

CYCLE QUEENSLAND

Bundaberg to Brisbane
Saturday 30 August to Sunday 7 September 2008

Cycle Queensland 2008 FAQs

January 2008

It seems like a really long way

Any moderately fit person who can ride a bike can do Cycle Queensland. The ride, while it may be a bit of a challenge for some riders, is not impossible. And think about how good it will feel when you pedal into Brisbane and look back at what you have achieved. With a bit of planning and preparation you'll be fine. Regular riding is the best thing you can do – its much better to ride a bit regularly than to go on long irregular rides.

On the ride, you don't need to wear yourself out each day by rushing from one town to the next – just take your time and ride at your own pace. You literally have all day! You'll also get loads of encouragement along the way from our volunteers and have the company of other riders to keep you chugging along. And if your legs give up and you can't pedal any further ... you can always jump on our sag wagon for a rest or a lift to the campsite.

Are there any hills?

There are a few hills to tackle but most of them are not too scary. The first few days are relatively gentle with a lot of flat – so you'll have time to find your cycling legs. The main challenges will be on Day 6 to Pomona (a couple of mid length climbs after lunch), Day 7 to Kenilworth (one 2km climb near the end) and on Day 8 where the hills through the middle 30km are difficult but the day ends with some ripper down hills. Make sure you incorporate some hills into your preparation and you'll be fine.

What will the weather be like? Based on available weather records the days will be warm (mid 20's) and the nights will be cold (as low as 10). The days will be dry to mildly humid. Winds are a mixed bag with a tendency toward gentle to mild headwinds.

Only serious cyclists with expensive bikes go on the ride - right?

WRONG! Previous riders have included young families, school students and an 84-year-old lady. In 2006, 56% of Cycle Queensland riders were on their first ever-cycling tour!

What sort of bike should I bring?

You don't need to have an expensive bike to complete the ride, however your bike should be in good mechanical order. Any geared bike is suitable (BMX bikes are not recommended).

Can kids come on CQ?

Cycle Queensland is suitable for riders of all ages. However, children under 12 are not allowed to pilot their own bike (they need to be in a trailer or on a tag-a-long or tandem) and participants under 18 must be accompanied by an adult.

What if I or my bike develops Mondayitis?

Medical assistance, police, bike mechanics, route marshals and masseurs travel with the ride and can help solve almost any problem. Don't forget to bring your own puncture kit and any other gear you need to perform simple surgery on your bike.

If your bike breaks down along the route and it can't be fixed by the roadside – you won't have to walk the rest of the way home because you always get a lift with the sag wagon.

Are the roads closed? What about trucks, cars and motorbikes roaring past?

The roads used on Cycle Queensland are NOT closed to other traffic but with 1000 riders there is a critical mass that has a strong presence on the road. Police are also on hand to ensure good behaviour and road sharing by motorists and riders. To increase the safety of riders, Bicycle Queensland vehicles and trucks supporting the ride generally travel along a different route to the riders.

What time will I get into the campsite each day?

That is the million dollar question. It all depends on what speed you ride at and how many rest stops you enjoy. It doesn't really matter what time you get to the campsite - the route closes at 4.30pm each day – so you just need to be in by then! Cycle Queensland is not a race. The idea of the ride is to relax; to enjoy the scenery; and to meet new mates. Ride at your own pace and linger for as long as you need at the rest stops.

Are meals included in my entry price?

All main meals from lunch on Day 1 to breakfast on Day 9 are included in your ticket price, except lunch on the Rest Day in Tin Can Bay, when you'll be free to select from a wide range of eateries in the local area. Opportunities to stop and buy morning and afternoon teas from local community groups are provided along the route each day.

I have special dietary requirements. What can you offer me?

Our chefs can accommodate your needs (vegan, coeliac, lactose intolerant, nut allergy etc) however you do need to fill out the Special Diet Requirements form before your entry will be accepted.

Do I need to bring all my own camping gear?

Unless you are taking the *Easy Campese* option – you need to bring your own camping gear (i.e. tent, sleeping bag, camping mattress). The cost of your campsite is included in the entry price. If you are looking for a little luxury along the way consider arranging your own motel/pub/van park accommodation – see the *Local Accommodation Options* Info Sheet for some ideas – but remember you have to get your luggage to and fro each day.

Is my camping equipment included in the 22kg baggage limit? Yes, it is. However, your bike, helmet and bike accessories such as panniers, lights, water bottles etc are not part of it.

How do I wash my clothes while on the ride?

Clothes washing facilities are available on the campsite. They are pretty basic - just tubs and water and you need to BYO laundry detergent. Some towns also have Laundromats – see the *What's On* for their location. We are also working on a "Rest Day Laundry Service".

I don't ride a bike – can I still come?

By all means ... we need lots of happy and helpful volunteers to join the support crew. Check out the volunteer info on the website for more information.

I still have questions. Where can I get more help?

Visit www.bq.org.au, email bqinfo@bq.org.au or call 07 3844 1144 if you want more information or have any other questions. Otherwise grab a brochure and fill out the entry form, then hop on your bike and start riding.

Don't forget it is much better to ride shorter distances regularly than to do just the occasional long ride. Why not join a cycling group for a bit more inspiration or get together for some training rides with fellow CQ08 riders and those kilometres will just fly by.