



Competitors Handbook - Team Cycling Challenge



Amy Gillett
FOUNDATION
Safe together



Venue Details

Merv Craig Sporting Complex, Galleon Way, Currumbin Waters

Getting to the Venue

If travelling to the venue from the north along the M1 take exit 93 Sarawak Avenue for Guineas Creek Road. Turn right into Guineas Creek Road and continue 1.1km to the roundabout to take the first exit into Galleon Way. If travelling to the venue from the south along the M1 take the exit 93 towards K P McGrath Drive and merge into K P McGrath Drive. Turn right into Guineas Creek Road and continue 900m to the roundabout to take the first exit into Galleon Way. The complex is located 450m along Galleon Way on the left. If travelling to the event locally, it is requested that you try to avoid accessing Galleon Way from Currumbin Creek Road to minimise the impact of traffic on the event course.

Parking

Parking for competitors is available in the Currumbin Junior Rugby League car park. Additional parking for competitors and spectators is available along Galleon Way north of the Elanora Community Centre. Parking is reserved for official vehicles in the car park located adjacent to the Elanora Community Centre. Please refer to the parking plan in Figure 1 below.



Figure 1: Site Plan

Event Categories

The **Team Cycling Challenge** will comprise of the following categories:

- 1) 72km Hammer Nutrition Team Cycling Challenge
 - Open
 - Bikes without time trial bars
- 2) 36km Jakazni Team Cycling Challenge
 - Open
 - Bikes without time trial bars

Registration

Registration will take place at the Event Registration Centre located adjacent to the Elanora Community Centre car park (refer to Figure 1 above) and will open at 6.00am. Teams are recommended to register for their event at least 45 minutes prior to their nominated start time. All competitors must be registered and signed on a minimum of 20 minutes before their start time. Each competitor will receive a race number. All licenced members of Cycling Australia must produce their current licence which will be retained until the completion of their ride. All riders must sign the 'Sign On' sheet at registration prior to starting.

Starting Order

Teams will be seeded on the basis of their entry information with the anticipated faster teams to start last. If you are also riding in the Individual Time Trial or Cyclocross event or have any requests in relation to your start time please contact the Event Manager.

Start Times

The **Team Cycling Challenge** will commence at 8.00am and teams will depart at 2 minute intervals. Teams in the 72km event will depart first. A detailed list of team start times will be available on the Tour de Valley and Cycling QLD websites by Thursday 6 October.

Warm Up

There is ample space for the use of rollers or indoor trainers on the grassed area behind the Event Control Centre. A tent will be available for competitors who wish to have a shaded area to perform their warm up. Please feel free to set up your own team tent. An area has been allocated on the grassed area behind the Elanora Community Centre.

No warm up riding will be permitted on the event course after 6.45am. If conducting a warm up on the road, travel north along Galleon Way to the roundabout and take the second exit into Guineas Creek Road (eastbound). Follow this road passing The Pines Shopping Centre on the left into Sarawak Avenue (there are two sets of lights) before turning left into Tahiti Avenue. This is now the route for the Darren Smith Memorial Cycle Way. Continue along Tahiti Avenue, through the Palm Beach Avenue roundabout and take the next left into Mallawa Drive. If you continue to the end of Mallawa Drive it is 7km from the event start. If looking for additional distance turn left into Tallebudgera Drive.

If looking for a short warm up on the road, travel north along Galleon Way to the roundabout and take the first exit into Guineas Creek Road (westbound). Take the next immediate right into Murtha Drive. It is approximately 2km from the event start if you continue to the end of Murtha Drive.

Technical Specifications

Time trial bikes are permitted and will need to be suitable for cycling or triathlon competition. They are **not** encouraged for riders unfamiliar with riding on time trial bars in a group situation. Helmets will need to display an AS 2063 approved sticker.

The Chief Commissaire (Official) will have the final decision on all technical matters related to the event.

A mechanic will be located adjacent to the Marshalling Area to provide assistance to any competitors requiring adjustments or help with their bikes.

