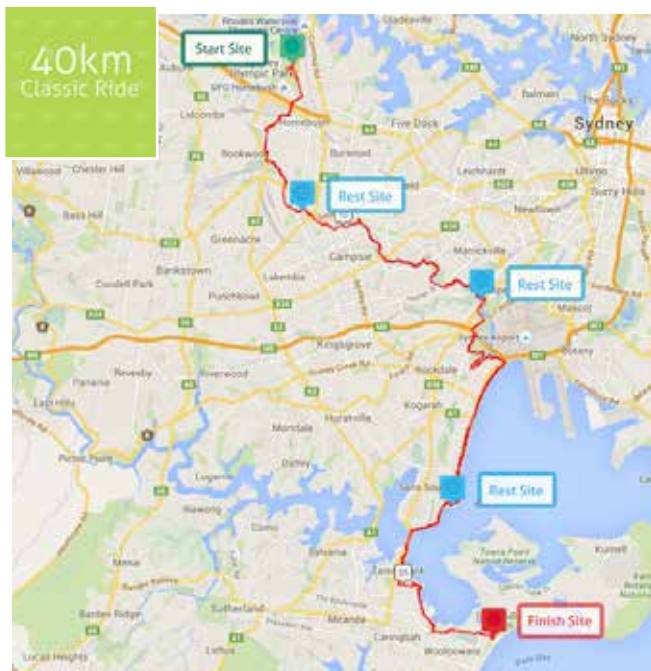
### Cut-off times

If you have not passed these points within the specified time, you will not be able to complete the ride under event conditions.

- 8:00am – Bicentennial Park, Sydney Olympic Park - Start Site
- 9:00am – Ford Park, South Strathfield – Rest Stop.
- 10:15am – Cahill Park, Wolli Creek – Rest Stop.
- 11:15am – Peter Depena Reserve, Sandringham – Rest Stop.
- 12:15pm – Don Lucas Reserve, Cronulla – Finish Site.

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.





Stop	Location	From Start	From Finish	Site Open	Site Closed
Start Site	Bicentennial Park Sydney Olympic Park	0km	40km	6:00am	8:00am
Rest Stop	Ford Park Strathfield	8.1km	31.9km	7:00am	9:15am
Rest Stop	Cahill Park Wollie Creek	19km	21km	7:15am	10:30am
Rest Stop	Peter Depena Reserve Sandringham	30.5km	9.5km	8:00am	12:00pm
Finish Site	Don Lucas Reserve Cronulla	40km	0km	9:00am	2:00pm

## Heart Foundation Gear Up Girl 60km Coast Ride

For those looking for a challenge this route starts in beautiful Bicentennial Park at Sydney Olympic Park and heads south along the Cooks River cycleway (off-road). Showcasing some of the best of Sydney's cycling infrastructure, the route makes its way south to the iconic beaches of Cronulla. Your adventure continues out from Cronulla along dedicated cycle lanes (on-road) to picturesque Kurnell. Enjoy a bit of Australian history, some breathtaking coastline of Sydney's south and a festival finish at Cronulla.

### Ride Facts

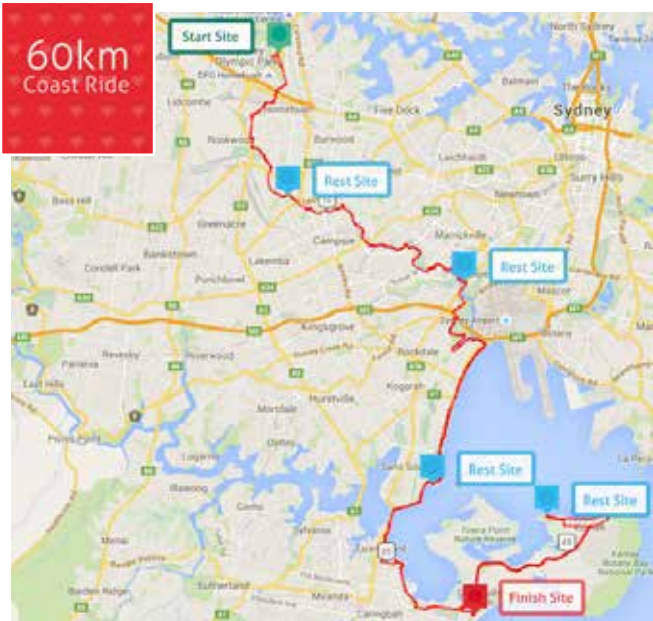
- Distance: 60km
- Typical Rider Speeds: 5-25km per hour
- Start Time: 7:00am
- Start Location: Bicentennial Park, Sydney Olympic Park
- Finish Location: Don Lucas Reserve, Cronulla
- Age Limit: 12yrs and older, children under 16 children MUST ride with paying adult.

