

PARTICIPANT INFORMATION

The OCEAN to the OUTBACK

Bicycle Ride

28th March to 4th April



The Route

Thursday, 28th March, **Victor Harbor** to **Hahndorf** – 74km

Friday, 29th March, Hahndorf to **Nurioopta** – 84km

Saturday, 30th March, Nurioopta to **Burra** – 114km

Sunday, 31st March -Programmed rest day

Monday, 1st April, Burra to **Terowie** – 68km

Tuesday, 2nd April, Terowie to **Yunta** – 101km

Wednesday, 3rd April, Yunta to **Olary** – 77km

Thursday, 4th April, Olary to **Broken Hill** – 118km

Any cyclist wishing to participate will need a minimum standard of 24 km per hour solo on a flat road for at least 2 hours.

This is an unsupported event.

Riders will be responsible for transporting their own bikes to the start and from the finish.

Riders will be responsible for their own food and accommodation. Efforts are being made to secure basic accommodation along the way, and there will be enough accompanying vehicles to carry the kit of unaccompanied riders.

Riders will be responsible for carrying their own repair kits and spare tubes as well as ensuring that their bike is mechanically sound before the event. Mechanical support will not be officially provided during the ride.

Riders will ride in small groups with riders of similar ability. At this stage there will be 2 groups of riders. Inevitably, there will be a rider who will struggle to keep up with the last group. If it is deemed that this rider is incapable of staying with the group, the rider will be picked up by the support vehicle until the next designated stop. This should not occur for riders able to maintain the minimum speed standard outlined earlier.

There will be a ride leader with each group, whose directions must be followed. Every day will be split into 2 sessions. Starting time and duration between breaks will be advised before each day's ride.

There will be a trailer to carry bikes in an emergency on the route. If for some reason a rider and their bike need to be transported to the next stop, we hope to have the capability to be able to assist in this. Please keep in mind that all bike transportation will be the rider's responsibility.

Whilst all care is taken with your bike if your bike is transported, the Rotary Club of Victor Harbor does not assume any liability for any damage that may occur in transit except damage caused by major events such as fire, collision or overturning of the conveyancing vehicle.

Road Safety Awareness

- You must obey all Australian Road Rules.
- This an open road event and you will be sharing the road with other traffic.
- You will be sharing the road with other riders of differing abilities, so 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 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

Extreme Weather

The event has in place strategies to deal with hot weather.

Each support vehicle will carry additional water supplies.

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

In the event of forecast hot weather during the week prior, 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 28 March. In this case any change would be highlighted on the Rotary Club of Victor Harbor website and Facebook and attempts would be made to contact registered riders by email or telephone.

Emergency / Incident Procedures

IN AN EMERGENCY DIAL 000

- Ensure your own safety first, and then ensure the safety and welfare of any injured person, any participants, volunteers and/or public
- Contact appropriate emergency authorities and 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

Please note that every attempt has been made to ensure the details contained in this Participant Information guide are accurate at the time of printing, however things can change and we urge you to check the validity of the information yourself

For any further information please contact
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