

Rotary Club of



Central Launceston

Sally's Ride 2017

Tamar Valley Cycle Challenge

Sunday 19th November starting at Royal Park Launceston



Rider Handbook



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Be part of this Cycling Challenge and raise funds for local projects working on improving the mental health of the Tasmanian community.



Introduction



Thank you for entering RCCL Sally's Ride Tamar Valley Cycle Challenge

Sally's Ride started in 2002, when Sally Fletcher rode solo around Tasmania raising funds for mental health in Tasmania. In 2009 Sally, in conjunction with the Rotary Club of Central Launceston made a decision to expand the event and create a community bike ride through the Tamar Valley, thus the Sally's Ride "Tamar Valley Cycle Challenge" was created. This new event consists of 5 rides of varying lengths, starting in Launceston and travelling through the Tamar Valley.

Aim of the event

The event is for elite and recreational bike riders, as well as corporate businesses that are able to put together a team to ride in the event. The aim of the ride is to provide a healthy community activity for Launceston and the Tamar Valley as well as raise funds and awareness of Mental Health issues among our youth, with a particular focus on preventing youth suicide. It is important to note that solely Rotarians and volunteers organise this event by donating their time and skills.

Equally important is the valued support from sponsors who make this event possible. Please take note who is supporting this event and support them where ever possible.

This document contains detailed information about the event. For further information email info@sallysride.org.au.

The History of Sally's Ride



- Sally cycled solo around Tasmania in 2002, 2003, 2005, 2007 and 2008.
- In 2002, Sally cycled 1400 kilometres solo and donated the money to the Time Out Project.
- In 2003 Sally raised \$27,000 with the support of the Rotary Club of South Launceston and a matching Grant from the Australian Rotary Health Research Fund (ARHRF). As a result a research grant of \$54,000 was awarded to Professor Ken Kirkby, head of the Department of Psychiatry, University of Tasmania. The Yshareit project was implemented.
- In November 2005 Sally cycled over 1,000 kilometres and raised \$27,000. Once again this amount of money was matched by the ARHRF and Professor Ken Kirkby was awarded the research grant.
- In 2007 \$53,000 was raised, with the support of the Rotary Club of Central Launceston and the ARHRF. Professor Ken Kirkby was the recipient of this year's partnership grant to continue investigating youth suicide in Tasmania and the Yshareit project.
- In 2008 with the support of the Rotary Club of Central Launceston, Sally's focus was on youth and community participation. Sally raised more than \$29,500. A research matching grant from ARHRF is available for \$45,000. The money from 2008 has been awarded to Dr Seana Gall of the Menzies Research Institute.
- In 2009 the Rotary Club of Central Launceston, Sally's Ride, "Tamar Valley Cycle Challenge" was held for the first time. Attracting over 320 participants, funds raised enabled the club to donate \$15,000 to the Time Out House as well as provide a healthy community event which showcased the spectacular Tamar River estuary to locals and visitors from as far away as Queensland.
- 2010 saw over 460 riders take part in the quest to raise funds and awareness for Mental Health in youth, particularly the prevention of youth suicide. Funds raised were donated to Cornerstone Youth Services to support youth programmes.
- In 2011 over 500 riders took part and raised much needed funds for MI Fellowship/Aspire, Cornerstone and Time Out.
- In 2012 over 500 riders and community sponsors raised funds for MI Fellowship/Aspire.
- In 2013, Sally's Ride joined with the Stan Seijka cycling classic to create a festival of cycling for Launceston in the new time slot of December 8th. Mike Tomalaris of SBS supported the weekend by participating and promoting Launceston's strong culture of cycling. Funds from the ride went to CORES.

The Cycling Routes



Funds raised from Sally's Ride 2014 have been used by Resilient Youth Australia (RYA) to survey students from 6 local Launceston schools (in the Connect 6 cluster) with an internationally validated "resilience survey" for an initial three period. RYA also co-host local school based community meetings to release the analysis of the survey results, discuss options for action and help develop a school based strategic plan aimed at building the resilience and reducing the incidence of depression in the young people. The first year's results have shown outstanding gains in building resilience within the Connect 6 school communities.

The 2015 fundraising recipient was the Launceston City Mission, with Sally's Ride providing funding over a three year period for an additional part time Children's Counsellor to increase the number of children that are helped to deal with grief and loss in the broader Launceston community.

