



12th Anniversary Tour de Gracetown

Presented by

The Rotary Club of Belmont

Rotary
Club of Belmont



And Attired By



BODY TORQUE

Sat 28th Oct 2017

Event Information Guide

Introduction

On behalf of the Board of Tour de Gracetown and the Leadership Team, I welcome you to the 12th anniversary of TDG and thank you for your participation.

Your involvement as a Rider Participant, Volunteer and Support Crew all goes directly to our cause towards helping people and projects in need via our close association with the Ladybird Foundation.



This Event Information Guide supersedes the preliminary information that may have been provided to all via email and I therefore urge that you read ALL of the contents and instructions in the interests of your own safety, well-being and that of the other riders.

The Tour de Gracetown is a non-racing event and billed therefore as a social charity ride and we hope that you appreciate and will adhere to the spirit by which this event has been organised.

Safety Timing Chip Collection

You HAVE already nominated to collect your timing chip on one of the following days and note that collection CANNOT take place outside of these times as the location is a busy Sports Medicine practise.



ADDRESS: LEVEL 1, 48 KISHORN ROAD

APPLECROSS

TEL: 08-93648626

Those who have also purchased merchandise for TDG are required to collect their merchandise at the same location.

The following are the designated collection dates:

Friday 20th Oct 2017 Time: 1 pm to 630 pm

Monday 23rd Oct 2017 Time: 2 pm to 700 pm

Wednesday 25th Oct 2017 Time: 730 am to 630 pm

There will be no provision for Timing Chip collection outside of these times and also NOT as the start point on Saturday as it will be too time consuming for the volunteers and participants. You can nominate others to collect on their behalf BUT you MUST provide proof of their registration to do so for them.

Important Event Information

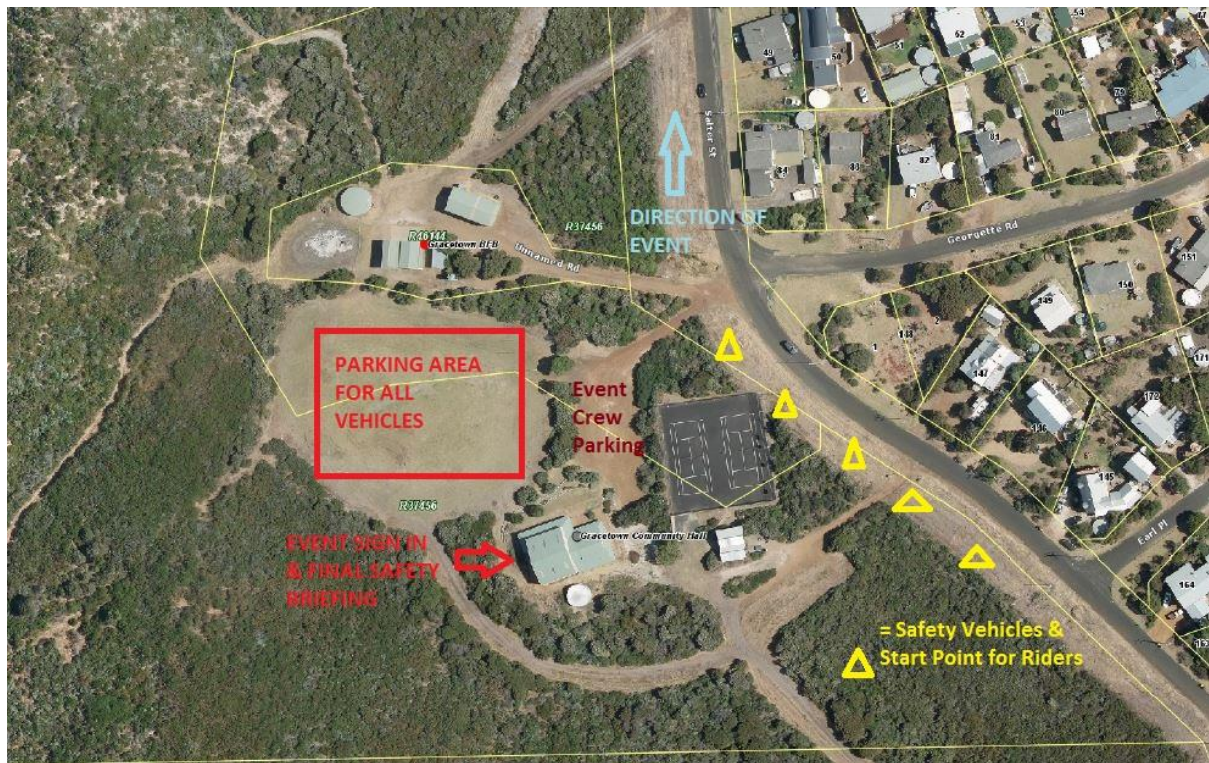
Meet Location: Gracetown Hall – Gracetown

