



E-guide

Saturday 28 April
Torquay




204km
Amy's Ride

A pink circular badge containing the Amy's Ride logo, the distance "204km" in large white text, and the name "Amy's Ride" in smaller white text below.


145km
RACV Classic Ride

A blue circular badge containing the RACV logo, the distance "145km" in large white text, and the name "RACV Classic Ride" in smaller white text below.

DEGANI
60km
Degani Social Ride

A yellow circular badge containing the name "DEGANI" in white, the distance "60km" in large white text, and the name "Degani Social Ride" in smaller white text below.



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WELCOME

Welcome all participants to the RACV Great Ocean & Otway Classic Ride. We are pleased to have the Amy Gillett Foundation as our official charity partner for the event. It is fantastic to welcome all the international and interstate cyclists participating in the event. Whether it's the 60km, 145km or 204km course, all participants can expect the rolling and spectacular coastal scenery to inspire great performances. We wish you all the best for your ride and look forward to seeing you at the finish line.

EVENT UPDATES

Please check www.greatoceanotwayclassic.com.au and our Facebook page regularly during the week preceding the event for up to date event information and any weather updates. Join the conversation and post and tag your friends and family.

KEY NUMBERS

Event Withdrawal prior to weekend
(03) 9595 3000

Event & Mobile Mechanical
Support Number – 0448 813 433

Emergency & Medical Control
Centre Number – 0418 538 503

If no response for emergency, dial 000



Great Ocean & Otway Classic Ride



racvgocr



@racvgocr

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WE LOVE BEING SOCIAL!
CLICK THE ICONS BELOW
 TO JOIN THE CONVERSATION OVER THE WEEKEND



Great Ocean & Otway Classic Ride



racvgoocr



@racvgoocr

NAMING

RACV

CHARITY
PARTNER

Amy Gillett
 FOUNDATION
Safe together



MAJOR
PARTNERS

2XU
 HUMAN PERFORMANCE. MULTIPLIED.

DEGANI



TAGHeuer

SUPPORT
PARTNERS



Carman's
 Real food made with real passion.

Surf COAST
 SHIRE
 The start of the Great Ocean Road



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RACV are the proud sponsor of the Great Ocean Otway Classic Ride, and have very generously agreed to offer a free 12 month RACV Bike Assist Membership* (valued at \$51) to everyone over the age of 15 who participates in this year's event.

About RACV Bike Assist

RACV Bike Assist offers a host of benefits and is a must for all Victorian cyclists. A roadside assistance program for cyclists, Bike Assist provides up to 8 callouts a year. RACV will come to your aid if your bike can't be ridden due to an accident, mechanical problem, puncture or even exhaustion.

In the case of a puncture A RACV Service Provider will be dispatched to assist. Should a bicycle not be able to be repaired or if a rider is not able to ride their bicycle, a taxi will be dispatched to transport the rider and bicycle to a destination of their choice. With One taxi journey provided per incident to the value of \$50.



[Click here to find out more about RACV Bike Assist](#)



EVENT WITHDRAWAL / CHANGE OF DISTANCE

CHANGE OF DISTANCE 145km to 60km / 204km to 145km

If you wish to change distances bring your seat post sticker (included in your event kit) to the event information tent located at the venue on Friday 27th April between 4pm–7pm or from 5:30am the morning of the event. You will be re-issued with the correct event kit material.

WITHDRAWING FROM THE EVENT

Riders withdrawing from the event before arriving at the Finish Line, **MUST** send a text message (SMS) with their rider number and name or call the “Event and Mobile Mechanical Support Number” on 0448 813 433 as soon as possible. It is crucial that resources aren’t spent searching for riders thought to be still on course.

INSURANCE COVER

The 2018 event is covered by public liability insurance but this does not cover accidents caused by individuals or other riders. It is therefore strongly recommended that you have personal accident insurance or medical cover along with ambulance cover membership, or a suitable level of health insurance.

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KEEP THE REGION CLEAN – Please don’t litter

The event relies on the co-operation of private landholders and the local Shires. Please do not litter, as any offence committed against property or laws that come under their control will jeopardize the future of the event. This includes discarding gel wrappers. When you have finished the event, please remove your seat post sticker as this will often detach from the bike when on your roof racks at high speed.

Seek the ultimate ride on world famous waves.

Connect with the surfing spirit, alive in the waters around Torquay and Bells.

Grab a mate, your gear and start your Great Ocean Road adventure in Torquay.

#IAMTORQUAY

Surf COAST SHIRE
The start of the Great Ocean Road

Call 1300 614 219

I AM WHERE IT ALL BEGINS

IAMTORQUAY.COM.AU





CONTINGENCY PLANS

1. INCLEMENT WEATHER

The principal strategy to deal with inclement weather is to delay the starting time of the event. If the weather is extreme and unlikely to abate to a safe level, it is probable the course will be altered. In the worst case, postponement or Cancellation of the event may be necessary.

2. BUSHFIRES

We receive approval from the CFA each year in the week prior to the event, that the event can proceed.