The Cycling Routes

The Start Finish is from Royal Park via Park Street, Launceston.

The 5 rides of differing challenges are available. For detailed routes, download ride maps and route directions from **the Rides** page on the web site.

The rides will start at varying times with the goal that everyone will finish at a similar time.

Entries and payment can be submitted on line via the Rotary Club's website:

www.sallysride.com.au



Family Ride

Starts at **10.30 & 11am**

This ride is aimed at the whole family who are starting out on the journey of recreational cycling. The course is an off-street route through the parks, flood levy and Heritage Forest.

The ride starts at Royal Park and finds its way on to the West Tamar Hwy (see Ride directions for more detail). This ride will be a guided event.



Peak Computer 45km Challenge



Starts at 10.00am

This ride is aimed at the more experienced cyclist who may have progressed from the 25km last year or the experienced rider who wants a shorter faster ride.

This ride starts at Royal Park, through the second roundabout at Legana, down Muddy Creek Hill turning right along Rosevears Drive. Cyclists travel along the edge of the Tamar estuary, which is rich with bird life and amazing scenery.

Cyclists then turn at the "Fish shop" turnaround point just before Exeter and return to Royal Park.



1. Starting in Park St, Royal Park, cyclists turn right onto Paterson St, left onto Margaret St, go straight over Brisbane St, and then right on to York St proceeding over the Paterson Bridge on to West Tamar Hwy.
2. Proceed to end of Rosevears drive, turn around the marker at "Ernie Gatenby's fish shop" turnaround point, then return back along Rosevears Drive, left to West Tamar Hwy, through Riverside, over the Paterson St bridge into Brisbane St.
3. Turn left into Margaret St, then right into Paterson St and left into Park St and on to the finish line.

Snakes and water available on the ride.

Note: Larger maps and ride directions can be downloaded from the web site at www.sallyside.com.au

Briggs Financial 70km Challenge

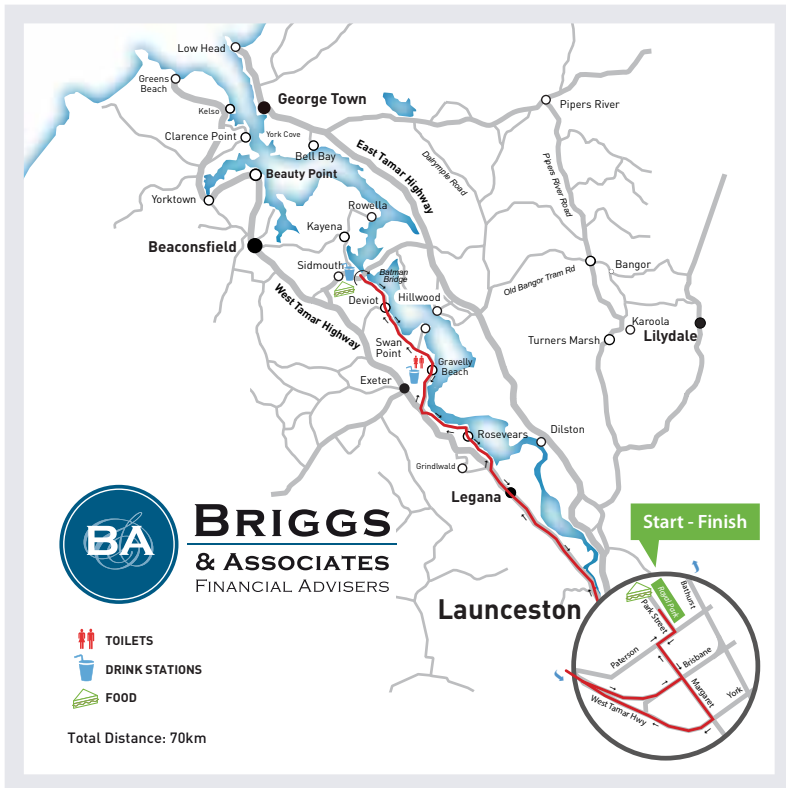


Starts at 9.30am

The ride is aimed at the more experienced rider who seeks an increased challenge coupled with a scenic cycling environment.

