



Tamar Valley Cycle Challenge
Sunday 1st December
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 Tamar Valley Cycle Challenge and Sally's Ride

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. In 2017 a new Family Ride was launched. This ride caters for the whole family with a fun-filled exploration of Launceston's nearby parks and bike trails.

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 wherever possible.

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

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

TBUG Family Ride

Entry fee **\$5 pp** Starts at **10.30 & 11am**

This ride is aimed at the whole family or individuals 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 (see Ride directions for more detail). This ride will be a guided event.



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

Lomond Windows 45km Challenge

Entry fee **\$40** Under 16 **\$20** Starts at **10.00am**

This ride is aimed at the more experienced cyclist who is looking for an increase in challenge 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.



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

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.sallysride.com.au

Briggs Financial 70km Challenge

Entry fee **\$50** Under 16 **\$20** 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 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

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 on to 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.

Food & Drink Refreshment Stations: Legana, Rosevears, Batman Bridge



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

MyState 100km

Entry fee **\$60** Under 16 **\$20** Starts **8.30am**

COURSE REVERSED IN 2019

The 100km challenge will suit the experienced rider who is looking for an extended challenge. The Ride is in a clockwise direction along the West Tamar to Legana Rosevears, Exeter and Deviot along the banks of the Western side of the Tamar estuary crossing over at the famous Batman bridge before returning via the East Tamar through Karoola to Royal Park Launceston.

The 100km ride leaves Royal park turning RIGHT into Paterson st then a quick left into Margaret st. Cross traffic lights and turn right on to the Paterson st Bridge.



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

1. Travel North on West Tamar hwy to Legana
2. Turn right to Rosevears at the bottom of Muddy Creek hill
3. Travel through Rosevears to Exeter
4. Turn right down the Blackwall hill and continue on to the drink station at Deviot
5. Drink/food Station is on the left on the Western side of the Batman Bridge
6. Head East across the bridge turning right on the East Tamar hwy on a clover leaf intersection
7. Continue up hill on East Tamar hwy before turning right on to Johnsons Rd to Hillwood
8. At bottom of the hill turn left and ride up hill to Hillwood fire station.
9. Continue on towards the Berry farm and onward to the East Tamar hwy intersection
10. Cross over the hwy with care at Mt Direction and head North on Dalrymple Rd
11. Turn right on the Bangor tramway towards Bangor
12. Right turn on the Pipers River rd then a quick left towards Bangor heading East
13. Continue on this road following signs until Pipers River Rd at Karoola
14. Up hill from here to Turners Marsh and onward to the Lilydale Rd
15. Turn Right at Lilydale rd, down finger post hill with care, Through Rocherlea on to the Nthn outlet via Newnham
16. Return along the Northern Outlet turn right from Wellington st into Paterson st
17. Turn right into Park st and arrive at Royal Park

Food & Drink Refreshment Stations: Rosevears, Batman Bridge, Mt Direction & Karoola

Toilets at Batman Bridge



Peak Computer 160km Challenge

Entry fee **\$60** Under 16 **\$20** Starts **7am**

COURSE REVERSED IN 2019

The 160km challenge is for the serious rider who loves a real challenge.

The Ride is in a clockwise direction along the West Tamar before turning inland and climbing into the hills West of Launceston. You will travel through amazing agricultural country and enjoy stunning views of the Western Tiers before swinging East and heading back to the West Tamar at Legana. From there travelling down the Western side of the Tamar estuary crossing over at the famous Batman bridge before returning via the East Tamar through Karoola to Royal Park Launceston.

The 160km ride leaves Royal park turning **RIGHT** into Paterson st then a quick left into Margaret st. Cross traffic lights and turn right on to the Paterson st Bridge.