### Cut-off times

If you have not passed these points within the specified time, you will not be able to complete the ride under event conditions.

- 7:20am – Bicentennial Park, Sydney Olympic Park - Start Site
- 8:30am – Ford Park, South Strathfield – Rest Stop
- 9:45am – Cahill Park, Wolli Creek – Rest Stop
- 10:45am – Peter Depena Reserve, Sandringham – Rest Stop
- 12:45am – Bonna Point Reserve, Kurnell – Rest Stop
- 1:45pm – Don Lucas Reserve, Cronulla - Finish Site

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.



Stop	Location	From Start	From Finish	Site Open	Site Closed
Start Site	Bicentennial Park Sydney Olympic Park	0km	60km	6:00am	8:00am
Rest Stop	Ford Park Strathfield	8km	52km	7:00am	9:15am
Rest Stop	Cahill Park Wollie Creek	19km	41km	7:15am	10:30am
Rest Stop	Peter Depena Reserve Sandringham	30.5km	29.5km	8:00am	12:00pm
Rest Stop	Bonna Point Reserve Kurnell	48.5km	11.5km	8:45am	12:45pm
Finish Site	Don Lucas Reserve Cronulla	60km	0km	9:00am	2:00pm

## For Your Safety

To ensure that you and your fellow riders have an enjoyable and safe Gear Up Girl Ride, 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.
- When on roads, use the left hand side cycle lane whenever provided.
- Always give hand signals when 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 or pedestrians. 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.

### **Keep up and keep pedalling!**

While we encourage you to have a break at the Rest Stops and soak up the amazing scenes of Sydney, 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 Stops.
- Look both ways and keep to the left.
- 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.
- Follow the direction of Police and Marshals to ensure your safety at all

## **Rider Support**

The safety and enjoyment of everyone is our number one priority. To ensure this safety all Bicycle NSW rides are supported:

### **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 (see our affiliated bike shops on page 20). However, if you do find yourself with a flat tyre or get into some technical difficulty, our mobile bike mechanics and mechanics located at each start, rest and finish site.

### **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 St John trained

professionals 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 Volunteers**

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 harm's way. Turn the bike upside down and the next available Ride Crew Volunteer will be riding along shortly to get you back on the ride.



## Start Site - Olympic Park for 40km and 60km

### Meeting Point

Egret Pavilion 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 cycle to the start? To find a safe route to the start check out the mapping resources provided by Transport for NSW at [rms.nsw.gov.au/roads/using-roads/bicycles/cyclewayfinder](https://rms.nsw.gov.au/roads/using-roads/bicycles/cyclewayfinder)

### Getting There by Public Transport

Concord West Train Station is the closest train station. View the latest train time table and find the best way to the start at [sydneytrains.info](https://sydneytrains.info)

### 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, check the GEAR UP GIRL website for information about parking.

## Start Site - Wollie Creek for 20km

### Meeting Point

Princes Highway Entrance to Cahill Park, Wollie Creek.  
(Nearest intersection: Princes Hwy and Brodie Spark Drive).

### Getting There by Bicycle

If you are up for a bit of a warm up before you ride Gear up Girl why not cycle to the start? To find a safe route to the start check out the mapping resources provided by Transport for NSW at [rms.nsw.gov.au/roads/using-roads/bicycles/cyclewayfinder](https://rms.nsw.gov.au/roads/using-roads/bicycles/cyclewayfinder)

### Getting There by Public Transport

Wollie Creek Train Station is the closest train station. View the latest train time table and find the best way to the start at [sydneytrains.info](https://sydneytrains.info)

### 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, there is on street parking on Arncliffe Street near Wollie Creek Station.

