



2018 RIDER HANDBOOK



TOWNSVILLE TO CAIRNS
BIKE RIDE 2018

Children's
Cancer
Institute



Our Vision

The Townsville to Cairns Bike Ride (TCBR) vision is aligned with that of the Children's Cancer Institute.

Together we aspire to save the lives of all children with cancer
and eliminate their suffering.

Our Mission

The Ride is committed to sharing this vision with others to increase awareness and participation in fundraising activities to help Children's Cancer Institute.

Children's Cancer Institute is world leading in researching the detection, treatment, cure and prevention of childhood cancer. To achieve this, the sole purpose of the Ride is to raise as much money as possible to help enhance the lives of children and their families who are, or have been affected by the many forms of cancer.

At the same time bringing people from different social backgrounds together to enjoy the challenge and friendships formed through a common goal.

By helping raise money for Children's Cancer Institute, you are contributing significantly.

How do Queensland children benefit from research conducted at Children's Cancer Institute?

Every year more than 640 Australian children will be diagnosed with cancer. Every week, nearly three Australian children will die of cancer. Sixty years ago, cancer was nearly always a death sentence for a child. Now eight out of 10 children survive – and it's medical research that has made this huge difference.

As the only independent medical research institute in Australia wholly dedicated to childhood cancer, Children's Cancer Institute's role is vital. Because, despite our progress, cancer still kills more children than any other disease.

Children Cancer Institute's research seeks to discover new treatments specifically designed for children, to develop safer and less toxic drugs that will minimise side effects and give children with cancer the best chance of a cure with the highest possible quality of life.

Children's Cancer Institute is recognised as one of the world's leading childhood cancer research facilities. Our integrated team of researchers and clinicians make sure our research has relevance in hospitals throughout Australia, so all children with cancer can benefit from our research achievements. In Queensland, regardless of where they live, **every** child diagnosed with cancer will be referred to the Royal Children's Hospital in Brisbane for treatment in a specialist oncology unit whose clinicians work directly with Children's Cancer Institute.

Funds from the Townsville to Cairns Bike Ride have been used to support a specific DNA testing procedure which has resulted, over the past ten years, in a doubling of the survival rate for kids with high-risk acute lymphoblastic leukaemia from 35% to 70%. There are dozens of children alive today who otherwise would have died from their disease, were it not for this study and the work of Children's Cancer Institute.

Since 2002, more than 170 children from Queensland, treated at Royal Children's Hospital Brisbane, have had their bone marrow samples sent to Children's Cancer Institute for this life-saving diagnostic testing procedure.

Without the support of community fundraisers such as the Townsville to Cairns Bike Ride, Children's Cancer Institute would simply not be able to undertake the work we know will put an end to childhood cancer.

Fundraising

All riders are required to raise a minimum of \$500.

Funds can either be raised as sponsorship or tax deductible donations/pledges. Money raised by way of sponsorship attracts GST. Despite common usage of the term “sponsorship” most funds raised by individual riders are technically tax deductible donations/pledges. Sponsorship occurs only when a benefactor purchases a sponsorship package outlined in the document “Townsville to Cairns Bike Ride Sponsorship Packages 2018”. Information about sponsorship packages is also available from the Ride website at www.tcbr.org.au

Where a sponsorship package is purchased, a tax invoice will be issued by Children’s Cancer Institute. Although riders may broker the purchase of a sponsorship package, generally most funds raised by riders constitute a tax deductible donation/pledge.

Where a benefactor makes a direct deposit to the Children’s Cancer Institute account as a tax deductible donation/pledge, a receipt will be generated by Children’s Cancer Institute if requested. To request a receipt or ‘Authority to Fundraise’ please contact Children’s Cancer Institute: info@ccia.org.au or 1800 685 686



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1.0 Preparing for the Ride

1.1 Information

Keep yourself informed prior to the ride. See FAQ at www.tcbr.org.au

1.2 Insurance

Your registration **does not include personal or third party insurance.**

While the Committee makes every effort to protect the safety of all participants, incidents can occur which may result in injury/loss/damage to you and/or others.

The Committee strongly recommends all participants avail themselves of insurance cover relevant to their individual circumstances.

As the Committee is not an insurance broker we do not recommend particular insurers.

As a starting point, you may wish to consider joining Bicycle Queensland as membership includes insurance cover. V-Insurance Group are the appointed Insurance brokers for Bicycle Queensland (<http://bq.org.au/join-us/member-insurance/>).

Annual membership of Bicycle Queensland is \$99/year for individuals and \$139/year for a household membership and does offer benefits other than insurance.

You could approach V-Insurance Group directly (<http://www.vinsurancegroup.com/bicycleQLD/index.html>) or find an alternative insurer.