Reporting In Gracetown Hall: Opens 6 am till 630 am. Please report in BEFORE 630 am as we will start our safety briefing at 645 am.

Compulsory Safety Briefing: 645 am for all riders and support crew. If you fail to attend this safety briefing – we reserve the decision as to whether you will be allowed to ride in the interests of safety for the other riders. Therefore please be on time.

Parking: At the intersection of Salter St and Georgette St in Gracetown is the entrance of the Gracetown Hall car park. Drive through and there is an open field where you should park your car.

Start Point: Located along Salter Road where you will see the TDG stand up banners. DO NOT park along Salter Road as this is the location of our start point and both sides of the Wilier gantry for 200 metres in each direction should be left CLEAR.



View of Gracetown Hall and entry point for parking

Car Parking

Permission has been obtained for you to park your vehicle on the field adjacent to Gracetown Hall per the map indicated above. You are to follow the instructions of the Traffic Marshals leading into the field.

Please note that in accordance to the agreement with the Augusta-Margaret River Shire (AMRS) there is NO PARKING immediately next to the surrounding bush per potential fire hazards. You are also required to park in an orderly fashion that would permit others to move their vehicles after the event and all exits must be left open.

Hydration & Nutrition

Hydration powder will be present at Tour de Gracetown for our nutrition and hydration needs in the following manner:

Hydration powder will be available at the Start Point & at Rosa Brook on a complimentary basis via the registration desk (Start Point) and the Fruit Stand (Rosa Brook)

Riders are encouraged to bring along or purchase some form of hydration and nutrition needs as distances of more than 50 km require this. The general formula that you should follow is that you will require 1 gram of carbohydrate for every 1 kg of your body mass.

A rider who is therefore 60 kg requires 60 grams of carbohydrate equivalent per hour. This 60 kg rider who may take 5 hours to complete TDG 110 km will therefore require 300 grams of carbohydrate with them along the journey to ensure ongoing fuelling for the ride.

Wave Starts

There are FIVE categories which incorporate BOTH 55 km and 110 km riders in the same nominated speed categories.

110km - 55km riders included	Departure time
34 km/hr plus	7.00 am
31-33 km/hr	7.03 am
28-30 km/hr	7.06 am
24-27 km/hr	7.09 am
20-23 km/hr	7.12 am

Riders in each category are expected to be at the designated area along Salter Road immediately AFTER the final safety briefing. All riders are expected to leave the Gracetown Hall after the compulsory Safety Briefing for the start line.

As this Event is self-seeded – we caution and remind riders once again to be practical and realistic about your chosen category as the risk of riding at average speeds which you are unaccustomed to will make it dangerous for yourself and others.

Neutral Zone for TDG

As required by the temporary Suspension of the Road Traffic Act and in accordance with AGREED terms and conditions with the AMRS – ALL Safety Vehicles and RIDERS are required to adhere to the mandated maximum of no more than 25 km/h from the start point at Salter Road / Georgette Street – all the way up Cowaramup Bay Road towards Caves Road.

The mandated speed restriction CONTINUES from the start of Caves Road ALL the way to the turn point at REDGATE ROAD which is 25 km from the start.

Each category or team will be escorted by a Safety Vehicle and riders are NOT permitted to overtake this vehicle for safety and traffic approval reasons. Riders who do so will be invited OUT of the event as we will not tolerate any actions or behaviour that jeopardise the safety of the others.

The Safety Drivers are all nationally qualified Cycling coaches and volunteers and we expect that you will accord them the respect as they have given up their personal and family time to be at this event for this great cause.

If the Safety Driver deems the group to be unsafe – he will have the mandate to HALT the group or slow it down so that there is coherence and appreciation of the safety of this event.

