



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 the Tamar Valley Cycle Challenge Featuring Sally's Ride, hosted by Rotary Club Central Launceston

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.

2019 fund raising recipients



SPEAK UP! Stay ChatTY works to promote positive mental health and prevent suicide by normalising conversations about mental health and encouraging people to seek help when they need it.

Mitch McPherson established the organisation in 2013 after his younger brother Ty died by suicide. The SPEAK UP! Stay ChatTY team works hard throughout Tasmania and Australia to raise awareness about mental health and suicide, and share that it's OK to not be OK, where to find help, and how we can help each other out in tough times.

Stay ChatTY formally partners with Relationships Australia Tasmania in the delivery of the SPEAK UP! Stay ChatTY programs. Stay ChatTY has been working with RA Tas since 2014, delivering suicide prevention and mental health promotion programs across Tasmania. All donations and funds raised for SPEAK UP! Stay ChatTY are used to deliver mental health promotion and suicide prevention programs to further their collective mission.

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

Team Challenge

Gather your team! The team challenge is for cumulative team kilometres from any of the main rides. Individuals registering in a team go in the running for prizes too! Suitable for sporting groups, corporate teams or friends and family.

St Lukes Health Community Ride supported by TBUG

St Lukes Health Family Ride

Entry fee Adult **\$10** Child **\$5** Family **\$20**

Community Ride starts at **9.30** Family Ride starts at **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 18 **\$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 18 **\$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 Sally's Ride 100km

Entry fee **\$60** Under 18 **\$30** 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 Gran Fondo

Entry fee **\$60** Under 18 **\$30** 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.

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

City Mission operate Inside Out 4 Kids which is a peer-support, harm prevention program. It assists children to view change and loss as a normal part of life, put feelings into words, work through their grief and build a stronger sense of self, resilience, acceptance, belonging and hope.

Resilient Youth

Resilient Youth can helps 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.

Participants age 18 years and under, entry fee will be:

45km & 70km \$20

100km & 160km \$30

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

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

Available at Royal Park.

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 and Conditions of Entry

These Terms and Conditions of Entry (“Entry Terms”) are designed to enable the “Tamar Valley Cycle Challenge” Bike Ride on Sunday 1st December 2019 (the “Ride”) to run smoothly and safely. By entering the Ride, you (the “Rider”) accept and agree to be bound by these Entry Terms:

Entry Requirements

The Rider may elect to take part in the Family, 45km, 70km, 100km, or 160km ride (“Ride Options”). The ride lengths may not be exactly these distances.

A registration is not considered to be complete, and a place held in the rider’s preferred ride option until all required rider information is supplied and payment in full has been received.

For the 160km, 100km, 70km and 45km options, The Rider warrants that he/she has prior experience or will obtain experience riding in groups and be able to maintain a minimum average speed of **20km per hour**.

For all Ride Options except the Family Ride the Rider must be aged 12 years or older on the day of the Ride, or, must be a member of a registered cycling club or accompanied by a parent/guardian.

For all Rides, if the Rider is under the age of 18, the Rider’s Parent / Guardian must give their consent when requested during registration. The Parent / Guardian must provide a contact phone number.

Family ride approx. 10km – parents if satisfied that their child has sufficient competency to participate in the ride, can give consent to a child under the age of 8 years provided that the child is accompanied by a parent, guardian, or adult. Parents will be responsible for the safety of their own children for the duration of the family ride.

The family ride will be held mainly on internal park and bike tracks however there may be public road crossings which will have a marshal present. Parents must ensure extra care is taken with their children when approaching or using public roads.

The Rotary Club of Central Launceston may, in its absolute discretion and without giving reasons for its decision, accept or refuse an application for registration.

Cancellations

If the Rider wishes to cancel his/her participation in the Ride, the Rider must notify The Rotary Club of Central Launceston in writing, providing his/her name, address, event number and reason for cancelling.

Written cancellations received before 5pm, Monday 25th November, 2019 (AEST) will be refunded 50% of their entry fee.

No refunds will be offered for cancellations received after 5pm, Monday 25th November, 2019 (AEST).

Except as otherwise stated in these Entry Terms and as required by law, the Rotary Club of Central Launceston is under no obligation to refund monies or entry fees due to non use, cancellation, failure to participate or dissatisfaction by the Rider.

Ride Communications

Ride Communications will principally be made via email. The Rider should therefore provide a valid email address. If the Rider does not have access to an email address, the Rider should make every effort to check rccl.org.au for any changes to the event.

It is the Rider's responsibility to read all information that is made available on the Rotary Club of Central Launceston website.

Mode of Transport

Only standard, human-powered bicycles are permitted on all the Ride Options. Unicycles, scooters, motorised and power-assisted bicycles, child seats, tagalongs, trailers and animals are not permitted on any Ride Options.

Family Ride

Two wheeled bicycles, Tag along, bike trailers and child seats are permitted. Dogs, training wheels, scooters are not permitted.

Recumbrant cycles are permitted only in the 45km option.

Closing Dates for entries

All Ride Option entries online close at 8pm, Friday 30th November 2019 (AEST). Entries will be accepted on the day of the event.

Acknowledgment and Waiver

The Rider acknowledges and agrees that participation in the Ride is inherently dangerous and that he/she participates in the Ride at his/her own risk. In consideration of the Rotary Club of Central Launceston permitting the Rider to enter and participate in the Ride, the Rider hereby releases and indemnifies The Rotary Club of Central Launceston, the sponsors of the Ride and any of their respective representatives from and against all and any claims, suits, demands, liabilities, loss and damage (including indirect and consequential loss), costs, expenses and, interest, whether pursuant to common law or statute, that the Rider

may suffer or incur arising from or connected with the Rider's participation in the Ride including as a result of the negligence, breach of duty, breach of care or other fault or responsibility of the Rotary Club of Central Launceston, the sponsors of the Ride and any of their respective representatives.

If the Rider is a Parent/Guardian of a person under 18 years ("Under Age Child") who is participating in the Ride, that Rider consents to the Under Age Child participating in the Ride and agrees to take full and sole responsibility for the Under Age Child's safety and participation in the Ride. The Rider further agrees and undertakes to Rotary Club of Central Launceston for and on behalf of the Under Age Child that the release and indemnity as above applies with full force and effect to the Under Age Child and that the Rider and any spouse or defacto spouse or partner will take no steps of any sort on behalf of the Under Age Child that would result in the release and indemnity as stated above being rendered inoperative, of no effect or being declared or ordered by a court of law as not applying to the Under Age Child.

Compliance with Laws

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 will not receive a registration refund. The Rider must wear an Australian standard cycling helmet at all times during the Ride while riding a bicycle.

Preparation, Training, Health and Safety

The Rider is responsible for ensuring that he/she has adequately and appropriately prepared both physically and mentally for the Ride. If the Rider has any health issues or doubts prior to the Ride, he/she should immediately seek appropriate medical advice.

If, during the Ride, the Rider becomes ill or is injured, The Rotary Club of Central Launceston will endeavour to arrange medical transport, usually in an ambulance. Any medical transport will be at the Rider's expense.

Common Sense

The Rider must ride in a safe and responsible manner during the Ride and use common sense at all times.

The Rider must exercise caution on all public roads and other thoroughfares and ride defensively and courteously.

Ride and Ride Option Variation

The Rotary Club of Central Launceston reserves the right, in its absolute discretion, to: change or vary the route of any of the Ride Options without notice; cancel, postpone, reschedule or change the time or place for the Ride or any of the Ride Options for any reason and at any time prior to the commencement of the Ride; and The Rotary Club of Central Launceston is not responsible for or liable to the

Rider for any loss, damage, cost or expense, whether direct, indirect, consequential or otherwise and howsoever or where so ever incurred by the Rider resulting from any such action taken by The Rotary Club of Central Launceston.

Private support vehicles

Private support vehicles are not permitted on the Ride.

Photography

The Rider acknowledges and agrees that he/she may be photographed or filmed during the Ride and consents to The Rotary Club of Central Launceston using the Rider's picture and likeness contained in any photographs or film for publicising the Ride and for promoting any future ride or event to be staged by The Rotary Club of Central Launceston.

The parent/Guardian acknowledges and agrees that their Under Age Child may be photographed or filmed during the Ride and consents to The Rotary Club of Central Launceston using the Rider's picture and likeness contained in any photographs or film for promoting the Ride and for promoting any future ride or event to be staged by The Rotary Club of Central Launceston.

Privacy

The Rotary Club of Central Launceston collects, uses, discloses and otherwise handles the Rider's personal information in accordance with the terms of its Privacy Policy Statement which can be found on the web site prior to entry section. All information remains the property of The Rotary Club of Central Launceston.

Other

The Ride will be held outdoors and may proceed notwithstanding poor weather conditions on the day of the Ride. The Rotary Club of Central Launceston is not liable to the Rider for any loss, damage, cost or expense of any kind including, but not limited to, refund of entry fees, in the event of poor weather before or during the Ride.

The Rotary Club of Central Launceston reserves the right in its absolute discretion to cancel the event if deemed necessary.

The Rotary Club of Central Launceston reserves the right, in its absolute discretion, to refuse to allow the Rider to participate in the Ride or to remove the Rider from the Ride for breach of these terms and conditions or if it otherwise determines it appropriate to do so.

The Rotary Club of Central Launceston is not liable to the Rider for any loss, damage, cost or expense of any kind, including but not limited to, the refund of the entry fee, if the Rider is denied access to or removed from the Ride for any reason.

"The Rotary Club of Central Launceston" means The Rotary Club of Central Launceston Incorporated ABN 74 450 219 908 and includes where appropriate The Rotary Club of Central Launceston employees, agents, contractors and officers.