Mobile Numbers: It is important that your mobile number is correct and updated in your online athlete profile to receive any updates. Update your profile through your registration confirmation email.

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BE PREPARED

- Carry a mobile phone during the ride. Any event warnings will be sent to all participants via SMS!
- Prepare for all conditions and carry two drink bottles (750ml), food, spare tubes, a pump and puncture repair kit.
- It is recommended that all participants know how to change a tyre or learn prior to the event and carry 2 spare tubes.
- We recommend that you service your bike prior to the event.
- Stop at each refreshment station, drink and fill your water bottles.
- Protect yourself from sun exposure with SPF30+.
- Carry spare change for Finish Line festivities such as coffee, BBQ and the bar. You might also need some cash for stopping off at cafes, the Deans Marsh General Store or Lorne for lunch during the ride (if you do stop please be aware of the cut off times at certain points around the course - Displayed on page 16).
- Carry identification and details of an emergency contact on your person at all times.
- Make sure you have lights on your bike.





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COMPULSORY JERSEY POLICY

For the safety and wellbeing of valid participants, rider must wear the jersey supplied to them by SME360. This policy is consistent with other international and Australian mass participation cycling events. All participants have acknowledged this and accepted this obligation as part of the Terms and Conditions when completing their entry. In summary the reasons for this policy are as follows: Wearing an event jersey ensures registered participants are easily identified by police, traffic management, event staff and support crews including medical, mechanical, marshals and at refreshment stops.

PARKING INFORMATION

ARRIVE EARLY

Ensure you arrive no later than 30 minutes before your nominated start time identified in your E-ticket to be sent Thursday 26th at 6pm (refer to Start Times and Zones page 8).

PARKING

- Event parking: Take Surf Coast Hwy, turn Left into Beach Rd, continue straight along Beach Road to The Esplanade where event staff will direct you to parking. Then simply ride down to the venue!
- Please ensure you have lights for your bike when riding from the car park to the venue and starting the ride.
- There will be sufficient parking spots set aside for the event.
- NO Parking at Point Danger Car Park or Fisherman's Beach. These areas will be blocked off to vehicles.
- Council have requested that participants do not park in local streets.





SCHEDULE OF EVENTS AND START ZONES

We will have 3 assembly areas for the start of the 204km event located at start arch in front of the venue. The 145km event will have 6 assembly areas marked for the start and there will be 3 assembly areas for the 60km event. Riders start in staggered waves every 90 seconds.

204km Ride

All 204km participants (ORANGE seat post stickers) assemble at start area at 6.20am for a 6.30am start of all zones. Note: RED group will be up front followed by Green and Orange.

Zone 1 Under 7 hours (RED)

Zone 2 Under 7.5 hours (GREEN)

Zone 3 Under 8 hours (ORANGE)

145km Ride

7:15am All 145km participants (BLUE seat post stickers) assemble at start area.

7:30am Zone 1 participants start - Under 4 hours (RED)

7:32am Zone 2 participants start - Under 4.5 hours (GREEN)

7:35am Zone 3 participants start - Under 5 hours (ORANGE)

7:47am Zone 4 participants start - Under 5.5 hours (BLUE)

8:01am Zone 5 participants start - Under 6 hours (YELLOW)

8:08am Zone 6 participants start - Over 6 (PURPLE)

All 145km participants must start by 8:20am

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60km Ride

8:20am All 60km competitors (ORANGE seat post stickers) assemble at start area.

8:30am Zone 1 participants start – Under 2 hours (RED)

8:32am Zone 2 participants start – Under 3 hours (GREEN)

8:35am Zone 3 participants start – Over 3 hours (ORANGE)

All 60km participants must start by 8:40am

DO NOT START THE RIDE EARLY

Upon the request of Police and Local Council, please do NOT start the event prior to the times noted above! All participants MUST stay behind the lead vehicle, otherwise they will not receive on course support or refreshments, and are jeopardizing the future of the event.

TEMPLE BREWING CO.

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PROUDLY BREWED IN BRUNSWICK EAST



START / FINISH AREA

The Start and Finish Line area is located at Elephant Walk Reserve, Torquay.

Upon completing the ride, there will be a post Finish Festival, including:

- Show bag full of exciting sponsor products
- BBQ, Coffee Cart and awesome local cafes
- Temple Brewery Bar will be open for a post ride drink

SPONSORS IN EVENT VILLAGE

- RACV
- Amy Gillett Foundation
- FUEL Performance
- 32Gi Nutrition and hydration
- Temple Brewery - Bicycle Beer
- Carman's Products
- Degani Coffee



NUTRITION TIPS FOR ATHLETES



WHAT SHOULD I BE EATING THE WEEK LEADING UP TO THE RACE?

Eat healthy small meals through the day, ensure they contain complex carbohydrates, easily digestible proteins and plenty of fruit and vegetables. Try avoid sugar in the week leading up to the race and reduce your caffeine intake as much as possible. The idea is to try and keep your glycogen stores topped up, energy levels stable and immune system strong.

Hydrate yourself properly drinking plenty of water each day.