Note: It is the rider's responsibility to ensure that their bike is in good working order

Rider Marshalling Details

Riders will be required to assemble in the Marshalling Area at least 10 minutes prior to their starting time. Riders will proceed from the marshalling area to the start line under the direction of event officials.

Course Map and Profile

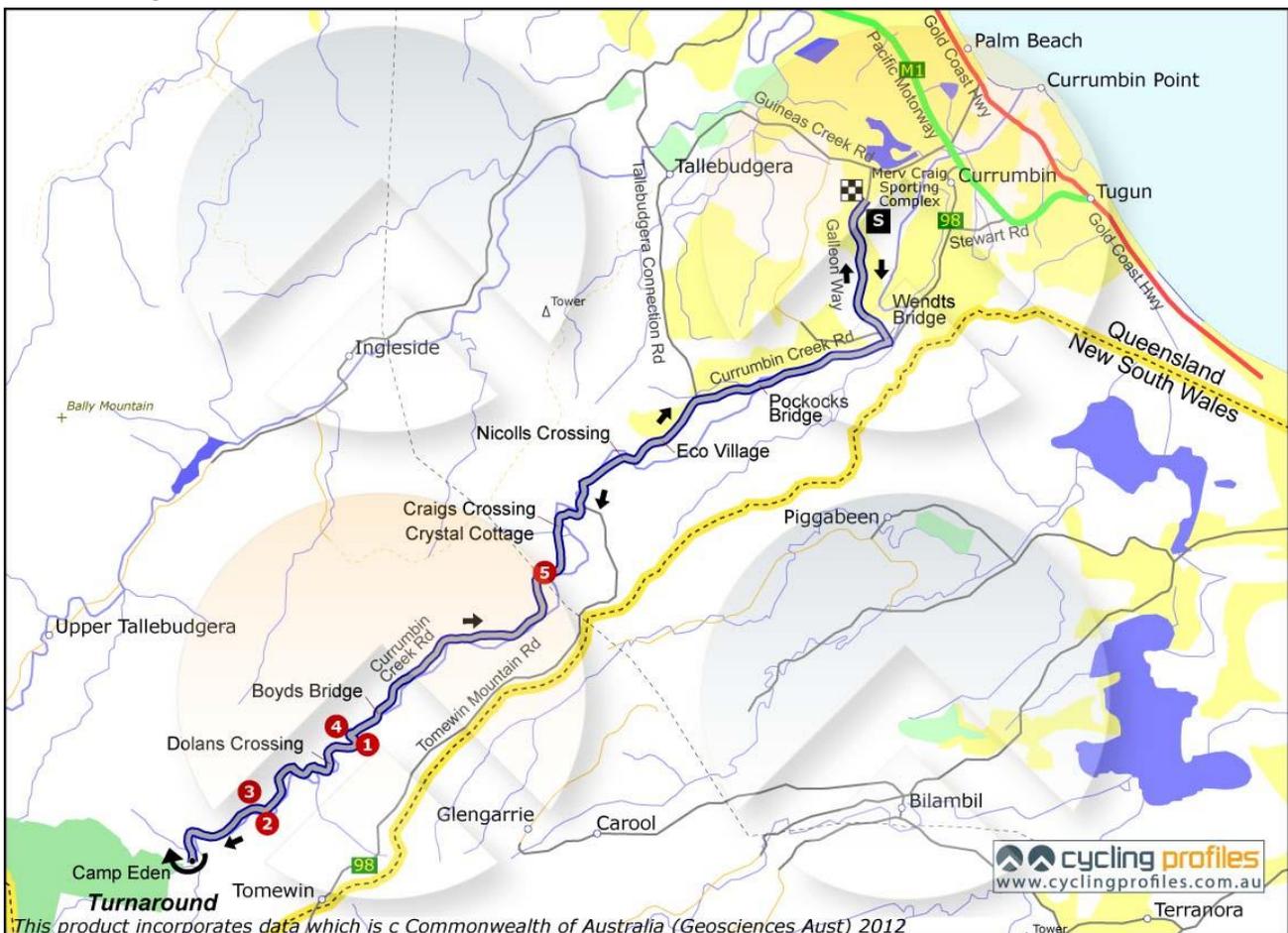


Figure 2: Course Map

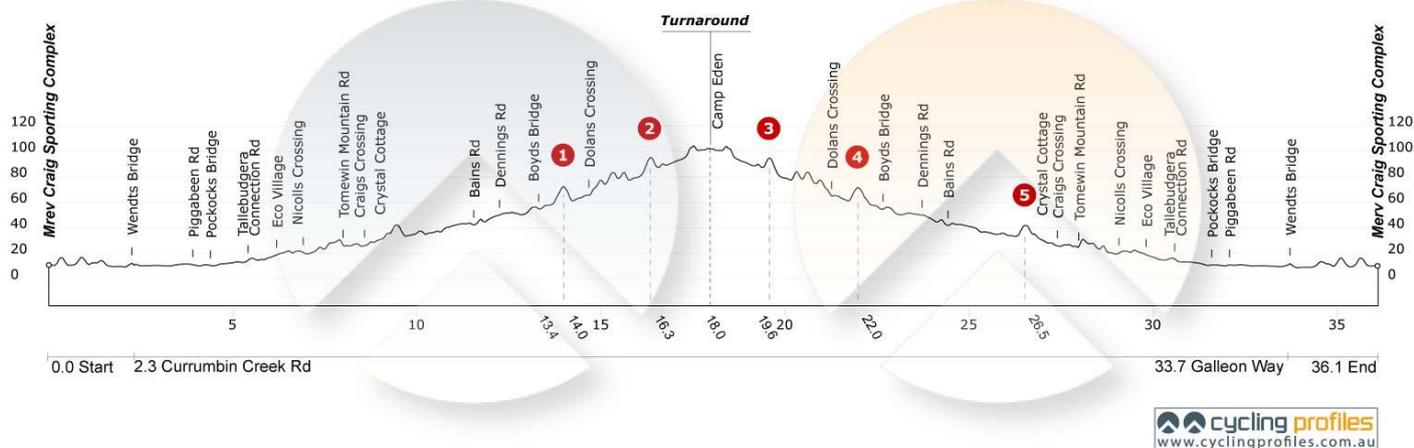


Figure 3: Course Profile

Course Information

Galleon Way is a dual carriageway road for the first 1.3km before merging into a two way road until the Currumbin Creek Road intersection at 2km. There is a wide verge for the duration of Galleon Way that narrows across Wendt's Bridge just prior to the intersection. The road surface is smooth, hot mix along Galleon Way. Riders will return along Galleon Way at the end of the time trial to finish at a point located directly opposite the Elanora Community Centre. The dual carriageway section of Galleon Way is separated by a medium strip. Points to note with the remainder of the course along Currumbin Creek Road include:

- The right hand turn onto Currumbin Creek Road has a road surface that is slightly uneven and riders are asked to corner with caution.
- The road narrows after The Ecovillage (6.5km) and riders are requested to remain on the left hand side of the road and remain aware (especially when approaching corners) of other riders and traffic travelling in the opposite direction
- Competitors will need to slow their approach to the curve in the road located at the 22km point on the return journey. It is indicated by a recommended 20kph speed sign and can be slippery in wet conditions.
- The road surface is generally good, however, riders are reminded to remain observant for uneven surfaces, especially on the return journey which is a slight negative grade and will involve higher speeds.
- Riders are requested to remain on the left hand side of the carriageway on the approach to the right turn into Galleon Way and remain on the left hand side of the road through the turn. There may be traffic stopped on Currumbin Creek Road and Galleon Way.

