



# BDO Kendalls Brisbane Coot-tha Challenge

and

## Great Brisbane Bike Ride

Sunday 22 March 2009



### Rider Information

Important information so your preparation and participation on the day run smoothly.

#### BEFORE THE RIDE

Make sure your bike is serviced, safe and ready to go before the ride - this includes tyre pressure and good brakes! You should carry sufficient items to repair a flat tyre. Don't forget to fill up your water bottles before leaving home - we suggest you carry 2 bottles.

#### RIDER KIT

**The Coot-tha:** Rider Kits will mostly be picked up prior to the event day. For those who have opted to pick up their kit on the morning of the event the registration desk is open from 5am. The Kit contains:

- A green numbered bike bib (place on the front of your bike using the supplied twist ties) including a tear off section noting your shirt size.
- A green event wrist tag.
- Timing chip (velcro strap to wrap around an **ANKLE**). This timing chip must be returned immediately after you cross the finish line when you get your shirt (or sent to BQ if you don't make the day/finish) or you will have to pay \$50 for replacement.

**The Great Brisbane:** Rider Kits will mostly be mailed prior to the event day. For those not mailed (see cover note with *Your Ticket to Ride*) they can be picked up on the morning of the event. The registration desk is open from 6:15am. For the 55, 35 and 20km options the Kit contains:

- An orange numbered bike bib (place on the front of your bike using the supplied twist ties) including a tear off section noting your shirt size.
- An orange event wrist tag.

For the Family Fun Ride the Kit contains:

- A red numbered bike bib (place on the front of your bike using the supplied twist ties) including a tear off section for your merchandise.

**You must place the bib on the front of your bike and the tag on your wrist before participating.** These items cannot be reissued on the day if you leave them at home. You need your wrist tag to collect food and drink at the rest stops and your bike bib tear off to collect your merchandise at the finish.

#### ROAD CONDITIONS

There are a limited number of lane closures so you will be sharing the road with moving traffic. Normal road rules apply at all times and especially note:

- You must **stop at red lights** unless a police officer is waving you through or there is traffic management in place to allow you to pass safely without stopping.
- Ride no more than two abreast and allow traffic to pass safely.

#### RIDING IN A MASS EVENT

There will be 1000s of cyclists around you so don't get frustrated, relax, be patient, polite and enjoy the spectacle.

- Start straight - have your bike in an easy gear so you don't wobble.
- Ride smoothly - erratic riding such as hard braking or sudden swerving can cause havoc.
- Give yourself space - riding too close to others will increase the chance of a problem if they ride erratically. Space means you can see ahead and plan for potholes, traffic or changes in direction.
- Calling your moves in advance is very helpful to others such as; "passing" or "stopping".
- Cyclists passing each other is the most likely cause of accidents - there are a few things you can do to reduce this risk:
  - o Think about what your average speed is likely to be and place yourself accordingly at the start.
  - o Be super patient in the first few kms.
  - o Faster riders should exercise caution when passing others.
  - o Slower riders need to keep left and ride a consistent line.
  - o Coot-tha riders should ride in an easy gear from the bottom of the climb.

#### MT COOT-THA RULES

On the timed hill climb and subsequent descent extra caution is needed by all - especially as there are many tight/blind corners:

- Keep to the left lane **at all times** - emergency or event vehicles may be travelling in the other lane
- Do not zig zag across the road
- If you need to walk then move to the extreme left before stopping.

- All bicycle traffic must move in the same direction (don't double back).
- On the downhill you must stay within the speed limit of 50kph - this will help avoid hard or erratic braking (there are lots of riders behind you).
- Part way down the hill is a veer left followed by a rough surface - be ready.
- You will cross the Western Freeway using the new cycling overpass. The entry for this requires you to be no more than 2 abreast and to slow down.
- Ride carefully on the overpass and bikeways as they may have other users and you have 2 junctions to negotiate.
- Mt Coot-tha will be closed for the event from 5:40 to 8am. Spectators cannot access it by any means of transport during the closure.
- Because of the closure time constraints and other traffic implications you should not delay on the mountain - keep moving. All cyclists need to be clear of the Western Freeway crossing point by 7:45am. Slower riders may be picked up by the event SAG Wagon.

#### NOT A RACE!

For those who may have missed it the 70km **BDO Kendalls Brisbane Coot-tha Challenge** is **not a race** - it is a mass participation ride. The timed section starts at 7.4km, ends at 9.7km and is about your personal best. It doesn't matter what order you go up the mountain - there is no prize for arriving first - the rider who arrives last at the climb may well have the best time. "Racing" is actively discouraged and may cause you to be removed from the event.