Redgate Road Turning

Upon arrival at Redgate Road– the Safety Vehicle will pull to the side at a distance from the junction of Caves Road and allow the riders to ride at their agreed category speed.

These Safety Vehicles will continue to trail the riders of their group and proceed as required to Rosa Brook which is the half way point for TDG 110 km and the final point for TDG 55 km.

Rosa Brook Stop – Midway for TDG 110 km & Final Stop for TDG 55 km

Rosa Brook is the famed iconic half way point for Tour de Gracetown and has been since its inception.



TDG 110 km Riders: For 2017 with the addition of a Timing Chip we will automatically ACCOUNT for a 15-min rest break in your timing so it will be prudent to do so for this event.

Spend the time rehydrating and having a toilet break and remember the reason why we are doing this for charity

When you are READY to leave – proceed to the START point ready for the second phase.

Two departure times available:

930 am for TDG 110 km riders who arrive by 915 am

945 am for TDG 110 km riders who arrive by 930 am

TDG 55 km Riders & TDG 110 km riders will need to ride to the Timing Chip to record your stoppage time.



TIMING SYSTEM FOR TDG

Once again we remind all participants that the people at Rosa Brook are volunteers who have driven down on their weekend to share their time with us so please be appreciative of their gesture and contribution.

This is the famed stop for the much-loved watermelons and bananas sponsored by Eric Field and Family! Remember to dispose of your garbage at the bags provided at the hydration point and not at the bins of the local Fire Brigade.

NOTE EFFECTIVE 2016 – WE ARE ALSO NOT PERMITTED TO AMEND THE RECOMMENCEMENT TIME FROM ROSA BROOK EVEN IF RIDERS ARRIVE EARLY. THE DIRECT REASON IS THAT TRAFFIC MANAGEMENT SCHEDULES BACK ALONG BUSSELL HIGHWAY AND BACK ONTO CAVES ROAD FOR THE 110 KM NEEDS TO FOLLOW A DEFINITE TIME SCHEDULE PER THE TRAFFIC PERMITS ISSUED.



Cut Off Point for Rosa Brook

TDG 110 km riders who DO NOT make it to Rosa Brook by 945 am will be required to make their own way back to Gracetown as the Event is deemed to be CLOSED at this point.

Riders who choose to carry on despite notification will invalidate any form of safety and insurance coverage for themselves.

For the Oct 2017 event – we are unable to appoint any external contractors to be involved with the transport back to Gracetown simply because of the exorbitant costs associated with this service which the charity cannot sustain.

Therefore, ALL TDG 55 km riders and TDG 110 km who fail to reach Rosa Brook by 945 am must arrange their own transport back to Gracetown on their own personal exertion with no recourse to the organisers.