#### What's available at both start sites:

- Coffee
- Vendors
- First Aid
- Bike Mechanic
- Toilets
- Water Refilling Station

## Finish Site - Cronulla

### Meeting Point

Don Lucas Reserve, Mitchell Rd & Sanderson St 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 event. To find a safe route home check out the mapping resources provide by Transport for NSW at [rms.nsw.gov.au/roads/using-roads/bicycles/cyclewayfinder](http://rms.nsw.gov.au/roads/using-roads/bicycles/cyclewayfinder)

### Getting Home by Public Transport

Cronulla Train Station is the closest train station. View the latest train time table and find the best way to the start at [sydneytrains.info](http://sydneytrains.info)

### 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, check the Gear Up Girl website for information about parking.

### What's Available:

- Live Music
- Street Performers
- Pamper Zone
- Market Stalls
- Food Stalls
- Free Bike Parking
- Bike Mechanics
- Live Demonstrations

\*Entertainment and activities subject to change

## Free Public Transport

Public Transport is the best way for you and your bike to travel to and from Gear Up Girl. Thanks to Transport for NSW all Sydney Trains and NSW TrainLink intercity services and Sydney Ferries are FREE for Gear Up Girl participants. Sydney buses are also FREE for Gear Up Girl volunteers only.

To access FREE public transport on March 13, ensure your **Gear Up Girl rider number** or **Gear Up Girl volunteer ID card** are on show.

### Please Note

No bicycles are permitted on Sydney Buses or on replacement buses for Sydney Trains and NSW TrainLink where trackwork is taking place. Sydney Ferries have a limited carrying capacity and bicycles will only be permitted at the discretion of the crew.



## About Bicycle NSW

Bicycle NSW has been the peak body for recreational bicycle riding in NSW since 1976. A community not-for-profit organisation, we support our 15,000 members through our advocacy work, by providing insurance, training, advice and access to cycling legal experts, offering discounts at bike shops and of course putting on amazing events like Gear Up Girl and the Spring Cycle.

Members ride easy with the peace of mind that they are covered by specialist comprehensive rider insurance any time they are on their bike, anywhere in the world. Third Party Liability protection means they are covered for costs if they injure someone else or damage their property, while Personal injury insurance provides cover if they are injured in an accident.

Bicycle NSW exists to 'create a better environment for cycling'. Through advocacy, recreational cycling events and public education, we aim to promote bike riding as a healthy, safe, enjoyable leisure and transport choice. We work closely with government, businesses, councils and local Bicycle User Groups to collaboratively improve the infrastructure and culture for bicycle riding.

Please visit the 'Advocacy' section of our website to see how our advocacy work is making a real difference on the ground for bike riders around NSW. Creating a better environment for cycling means creating a culture and community that enables everyone to ride a bicycle - recreational riders, commuters, touring, social riders and people who don't yet cycle but would if they felt safe. Bicycle NSW supports and runs events and courses to give people bike confidence. We advocate strongly for legislative changes that will contribute to safer conditions for cycling. We fully support changes to a one-metre minimum passing distance and the cultural shift towards mutual respect and shared space.

We are proud of our history and results, serving our members and the community by advocating for all current and future bicycle riders. We hope you enjoy Gear Up Girl, and encourage you to become a member of Bicycle NSW. Membership costs less than a cup of coffee a week, so why not head to [bicyclensw.org.au](http://bicyclensw.org.au) to join and discover the benefits of belonging today!

## Gear Up Girl Workshop

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

If you can say 'yes' to any of these questions then you need a women's only Gear Up Girl Workshop. Bring your friends - all workshops are FREE!

These workshops are aimed at women of all ages, abilities 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 skills, and talk to a specialist in the cycling industry. Don't wait, head over to the Gear Up Girl website and sign up to our next workshop today.

Can't make a Gear Up Girl workshop? Not to worry. Bicycle NSW hold year round basic & advanced maintenance courses for a small fee. More details can be found on the Bicycle NSW website.

We hope to see you there!





## Official Event Jersey

Every year a brand new jersey design is released. In 2016, Bicycle NSW has teamed up with Bicycles Online, our official Jersey Partner, to create the latest Gear Up Girl jersey. We are excited to offer this limited edition traditional cycling jersey designed in Australia and featuring:

- Airdry fabric with UPF 40+ enhances airflow and manages moisture
- Strategically placed mesh inserts with UPF 20+ provide excellent breathability, quick-drying performance and flexibility
- Flatlock seams eliminate chafing
- Three back pockets

The Official 2016 Gear Up Girl jersey will keep you ventilated and moisture-free. Light and breathable Airdry fabric keeps sweat at bay while the quick-drying mesh inserts prevent overheating. The jersey comes in two fitting choices. The Athletic fit jersey is a slimmer fit and has full zipper to maximize ventilation. It reduces aerodynamic wind drag and looks elegant on and off the bike. The Comfort fit jersey is a more relaxed fit with elastic free waist and features a half zipper for generous ventilation.