**The Great Brisbane Bike Ride** is a mass participation event. Competitiveness is actively discouraged.

#### SIGNAGE

Follow the event signage. There are not signs at every intersection so don't turn off a road until the signs indicate to. A mistake is to blindly follow the person in front, which means if they go the wrong way then you will also. Always be looking for the event signage yourself and make your own decision about the route to take.

The different length rides sometimes share the same route so be careful at the signed split points.

## START SITE INFO

South Bank's Cultural Forecourt is the main site and the riders will accumulate in the Cultural Centre Tunnel (under the Victoria Bridge).



The 70km BDO Kendalls Brisbane Coot-tha Challenge will start at 6am. There will be a progressive start with each speed category heading off in order.

For safety (to minimise speed differentials on the bike route) faster riders will be released first and then each speed category thereafter in descending order. The speed categories are:

- 30kph+ (look for 30+ red flags)
- 25 to 30kph (look for 25+ amber flags)
- 20 to 25kph (look for 20+ blue flags)
- below 20kph (look for <20 green flags)

We encourage you to be there by 6am.

The Great Brisbane Bike Ride (including 55, 35 and 20km options) will start at 7.30am. There will be a mass start. We encourage everyone to be there by 7:30am.

The Great Brisbane Bike Ride - Family Fun Ride will start at 8.15am near the stage - look for the smiley face flag.

**Getting to the start:** If you are arriving by car, it is best if you are dropped off some distance from South Bank and ride the last bit.

The South Bank car park off Little Stanley St is open from 5am and the Convention Centre car park is open 24 hours - access off Merivale St.

If riding with friends then meet up with them before arriving at the start site because as the site fills it becomes difficult to find your pals and doing so creates bottlenecks in the traffic flow.

Sunrise is at 5.52am so you should use lights during the twilight beforehand.

**Approaching the start site:** the Cultural Centre Tunnel from the State Library to South Bank will be closed from 4am until 8:15am.

There will be a clear access lane along the side of the start area that can be accessed from either direction although it will work better if used as one way.

The best access point is from Grey St at the junction with Peel St (near the end of the William Jolly Bridge). Go around the bent oblong roundabout to enter the start area in the tunnel.

If approaching from north then come across the WJ Bridge and turn left.

If approaching from West End then use Montague Rd to go under the bridge then right up past GOMA and the State Library.

If approaching from south then turn right from Grey St into Peel St.

If approaching from the City it is best to use the Victoria Bridge upstream bikeway then the spiral down to the river then left along the river and left into the passageway under the Library.

Any riders needing to register on the morning should access the Cultural Forecourt as suits then carefully travel contra flow along the access way.

The Coot-tha start line will be broken into speed categories each behind the other. Simply turn into your category at the flags.

The Great Brisbane start line will have no groupings. If approaching the site

between 6 and 6:30am be aware that the Coot-tha riders will be departing.

Sponsor teams can gather at the front immediately behind the starting line and will be released first. Principal sponsor team is at the front. We encourage Coot-tha riders in sponsor teams who might average below 25kph to ride in the speed category most appropriate. These riders can gather at the front and just before the start move aside until the relevant category comes through.

**Making the start site work:** there are a few smart things you can do to make a big difference to the site success. These things may result in a small reduction to your freedom (and a chance of separation from your pals) but a big increase in satisfaction.

Designated access ways are created to maintain free movement and for safety - DO NOT BLOCK THEM UP! In addition to other areas as defined on the day, all footpaths are access ways.

Please do not start moving between categories as you will clog up the site.

If you are riding with a group your speed will be that of the slowest person in the group.

The starting arch is an important part of site and route safety - you must pass through it.