Return to Gracetown

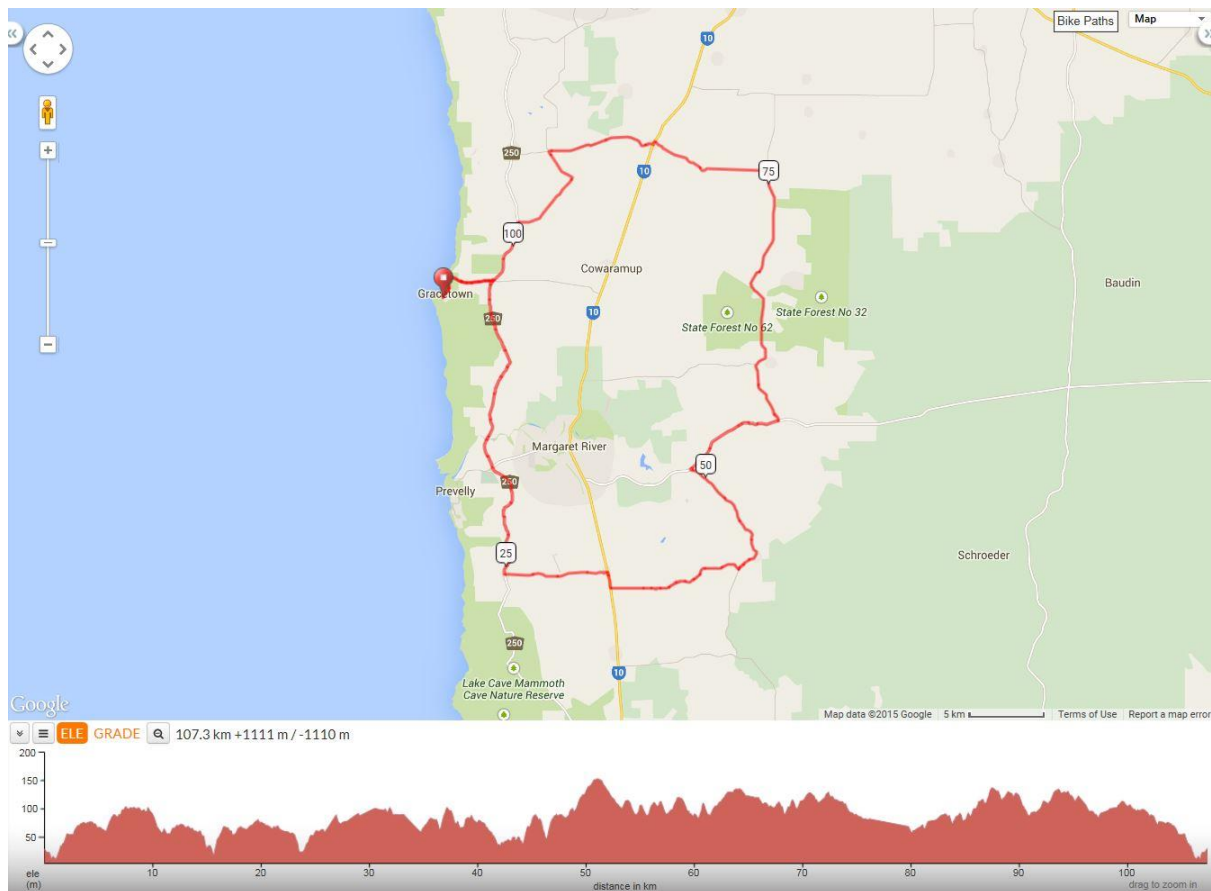
The terrain from Rosa Brook to Gracetown can be described best as ‘undulating’ and riders should be prepared to be properly rehydrated and fuelled.

There are also a number of intersections that you need to be mindful to cross – such as Bussell Highway and Caves Road as you make your way back to Gracetown.

We are pleased to inform that we have appointed the services of Tarboda Traffic Management as our Traffic Management consultants. Their personnel are authorised Traffic Controllers and it is by WA ROAD RULES that you must adhere to and comply to their instructions at these intersections.

Be mindful of the descent back into Gracetown and while you decrease your speed for this descent – use the opportunity to gaze from moment to moment to one of the BEST VIEWS of the South West which is iconic South West cycling event brings to you.