For more information about sizes and fit go to: [gearupgirl.com.au/gear](http://gearupgirl.com.au/gear)

## Affiliated Bike Shops

Be sure your bike is ready for the Gear Up Girl. If you have any doubts as to the condition of your bike, check in with one of the Gear Up Girl bike shops before Sunday 13 March 2016 and receive **10% off in store**. All you need to take with you is confirmation of your ride entry.

**METRO CYCLES** offers a unique range of quality, practical bikes including commuters, tourers, cargo,



folding, and electric-assist. Brands include Brompton, Gazelle, Soma, Surly, Electra, Papillionaire, Byk, Ezee, Velectrix and more. Metro Cycles also offers bike hire, maintenance and training.

*2 Bellevue St, Newcastle West, NSW 2302*

**Telephone:** (02) 4962 1060 or **Email:** info@metrocycles.co.au

### **BLACKMAN BICYCLES**

is a family owned business for over 40 years with 3 great shop locations being Penrith, Blacktown and Parramatta.



We have a great selection of products and strive to provide our customer with a memorable experience. We also offer a full service/repair department in each store.

*87-93 Henry St, Penrith, NSW 2750*

**Telephone:** (02) 4731 3048 or **Email:** blkmanpe@bigpond.net.au

**GLOW WORM BICYCLES** opened its doors in Sydney's inner west in 2009, making it one of the first retail electric bicycle stores in Sydney. Our friendly and skilled staff assist cyclists with the maintenance and purchase of their varying vehicles.



*117 Addison Road, Marrickville, NSW 2204*

**Telephone:** (02) 9569 9126 or **Email:** info@glowwormbicycles.com.au

**PARK BIKES** service is unique because it is personalised yet efficient. Their attention to detail will translate to a smooth, friendly transaction.

They sell products and services that they have complete confidence in.

*Shop 1, 7 Murray Rose Avenue, Sydney Olympic Park, NSW 2127*

**Telephone:** (02) 8073 4777 or **Email:** sales@parkbikes.com.au



**ASHFIELD CYCLES** is a Specialized bike dealer and stocks a wide range of bikes, apparel, shoes and accessories, as well as servicing all types of bikes. Our philosophy is simple – our aim is to help you get the most out of your cycling. We love everything about bikes as we are Sydney's leading inner west cycling store since 1978. We supply top

quality equipment and with the advice of our expert and professional staff members, finding the right bike that will suit your needs is hassle free.

*353 Liverpool Road, Ashfield, NSW 2131*

**Telephone:** (02) 9797 9913 or **Email:** info@ashfieldcycles.com



### **OMAFIETS DUTCH BICYCLES**

is a shop that's focused on city cyclists. We have a huge range of bikes, including electric and Dutch bikes. Voted Sydney's best bike shop for women, we're a

friendly shop that takes the time to explain (without being condescending).

We do bike servicing and repairs as well.

*Shop 17, 17 George St, Redfern*

**Telephone:** (02) 8014 4228 or **Email:** contact@omafiets.com.au



# Keeping Women's Hearts Healthy



Heart disease is the single biggest killer of Australian men and women.



3 times as many women die of heart disease compared with breast cancer.



Heart disease currently claims the lives of 24 Australian women per day.

The Gear up Girl event is an ideal opportunity to encourage Australian women and girls to get on their bikes and get active. Physical inactivity is a major risk for heart disease with 60% of women not being sufficiently active for health.

It can be hard to find time for exercise, but there are many opportunities to be active in our day to day lives. Bike riding is an activity that can be a transport option as well as being a fun and healthy recreational activity enjoyed alone or with family and friends.

Female participation rates in cycling are approximately half that of males, with confidence, safety and transporting children often noted as barriers.

Encouraging women to get on their bikes through Gear up Girl helps to break down some of the barriers expressed by women. Since 2008, Gear up Girl has provided women and girls with an enjoyable, safe and social ride as well as building women's confidence and skills.

The Heart Foundation congratulates the women and girls who will get on their bike in 2016 – we hope you enjoy the ride!

We are committed to protecting the heart health of Australian women.

Here's what you can do to help:

- Spread the word to your mothers, sisters, daughters and friends
- Get active! Just 30 minutes of physical activity each day can reduce the risk of heart disease by as much as 30-50 per cent
- Help us raise awareness of heart disease in women. Participate in **Go Red for Women** in June [www.goredforwomen.org.au/](http://www.goredforwomen.org.au/)
- Take time to care for your heart – get a heart health check
- Donate today

[www.heartfoundation.org.au](http://www.heartfoundation.org.au)

#gearupgirl



**gear up  
girl**

BRAND PARTNER



PRESENTED BY