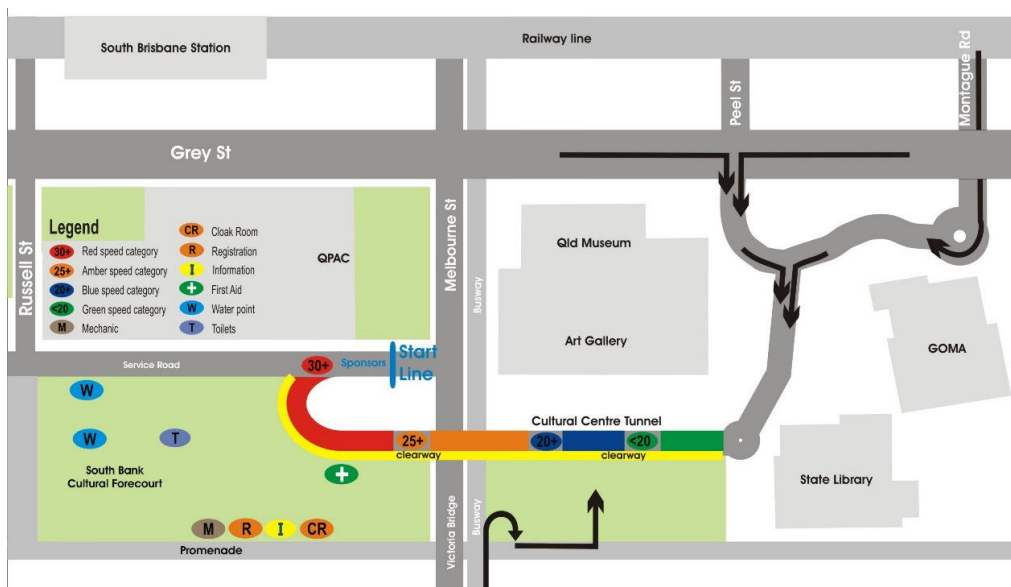
## FINISH SITE INFO

All rides will finish at South Bank Cultural Forecourt (same as start).

Coot-tha riders must return their timing chips when they get their shirt.

Make sure you grab your free merchandise. There'll be live entertainment from 9am and a number of vendors selling food and drink.

Prizes will be drawn/announced during the official ceremony at 10:30am. You don't need to be there to win but it's more exciting if you are!



## MECHANICAL ASSISTANCE

There will be bicycle mechanics at the start, each rest stop and mobile along the route. If you need assistance between rest stops, move off the road, turn your bike upside down and wait.

Every rider should be carrying a spare tube and puncture repair items including a pump. It's best to fix flats yourself instead of waiting for a mechanic. For nagging problems, try to get to a rest stop.

While this is a free service, you must pay for parts and consumables.

The mechanics can't work miracles and substantial problems are unable to be fixed on the day. If your bike is broken then catching a train or a phone call home for a lift are good options.

## NO SHOW OR RAIN?

If you can't make it on the day contact Bicycle Qld after the event for your included merchandise (within one week).

The Event will proceed if it rains. Only extreme weather will cause cancellation.

## FIRST AID

There will be first aid personnel at the start/finish site, all rest stops and travelling with the SAG wagon. In the event of an emergency anywhere along the route dial 000 and seek the help of the Qld Ambulance Service.

There will also be dedicated first aid personnel at the top of the Coot-tha timed section in case you pushed too hard - but please don't!

## WATER AND TOILETS

Keeping hydrated is very important so keep drinking and fill your two water bottles at rest stops. There are shops along the way to buy additional food and drink if you need it.

There are toilets at the start/finish as well as each rest stop. Also there are many public toilets along the route that are open for service.

## PHOTOS

All Action Photography will have their finger on the trigger snapping pics on the Coot-tha descent and at the finish - make sure you smile. Go to [www.allactionphotos.com.au](http://www.allactionphotos.com.au) after 25 March to order photos you like. They will be searchable via rider number if visible or via time category, so check your watch when you finish.

## BIKE PARKING

Will be available at South Bank from 9am to 1pm for a \$2 donation to our benefiting charity. You need your number on your bike and your wrist tag (on your wrist) to reclaim your bike. Limited space available.

## CLOAK ROOM

Will be available at South Bank from 5am to 1pm for a \$2 donation to our benefiting charity. You need your wrist tag (on your wrist) to reclaim your gear. Limited space available.

## WHAT YOU GET AND WHERE YOU GET IT

Please take no more than one of each item each time - otherwise some riders will miss out. Each service point has the same items.

At rest stops be smart about where you stop/leave your bike. There are lots of cyclists around so blocking the main access ways is not smart. Don't loiter around the service areas - do your thing and move away.

Location	Distance - km				Food / Drink / Merchandise						
	Coot-tha 70	Great Brisbane 55	Great Brisbane 35	Great Brisbane 20	Nut bar	Banana	Fruit Bun	Pura Milk goodies - milk / yoghurt	Watermelon	Shirt & Water bottle #	Sponsor promotional material
Start at South Bank	0	0	0								
Jindalee Rest Stop	38	23			✓	✓					
Graceville Rest Stop	52	37	17			✓	✓	✓			
Dutton Park Rest Stop	62	47	27	11				✓			
Finish at South Bank	70	55	35	18						✓ #	✓

# Coot-tha shirts and water bottles are different to Great Brisbane - make sure you get the right one.

Riders in the 10km Family Fun Ride will receive a treat on route and at the finish a water bottle and fruit bun.

## THANKS TO OUR SPONSORS

We thank our sponsors without whom these rides would not be possible.