Traffic Management

The course is **open** to traffic with the speed limit reduced to 60kph for the section from the start to Crystal Cottage (9km). The event organisers have worked with the Gold Coast City Council, department of Transport and Main Roads and the QLD Police in ensuring that planning for the event has considered all aspects related to rider and public safety. All riders are asked to remain aware of traffic on this section of the course at all times. Traffic will be stopped by accredited Traffic Controllers at the Galleon Way-Currumbin Creek Road intersection and at the turning point on Galleon Way for 72km teams to provide riders with the right of way. Traffic will also be stopped at the Tomewin Mountain Road intersection to ensure rider safety. Riders are **to remain on the left hand side of the carriageway** and to take care when overtaking other riders.

The road will be **closed** to traffic in both directions from Fordyce Close just west of the Tomewin Mountain Road turn-off (9km) to the turning point at Camp Eden (18km). Access will be permitted for local residents, so riders are requested to remain aware of the possibility of vehicles. Please **remain on the left hand side of the carriageway** and take care when overtaking other riders.

There will be a lead vehicle and follow vehicle on course plus two additional roving motorbikes.

Event Finish

The finish line is located directly opposite the Elanora Community Centre on Galleon Way and will be indicated by a finish line and signage. Distance to go signage will be displayed 500m, 200m and 100m from the finish. Finishing riders will proceed in the left hand lane or slip lane to the finish line. **Do not proceed in the right hand lane to the finish.**

Teams completing the first of their two laps in the 72km event will remain in the left hand lane through the finish line and continue 50m past the finish line to the turning point on Galleon Way. Riders will turn around the medium strip and proceed into the left hand lane of the Galleon Way for the commencement of the second lap. Traffic controllers will be positioned north and south of the turning point to stop traffic on Galleon Way while riders are turning.

Once competitors have crossed the finish line at the completion of the ride please continue along Galleon Way to the roundabout with Guineas Creek Road and return to the event registration area via the south bound lane of Galleon Way. Riders are instructed to avoid re-crossing the start and finish mats and to remain off the course after they have completed their ride.

Refreshments

A HEED Hydration station will be provided by Hammer Nutrition at the start/finish area of the event. There are no water stations on course and riders will be responsible for their own fluid and nutrition during the ride.

Event Protocols and Guidelines

1) Safety is paramount

- It is every participant's responsibility to adhere to good cycling etiquette and RESPECT other bike riders.
- Adhere to the protocols of the event and take responsibility for your own safety

2) Teams will comprise of 4 to 6 riders

3) Each team's time will be taken from the third rider to cross the line.

4) Passing Teams / Interference

- Do not interfere with other participant teams
- If another team catches your team you must allow them to pass before regrouping and separating as teams
- Teams must not draft off a team in front, if you catch up to another team either overtake or drop back
- If you are overtaking a team, you MUST overtake by riding in single file and do not interfere with the other team. Give multiple advance warnings as you come up behind them. Remember, some of the teams may not be as experienced as you.
- Teams must ride no more than 2 abreast and keep left at all times

5) Event Officials and Motorbike Safety Marshals

- Marshals are provided for your safety and the safety of others
- Please obey any instruction or direction by officials
- This may include a direction to stop

6) Team Briefing

- Each Team will receive a briefing from the Chief Official prior to starting. The briefing will highlight course safety concerns and the riding guidelines. Please arrive in the Marshalling Area at least 10 minutes prior to your start time.

Handicap System

Team Cycling Challenge (72km)

The team times will be adjusted on the basis of the following:

- A team will be eligible for a 2 minute time deduction for each female rider in a team
- A team will be eligible for a 2 minute time deduction for each rider over the age of 50 years
- A team will be eligible for a 4 minute time deduction for each rider over the age of 60 years
- A team will be eligible for a 6 minute time deduction for each rider over the age of 70 years
- A team will be eligible for a 10 minute time deduction for each rider over the age of 80 years

Team Cycling Challenge (36km)

The team times will be adjusted on the basis of the following:

- A team will be eligible for a 1 minute time deduction for each female rider in a team
- A team will be eligible for a 1 minute time deduction for each rider over the age of 50 years or under the age of 17 years
- A team will be eligible for a 2 minute time deduction for each rider over the age of 60 years or under the age of 15 years
- A team will be eligible for a 3 minute time deduction for each rider over the age of 70 years
- A team will be eligible for a 5 minute time deduction for each rider over the age of 80 years

Please note: Handicap deductions will only apply to riders who finish with their team i.e. in the same group with no more than 5 seconds gap between riders.

