



# Event Information Guide 2019



[www.greatoceanotwayclassic.com.au](http://www.greatoceanotwayclassic.com.au)



Event Charity Partner  
**Amy Gillett**  
 FOUNDATION  
*Safe together*



## WELCOME

Welcome all participants to the 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](http://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.

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## 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



greatoceanclassicride



## EVENT WITHDRAWAL / CHANGE OF DISTANCE

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

If you wish to change distances, please bring your seat post sticker (included in your event kit) to the event information tent located at the venue on Friday 26th 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 2019 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.

## 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

  
The start of the Great Ocean Road

I AM WHERE IT ALL BEGINS

[IAMTORQUAY.COM.AU](http://IAMTORQUAY.COM.AU)



Call 1300 614 219



## 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, 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 (see below) 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 17).
- 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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Tyres | Tubes | Wheels | Helmets | Pumps | Water Bottles | Lubricants | Grease | Bags | Gloves | Jackets



SATURDAY 27TH APRIL 2019

# WIN CYCLING BUNDLE

SIGN UP FOR YOUR CHANCE TO WIN

ENTER NOW



[bit.ly/greatoceanotway](http://bit.ly/greatoceanotway)

**TITHON HELMET**  
**\$179**



**REVOLUTION SHOES**  
**\$299**

**RACE RAIN BAG**  
**\$185**



POWERED BY  
**BikeSportz**  
IMPORTS



## EVENT KIT ITEMS

### JERSEY & NUMBERED SEAT POST STICKER

Participants either elected to receive their event kit and jersey in the mail prior to the event, or chose to pick it up from the venue within the specified kit collection times.

Participants **MUST** wear event jersey and attach stickers to bike and helmet to be eligible for medical and mechanical support as well as on course refreshments.

### REGISTRATION TIMES (Kit collection requires E-ticket to be sent Wednesday 24th April at 5pm)

Registration will be open in the event village (Elephant Walk Reserve, Torquay Foreshore) for Kit Collection and any other outstanding kit issue resolution from 4pm-7pm on Friday 26th April and from 5:30am onwards on race morning (Saturday 27th April), please allow extra time on race morning if collecting as the queues will be busy.

### EVENT NUMBER IDENTIFICATION

All provided race kit material must be worn in the specified locations. Race number attached securely to seat post of bike.

### HELMET STICKER

Helmet Sticker to be attached to the front of your helmet - to help our on course photographers easily identify you!

**NOTE: JERSEY SIZE EXCHANGES ARE DEPENDENT ON AVAILABILITY, AND NOT GUARANTEED DURING REGISTRATION TIMES.**

### NUMBERED SEAT POST STICKERS

**204km**  
Amy's Ride

PLEASE PLACE THIS STICKER ON THE FRONT OF YOUR HELMET!

**400**

PLACE THIS LABEL AROUND THE SEAT POST WITH THE NUMBER FACING BACKWARDS SO AS TO BE READ FROM THE SIDE.

TRIMMING TOOL AREA: 280mm x 100mm - 4000

**400**

**400**

CAUTION: REMOVE LABELS FROM THIS SHEET CAREFULLY

**145km**  
RACV Classic Ride

PLEASE PLACE THIS STICKER ON THE FRONT OF YOUR HELMET!

**2800**

PLACE THIS LABEL AROUND THE SEAT POST WITH THE NUMBER FACING BACKWARDS SO AS TO BE READ FROM THE SIDE.

TRIMMING TOOL AREA: 280mm x 100mm - 4000

**2800**

DO NOT REMOVE, ALTER OR BEND THIS TRIMMING TOOL ABOVE

**2800**

CAUTION: REMOVE LABELS FROM THIS SHEET CAREFULLY

**60km**  
DeCani Digital Social Ride

PLEASE PLACE THIS STICKER ON THE FRONT OF YOUR HELMET!