### BDO Kendalls Brisbane Coot-tha Challenge:

Foundation sponsor



Principal sponsor



Major sponsor



Charity Partner



### Bike Week and the Great Brisbane Bike Ride:

Principal sponsor



Major sponsor



Media sponsor



Supporting sponsor

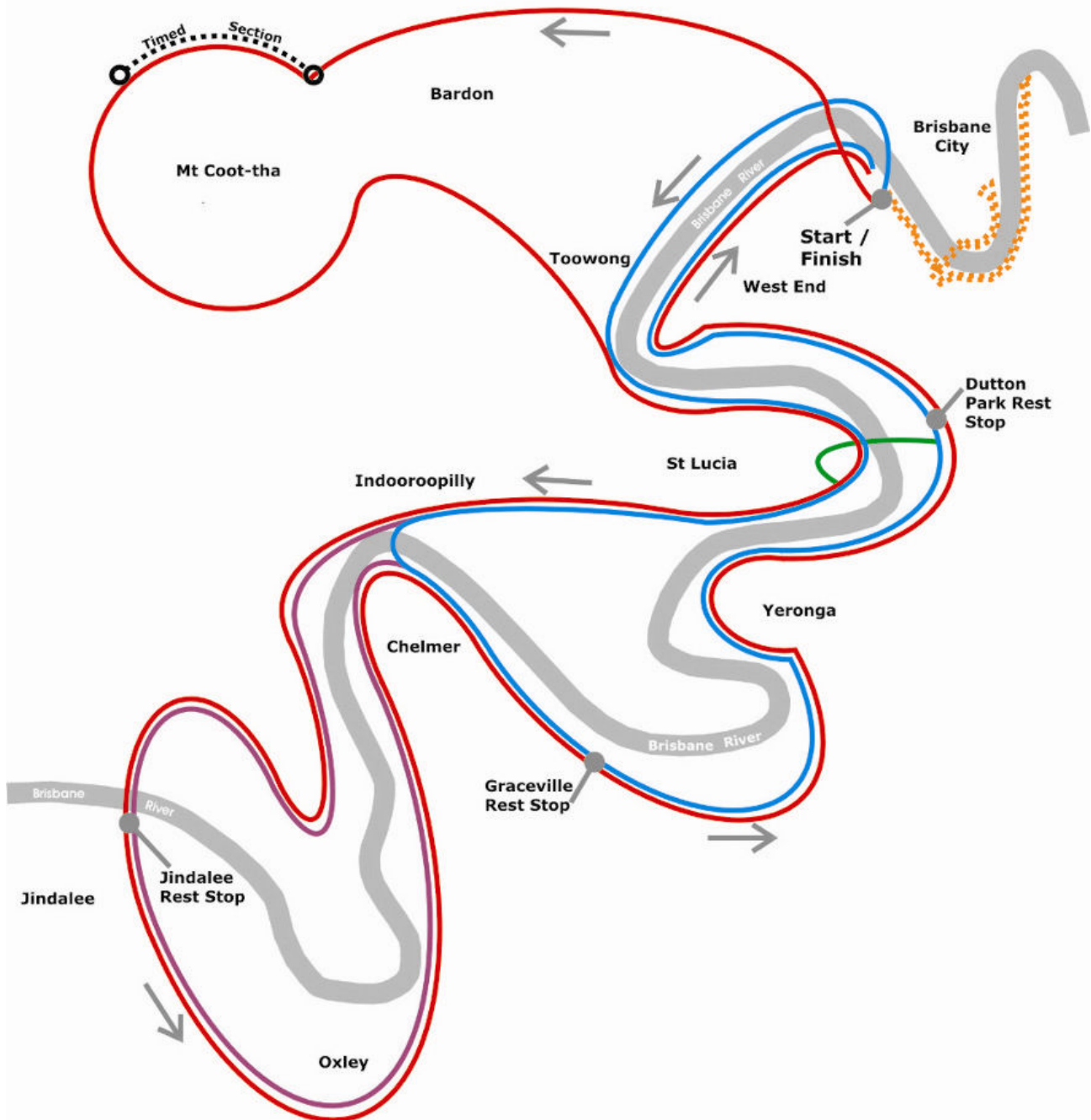


Activity sponsor



## ROUTE MAP - not for navigation.

- BDO Kendalls Brisbane Coot-tha Challenge - 70km** - departs at 6am
- Great Brisbane Bike Ride - 35km** - departs at 7.30am
- Great Brisbane Bike Ride - 55km** - extension from 35km - departs at 7.30am
- Great Brisbane Bike Ride - 20km** - shortcut from 35km - departs at 7.30am
- Great Brisbane Bike Ride - 10km Family Fun Ride** - departs at 8.15am



## EVENT ORGANISED BY



### BICYCLE QUEENSLAND

Everyday cycling every day

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