CARBO-LOADING

Carbo-loading is the process of topping up your glycogen stores before an event. This can be done naturally by sticking to a healthy and balanced diet. Tapering properly before an event will assist in building glycogen stores. Supplementing healthy eating with a carbo-loading drink such as 32Gi™ Low GI Endurance drink can be done prior to an endurance event to assist with glycogen loading.

PRE-RACE

Your pre-race or breakfast should be a low GI meal. Avoid meals that are very high in sugar which will spike your blood glucose levels before the event.

Ensure you keep your energy levels topped up before a race by snacking or drinking on something. It's advisable to start sipping on the 32Gi™ Low GI Drink after your breakfast meal (you do not have to take in a full serving). Rather take it in a concentrate form to avoid over hydration before the event. Limit this to a half to full serving no more. It can also be mixed into a breakfast cereal. Another pre-race snack option are 32Gi™ Chews.

DURING THE RACE

During the event ensure you remain hydrated. Rather take frequent sips of water along route as opposed to large amounts at once to mitigate over-hydrating which can cause issues such as cramping and nausea. Keep your energy levels topped up by taking in an energy product on route. 32Gi™ Chews, Endurance and Accelerate drink are all suitable products designed to provide you with your energy requirements during a race.

POST RACE

To assist with muscle and glycogen recovery take in 32Gi RECOVER immediately after your training session or race. Recover will assist with stabilising your blood glucose levels as well as assist with muscle recovery. 32Gi Recover will keep you feeling fuller for longer preventing post exercise hunger, which causes one to eat excessive calories for the balance of the day.

For assistance with any sports nutrition queries email us on info@32gi.com.au

32Gi™ is available from leading cycling & running stores nationwide.

For further details visit www.32Gi.com.au or email info@32gi.com.au

Find us on



S-0717

*Thanks for all
your support!*



**a metre
matters**

Amy Gillett
FOUNDATION
Safe together



Thanks for all your donations and fundraising efforts so far.

As Australia's leading cycling safety organisation, we really appreciate your support and will continue to promote actions to make cycling safer in Australia, such as:

- **a metre matters** laws across Australia, to make sure drivers pass cyclists safely
- safer vehicles and safer speeds
- investing in cycling infrastructure
- educating cyclists to respect and obey road laws and be safe and responsible road users
- teaching drivers how to share the road safely with bikes, including during driver education.

National update December 2017



Reminder about our competition: Each \$50 donated or fundraised gives you an entry into the draw for 1 of 6 places in our **2018 Wiggle Amy's Gran Fondo** (valued at over \$220), September 15-16 on the Great Ocean Road - when you raise \$250 you will have five (5) entries into the draw.

Donate [here](#) or set up your fundraising page [here](#) and donate to yourself! Remember to promote your page on Facebook and email.

Enjoy the magnificent Great Ocean Road and have a great ride!

SAFETY TIPS - Whenever you're out riding your bike, remember to maximise your visibility at all times:

- ✓ **ADD** a front **WHITE** light
- ✓ **ADD** a rear **RED** light
- ✓ **SET** both to **FLASH** mode (and be more visible)
- ✓ **WEAR** light colours, reflective or fluorescent clothing
- ✓ **ADD** reflective bands to your legs (your bio-motion reflects light to drivers behind)
- ✓ **WEAR** your helmet
- ✓ **Be predictable** - signal early & often

You can still support us by [donating here](#) or [fundraising here](#) 😊



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DEGANI

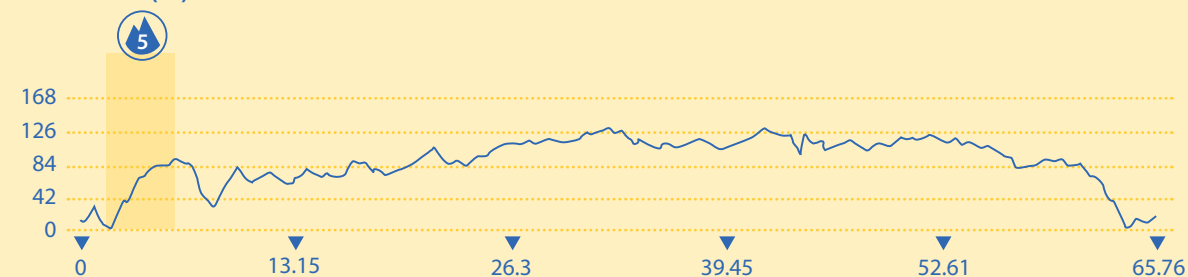
60km

Degani Social Ride

COURSE DETAILS - 60 km Route Notes

KM	Action	Location	Cut-off Time
Start		Elephant Walk Reserve	8.40AM
0.2	RIGHT	Anderson St	
1.0	LEFT	Surf Coast Hwy (B100)	
6.5	RIGHT	Anglesea Rd (C134)	
10.3	LEFT	Hendy Main Rd (C135)	
16.6	RIGHT	Hendy Main Rd (C135)	
24.7		Moriac Refreshment Stop - Water, Fruit & Carman's Bars	10:05 am
25.1	LEFT	Cape Otway Rd	
28.3	LEFT	Church Rd	
30.5	RIGHT	Larcombes Rd	
32	RIGHT	Forest Rd	
47.2		Great Ocean Road Refreshment Stop - Water and Lollies	11:35 am
47.2	LEFT	Great Ocean Rd (B100)	
54.9	RIGHT	Great Ocean Rd (B100)	
59.9	RIGHT	Bell St	
60	LEFT	The Esplanade	
Finish	Finish	Elephant Walk Reserve	12:30 pm

