



# RIDER BOOKLET

**SUNDAY  
24 MARCH  
2024**

Official Partner



Raising funds for



**Rotary**  
Clubs of



Ku-ring-gai  
St Ives  
Turramurra  
Wahroonga  
Upper Northern Beaches

# VENUE & START TIMES

## VENUE

**Karuah Oval** –corner of Karuah Rd and Eastern Rd, Turrumurra. Start area is Karuah Road. Please enter from the southern side via Brentwood Ave and Gilroy Road.

## START TIMES

Please be ready to start **20 minutes** before the advertised time below:

**104km ride:** 6.30 am

(Note: for 6:30 am start bikes must have working lights fitted front and back)

**80km ride:** 6.50 am

**57km ride:** 7.10 am

**27km ride:** 7.20 am

(No starts after 7:30 am)

## STARTING

The event will start from the western end of Karuah Rd and proceed directly onto Eastern Rd by making a right hand turn. Please line up by ride groups (colours) as per signs, approaching the start area from Karuah Oval.



# GETTING THERE AND AFTER YOUR RIDE

## GETTING THERE:



### BY CAR:

Park, then ride to the event. No parking on Karuah Oval.



### BY RAIL:

Train to Turrumurra Station on T1 North Shore Line, exit on eastern side, then cycle down Rohini Street, Eastern Road and Brentwood Avenue (about 700m in total). No trackwork is scheduled on the T1 Line for Sunday 24 March, but check at [transportnsw.info/alerts#/metro-train](https://transportnsw.info/alerts#/metro-train)



### BY BIKE:

To get to the Oval, please enter via entrance on Brentwood Ave and Gilroy Road. To get into the start, please enter from Karuah Oval.



**RAIL PARK:** Rohini St, Turrumurra.

### ON STREET PARKING:

Please do NOT block resident access to driveways. NOTE: No parking in Eastern Rd, northbound lane, between Brentwood Ave and Chilton Parade; Turrumurra Ave, between Karuah Rd and Brentwood Ave; and on Karuah Rd, between Turrumurra Ave and Katina St.

### BIBS/LIGHTS:

Please attach your bib to the handlebar of your bike, using the ties in the registration envelope. Lights are required front and back for riders in 104km.

### LAST MINUTE NOTICES:

Urgent messages, e.g. Cancellation by the authorities due to weather, will be emailed by 5am on ride day, or previous evening if possible.

Watch our website [www.bobbinheadcycleclassic.org.au](http://www.bobbinheadcycleclassic.org.au) and Facebook page for other regular updates.

### AFTER YOUR RIDE:

Catch up with your colleagues at the Bobbo Village and enjoy a range of refreshments. Visit our sponsors and talk with the charities who benefit from your participation.



# CUT OFF TIMES, DRINK STOPS

## DRINK STOPS

**KU-RING-GAI HIGH SCHOOL:** at approx. 21.2km – 27km ride only;

**ST IVES:** Toolang Playing Field at approx 27.0km and 97.7km – 57km, 80km and 104 km rides;

**TERREY HILLS:** Kinka Reserve at approx 39.7km – 57km, 80km and 104km rides;

**WEST HEAD:** Resolute Bay Car Park at approx 61.5km – 104km ride;

**TERREY HILLS:** Beltana Avenue at approx. 86.6km – 80km and 104km rides (on return leg only).

## CUT OFF TIMES

To comply with the approval conditions and to minimise inconvenience to the community, the following cut-off times will be enforced:

**NATIONAL PARK GATES AT MT COLAH:**

by 8.25am – all rides;

**BOBBIN HEAD ROAD AND KEATS ROAD NORTH TURRAMURRA:**

by 9.10am – 57km, 80km and 104km rides;

**TOOLANG OVAL ST IVES:**

by 9.50am – 57km, 80km and 104km rides;

**TERREY HILLS:**

corner Booralie Rd and Nerang Avenue – by 9.50 am, 80km and 104km rides;

**WEST HEAD ACCESS:**

corner West Head Rd and Lib Gen San Martin Dr – by 9.20am, 104km ride

**TERREY HILLS (RETURN):**

Beltana Avenue drink stop – by 12.15pm, 80km and 104km rides.

If you do not make the cut off times, you will be required to surrender your bib and will no longer be a participant in the Event.

**Exercise extreme caution on the descents into Bobbin Head, West Head & Akuna Bay.**

## PLATINUM KING & QUEEN OF THE MOUNTAIN

**104KM, 80KM & 57KM RIDES:**

Cyclists who have access to Strava will be able to take part in the 'King & Queen of the Mountain', a self-timed uphill section of 4km from Bobbin Head Bridge to the National Park gate at North Turramurra. This will operate between 6.45am and 8.30am.

# IMPORTANT INFORMATION



**To ensure an enjoyable event for all – please exercise good judgement and considerate behaviour on the road at all times.**

**The event is not a race, but a community bicycle ride.**

**Bring a water bottle and money for some food after the event.**

**You must have a roadworthy bicycle.**

### ALL RIDERS MUST DO THE FOLLOWING:

- Ensure your bike is in sound mechanical condition - particularly brakes, tyres, gears and handlebars
- Conform and comply with all road rules, road and event signs and directions of the Police or marshals.
- Attach their rider bib to the handle bars of the bike. Please write the name and phone number of the person we can contact in an emergency on the reverse side of the bib.
- Wear an approved helmet, otherwise you will not be allowed to participate. Do not wear headphones or similar devices.
- Wear highly visible or reflective clothing
- Carry a spare tube and pump.
- Respect other road users and give way when appropriate. Ride predictably, beware of others and signal carefully.
- Wherever possible riders are to ride on the verge of the road. Watch for car doors.
- Riders are to keep to left and not ride more than two abreast. Certain sections are specified single file.
- Ensure you have a map of the course for your ride (available from our web site).