Maps



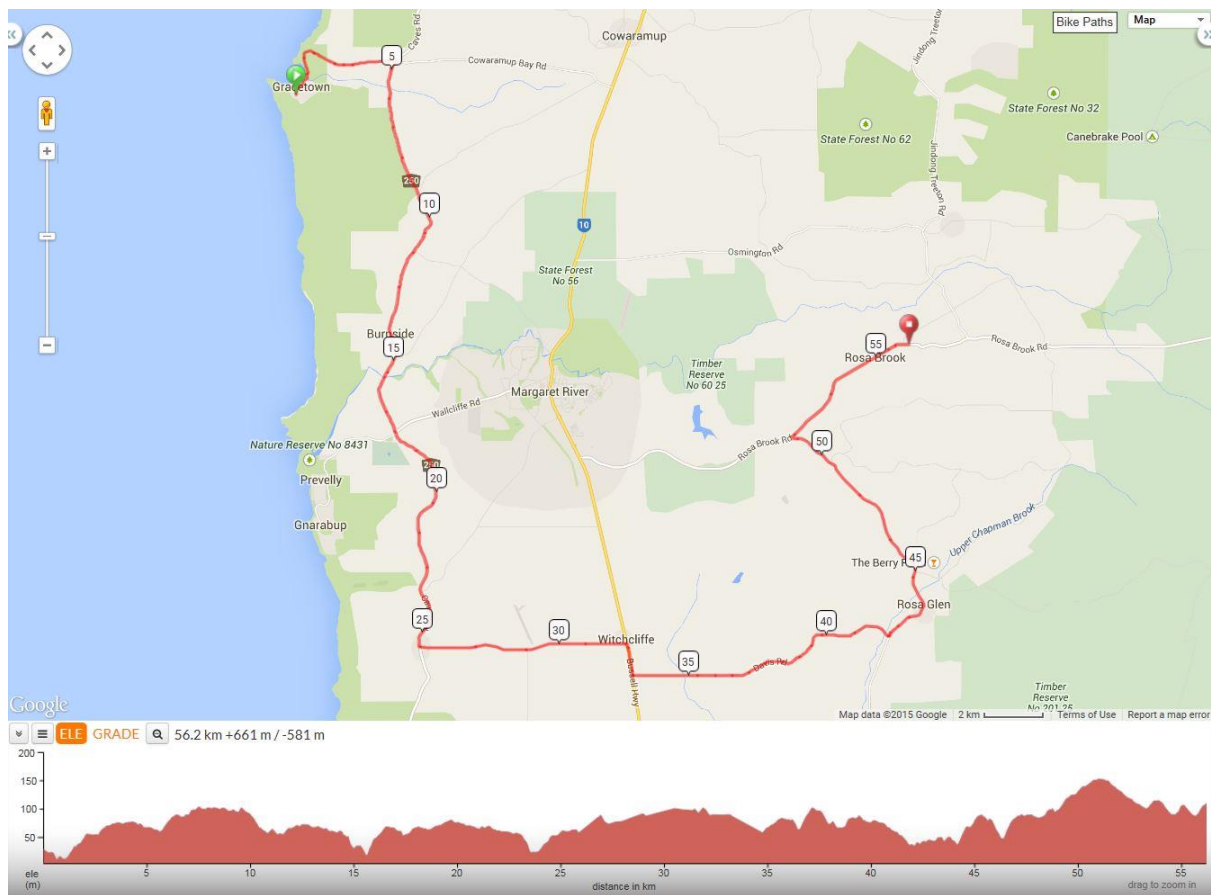
TDG 110 km distance

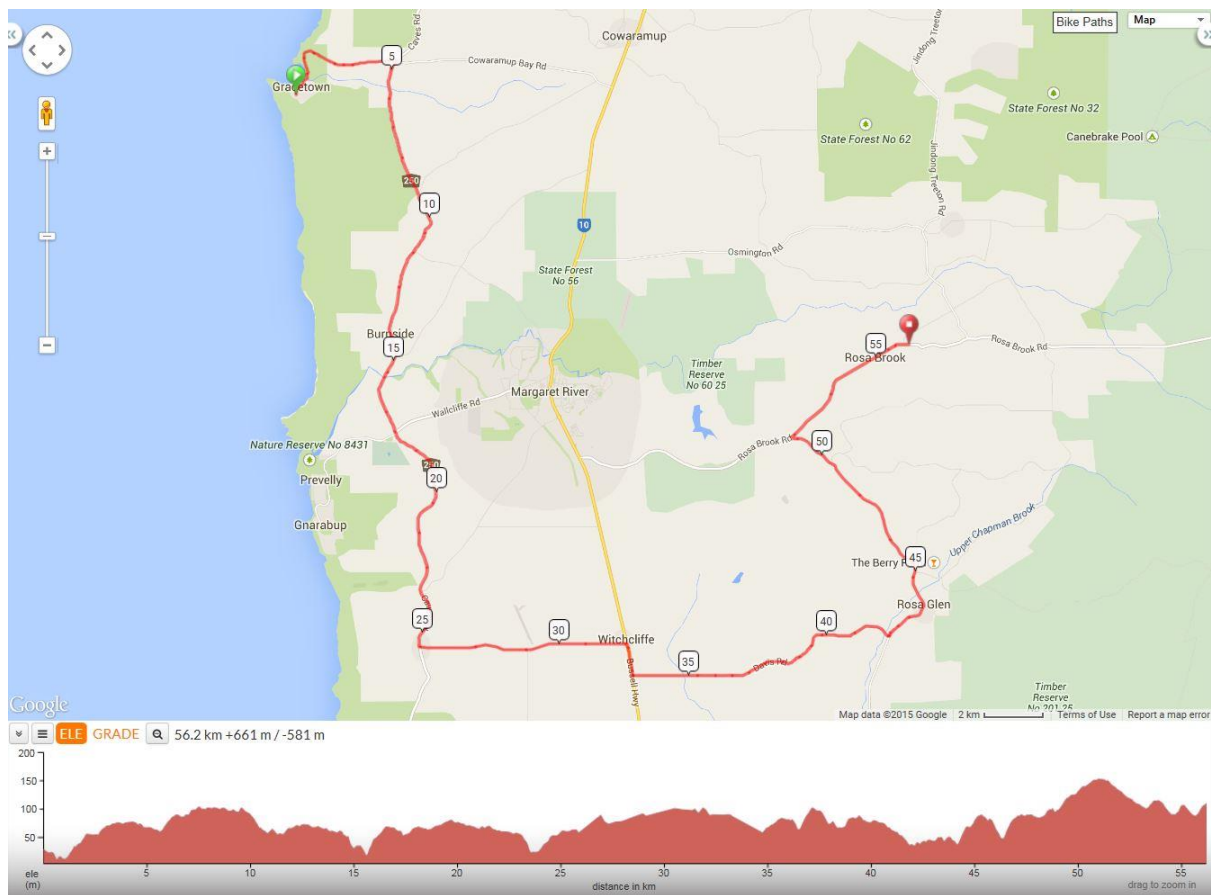
Cut Off Point for Final Leg into Gracetown - IMPORTANT