This ride starts the same as the 25km and 45km ride but continues on past the "Fish shop" turnaround of the 45km, turning just before Exeter and travelling through Blackwall, Gravelly Beach, and Deviot to the turnaround point and refreshment stop on the western side of the Batman Bridge.

Ride returns the same way.



Note: Larger maps and ride directions can be downloaded from the web site at www.sallysride.com.au

Briggs Financial 70km Challenge



1. Starting in Park St, Royal Park, cyclists turn right onto Paterson St, left on to Margaret St. Go straight over Brisbane St, then right onto York St, proceeding over the Paterson St bridge onto West Tamar Hwy.
2. Ride to Legana, passing straight through the roundabout at the shopping centre.
3. Descend Muddy Creek Hill and turn right at the bottom onto Rosevears Drive.
4. Travel to the end of Rosevears drive and turn right WITH CARE onto the West Tamar Hwy.
5. Ride to the top of hill and turn right WITH CARE towards Gravelly Beach.
6. Travel through Blackwall, Gravelly Beach, and Deviot to the Batman Hwy junction and the turnaround point and refreshment station.
7. Return to Royal Park along Rosevears Drive, Legana, through Riverside.
8. Cross the Paterson bridge into Brisbane St.
9. Turn left into Margaret St, then right into Paterson St, and left into Park St and on to the finish line.

Fruit buns, bananas, and water available at Batman Bridge turnaround.

MyState 100km



Starts at 8.30am

The MyState 100km will suit the experienced rider looking for an extended challenge.

The Ride starts at Royal Park but travels in an anti-clockwise direction around the Tamar.

Cyclists head out through the North-eastern suburbs of Launceston along the upper reaches of the Tamar before heading North-east through Turners Marsh, Karoola and Hillwood on the Tamar. Then crossing the Batman Bridge from east to west, returning to Royal Park via Deviot, Gravelly Beach, Blackwall, Rosevears and Legana.

Food and water during the ride, and lunch included in entry fee. See map for food locations.



Note: Larger maps and ride directions can be downloaded from the web site at www.sallysride.com.au

MyState 100km



1. Starting in Park St, Royal Park, cyclists turn right on to Paterson St, left on to Margaret St, left into Brisbane St, then keep left at Bathurst St on the slip road.
2. Proceed under the overpass (Paterson St overhead) and onwards past the Launceston Seaport on your left.
3. Cross the Charles St bridge and go straight ahead on to the East Tamar Hwy, crossing Foster St (McDonalds on the right).
4. Proceed along the East Tamar Hwy. **Do not turn right at the Newnham turn off.** Continue on until you reach the off-ramp and exit to Rocherlea on the right.
5. Proceed until the Black Stallion Hotel at the intersection of Lilydale Rd and turn LEFT.
6. Continue on to the top of the "Finger Post" hill then turn left soon after on the Pipers River Rd to Karoola/Turners Marsh.
7. Proceed to Karoola past the recreation ground on the right. Turn/veer right at end of straight.
8. Turn right, then left on the Old Bangor Tram Rd and head west.
9. Turn left on Dalrymple Rd and ride to the East Tamar Hwy.
10. Cross the East Tamar Hwy to Hillwood.
11. Proceed a short distance and then turn right and cycle past the strawberry farm on your left.
12. Next intersection is a cross road with a fire station on your right. Turn left and go down the hill to the river, veering right at the Hillwood shop.
13. Continue on heading north past the footy ground and over the bridge.
14. Turn right and head up hill until the intersection with the East Tamar Hwy.
15. Turn left on to the East Tamar Hwy.
16. Cycle a short distance before turning left via the slip road on to the Batman Hwy.
17. Cycle west, passing over the famous Batman bridge.
18. On the exit of the bridge turn left on the Deviot road refreshment stop.
19. Continue through Deviot, Robigana, Gravelly Beach and Blackwall.

MyState 100km



20. Turn left at the top of the Blackwall Hill on to the West Tamar Hwy.
21. Continue a short distance (approx. 1km) then turn left on to Rosevears Drive.
22. Continue along Rosevears Drive to the intersection of the West Tamar Hwy.
23. Turn left on to the Hwy and climb Muddy Creek Hill.
24. Continue on to Launceston passing over the Paterson St bridge.
25. Turn left at the first set of traffic lights after the bridge on to Margaret St.
26. Turn right into Paterson St then immediately left into Park St and the finish line.