ELEVATION (m)



START ELEVATION
17m

MAX ELEVATION
130m

GAIN
422m

CLIMBS ON ROUTE

1

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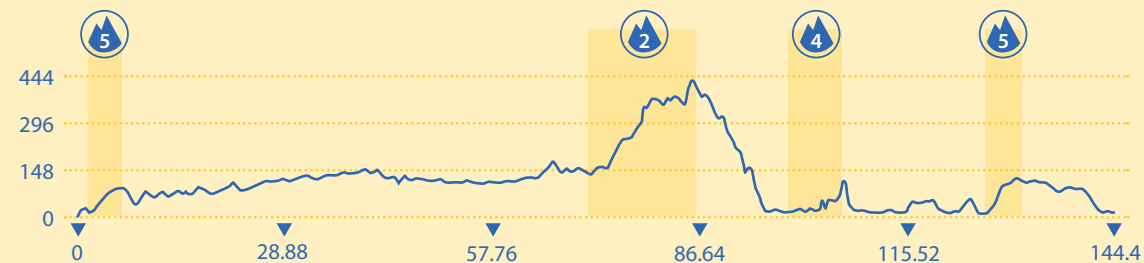


RACV
145km
RACV Classic
Ride

COURSE DETAILS - 145 km Route Notes

KM	Action	Location	Cut-off Time
Start		Elephant Walk Reserve	8.15AM
0.2	RIGHT	Anderson St	8.20 am
1.0	LEFT	Surf Coast Hwy (B100)	
6.5	RIGHT	Anglesea Rd (C134)	
10.3	LEFT	Hendy Main Rd (C135)	
16.6	RIGHT	Hendy Main Rd (C135)	
24.7		Moriac Refreshment Stop - Water, Fruit & Carman's Bars	9.40 am
25.1	LEFT	Cape Otway Rd	
32.1	PASS	Layard Rd	
45.8	PASS	Winchelsea-Deans Marsh Rd	
51.1		Winchelsea South Refreshment Stop - Water + Lollies + Carmans	10:45 am
62.0	LEFT	Birregurra-Deans Marsh Rd (C152)	
73.7		Deans Marsh Refreshment Stop - Nutrition, Bakery Product & Fruit	11.45 am
73.8	RIGHT	Deans Marsh-Lorne Rd (C151)	
87.6		CAUTION: Benwerrin Descent	
	LEFT	Great Ocean Rd (B100)	
96.2		Lorne Refreshment Stop - Water + Fruit + Carmans Bars	1.00 pm
111.2	PASS	Fairhaven Township	
113.2		Aireys Inlet Refreshment Stop - Water only	1.45 pm
124.0		Anglesea Refreshment Stop - Bakery Product	2.00 pm
136.2	RIGHT	Great Ocean Rd (B100)	
141.3	RIGHT	Bell St	
142.0	LEFT	The Esplanade	
145	Finish	Elephant Walk Reserve	3:15 pm

ELEVATION (m)



START ELEVATION
17m

MAX ELEVATION
443m

GAIN
1426m

CLIMBS ON ROUTE

1 1 2



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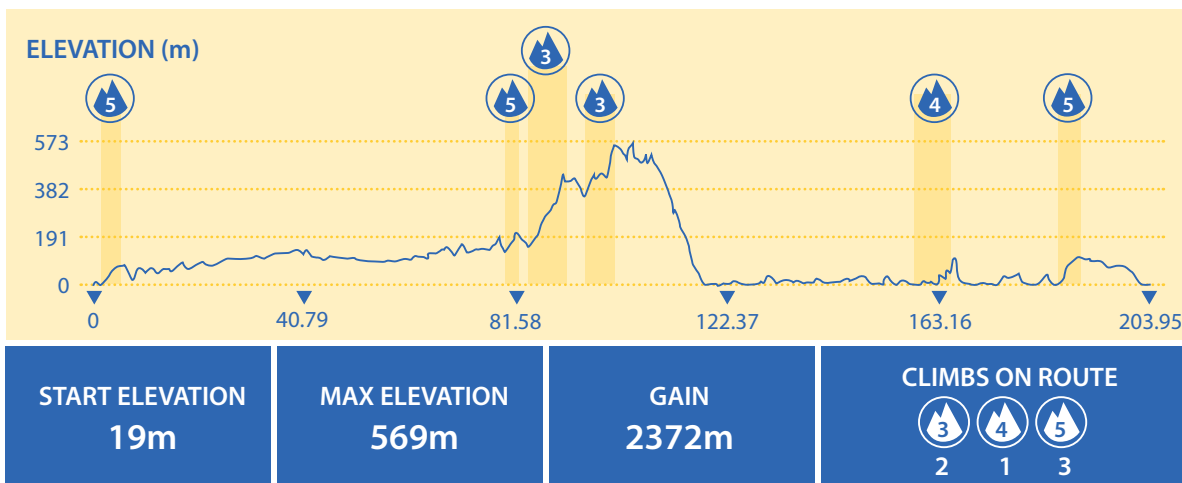
Saturday 28 April 2018, Torquay



