

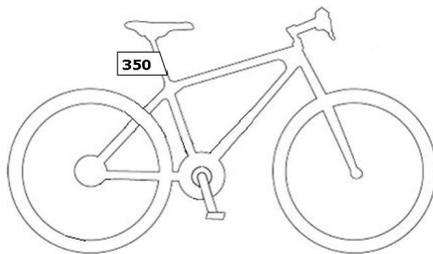


EVENT BRIEFING

RIDER PACK COLLECTION

Your rider pack, which consists of your event jersey, sponsors collateral and bike number will have either been sent to you already (for those who paid for postage), or will be available for collection at the event venue from 9am to 2pm on Saturday 26 Oct. You are more than welcome to collect on other team members' behalf or have someone else collect your pack on this day.

BIKE NUMBER POSITIONING



EVENT DAY

On the event morning, please assemble in the grassed area, and only line up on the roadway at the time your designated briefing time begins.

To make any changes to your speed group or jersey size (for those who did not select postage only), please email rideforlife@chem.net.au or change at the registration desk on Saturday / Sunday. We will do our best to accommodate your request. Please note, both speed groups and jersey sizes are selling out fast.

PARKING

Parking is available within the Eat Street Markets precinct, as you're approaching the venue, the entrance to the car park will be on the right hand side. Please keep an eye out for our parking marshals in hi-vis and event parking signage.

NUTRITION & HYDRATION

JH Leavy & Co fruit, ENDURA electrolyte, jelly beans and water will be provided at the halfway mark, but please bring additional nutritional items (i.e.: gels/bars/electrolyte) to keep up your energy levels as this is a long ride. A free breakfast will be provided at the finish line.

Bring two water bottles to get you through the event and refill at the halfway stop.

AMENITIES

Toilets are available at the start/finish line and at the halfway stop. Bike racks are provided at the start/finish line for your convenience.

MECHANICAL

Five mechanics will be available throughout the ride, but may not be able to assist in all circumstances so please bring spare tubes and tools. If you do require a new tube, chain or other product, you will need to pay for these items so please bring spare cash with you on the day.

Mechanical assistance will also be available at the start line as well as the halfway mark. Please look for the MECHANIC signage.

FIRST AID

First aid will be out on course in the case medical attention is needed. Should you feel unwell at any time please advise one of your cycling guides and they will contact First Aid over the 2-way radio.

First Aid assistance will also be available at the finish line as well as the halfway mark. Please look for the FIRST AID signage.

RIDE FORMAT

The eight cycle groups will ride in a pack formation – two abreast. This is not a race, but a social ride, so each participant will be required to stay with the pack at all times. All road rules still apply - you must stop at all red lights and give-way to traffic as per normal driving conditions.

Each speed group will be escorted by three Police officers on motorbikes, with a BMW vehicle at the rear of each pack. Two CHEM Cycle Guides will lead the packs, with two CHEM Cycle Guides following the pack at the rear. Please take direction from your allocated ride guides as they have been trained for this role and in instances of emergencies. No rider is allowed to pass the front tour guides at any time.

If you fall off the back of your allocated riding pack, please move to the far left so that the BMW and Police vehicles are able to pass you, and take direction from your CHEM Cycle Guide, as you may be asked to stop and wait for a support vehicle to come and collect you for safety reasons.

Each group will stop at the halfway mark at Cleveland for a short break. Please be courteous and allow those with shorter breaks to access toilets and food/bev in the case of congestion at halfway.

BIKE RACKING

To reduce congestion at Northshore Riverside Park after the ride, cyclists are encouraged to rack their bikes on the racks provided rather than bringing the bike onto the grassed area. Please bring a bike lock if you wish to lock up your bike.

Remember to wear your Ride for Life cycling jersey!

RIDE SCHEDULE

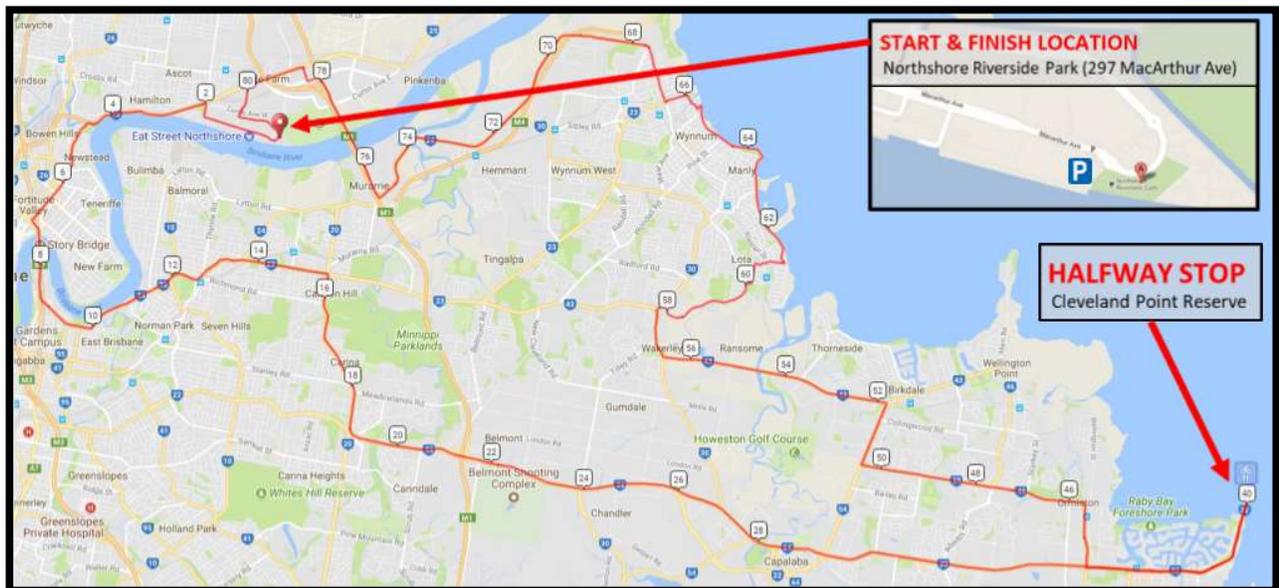
Sunday 27 October, 2019

	Speed Group	Start Hamilton	Arrive Cleveland	BREAK	Depart Cleveland	Finish Hamilton
Yellow	22 kmph	5.15am	7.02am	29 min	7.31am	9.26am
Blue	24 kmph	5.38am	7.16am	26 min	7.42am	9.28am
Grey	26 kmph	5.50am	7.21am	32 min	7.53am	9.30am
Pink	26 kmph	6.02am	7.33am	24 min	8.00am	9.37am
Green	28 kmph	6.20am	7.44am	28 min	8.12am	9.43am
Orange	28 kmph	6.25am	7.49am	27 min	8:16am	9:47am
Purple	30 kmph	6.45am	8.04am	21 min	8.25am	9.50am
Red	32 kmph	7.00am	8.14am	20 min	8.34am	9.53am

PRE-RIDE BRIEFING

Please be at the start line before your briefing time

Yellow	22 kmph	5.05am	Green	28 kmph	6.15am
Blue	24 kmph	5.30am	Orange	28 kmph	6.15am
Grey	26 kmph	5.40am	Purple	30 kmph	6.35am
Pink	26 kmph	5.55am	Red	32 kmph	6.50am



Brisbane BMW
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Guide Dogs
QUEENSLAND