Fruit buns, bananas, and water available at the western side of the Batman Bridge.

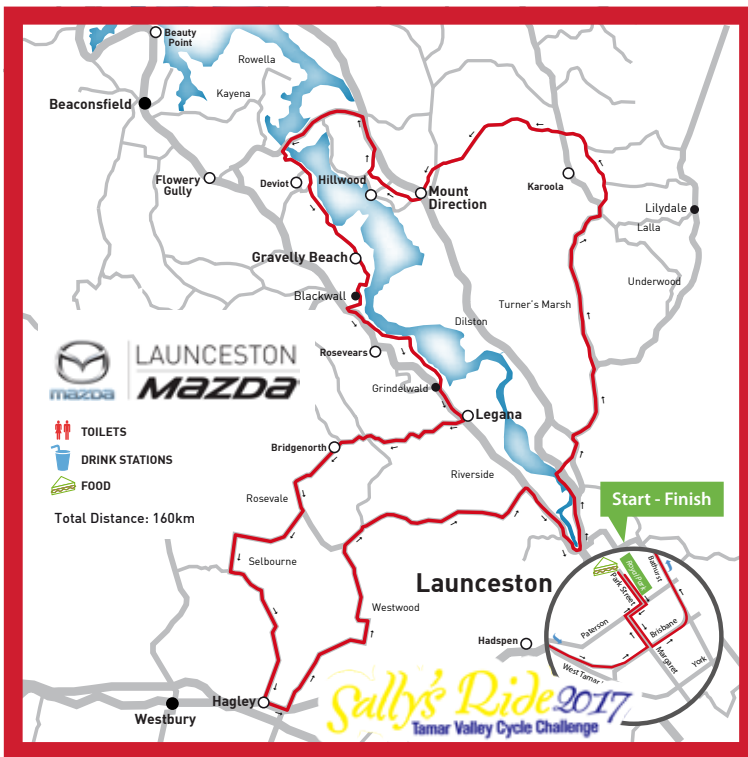
Launceston Mazda 160km



Entry fee **\$50** starts **7am**

Launceston Mazda 160km is for the serious rider who loves a decent challenge.

The Ride starts at Royal Park and follows the same route as the 100km ride until the football ground at Karoola, through to Mt Direction, down to the Tamar foreshore at Hillwood, over the Batman bridge to the lunch stop at the corner of Deviot Rd and Batman Highway on the western side of the River.



Note: Larger maps and ride directions can be downloaded from the web site at www.sallysride.com.au

Food and water during the ride and lunch included in entry fee. Refreshments available at the western side of Batman Bridge. Toilet facilities available also on the western side. Rolls, fruit buns, bananas, water available.



The Recipients of Raised Funds

Past Recipients of Sally's Ride

Launceston City Mission

The 2015 fundraising recipient was the Launceston City Mission, with Sally's Ride providing funding over a three year period for an additional part time Children's Counsellor to increase the number of children that are helped to deal with grief and loss in the broader Launceston community.

www.citymission.org.au/children

Resilient Youth Australia

Funds raised from Sally's Ride 2014 have been used by Resilient Youth Australia (RYA) to survey students from 6 local Launceston schools (in the Connect 6 cluster) with an internationally validated "resilience survey" for an initial three period. RYA also co-host local school based community meetings to release the analysis of the survey results, discuss options for action and help develop a school based strategic plan aimed at building the resilience and reducing the incidence of depression in the young people. The first year's results have shown outstanding gains in building resilience within the Connect 6 school communities.

www.resiliencyouth.org.au

CORES Australia (Community Response to Eliminating Suicide)

Funds from the 2013 event were distributed to CORES Australia. For more details visit the recipients page at

www.cores.org.au

MI Fellowship/Aspire

MI Fellowship works with people who experience mental illness and other psychosocial disabilities, their families and their communities to assist people to build satisfying and meaningful lives. We will assist people to get a job, create a home, build relationships and attain physical and mental health and emotional wellbeing. We do these things so people are full members of the community.

www.mifellowship.org

Cornerstone Youth services

Funds from the 2010 event were distributed to Cornerstone Youth Services to support youth mental health programmes. For more details visit the recipients page at

www.sallysride.com.au

Time Out House

Funds raised from the inaugural Sally's Ride Tamar Valley Cycle Challenge 2009 enabled a donation from the Rotary Club of Central Launceston of \$15,000 to the Time Out House to



The Recipients of Raised Funds

help in the fight against youth suicide, as well as raise awareness of all mental health issues in our community.