COURSE DETAILS - 204 km Route Notes



KM	Action	Location	Cut-off Time
Start		Elephant Walk Reserve	6.30am
0.2	Right	Anderson St	6.45am
1	Left	Surf Coast Hwy (B100)	
6.5	Right	Anglesea Rd (C134)	
10.3	Left	Hendy Main Road (C135)	
16.6	Right	Hendy Main Road (C135)	
24.7		"Moriac Refreshment Stop" Fruit, Carmans Bars & Water	7:40 am
25.1	Left	Cape Otway Road	
28.1	Pass	Church Road	
45.8		Winchelsea-Deans Marsh Road - "Winchelsea South Refreshment Stop" - Lollies & Water	8:40 am
62	Pass	Birragurra - Deans Marsh Road (C152)	
63	Left	Birragurra - Forrest Road	
80.5	Pass	Seven Bridges Road	
85.5		"Forrest Township - refreshment stop" Carmans Bars, Fruit & Water	10:15 am
87	Continue on	Forrest - Apollo Bay Road	
92.5	Pass	Barramunga Township	
105	Pass	Tanybryn township	
105.2	Continue on	Skeenes Creek Road	
118	Left	Great Ocean Road	11:30 am
131.5	Pass	Grey River Township	
135		"Kennett River Township - refreshment stop" Salad Roll & Water	12:15 pm
140	Pass	Wye River Township	
156.9	Pass	Lorne roundabout - right to "refreshment stop" - Carmans Bars & Water	1:00 pm
157.3	Pass	Otway St Roundabout	
157.9	Pass	Deans Marsh - Lorne Road	
185.5		"Anglesea Refreshment stop" Fruit, Lollies & Bakery Product	2:30 pm
198	Right	Great Ocean Road (B100)	
203	Right	Bell St	
203.7	Right	The Esplanade	
204	Finish	Elephant Walk Reserve	3:15 pm





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SUMMARY OF ROUTE SUPPORT

Medical Support

Mobile Medical support including Doctors, Sports Trainers, Paramedics, 2 Ambulances and a Medical Support Vehicle. Phone Number: 0418 538 503.

Ambulance Cover

SME360 contract Ambulance Victoria to provide paramedic and ambulance support on course

- It is strongly recommended that participants have ambulance cover
- Ambulances will be in attendance at the event, however if you require transport by ambulance you will be charged for this service.

Mechanical Support

Mobile mechanical support will be provided on course by Neutral Performance. If you require assistance while on the course you can either use your own mobile phone to contact the event mobile mechanical crew, or advise a course marshal, traffic management or event staff member, who will then call for the on course mechanical support. Phone Number: 0448 813 433.

Sag Wagon

4 Sag Wagon's on course. Course cut-off times are detailed on page 18. The Sag Wagon is a minibus with a bike trailer that follows the last rider on each course, picking up participants who are unable to finish due to bike failure, fatigue etc.

Police

SME360 pay to have Police support present throughout the event, including Police Motorbikes surveying the course and participants to ensure road rules are adhered to by cyclists and vehicles alike. Police will issue infringement notices to cyclists who disregard the road rules, including offences such as speeding and crossing the solid centre line on the road.





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ROAD CLOSURES

In 2012 we introduced the road closures to make it safer for both cyclists and motorists. The event has a limited field of 3,500 cyclists and has become one of Australia's premier recreational rides with over 300 participants coming from interstate and over 20 from overseas. It now attracts over \$1 million in economic benefit to the region. There will be numerous static signs and electronic variable message boards advising of the closures set up around the course.

SUMMARY OF ROUTE & ROAD CLOSURES

The Esplanade, Torquay between Beach Road and Gilbert Street will be closed from 5.30am to 9:30am.

The Esplanade, Torquay between Zeally Bay Road and Gilbert Street will be closed from 9:30am to 5:00pm.

Section 1 – Avoid the Anglesea Rd from the Bellbrae roundabout to Hendy Main Road will be closed from 7.00am – 9.15am to minimise your delay.

Section 2 – Hendy Main Rd to Cape Otway Road Moriac is closed from 7.30am to 10.00am.

Section 3 – Cape Otway Rd Moriac at Church Rd to Winchelsea - Deans Marsh Rd is closed from 8.00am to 10.30am.

Section 4 – Cape Otway Rd from Winchelsea – Deans Marsh Rd to Birregurra – Deans Marsh Rd is closed from 8.30am to 11.00am.

Section 5 – Birregurra – Deans Marsh Rd to Deans Marsh is closed from 8.30am to 12.15pm.