1.3 Training

If you are new to this ride it is strongly recommended that you participate in the organised training rides which commence in March 2018. More details can be obtained at www.tcbr.org.au

Participation in training rides is important to ensure your level of bike fitness is adequate for the ride and you are correctly educated in the requirements of safe group riding.

Please do not leave it until the last couple of months to commence training as you may find the abilities of the group are already beyond your capacity.

1.4 Spirit of the Ride

This is a Volunteer-based ride that relies on everyone making a contribution to its success. The following pointers will help make the Ride more enjoyable for you and your fellow participants.

It is the responsibility of each rider to:

- Comply with the information contained in this booklet
- Be physically fit and capable of completing the ride
- Inform the ride committee of any existing medical condition(s)
- Protect your body from the elements
- Immediately inform your group leader if you are feeling ill

- Ensure you eat enough to sustain the energy required for the ride
- Ensure you drink plenty of fluids to remain hydrated
- Ensure your bike is serviceable and in good working condition to complete the ride
- Leave the shower, toilet and campsites tidy
- Label your bike and your personal gear – and look after it
- Help load and unload the luggage (otherwise it might get left behind)
- Keep yourself informed – regularly check for information bulletins and notices
- Arrive to all activities on time
- Be flexible to spread the demand for services e.g. meals, showers etc.
- Limit time in showers to conserve hot water for others
- Look after and care for others
- Thank the Volunteers and each other
- Have fun!

Remember that this is a ride to raise money for kids, not a race. Help each other along by encouraging others, especially when they are having a difficult time.

1.5 Safety

The safety of everyone involved in the Ride, whether as a rider or as part of the support crew, is the responsibility of EVERYONE. Safety MUST be your first priority.

All riders MUST comply with the following at all times:

1. Obey all road rules and instructions from group leaders, support vehicle drivers and Ride committee members;
2. Be aware of your surroundings - remember to look around and stay vigilant
3. Be aware of other riders and road users
4. Pass other riders in single file, on the right and only when safe to do so
5. Communicate with others – verbal or non-verbal
6. Verbal - call 'passing' when passing, or 'stopping' when stopping, call objects that can cause damage to rider and/or bike; and
7. Non-Verbal - use hand signals to indicate to other riders what you are planning to do; stopping, changing direction and obstacles ahead.
8. Keep as far to the left as possible to allow motor vehicles to overtake safely
9. Keep left of the edge line wherever possible
10. Move off the road before you dismount - walk your bike well off the road – ensure the riders behind you have sufficient space to dismount
11. Keep alert; most crashes happen when your concentration lapses
12. Keep at least one hand on your handlebars at all times
13. Avoid running into those in front; don't cross wheels
14. When riding in groups it's important to leave a constant space between you and the bike in front of you - keep in a straight line; don't wander all over the road
15. Riders in distress will be picked up by the rear driver who will report back to the group leader;
16. Use your front and rear lights in poor visibility - check your batteries before you leave
17. Weather – be prepared for a variety of whether conditions during the day including sun, wind and rain which can affect riding conditions
18. Be aware of changing road conditions including water, pot holes, gravel, narrow roads, approaching bridges/culverts, railway tracks and soft road shoulders (your group leader will give specific instructions where

necessary)

19. You must wear your rider's jersey each day of the ride when you're riding (you may wear a wet/cold weather high vis jacket when required)
20. Maintain the speed the group leader instructs and keep the pack tight
21. Stay a minimum distance of 20 metres behind the lead safety vehicle
22. Check your bike during the stops and at the beginning and end of each day to ensure it is mechanically safe
23. No Tri Bars
24. No headphones permitted while riding

2.0 Signals to Riders from Support Vehicles

SIGNAL	MEANING
1 LONG HORN BLAST	Safely stop your bike and move off the road, e.g. road train/ large vehicle coming, problem, rail crossing, etc.
2 BEEPS	Form single or double file / look up for driver's instructions.
1 BEEP	Vehicle overtaking the pack.
OPEN HAND OUT WINDOW	Stopping.
WAVING CLOSED FIST	Obstruction across road.
STATIONARY CLOSED FIST	Obstacle on road.

3.0 First Aid

A First Aid kit will be carried in the rear safety support vehicle. In the event of an incident, riders are to follow all instructions from the Group Leader. Those closest to the injured rider may provide immediate first aid if capable.