Our event management license and that of our traffic management controllers ENDS formally a 1245 pm and we are therefore required to commence sweeping the route from Rosa Brook to Gracetown from 1230 pm onwards.

TDG 110 km riders therefore still on the route from 1230 pm onwards will be required to be deployed to the Sag Wagon for transfer back to Gracetown.

If you nominate NOT to heed to this directive – you therefore exercise your right to continue on the route at your own discretion and decision against the best wishes and directives of the event organisers – therefore noting that you are no longer covered by the event insurance and that there will be no longer any safety vehicles on route to provide coverage and assistance.





TDG 55 km distance

Cue Sheet – Tour de Gracetown Oct 2017

Commence on Salter St – near Georgette Rd – head towards Bayview Dr	0.0 km
Continue onto Bayview Dr	0.2 km
Continue onto Cowaramup Bay Rd	0.4 km
Turn right onto Caves Rd	4.6 km
CAUTION at Margaret River Bridge – prepare to climb – correct gearing	15.6 km
Turn left onto Redgate Rd	25.5 km
Turn right onto Bussell Hwy/State Route 10	32.2 km
Turn left onto Davis Rd	33.2 km
Turn left onto Rosa Glen Rd	42.2 km
Turn right onto Rosa Brook Rd	51.2 km
ROSA BROOK – Half Way Point and REST STOP – ALSO – END OF 55km Tour	56.1 km
Turn left onto Jindong Treeton Rd	58.2 km
Turn left onto Gale Rd	75.9 km
Turn left onto Bussell Hwy/State Route 10	83.8 km
Turn right onto Metricup Rd	84.1 km
Turn left onto Harmans Mill Rd	91.1 km
Turn right onto Tom Cullity Dr	93.4 km
Turn left onto Caves Rd	98.3 km
Turn right onto Cowaramup Bay Rd	102.7 km
Continue onto Bayview Dr	106.9 km
Continue straight onto Salter St	107.1 km
Continue toward corner of Salter St and Georgette Rd – End TOUR	107.3 km

Note that it is compulsory that you bring a copy of the Directional Cue Sheet and the relevant Map with you for the Tour de Gracetown for your own safety requirements.

TCX / GPX Files

Provided as an attachment to the email that has been sent with this Document. Those with GPS enabled bike computers with this compatible technology are encouraged to upload these maps as soon as you get them as they provide the required turn by turn instructions.

Risk Management Procedures for the Event

Mechanical Problems

All participants are required per the time of their registration that their bikes

TDG does not provide for a mobile mechanic and riders are therefore expected to carry their own spares and equipment at all times.

Should the repair not be successful – you can request to be placed in one of the Safety Vehicles who will transport you at an opportune time to a habitable place for your return back to Gracetown.

Once again you can choose to seek your own support at your own discretion without any recourse to the event organisers of TDG.