1. Travel North on West Tamar hwy
2. Turn left on Ecclestone Rd at the Riverside pub
3. Climbing up Ecclestone Rd heading West passing Launceston Zoo on your left
4. Continue on to Westwood turning right towards Quamby & Hagley
5. Short stint along the old Bass Hwy to a drink station on right
6. Turn right towards Selbourne and head East to Rosevale
7. Turn Left at crossroads towards Bridgenorth
8. From Bridgenorth /Rosevale boundary virtually all down hill to Legana
9. Turn left on to West Tamar Hwy at Legana
10. Travel through Rosevears to Exeter
11. Turn right down the Blackwall hill and continue on to the drink station at Deviot
12. Drink/food Station is on the left on the Western side of the Batman Bridge
13. Head East across the bridge turning right on the East Tamar hwy on a clover leaf intersection
14. Continue up hill on East Tamar hwy before turning right on to Johnsons Rd to Hillwood
15. At bottom of the hill turn left and ride up hill to Hillwood fire station
16. Continue on towards the Berry farm and onward to the East Tamar hwy intersection
17. Cross over the hwy with care at Mt Direction and head North on Dalrymple Rd
18. Turn right on the Bangor tramway towards Bangor
19. Right turn on the Pipers River rd then a quick left towards Bangor heading East
20. Continue on this road following signs until Pipers River Rd at Karoola
21. Up hill from here to Turners Marsh and onward to the Lilydale Rd
22. Turn Right at Lilydale rd, down finger post hill with care, Through Rocherlea on to the Nthn outlet via Newnham
23. Return along the Northern Outlet turn right from Wellington st into Paterson st
24. Turn right into Park st and arrive at Royal Park

Food & Drink Refreshment Stations:

Hagley, Bridgenorth, Rosevears, Batman Bridge, Mt Direction & Karoola.

Toilet facilities available also on the western side of the Batman Bridge.

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

The Recipients of Raised Funds

Since 2003, Sally's Ride / Tamar Valley Cycle Challenge have raised in excess of \$300,000 for mental health and youth services in Northern Tasmania.

2003-2007	UTAS research grants
2008	Menzies research grant
2009	Time Out House
2010	Cornerstone Youth Services
2011-12	MI Fellowship Australia/ Aspire
2013	CORES
2014	Resilient Youth Australia
2015	Launceston City Mission
2016-17	Cornerstone Youth Services

Past Recipients of Sally's Ride

Cornerstone Youth services

Cornerstone Youth Services delivers a range of services to young people aged 12 - 25, their families and friends, in North and North-West Tasmania. They focus on health promotion, education, early intervention and prevention, advocacy, case management and developing help-seeking behaviour.

City Mission

For more than one hundred- and sixty-years City Mission has been providing care and assistance to vulnerable people in our community. Through their work, they continue to transform the lives of over 10,000 Northern Tasmanians each year.

Resilient Youth

Resilient Youth can help to create strong, resilient students, schools and communities. Resilient Youth are committed to measurably improving the resilience of young people. Intentional resilience building is essential for creating a world where all young people thrive.

CORES

Suicide and self-harm continue to be major issues in rural communities throughout Australia. CORES educates community members how to be proactive to prevent somebody taking their life, or harming themselves.

MI Fellowship Australia

They work to assist individuals and families in their journey to recover mental health, physical health, social connectedness and equal opportunity in all aspects of life.

Entries and Safety

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 wristband - note: you do not have to sign in if you collect your wristband prior to the event.

Participants age 16 years and under, entry fee will be \$20.

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 the Family Ride. See terms and conditions for the Family Ride.

Wristbands

A wristband will be issued to each rider, identifying the ride distance:

family – yellow	45K – blue	70k – purple
100k – green	160k - red on white	lunch – grey

Wristband pick up will be available prior to the day at Foot and Playsted, 99-109 Charles St., Friday 29th November 11am-1pm. Entrants who have not collected wristbands must report to the entry tent for registration.

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 RIGHT into York Street. For emergency assistance, phone 000 for Ambulance. For non emergency assistance phone the mobile phone number on your wristband.

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.

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 wristband.

Other Important Information

Environment

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

Parking

Parking is available at the nearby Bathurst Street Car Park on the cnr of Bathurst and Brisbane Streets 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



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