**5600**

PLACE THIS LABEL AROUND THE SEAT POST WITH THE NUMBER FACING BACKWARDS SO AS TO BE READ FROM THE SIDE.

TRIMMING TOOL AREA: 280mm x 100mm - 4000

**5600**

**5600**

CAUTION: REMOVE LABELS FROM THIS SHEET CAREFULLY



## COMPULSORY JERSEY POLICY

For the safety and wellbeing of valid participants, rider must wear the jersey supplied to them by Fairfax. 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 registration.

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 Wednesday 24th at 5pm (refer to Start Times and Zones page).

### PARKING

- Event parking: Take Surf Coast Hwy, turn Left into Darian Rd, continue straight along Darian 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 & START ZONES 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



### 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.



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### 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:

- BBQ, Coffee Cart and awesome local cafes
- Temple Brewery Bar will be open for a post ride drink

### SPONSORS IN EVENT VILLAGE

- Amy Gillett Foundation
- FUEL Performance
- eniQ
- 2XU
- Temple Brewery - Bicycle Beer
- Carman's Products
- Degani Coffee
- Vittoria

# STAR WARS

# NEON RUN

# 3 WEEKS TO GO

YARRA PARK (NEXT TO THE MCG) MAY 4, 2019

## NAVIGATE THROUGH 5 STAR WARS INSPIRED ZONES



*MORE FUN, THAN RUN - come dressed as your favourite character and join us as we celebrate international Star Wars day.*



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.

**Reminder about our competition:** Each \$50 donated or fundraised gives you an entry into the draw for 1 of 6 places in our **2019 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.

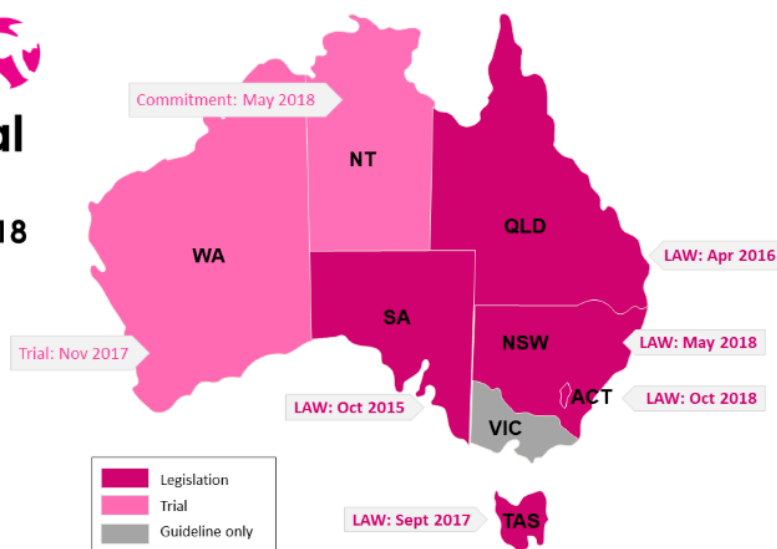
Enjoy the magnificent Great Ocean Road and have a great ride!