Section 6 - Deans Marsh – Lorne Rd to Neade St Lorne is closed from 9.00am – 12.30pm. Due to the safety concerns of both cyclists and vehicles, access will not be allowed during these times unless an emergency arises.

Section 7 – Great Ocean Road from Lorne to Torquay will be open in both directions.





ASCENT AND DESCENT DETAILS AND RULES

Due to concerns raised by the local authorities regarding cyclist safety, it is important that rules are followed for both the ascent and descent.

ASCENT

Due to the narrow road from Deans Marsh to Benwerrin, all cyclists are required to cycle in single file to permit official event vehicles to safely overtake. This will be policed.

DESCENT

All participants must adhere to the road rules and are advised that the following conditions are in place during the descent:

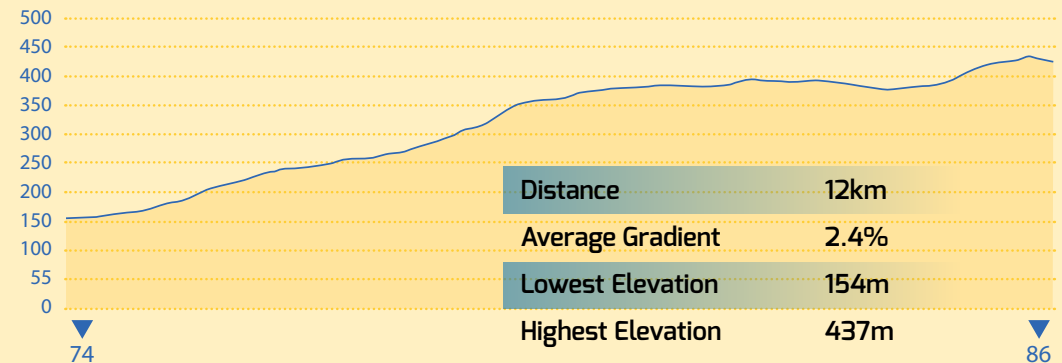
- Cyclists are not to exceed 60km/h
- Single file
- No overtaking of official event vehicles
- No tailgating of official event vehicles. Under no circumstances are riders permitted to cross the centre line on the road - there could be an official event vehicle coming up the hill on the other side of the road.
- There will be vehicles escorted from Lorne to Deans Marsh every 30 minutes during the road closure of Benwerrin.

King and Queen of the Hill - BENWERRIN CLIMB

Win a TAG Heuer Watch

We will once again be crowning the Kings and Queens of the Hill in 2018. This is a 12km climb up Benwerrin Hill which is roughly half way through the 145km course and is free to enter for all riders doing this distance. Thanks to our great partners at TAG Heuer, we have four amazing prizes to award the fastest male and female, above and below 40 years of age. All four of these mountain climbing jets will be winning a brand new TAG Heuer Watch. That's over \$8000 worth of prizes up for grabs!

ELEVATION (m)





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COURSE CUT OFF TIMES & SAG WAGON

There will be a Sag Wagon on course, leaving locations at specified ride cut-off times. All cyclists must stay ahead of the sag wagon. The Sag Wagon will be leaving the following locations at the times indicated in the table on this page.

* If any rider falls outside of the cut off times, they will be stopped by the SAG Wagon and have their numbers removed. They are able to continue to ride the course but will not have access to event support and will be classified as 'everyday riders'. They will be able to ride into Torquay but the Finish Line & event Venue may have been packed up.

ROADWORKS ON THE GREAT OCEAN ROAD

204km riders please be aware there are 3 sections of road works taking place along the Great Ocean Road. At these locations traffic will be down to one lane and be managed by traffic lights. All cyclists must stop at red lights and give way to oncoming traffic.

KEY TRAFFIC DIVERSIONS

The traffic management plan has been implemented three weeks out from the event with event notification and advice about traffic diversions on event day. Roads will be open to traffic but there will be two alternate routes advised to prevent motorists becoming caught behind cyclists. The aim is to minimise vehicle traffic on the roads by implementing the following diversions:

- Geelong: Anglesea/Lorne bound traffic to use Anglesea Road and Great Ocean Road.
- Anglesea: Geelong bound traffic to use Anglesea Road (between 9am and 5pm) to access Princess Highway.

Location Description	KM	204km Cut Off	KM	145km Cut Off	60km Cut Off
The Esplanade Torquay	0	-	0	8.20am	8.45am
Great Ocean Rd & Anglesea Rd	6.1	-	6.1	8.45am	9.00am
Paraparap Township	16.5	-	16.5	-	9.30am
Moriac (DS 1)	25	-	25	9.40am	10.05am
Cape Otway Rd & Church Rd (60km turn off)	27.8	-	27.8	-	10.10am
Cape Otway Rd & Winchelsea Deans. Marsh Rd	45.5	-	45.5	10.30am	-
Cape Otway Rd & Brickmakers Rd (DS 2)	51	-	51	10.45am	-
Forrest Township (DS 7)	85.5	10:15am	-	-	-
Skenes Creek rd / Great Ocean Rd	117.8	11:30am	-	-	-
Kennett River (DS 8)	135	12:15pm	-	-	-
Deans Marsh (DS 3)	-	-	73.6	11.45am	-
Benwerrin Holding Point	-	-	82	12.30pm	-
Lorne (DS 4)	156.5	1:00pm	95	1:00pm	-
Aireys Inlet	174.6	1.45pm	114	1.45pm	-
Anglesea – Go Ride A Wave (DS 5)	185.7	2.30pm	124.5	2.00pm	-
Forest Rd & Great Ocean Rd (DS 6)	190.3	-	129.9	-	11.20am
Great Ocean Rd & Anglesea Rd	198	3.00pm	137.5	3.00pm	11.45pm
The Esplanade, Torquay	204	3.15pm	144	3.15pm	12.15pm