### OTHER IMPORTANT INFORMATION

- We strongly recommend that you have appropriate Personal Accident and Public Liability Insurance. Membership of Bicycle NSW includes comprehensive insurance.
- Exercise extreme caution on the descents into Bobbin Head, West Head and Akuna Bay.
- Police will monitor the course to help ensure that all riders comply with the road rules.
- Bike service vehicles and bicycles will patrol the course and assist, however, basic bike tools, spare tubes, puncture repair kit and pump should be carried.
- The event ceases at 1.30pm.

### IN THE EVENT OF AN ACCIDENT RIDERS MUST

- Ensure their safety and that of the injured rider. Do not move the injured rider unless in danger or instructed by an Ambulance Officer, but assist if possible.
- In the event of serious accident call 000 and state name, the event, location, injury and emergency services required.
- Endeavour to communicate with a marshal for assistance.
- We will arrange to move the participant and their bike.
- Radio or mobile will be used to assist riders to make contact with first aid, police or ambulance as needed.

# THANK YOU

## FOR JOINING US AS WE RIDE TO HELP SAVE LIVES

### Message from Lifeline CEO

For more than 55 years, Lifeline Harbour to Hawkesbury Sydney (H2HS) has equipped thousands of individuals to support their own and others' mental health, responded to those in crisis and cared for those in recovery.

Lifeline works every day, all year round, to build hope and resilience in our community. Over a thousand incredible, dedicated employees and volunteers work with us through connection and empathy, gently building hope and holding people safe.

**But there is still so much more that we need to do.**

Collective efforts – with the support of incredible individuals involved in the Bobbo like yourself – is one of the most important avenues through which we can strengthen wellbeing and reduce suicides.

**The more we grow, the more people we can help.**

As a registered rider for this year's Bobbin Head Cycle Classic, you have the power to not only conquer the scenic routes and enjoy the breathtaking landscapes but also to touch lives and make a difference. Your fundraising efforts provide critical support to those in need, and every dollar you raise goes a long way in helping us achieve our goals.

Thank you for being part of this incredible journey. Let's give it one final push, and together, we'll create a brighter future for those in need.

Wishing you a fantastic and fulfilling ride at the Bobbo. See you at the start line!

**Elizabeth Lovell**

Chief Executive Officer

Lifeline Harbour to Hawkesbury Sydney



# 7 WAYS TO BOOST FUNDRAISING

## 1

**Personalise Your Fundraising Page:** Take the time to craft a compelling personal story on your fundraising page. Explain why the Bobbin Head Cycle Classic and the charities it supports are important to you. A personal touch can resonate with potential donors and motivate them to contribute.

## 2

**Set a Clear Target:** Make sure your fundraising goal is specific and achievable. Setting a clear target provides a sense of direction and urgency for both you and your potential donors.

## 3

**Share Your Journey:** Regularly update your supporters about your training progress, preparations, and milestones you've reached. Sharing your journey keeps donors engaged and informed.

## 4

**Leverage Social Media:** Utilise your social networks to spread the word about your fundraising efforts. Share your fundraising page on platforms like Facebook, Twitter, and Instagram. Regular posts, stories, and hashtags can boost your reach. We have created some graphics to help you on your journey, you can access them here: [www.bobbinheadcycleclassic.org.au/fundraising.php](http://www.bobbinheadcycleclassic.org.au/fundraising.php)

## 5

**Reach Out to Your Network:** Don't hesitate to personally reach out to friends, family, coworkers, and acquaintances. Craft personalised messages explaining why their support is essential, and ask for their help in reaching your fundraising goal. We have posters to help! Download them here: [www.bobbinheadcycleclassic.org.au/fundraising.php](http://www.bobbinheadcycleclassic.org.au/fundraising.php)

## 6

**Corporate Sponsorship:** If you have connections in local businesses or companies, explore the possibility of corporate sponsorships. Many organisations are willing to support employees' charitable endeavors.

## 7

**Follow Up:** Don't forget to follow up with potential donors. Send reminders and updates about your progress to keep your campaign fresh in their minds.



# PRIZES AND JERSEYS

## 2024 PRIZES

### For our top fundraisers

#### FIRST PRIZE:

a Mont Ventoux bike tour courtesy of the epic Ride & Seek Bicycle Adventures in Provence, valued at \$5,000!

#### SECOND PRIZE:

a brand-new \$3,500 bike from our friends at TREK in Turramurra.

#### THIRD PRIZE:

a \$1,095 portrait package from the talented Verve portrait Studio, who have also kindly donated fourth prize of a portrait package valued at \$650.

#### KING, QUEEN AND TEAM OF THE MOUNTAIN:

Last but not least, keen cyclists looking for a bit of competition will want to take out the title of Queen or King of the Mountain, and we have prizes for Team of the Mountain too!

The title of King, Queen and Team of the Mountain will be awarded to the top-timed riders in all ride lengths and win a \$100 voucher from Magpies Waitara and a trophy.

## BE PART OF THE PACK WITH OUR BRAND-NEW JERSEYS!

Show your support and order your Jersey today!

Plus, \$20 from the purchase of each jersey goes to Lifeline.  
Don't forget, this great-quality jersey is yours FREE when you raise \$750 or more.

Or raise \$1250 and you'll receive a SPECIAL \$HERO VERSION, only available to our top fundraisers!



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