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

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



Amy Gillett  
FOUNDATION  
Safe together

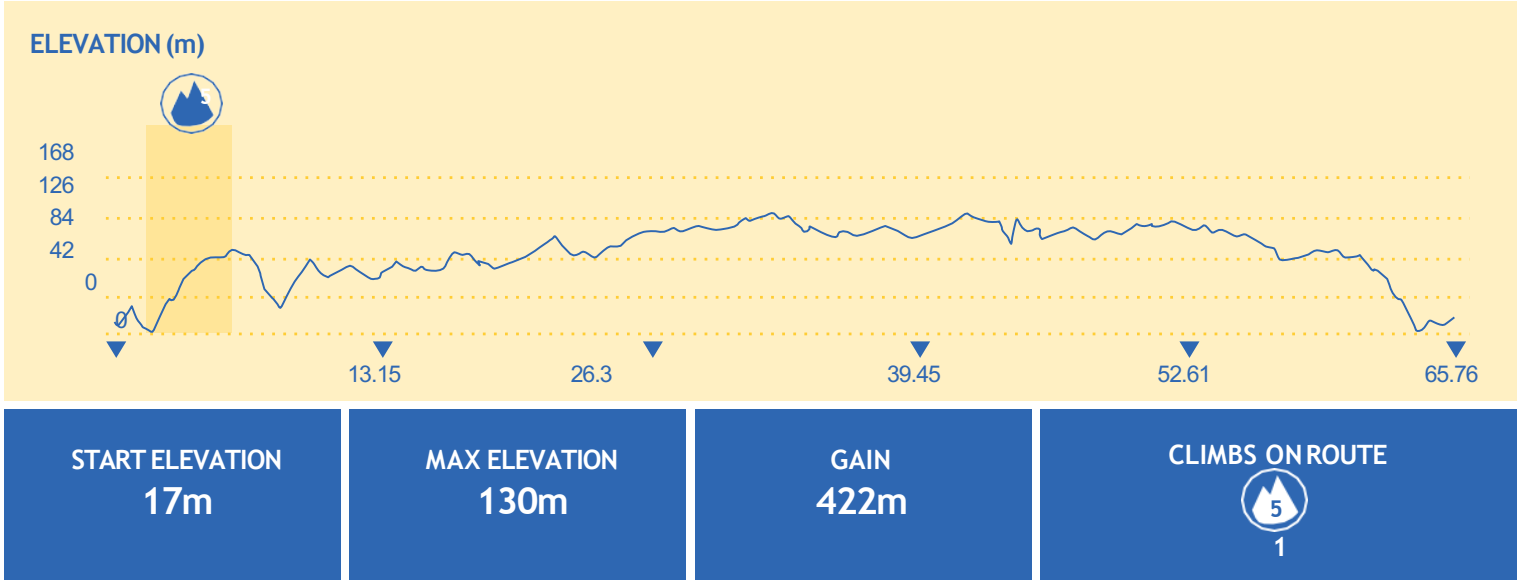
**National  
update  
October 2018**





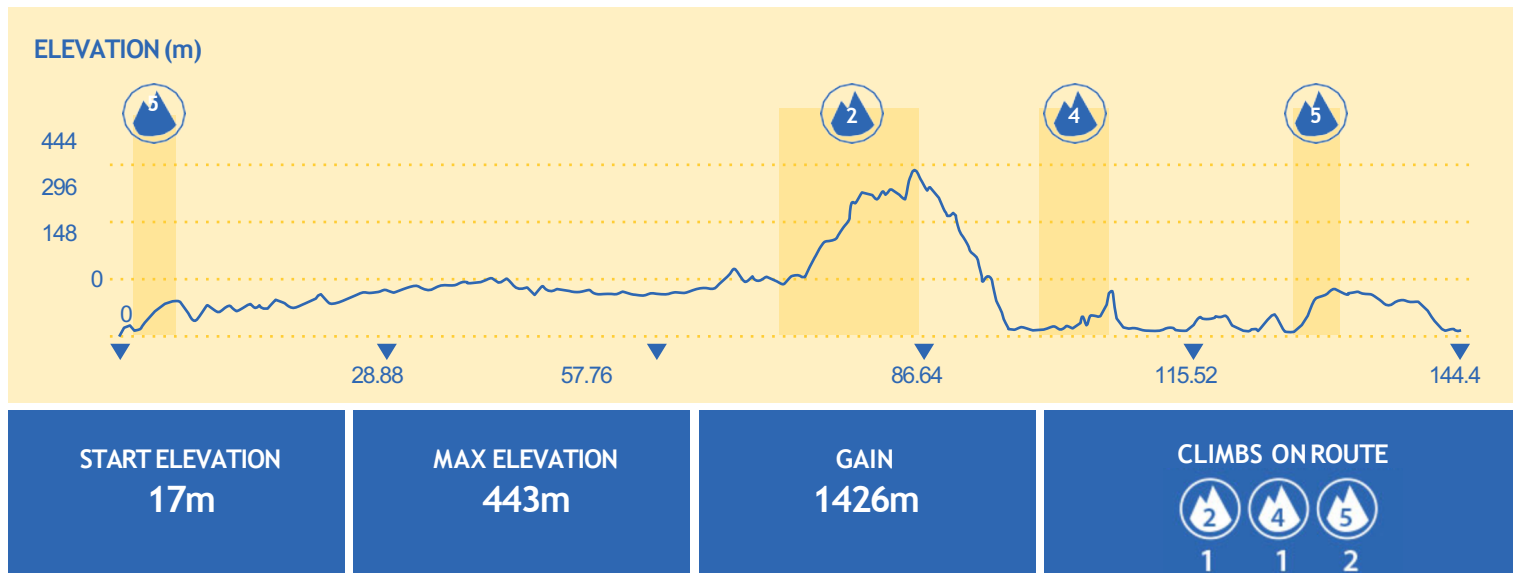
## COURSE DETAILS - 60 km Route Notes

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		<b>Moriac Refreshment Stop -</b> Water, Fruit & Carman's Bars	<b>10:05 am</b>
25.1	LEFT	Cape Otway Rd	
28.3	LEFT	Church Rd	
30.5	RIGHT	Larcombes Rd	
32	RIGHT	Forest Rd	
47.2		<b>Great Ocean Road Refreshment Stop -</b> Water and Lollies	<b>11:35 am</b>
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





## COURSE DETAILS - 145 km Route Notes



Classic  
145km  
The Original  
Ride

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		<b>Moriac Refreshment Stop -</b> 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		<b>Winchelsea South Refreshment Stop -</b> Water + Lollies + Carmans	10:45 am
62.0	LEFT	Birregurra-Deans Marsh Rd (C152)	
73.7		<b>Deans Marsh Refreshment Stop -</b> Etixx Nutrition, Bakery Product & Fruit	11.45 am
73.8	RIGHT	Deans Marsh-Lorne Rd (C151)	
87.6		CAUTION: Benwerrin Descent	
96.2	LEFT	Great Ocean Rd (B100)	
	RIGHT	To Lorne Refreshment Stop (1km)	
		<b>Lorne Refreshment Stop -</b> Water + Fruit + Carmans Bars	1.00 pm
111.2	PASS	Fairhaven Township	
113.2		<b>Aireys Inlet Refreshment Stop -</b> Water only	1.45 pm