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COURSE MAP



VENUE MAP





Marshals

The course is well sign posted and marshalled by local volunteers assisting on the day. Marshals are identifiable by their high visibility 'marshal vests' and event marshal T-shirts.

On Course Photography and Entertainment

Look out for our official event photographers on course!

A selection of photos will be up online shortly after the event.

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REFRESHMENT STOPS

Location	Distance Into Course and Riders Using Stop	Features
Moriac	24.5km (60km, 145km and 204km Riders)	Toilets, Water, Fruit and Carman's Bars
Brickmakers Rd	51km (145km & 204km Riders)	Toilets, Lollies, Water & Electrolyte and Carman's Bars
Forrest	85km (204km Riders Only)	Toilets, Water, Electrolyte, Fruit and Carman's Bars
Kennett River	135km (204km Riders Only)	Toilets, Water, Cola, Fruit, Salad Rolls and Carman's Bars
Deans Marsh	74km (145km Riders Only)	Toilets, Water, Electrolyte, Cake & Fruit and Carman's Bars
Lorne SLSC	95km & 156km (145km & 204km Riders)	Toilets, Water and Carman's Bars
Airey's Inlet	114km & 175km (145km & 204km Riders)	Toilets, Water, Lollies, Cake and Fruit
Anglesea	125km & 185km (145km & 204km Riders)	Toilets, Water, Lollies and Carman's Bars
Forest Rd & Great Ocean Rd	51km (60km Riders Only)	Toilets, Water, Fruit and Carman's Bars
Finish Line Torquay	204km/145km/ 60km/ 30km (ALL RIDERS)	Temple Brewing Bar, Degani Coffee and local cafes will be open for your business.



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REFRESHMENT STOPS continued

LORNE REFRESHMENT STOP

The Lorne meeting point is just over half way through the 145km ride and located on the Lorne Foreshore next to the Lifesaving Club. The meeting point provides a good opportunity for cyclists to refresh and wait for friends, rather than them waiting at the Lorne roundabout which was the cause of much congestion in past year's. Under no circumstances will cyclists be permitted to stop at the Lorne roundabout due to safety concerns.

As you come down the hill into Lorne, there will be a sign, at the Lorne roundabout, into town and onto the Lorne refreshment station and Official Meeting Point. We encourage cyclists to take advantage of this as there are many benefits of stopping in Lorne. There will be drinks and food products on offer, bike racks, toilets and a large grass area with a fantastic view as you relax with / or await your friends. If you do not wish to go into Lorne, turn left & continue on the course for 1.5km where a meeting point will be available at Stony Point Creek.

PLEASE NOTE:

If stopping for lunch, please be aware you need to leave Lorne before 1:00pm when Route Support ceases.



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ROAD RULE AWARENESS & EVENT RULES

The RACV Great Ocean & Otway Classic Ride 2018 is a recreational ride - not a race! Riders must adhere to all event rules and Australian Road Rules.

Any participant found to be breaching these rules (and therefore jeopardising the safety of other riders as well as the longevity of the event) will risk having their details recorded and will not be permitted to participate in future

SME360 events

- Participants must wear the official 2018 event jersey, helmet sticker and seat pole stickers so they are easily identifiable to receive refreshments, on course medical and mechanical support. Participants breaking this rule are jeopardising the safety of other cyclists and will not be eligible for assistance
- You may NOT ride under someone else's name or number under any circumstances (Note: If you do this you will NOT receive medical or mechanical support, or be covered by insurance)
- Riders may cycle two abreast on single lane roads, except on the ascent out of Deans Marsh & the decent into Lorne. If an official event vehicle needs to overtake on a single lane road cyclists are required to move into single file on the left-hand side to permit the vehicle to pass safely. You must share the road with other users - please be considerate

- Riders must keep to the left hand side of the road at all times to allow faster cyclists and vehicles to pass
 - To receive on course support, all riders must remain behind the lead vehicle and in front of the Sag Wagon vehicles
 - Drafting of vehicles or motorbikes is strictly forbidden
 - All riders must adhere to speed limits and obey all traffic signals (traffic lights), signage and road rules, including keeping to the left of the carriageway and following directions from Police and Traffic Controllers
 - Participants must wear a helmet (Australian Standard Approved)
 - Under no circumstances are riders permitted to cross any centre road line
 - Personal support vehicles following the ride are not permitted as this may endanger participants in the event
 - Victoria Police will be patrolling the route and any riders found to be riding outside of the Road Rules will be subject to fines under the Australian Road Rules
 - No music devices, use of any head phones or using mobile phones whilst riding
 - Do not litter - take your rubbish with you or place it in the bins. The above rules will be enforced by event staff, marshals, traffic controllers and Police.
 - All riders must use designated toilet stops and not stop on the side of the roads
- * For more detailed event rules, visit: www.greatoceanotwayclassic.com.au