Medical Emergency

1. 4 of the Safety Vehicles during the route will be equipped with a basic First Aid kit.
2. The Event Director himself is a qualified Medic & Sports Medicine Director and will be the rapid deployment vehicle in the event of a medical emergency.
3. In the event of a medical emergency there are two numbers to contact:

Ian Wee – Event Director– 0418928326

Walter Bonnet – Event Manager – 0401276755

We advise ALL riders to program these numbers on your mobile phones.

4. For deployment it is essential that if you are at the scene of the medical emergency / accident that you know:
 - a. Secure the site and ensure safety of all before rendering assistance
 - b. Approximate distance from the start of TDG that you are at – it allows us to determine your approximate location;
 - c. Any significant landmarks in your nearest vicinity;
 - d. Provide the name of the person or persons involved if they are conscious and coherent.
 - e. Provide your name and mobile number.
5. Note that all Safety Vehicles will be roaming the entire journey of TDG in the direction towards Gracetown but once they have arrived – they will drive the reverse of the route until they reach the Final Safety Vehicle.

Rider Safety First

1. To prevent dehydration all riders and support crew MUST hydrate sufficiently 24 hours before the start of the event;
2. Food must be consumed every 90 minutes from your last major meal to ensure that you have enough fuel stores in your body to complete the distance you have nominated.
3. Eat small amounts during the journey remembering it is a touring event and NOT a race and stopping to rest and eat is a wise move.
4. Bring TWO water bottles with you and remember to replenish them at the Rosa Brook stop.
5. Ride ALWAYS with FRONT and REAR lights – leave the lights on Strobe Function once you have reached Rosa Brook as it is far easier to be seen in broad daylight with a strobe light and in the countryside when visual acuity is diminished.
6. Wear bright clothing to ensure a more visible footprint on the road and if you need to – reflector strips are also very handy.
7. Always carry a proper spare / repair kit with you for this event noting that there are no repair or mechanic facilities for TDG.
8. Carry a MOBILE PHONE and it should be the one that you nominated when you registered for TDG as this is how we can contact you in the event of an emergency.
9. On the narrower roads closer towards Bussell Hwy and especially in the second half of the journey for TDG 110 km – remember to ride single file as the width of these roads can be limited.
10. Follow all WA Road Rules and remember that this event is held on OPEN ROAD conditions and there is NO ROAD CLOSURE.
11. Follow the directions and instructions of the Safety Drivers / Traffic Management personnel and Officials of TDG.
12. Remember that you MUST always stay on the CORRECT side of the road. In recent times we have noticed that riders have flaunted the road rules within Gracetown and at Rosa Brook and this will be enforced per requirements of road safety.

Fire Safety

In the unlikely event of a fire on route – all Riders and Safety Vehicles are required to abandon the ride and contact Emergency Number 000. Riders and Safety personnel will be able to pin point the exact location per their distance with their GPS devices and this should be conveyed to the FESA.

The event organisers also closely monitor the FESA website and Phone Apps for location of fire and hazardous events and should it be deemed unsafe – the event organisers reserve the right to cancel the event without any recourse or refunds to participants.

Should you encounter a fire along the road – always head away from the direction and seek immediate escape routes.

Removal of Rubbish

We are required by AMRS to remove all rubbish from this event and we ASK that you dispose of your food wraps and sachets properly in the designated bins that we will place on location at Gracetown and Rosa Brook. Please DO NOT use the Rosa Brook Fire Station bins for rubbish either and we ask that you keep the toilets clean as possible.

Naming Rights Sponsor

We are indebted to the generous support of Rotary Club of Belmont our naming rights sponsor for 2017

Rotary Club of Belmont



Major Supporters

The Good Grocer – Ardross

Reid's Meats – Ardross

Eric Field & Family – Watermelons and Bananas

Auto Classic BMW – Event Vehicles



FILA Australia – Watertown Store



Merchandise

Reminder that we have A LOT of fund raising merchandise still available and this will be available BOTH the pickup point for your Timing Systems as well as on the day at the Registration Desk



By purchasing the merchandise before the event – you are directly helping our bottom-line in supporting the nominated charity for the year.

With thanks from:

TDG Board: John Sofield / Larry Cavallo / Shane Hawkins / Ian Wee

Event Director: Ian Wee

Presented by:

