

POWERED BY
retraVision



MSWA

RIDE GUIDE 10KM FAMILY RIDE



SUNDAY, 25 NOVEMBER 2018
MSWAOCEANRIDE.ORG.AU



RIDE GUIDE 10KM FAMILY RIDE

WELCOME TO THE 2018 MSWA OCEAN RIDE – POWERED BY RETRAVISION!

Please find enclosed information for the 10km Family Ride including regulations, parking and transport.

If you have any questions after reading this information, please don't hesitate to get in touch;

Call: (08) 6454 3131 or Email: events@mswa.org.au

PLEASE NOTE:

If you feel unwell prior to starting or during the ride, it is advisable to withdraw from the event.

TOP TIPS FOR HAVING A SUCCESSFUL RIDE

Before the day – have your bike serviced, or:

- Clean your bike.
- Check your tyres to ensure they are pumped, and the tread is not worn.
- Lubricate your chain. A light or teflon based oil is recommended as it collects less dirt and grime.
- Take the bike for a quick ride - listen for noise. Be aware of the noises that your bike is making. Unusual noises are generally a good warning sign that your bike is not running exactly as it should be.
- Test your brakes.

On the day

- Make sure you check your tyres before you leave home.

Health and nutrition

- **Drinking**
Hydration is crucial and the best way to tackle this is to consume plenty of water during the ride. Even on a cool day, your body will require the replacement of fluids lost during the ride. This may be supplemented with a sports drink.
- **Eating**
Do not do anything differently from what you would normally do when it comes to your pre-event nutrition but try to finish eating a few hours prior to the start. If you have eaten well in the days leading up to the event, your body should be stored with plenty of energy for the ride. If you need to, during the ride, eat foods that are high in glucose or sugars, such as bananas, fruit or a muesli bar.
- **Pace yourself**
- It is easy to go faster than you've planned especially at the start, but stick to the pace that you have trained for. Go steady early on and reserve your energy for a strong finish



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REGISTRATION

If you have not picked up your bib from MSWA prior to event day, it will be available for collection at the start line before your ride. The 'Bib Collection' desk will be open from **7:30am**.

Please attach your bib to the front of your shirt using the safety pins provided.

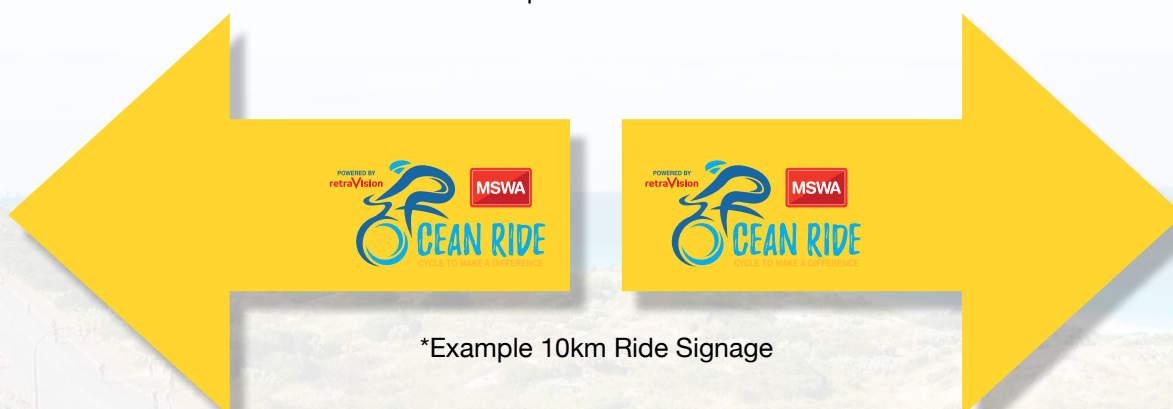
Ensure that you write your emergency contact details and medical conditions/allergies on the back of the bib as well.

Your bib is your identification ticket into the event and you are required to wear it for the duration of the ride.

Your ride bibs will be **YELLOW** which is the same color as the arrow directional signage you will be following along the course.



*Example 10km Ride Bib



*Example 10km Ride Signage



BIKE PATH AWARENESS

The 10km Family Ride follows the bike path from Whitfords Nodes, Hillarys to Mullaloo and back.

Please do not ride on the roads.

Staying safe: For your safety and the safety of other cyclists, volunteers, and the public please follow the tips below:

- always wear your helmet when cycling;
- no iPods or earphones allowed;
- always ride on the left of the path;
- use hand signals if turning left or right or stopping;
- only pass to the right of another rider and call out 'passing' when doing so;
- it is your responsibility to follow the sign posted course; and
- keep a look out for marshals holding signs to alert you to hazardous areas ahead
- make sure you have a bell on your bike to alert other cyclists and pedestrians when approaching

PLEASE NOTE: There is a 20km/hour speed limit on the bike path. Please do the right thing and ensure that you adhere to the limit.

COURSE MARSHALS

There will be course marshals stationed along the course. All volunteers and staff will be clearly identifiable with MSWA branded high-visibility vests.

MEDICAL

If a rider is in critical condition or if an ambulance is required, please call 000. St John Ambulance first aid personnel will be stationed at the start/finish line at Whitfords Nodes, Hillarys, while they will also have two volunteer bike officers patrolling along the route.



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START LINE – Whitfords Nodes, Hillarys

- The 10km Family Ride will start at **8.30am** from Whitfords Nodes, Hillarys (refer to the map below), with riders departing in waves.
- The registration desk will open from **7:30am**
- Please arrive **20-30** minutes early to collect your bib.
- Children riding must be accompanied by a consenting adult and must be able to balance proficiently on their own bike or have a bike carrier attached to the supervising adult.
- This ride utilises existing footpaths along the coast so please be considerate of other users. You must stick to this cycle path and not veer onto the road.





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TRANSPORT

PARKING

The Whitfords Nodes car park has limited parking available – however, overflow parking is available nearby at Hillarys Marina (see map). Please ensure that you don't park in restricted areas as there will be rangers patrolling the area.

TRAINS

All MSWA Ocean Ride participants are entitled to free travel on train and bus services on event day, through until 3pm. Simply bring your registration confirmation receipt along with you, or wear your ride bib.

The below trains will get you to Greenwood Station in time for the 8.30am start. However, we would recommend planning your journey officially on the Transperth website [here](#).



IF YOU ARE HEADING NORTH FROM PERTH STATION;

Leaving Perth Underground	Arriving at Greenwood Station
7.29am	7.48am

IF YOU ARE HEADING SOUTH FROM BUTLER;

Leaving Butler	Arriving at Greenwood Station
6.42am	7.05am
7.10am	7.33am
7.25 am	7.48am
7.40 am	8.03am

It is just a short 6km ride from Greenwood Station to the starting point at Whitfords Nodes, Hillarys. Alternatively, complimentary transport from Greenwood Station to Whitfords Nodes has also been organised. Bike Valet will safely transport your bike, while shuttle buses will transport participants. The first shuttle bus will depart Greenwood Station at 7.40am, with a second departing at 8:05am.



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AFTER YOU FINISH

Complimentary transport has also been organised to get participants (and their bikes) back across to Greenwood Station after the event. **Bike Valet** will safely transport your bike, while shuttle buses will be available to transport participants. The shuttle buses and Bike Valet services will be available from the Whitfords Nodes carpark and will be departing approx. every 20 minutes (or whenever, the bus is full).

When departing Whitfords Nodes via bike, please leave via the dual-use path on the ocean side of the park, either south to Hillarys Marina or north towards Mullaloo. **PLEASE DO NOT EXIT VIA THE ROAD INTO WHITFORDS NODES AS THIS IS WHERE THE 30KM, 50KM, 70KM AND 100KM PARTICIPANTS WHO ARE FINISHING THE RIDE WILL BE ENTERING FROM.**

BIKE VALET OFFER

Looking to take the stress out of your 2018 MSWA Ocean Ride experience? The wonderful team at Bike Valet are here to help! For just \$15, they will deliver your bike directly to the start line AND pick it up from the finish-line. That way, all you have to think about is the actual ride, and how you're going to celebrate at the 'City of Joondalup Event Village'.

Just follow these easy steps to secure Bike Valet's services:

- To book visit www.bikevalet.com.au/book
- Drop your bike at the Bike Valet office at **Shop 7, 76 Newcastle Street, Northbridge** between Monday, 19 November and Friday, 23 November between 7am and 2pm.
- Your bike will be ready for collection at the registration area near the start line from 7:30am. You can then drop your bike back off to staff after your ride.
- You will be able to collect your bike from the Bike Valet offices between Monday, 26 November and Friday, 30 November between 7am and 2pm.



BIKE HIRE

Our friends at **About Bike Hire** have a great range of bikes available to hire and are offering all MSWA Ocean Ride participants a 25% discount! Bike hire options are available on our website [here](http://aboutbikehire.com.au). To book, please call About Bike Hire on (08) 9221 2665 or email info@aboutbikehire.com.au – just remember to mention that you're an MSWA Ocean Ride participant. **Please note: bike hire must be booked in advance and will not be available on event day.*



MECHANICAL SUPPORT

If you're wanting to make sure your bike is ready to go for event day, we would recommend booking in a service with Kyle from The Local Spokesman! The Local Spokesman is a fully equipped mobile bicycle workshop, and Kyle will be able to have your bike in tip-top shape and ready for the 10km family Ride. You can reach The Local Spokesman on [Facebook](https://www.facebook.com/thelocalspokesman) and via the website [here](http://thelocalspokesman.com.au).





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WEATHER

The long-range weather forecast is in and it's looking like a sunny and warm day for the 2018 MSWA Ocean Ride. Please ensure you and your family stay hydrated, and wear plenty of sunscreen (SLIP, SLOP, SLAP!). There will be a water station at the Event Village, to help keep you hydrated as well.

High: 27C – 25C / Low: 17C -14C

Description: Sunny with partial cloud cover

JERSEYS

Cycle jerseys will be available for collection from MSWA, located at **Level 1, 1133 Albany Highway, Bentley** between 10am – 4pm Monday to Friday. You will be notified via email once we have received your jersey and it is ready for you to collect. However, if you can't make it out to Bentley before event day, your jersey will be waiting for you at the start line – just visit the MSWA marquee and speak to one of our friendly volunteers.

Alternatively, if you paid the \$5 postage fee, your jersey will be posted out to your nominated address.

****Please note: if you ordered your jersey after Thursday, 18 October, it will only be available post-event.***

FUNDRAISING

As we're sure you're aware, a \$100 minimum fundraising amount was introduced for the 2018 MSWA Ocean Ride. Families participating in the 10km Family Ride, will only need to raise \$100 altogether – however, individual participants will need to raise \$100 each.*

You will need to ensure that you have raised your \$100 by event day, to be eligible to ride. And, if you're looking to collect your ride bib in advance, the minimum fundraising will have to be reached beforehand.

****Please note: Children 12 years and under are not required to fundraise this amount.***

DONATIONS

If you've been collecting cash donations from family & friends, you're more than welcome to bring them with you on event day. Just visit the MSWA marquee to hand your cash donations over to an MSWA staff member or volunteer. They'll be able to issue you with receipt/s and will also make sure that the funds are added to your online fundraising page.



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CITY OF JOONDALUP EVENT VILLAGE

The start/finish line for the 10km Family Ride is transformed into our 'City of Joondalup Event Village'. With a carnival-like atmosphere, the village will feature various exhibitors, food and beverage vendors, children's activities and fantastic live entertainment. Why not have your family and friends come and cheer you on at the finish line, enjoy a bite to eat, and stay for the live music and presentations!

FOOD AND BEVERAGE VENDORS

- [Espresso To Go](#)
- [Crush Juice Van](#)
- [Bee Delighted](#)
- [Summer 1954](#)
- [Roaming Barista](#)
- [What the Flip](#)
- [Cup of Eden](#)
- [MJ'Z Ice Cream](#)
- More than Just a Coffee Van

WE WILL ALSO HAVE A RANGE OF EXHIBITORS, INCLUDING;

- [Bicycles for Humanity](#)
- [MSWA - NDIS](#)
- [P.A. Sports and Leisure](#)
- [Champ Sports & Leisure](#)
- [WA Pro-Modified Racing](#)

Rogue Duo will be providing some live tunes, they combine guitar, bass, floor drum/loop pedal, a rice shaker, kazoo & two-part harmonies to create a full, fun sound.

There will also be plenty more going on, including;

- Complimentary massages for all participants provided by [Perth Integrated Health](#)
- Our friends from [The Entertainment Bank](#) will provide plenty of children's activities such as face painting, a bouncy castle and an 'Imagination Playground'.
- Balloon artist [Aaron Smyth](#), one of the leading balloon twisters in the Southern Hemisphere, will be creating some amazing balloon animals for children young and old!



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PRIZE CATEGORIES

We would like to thank you for your fundraising efforts for the 2018 MSWA Ocean Ride – Powered by Retravision! By raising funds, you are helping MSWA to continue to support the thousands of people living with MS and all neurological conditions in Western Australia:

Please stick around on the day to hear the prize winner announcements for 2018!*

- **HIGHEST FUNDRAISING INDIVIDUAL** (Not linked to a team)
- **1ST PLACE – Highest Fundraising Team**
- **2ND PLACE – Highest Fundraising Team**
- **3RD PLACE – Highest Fundraising Team**
- **KING AND QUEEN OF THE MOUNTAIN CHAMPIONS**

There will also be a range of spot prizes awarded, including Best Dressed and Most Enthusiastic!

****Please note:***

Winners are announced on the day and are based on the fundraising totals as at Sunday, 25 November.



WITH THANKS TO OUR SPONSORS

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