SAFE & SENSIBLE CYCLING

- Remember you are sharing the road with other users and poor behaviour reflects on all cyclists future events.
- Be aware of your fellow riders and other traffic. Indicate and call out your intention to slow down, stop or change direction. Use loud and clear calls.
- Be aware that ascending vehicles will be moving faster than cyclists, so single file riding must occur.
- Look over your shoulder when moving out or turning.
- Call 'passing' and 'stopping' to alert surrounding cyclists.
- Pull off the road if you need to stop for any reason

SIGNAGE AND MARSHALS

Throughout the course there will be purple SME360 arrows and other signage marking the route. Signs will also indicate when you are approaching a refreshment station. There will be marshals (wearing fluorescent vests) on the route, riding motorcycles and in vehicles, as well as at stationary points. Event staff are clearly identifiable. **Please listen to and obey their instructions!**

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MECHANICAL SUPPORT

Mechanical Support Number : 0448 813 433

There will be mobile mechanical support provided on the course by Fuel Performance. If you require assistance you can use your own mobile phone to contact the event mobile mechanical crew on the above number. Alternatively, you can advise a course marshal, traffic management or event staff member, who will then call for assistance.

Participants are urged to carry spare tubes and know how to change a puncture. Fuel Performance have been engaged to provide mechanical support and attend to more urgent mechanical issues. Please be patient after calling through for support as it may take time for the mechanics to get to your position.

FUEL PERFORMANCE PARTS

In the event that spare parts are used by Fuel Performance to aid mechanical problems, participants will be charged accordingly. All riders are to carry money as a precaution.

All Tubes

Fitted

Durable training tyres

Race tyres

Gear/break cables

Shimano chains 11spd

Campagnolo chains 11spd

Shimano 9spd



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Items you need to check on your bike:

ALL THE BEARINGS

- Wheel bearings, front and rear
- Pedals
- Bottom bracket

SUSPENSION

Performing correctly without rattles or leaks

DRIVE TRAIN

- Chain and chain rings
- Cogs
- Cranks and chain bolt rings should be tight

GEARS

- Derailleurs
- Cables
- Shifters

BRAKES & WHEELS

- Pads
- Cables
- Hydraulic discs check for buckles
- Check for broken or loose spokes

ACCESSORIES

Lights, drink bottle cages, racks, pumps etc. These should be tight with correct fixings and new batteries.

MEDICAL SUPPORT

Emergency and Medical Control Centre Number: 0418 583 503

All riders in the RACV Great Ocean & Otway Classic Ride 2018 are covered by public liability insurance; however this does not include personal accident insurance. We strongly recommend if you do not have health cover, that you seek personal accident insurance.

It is strongly recommended that participants have ambulance cover – ambulances will be in attendance at the event, however if you require transport by ambulance you will be charged for this service.

There will be mobile medical support provided on the course:

- 2 Ambulances
- 4 Medical Support Vehicles

If you require assistance while on the course you can use your own mobile phone to contact the Control Centre on the number above, or advise a course marshal, police officer, traffic management or event staff member, who will then call for assistance.





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SME360 also recommend the following:

Drink plenty of fluid up to 24hrs before and during the event.

If you are over 35 years of age and/or have not done much regular exercise, it is strongly recommended you have a medical checkup prior to the event and undertake a proper training program to prepare for the event.

EMERGENCIES

Detailed emergency medical plans for the event have been prepared which include an extensive communication network with radios and mobile phones.

If there is an accident during the event, call the Medical Control Centre 0418 538 503 and report the incident. One of the medical vehicles spread along the course will be coordinated to attend with support from motorbikes and staff.

PARTICIPANTS PLEASE NOTE

Please be aware that due to the rural setting and distances of this event, the quality of medical service will remain high however you should not expect the same response time as for metropolitan Melbourne.

EMERGENCY / INCIDENT REPORT PROCEDURES: IN AN EMERGENCY DIAL 0418 538 503

(Emergency & Medical Control Centre Number)*

*Should the line be busy, please call 000 if it is an emergency! Detailed emergency medical plans for the event have been prepared which include an extensive communication network with radios and mobile phones.

If there is an accident during the event, call Emergency & Medical Control Centre Number – 0418 538 503 and report the incident. One of the medical vehicles along the course will be coordinated to attend with support from motorbikes and staff. In the event of an emergency or incident, use the following checklist as a guide:

- Ensure your safety first
- Ensure the safety of any injured person
- Contact appropriate emergency authorities, stating your name, location, phone number and service(s) required
- Remain at the scene until emergency assistance arrives
- Record all actions, times and details of all involved, including possible witnesses. If necessary / possible, take photographs.