124.0		<b>Anglesea Refreshment Stop -</b> Etixx Nutrition + 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



## COURSE DETAILS - 204 km Route Notes

KM	Action	Location	Cut-off Time
<b>Start</b>		<b>Elephant Walk Reserve</b>	<b>6.30am</b>
0.2	Right	Anderson St	<b>6.45am</b>
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)	
<b>24.7</b>		<b>"Moriac Refreshment Stop"</b> Fruit, Carmans Bars & Water	<b>7:40 am</b>
25.1	Left	Cape Otway Road	
28.1	Pass	Church Road	
<b>45.8</b>		<b>Winchelsea-Deans Marsh Road - "Winchelsea South Refreshment Stop"</b> - Lollies & Water	<b>8:40 am</b>
62	Pass	Birragurra - Deans Marsh Road (C152)	
63	Left	Birragurra - Forrest Road	
80.5	Pass	Seven Bridges Road	
<b>85.5</b>		<b>"Forrest Township - refreshment stop"</b> Carmans Bars, Etixx Nutrition, Fruit & Water	<b>10:15 am</b>
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	<b>11:30 am</b>
131.5	Pass	Grey River Township	
<b>135</b>		<b>"Kennett River Township - refreshment stop"</b> Salad Roll & Water	<b>12:15 pm</b>
140	Pass	Wye River Township	
<b>156.9</b>	Pass	<b>Lorne roundabout - right to "refreshment stop"</b> - Carmans Bars & Water	<b>1:00 pm</b>
157.3	Pass	Otway St Roundabout	
157.9	Pass	Deans Marsh - Lorne Road	
<b>185.5</b>		<b>"Anglesea Refreshment stop"</b> Etixx Nutrition, Fruit, Lollies & Bakery Product	<b>2:30 pm</b>
198	Right	Great Ocean Road (B100)	
203	Right	Bell St	
203.7	Right	The Esplanade	
<b>204</b>	<b>Finish</b>	<b>Elephant Walk Reserve</b>	<b>3:15 pm</b>



