

PLATINUM KING & QUEEN OF THE MOUNTAIN

104km, 80km & 57km rides

Cyclists who have access to Strava will be able to take part in the 'King & Queen of the Mountain', a self-timed uphill section of 4 km from Bobbin Head Bridge to the National Park gate at North Turramurra. This will operate between 6.45am and 8.30am.

OTHER IMPORTANT INFORMATION

- Exercise **extreme caution** on the descents into Bobbin Head, West Head and Akuna Bay.
- Police will monitor the course to help ensure that all riders comply with the road rules.
- Bike service vehicles and bicycles will patrol the course and assist, however, basic bike tools, spare tubes, puncture repair kit and pump should be carried.
- **The event ceases at 1.30pm.** If you wish to continue riding after this time, you must surrender your registration number and you will no longer be considered to be involved in the event.
- **Finish in Karuah Rd.**

IN THE EVENT OF AN ACCIDENT RIDERS MUST

- Ensure their safety and that of the injured rider. Do not move the injured rider unless in danger or instructed by an Ambulance Officer, but assist if possible.
- In the event of serious accident call 000 and state name, the event, location, injury and emergency services required.
- Endeavour to communicate with a marshal for assistance.
- We will arrange to move the participant and their bike.
- Radio or mobile will be used to assist riders to make contact with first aid, police or ambulance as needed.

QUESTIONS? CONTACT US



- www.facebook.com/bobbinheadcycleclassic
- info@bobbinheadcycleclassic.org.au
- www.bobbinheadcycleclassic.org.au

THANK YOU FOR JOINING OUR EVENT.

Have a safe and enjoyable day!

THE BOBBO

BOBBIN HEAD CYCLE CLASSIC

Support Lifeline to save lives

SUNDAY

29 MARCH '20
INSTRUCTIONS FOR RIDE DAY



VENUE

Karuah Oval – corner of Karuah Rd and Eastern Rd, Turramurra. Start area is Karuah Road. Please enter from the eastern side via Turramurra Ave.

START TIMES

Please be ready to start **20 minutes before the advertised time** below:

104km ride	80km ride	57km ride	27km ride
6.30 am	7:00 am	7.10 am	7.20 am
[note: for 6:30 am start bikes MUST have working lights fitted front and back]			[no starts after 7:30 am]

STARTING

The event will start from the western end of Karuah Rd and proceed directly onto Eastern Rd by making a right hand turn. Please line up in bib number sequence as per signs.

GETTING THERE

- By car, park, then ride to the event. **No parking on Karuah Oval.**
- By rail, alight at Turramurra Station. Take the Rohini St exit (eastern side) and then cycle via Rohini St and Eastern Rd to Karuah Oval – a distance of approx. 700m.
- By bike: to get to the Oval, please enter via entrance on Brentwood Ave and Turramurra Ave, not from Karuah Rd.
- To get into the start, please enter from the Turramurra Ave side.

PARKING NEARBY IN TURRAMURRA

- Rail Park – Rohini St, Turramurra
- On Street Parking – please **do NOT** block resident access to driveways
- **Note:** No parking in Eastern Rd, northbound lane, between Brentwood Ave and Chilton Parade; Turramurra Ave, between Karuah Rd and Brentwood Ave; and on Karuah Rd, between Turramurra Ave and Katina St.

BIBS

Please attach your bib to the handlebar of your bike, using the ties in the registration envelope.

WATCH FOR LAST MINUTE NOTICES

Urgent messages, eg. cancellation by the authorities due to weather, will be emailed by 5am on ride day, or previous evening if possible.

Watch our website www.bobbinheadcycleclassic.org.au and Facebook page for other regular updates.

EXERCISE
EXTREME
CAUTION ON THE
DESCENTS INTO
BOBBIN HEAD,
WEST HEAD &
AKUNA BAY

TO ENSURE AN ENJOYABLE EVENT FOR
ALL – PLEASE EXERCISE GOOD
JUDGEMENT AND CONSIDERATE
BEHAVIOUR ON THE ROAD AT ALL TIMES.

The event is not a race but
a community bicycle ride for
bike enthusiasts and
recreational riders.

Bring a water bottle and
money for some food after the
event. Drinks and some food
will be provided at drink stops.

You **must** have a
roadworthy bicycle.

DRINK STOPS

- **Ku-Ring-Gai High School** at approx. 21.2km – 27km ride **only**;
- **St Ives – Toolang Playing Field** at approx 27.0km and 97.7km – 57km, 80km and 104 km rides;
- **Terrey Hills – Kinka Reserve** at approx 39.7km – 57km, 80km and 104km rides;
- **West Head – Resolute Bay Car Park** at approx 61.5km – 104km ride;
- **Thai Restaurant Car Park – McCarr's Creek Rd Terrey Hills** at approx. 87.4km – 80km and 104km rides (on return leg **only**).

CUT OFF TIMES

27km, 57km, 80km and 104km Rides

To comply with the approval conditions and to minimise inconvenience to the community, **the following cut-off times will be enforced:**

- **National Park Gates** at Mt Colah – by 8.15am – all rides;
- **Toolang Oval St Ives** – by 10.00am – 57km, 80km and 104km rides;
- **Terrey Hills** – corner Booralie Rd and Myoora Rd] – by 10.00am (80km and 104km rides);
- **West Head Access** – cnr West Head Rd and Lib Gen San Martin Dr] – by 9.20am (104km ride)

If you don't make the time, you will be instructed to return to Turramurra by the most direct route, or otherwise surrender your registration.

ALL RIDERS MUST DO THE FOLLOWING:

- Ensure your bike is in **sound mechanical condition** – particularly brakes, tyres, gears and handlebars
- Conform and comply with all **road rules, road and event signs** and directions of the Police or marshals.
- Attach their **rider bib** to the **handle bars** of the bike. Please write the name and phone number of the person we can contact in an emergency on the reverse side of the bib.
- Wear an approved helmet, otherwise you will not be allowed to participate. **Do not** wear headphones or similar devices.
- Wear **highly visible** or reflective clothing.
- Carry a spare tube and pump.
- Respect other road users and **give way when appropriate**.
- Ride predictably, beware of others and **signal** carefully.
- Wherever possible riders are to **ride on the verge** of the road. **Watch for car doors**.
- Riders are to keep to left and **not ride more than two abreast**. Certain sections are specified **single file**.
- Ensure you have a **map of the course** for your ride (available from our web site).

IMPORTANT
SAFETY INSTRUCTIONS
FOR RIDERS