Prizes

Prizes will be available for the winner based on handicap for each of the Team Cycling Challenge categories for both the 72km and 36km events. Random prizes will also be available for participants.

Presentations

Presentations will be conducted at the presentation stage adjacent to the Elanora Community Centre at 11.00am. All riders must be present at the presentation to receive their prize. Riders are requested to wear their cycling uniform with no hats, caps or sunglasses on their heads.

First Aid

First Aid Officers will be on site throughout the event. The First Aid tent will be located adjacent to the Event Control Centre. First Aid Officers will also be located in event vehicles on the course.

Toilets

Toilets are located at the Currumbin Eagles Junior Rugby League Club, the Elanora Community Centre and in the park on the opposite side of Galleon Way just to the south of the Elanora Community Centre.

Food and Beverages

All competitors will receive a breakfast voucher that is included in their entry pack. Additional food and beverages will be available for sale at the event site.

Schedule

The schedule of events for the morning (with approximate start times) is below:

| Time | Event | Location |
|---------------|---|---|
| 0700 | Individual 36km Time Trial <ul style="list-style-type: none"> • Masters Women • Open Women • Masters Men • Open Men | Marshalling Area - Elanora Community Centre car park |
| 0800 | Hammer Nutrition Team Cycling Challenge 72km | Marshalling Area - Elanora Community Centre car park |
| 0850 (approx) | Club Team Series TTT 72km | Marshalling Area - Elanora Community Centre car park |
| 0900 (approx) | Jakazni Team Cycling Challenge 36km | Marshalling Area - Elanora Community Centre car park |
| 0930 | Individual Time Trial Presentations | Elanora Community Centre car park |
| 1000 | 'Kids Ride' 15 mins plus 1 lap | Marshalling Area - Adjacent to Elanora Community Centre |
| 1030 | Event Presentation – 'Kids Ride' | Elanora Community Centre car park |
| 1100 | Event Presentations – Club Team Series TTT and Team Cycling Challenge | Elanora Community Centre car park |
| 1130 | Cyclocross Division 1 | Marshalling Area - Adjacent to Elanora Community Centre |
| 1140 | Cyclocross Division 2 | Marshalling Area - Adjacent to Elanora Community Centre |

Sponsors

A special thanks to all the sponsors who have made this event possible. Please consider supporting the businesses that are willing to contribute to the development of cycling events:

- The City of Gold Coast
- Connecting Southern Gold Coast
- Jakazni
- Hammer Nutrition
- SeaBreeze Homes
- Choice Home Loans
- Armstrong Real Estate
- Currumbin Cycles
- Bicycle Centre on Bermuda
- Veloshotz.Com

Respect the Venue

The Currumbin Valley is a beautiful area for riding. The event organisers ask all competitors, supporters, officials, volunteers and spectators to appreciate the opportunity of having an event in this area and promote cycling in a positive light by:

- Not littering – waste bins will be situated throughout the event site and riders are requested not to discard wrappings on the event course or during warm up.
- Using the toilet facilities – urinating in public is strictly prohibited
- Parking in designated parking areas only
- Displaying respect and courtesy at all times to local residents, other road users and members of the public
- Complying with the road rules at all times

Departing the Venue

Please depart the venue by travelling north along Galleon Way to the Guineas Creek Road roundabout to reduce the impact of traffic on the event course.

Accommodation

There are many accommodation options on the southern Gold Coast. Visit the following site <http://www.southerngoldcoast.com.au/accommodation> to explore some of the choices.



We hope you have a great ride!!