The Yshareit project

As a result of Sally's efforts and the matching grants made available from Australian Rotary Health Research Fund, Professor Ken Kirkby from the University of Tasmania implemented the "Yshareit" project. This project fosters peer networking, utilizing internet mental health resources. The research team has conducted youth workshops throughout Tasmania for around 130 youth ambassadors.

The second stage of this project is to complete an evaluation in schools of a 'virtual youth ambassador' program using interactive multimedia technology online, jointly funded by Rotary and Beyondblue. This targets schools in rural and regional areas. This project aims to foster community engagement in youth mental health issues, supported by high quality internet resources – harnessing the power of people and accessible resources.

The Rotary funding for Yshareit has been spent entirely in Tasmania. In addition to the money raised directly by Sally's Ride, ARHRF has contributed matching funds from donations raised throughout Australia. External funding of Yshareit by Beyondblue has contributed a further 100,000 dollars. All of these funds are spent in Tasmania on health research directed at better support and outcomes for those suffering from mental and emotional disorders.

www.yshareit.com

Other Important Information



Entries

Entries can be made and paid for on line at www.sallysride.com.au as well as entry forms, which can be found at participating retail cycle outlets. Cyclists must arrive at Royal Park at least 15 minutes before the scheduled start time. Cyclists must report to the registration tent to sign in and receive your helmet sticker - note: you do not have to sign in if you collect your number prior to the event.

Participants under the age of 16 years, entry fee will be \$15.

Participants under the age of 12 must be a member of a registered cycling club. Entries must be authorised by a parent or guardian excluding family ride.

Safety

Safety on the ride is of paramount importance. There will be at least two escort vehicles on each ride, one in front of the leading rider and one immediately following the last rider. For the 45km and 70km events cyclists must stay behind lead vehicle until after the traffic lights at the corner of York and Margaret Streets (leading on to the West Tamar highway).

For the 100km and 160km cyclists must stay behind lead vehicle until after turning LEFT into Brisbane Street. For emergency assistance, phone 000 for Ambulance. For non emergency assistance phone the mobile phone number on your helmet sticker.

Although there will be some food and water available on the ride, riders are ultimately responsible for their own hydration and nourishment.

Road Rules

During the Ride, the rider must comply with all traffic and road laws, all directions issued by Police and all instructions given by The Rotary Club of Central Launceston or any employees or officials representing The Rotary Club of Central Launceston at the Ride. Failure to do so may result in the rider being removed from the Ride and not receiving a registration refund.

The rider must wear an Australian standard cycling helmet at all times during the Ride while riding a bicycle.

Bike Numbers

Helmet stickers and registration pick up will be available prior to the day at Foot and Playsted, 99-109 Charles St., Friday 18th November 11am-1pm. Entrants who have not collected number kits must report to the entry tent for registration.

Sag Wagons

There will be sag wagons operating on the course to pick up stranded riders. If you do require assistance, call the mobile number printed on your helmet sticker.

Entries and Safety



Environment

Please be environmentally responsible and avoid discarding energy bar/gel food wrappers or bottles along the way.

Parking

Parking is available at the near by Bathurst Street Car Park on the cnr of Bathurst and Brisbane Street opposite Irish Murphys.

Toilets

Toilets are available at the start/finish at Royal Park and at other various points around the courses as identified on the ride maps.

Cut off times

As per terms & conditions cyclists must be able to maintain an average speed of 20 km/h. Any rider who is excessively delayed or trailing will be picked up or deemed to have finished by event officials at the discretion of the event director - excluding the family ride.

Food and Entertainment

- Tassie food , wine and ales available for purchase

Conclusion

The event is for elite, recreational bike riders, and families. The aim of the ride is to provide a healthy community activity for Launceston and the Tamar Valley as well as raise funds and awareness of Mental Health issues among our youth, with a particular focus on preventing youth suicide.

For further information about the Rotary Club of Central Launceston please go to www.rccl.org.au

Terms & Conditions of Event

Terms & Conditions of Event can be downloaded from the website www.sallysride.com.au