### ELEVATION (m)



START ELEVATION  
**19m**

MAX ELEVATION  
**569m**

GAIN  
**2372m**

CLIMBS ON ROUTE





# Saturday 14th – Sunday 15th September, 2019

## Lorne & Apollo Bay, Victoria



 wiggle  
**Amy's Gran Fondo**  
130km (Age Category)

 wiggle  
**Amy's Gran Fondo**  
130km (Recreation Category)

TOWARDS  ZERO  TAC  
**TAC Medio Fondo**  
45km

TOWARDS  ZERO  TAC  
**Family Fondo**  
14km

**Early Bird Special Now Open**  
**Limited Time Only - Finishes after Easter**

For more information and registrations please visit  
[www.amysgranfondo.org.au](http://www.amysgranfondo.org.au)



## 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.

## 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.





## 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.







## 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.

## SHORTENED ROUTE

Should the longer course cyclists commence the ride and not feel confident of completing the entire course, below is a list of cut off points where they can shorten their ride.

## 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.

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
<b>Cape Otway Rd &amp; Winchelsea Deans. Marsh Rd</b>	<b>45.5</b>	-	<b>45.5</b>	<b>10.30am</b>	-
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



# VENUE MAP





## COURSE MAP



### Great Ocean & Otway Classic Ride Course

- 60km Course
- 145km Course
- 204km Course



## REFRESHMENT STOPS

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

### 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.





## 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.

## SUMMARY OF ROUTE SUPPORT

### Medical Support

Mobile Medical support including Doctors, Paramedics, Ambulances and Medical Support Vehicles.  
Phone Number: 0418 538 503.

### Ambulance Cover

Fairfax Events & Entertainment 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 Fuel 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

5 Sag wagon's on course. Course cut-off times are detailed on page 19. 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

Fairfax Events & Entertainment 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.



## ROAD RULE AWARENESS & EVENT RULES

The Great Ocean & Otway Classic Ride 2019 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 jeopardizing 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.

### Fairfax Events & Entertainment

- Participants must wear the official 2019 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 jeopardizing the safety of other cyclists and will not be eligible for assistance
- You must 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](http://www.greatoceanotwayclassic.com.au)





## MEDICAL SUPPORT

Emergency and Medical Control Centre Number: 0418 538 503 All riders in the Great Ocean & Otway Classic Ride 2019 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
- Medical crews following each distance
- Medical Team in the Event Venue

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.

## 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 yellow & purple 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!

## 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.

Spare parts that will carry with them include:

- All Tubes
- Fitted
- Durable training tyres
- Race tyres
- Gear/break cables
- Shimano chains 11spd
- Campagnolo chains 11spd
- Shimano 9spd



## 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 bottlecages, racks, pumps etc. These should be tight with correct fixings and new batteries.





## Fairfax Events 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.

### 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 above 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.

### 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.

# NEW GRANOLA

## WITH THE GOODNESS OF HIGH FIBRE, GUT FRIENDLY GRAINS & SEEDS



*full of fibre*



*crisp & crunchy*

*serving suggestion*



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