4.0 Designated Rest Stops

4.1 Day One – Thursday

STOP	NAME	DISTANCE	TOTAL
	Mercure Townsville	0	0
1	Woodland Shopping Centre	16	16
2	Bluewater Park	15	31
3	Rollingstone Hotel	23	54
4	Frosty Mango (Lunch & Individual Group Photos)	16	70
5	Francis Creek Rest Area	30	100
6	Ingham Show Ground	12	112

4.2 Day Two – Friday

STOP	NAME	DISTANCE	TOTAL
	Ingham Show Ground	0	0
1	Cardwell Range – Regroup at top	17	17
2	Bottom Cardwell Range	4	21
3	Rest Stop at Cardwell Beach Area (Pie Van)	33	54
4	Bilyana Rest Stop	21	75
5	Tully Gum Boot Park (Lunch)	23	98
6	Silkwood Clay Target Club	25	123
7	Innisfail PCYC & Pease Park	29	152

SAFETY NOTE:

Cardwell Range – Wait for your team to regroup at the top of the range, then depart immediately. Group descent will kept at 35kph and be controlled by lead vehicle.

Port Hinchinbrook - All riders will have to dismount from their bike and walk across the railway crossing opposite Port Hinchinbrook. This is on the third leg of the day.

Feluga - All riders will have to dismount from their bike and walk across the railway crossing after Feluga as the group enters the range. This is on the sixth leg of the day.

Moresby School - All riders will have to dismount from their bike and walk across the railway crossing after the Moresby School. This is on the seventh leg of the day.

Mourilyan - All riders will have to dismount from their bike and walk across the railway crossing at El Arish / Mourilyan. This is on the seventh leg of the day.

4.3 Day Three – Saturday

STOP	NAME	DISTANCE	TOTAL
	Innisfail PCYC & Pease Park	0	0
1	Babinda Park	28	28
2	Fishery Falls	20	48
3	Gordonvale	17	65
4	Cairns Show Ground (Lunch & Group Photo)	23	88
		TOTAL	352km

SAFETY NOTE:

Innisfail to Miriwinni - Riders are to be aware that there could be occasions where groups are required to stop to let traffic pass. All riders will have to dismount from their bike and walk across the railway crossing before entering Miriwinni. This is on the first leg for the day.

5.0 Itinerary

5.1 Day One – Thursday

DESCRIPTION	TIMES
Arrive at Mercure Inn	6.00 am (0600)
First Groups Leave	7.15 am (0715) (Groups will leave approximately two minutes apart)
Lunch	On arrival at Frosty Mango
Briefing (Team Leaders & Drivers)	6.00 pm (1800)
Dinner	Start – 6.30 pm (1830) Finish – 8.00 pm (2000)
Lights Out	10:00 pm (2200) (Bring some ear plugs, they may come in handy!)

5.2 Day Two – Friday

DESCRIPTION	TIMES
Wake Up	5.00 am (0500)
Breakfast	Start – 5.00 am (0500) Finish – 6.00 am (0600)
Help Clean Up	6.00 am (0600) (Tidy rest rooms and sleeping area)
First Group Leaves	6.30 am (0630) (Groups to be notified of their departure times)
Lunch	On arrival at Tully
Briefing (Team leaders & Drivers)	6.00 pm (1800)
Dinner	Start – 6.30 pm (1830) Finish – 8.00 pm (2000)
Lights Out	10:00 pm (2200) (Did you remember those ear plugs?)

5.3 Day Three – Saturday

DESCRIPTION	TIMES
Wake Up	6.00 am (0600)
Breakfast	Start – 6.00 am (0600) Finish – 7.00 am (0700)
Help Clean Up	7.00 am (0700) (Tidy rest rooms and sleeping area)
First Group Leaves	7.30 am (0730) (Groups will leave approximately two minutes apart)
Lunch	On arrival at Cairns Show Ground
Cairns Show Ground	Collect bags and pack bikes on truck.
Pre-Dinner Drinks	6.00 pm (1800) Cairns Convention Centre
Gala Dinner Celebration	7.00 pm (1900)

5.4 Day Four – Sunday

DESCRIPTION	TIMES
Clean Up Cairns Show Ground	8.00 am (0800)
Bus Returning to Townsville	9.00 am (0900) Don't be late. Late-comers will be left behind

6.0 General Information

6.1 Rider Wrist Band

NO WRIST BAND = NO FOOD

Please wear your rider wrist band **AT ALL TIMES**.

Tickets will be distributed for attendance of the Gala Dinner Celebration at the Cairns Convention Centre.

6.2 What to Bring

- Camera
- Sleeping Bag/Air Mattress/Pillow
- Wet weather gear
- Warm clothing
- Toiletries & personal items
(Remember a towel & maybe some detergent to wash your jersey)
- Hat/Cap/Sunscreen
- Stepping out gear – Cairns Gala Celebration is dress up and enjoy
- Spare tubes and tool kit (you may also like to bring a bike lock)
- Pain Killers for sore butts!
- Spending money for raffle tickets, drinks, coffee, rest stops, etc.
- Happy, outgoing personality and PATIENCE

6.3 Site Safety

For the health and safety of everyone on site, please walk your bike within the campsite.

6.4 Site Security

To assist with security, ensure that all visitors to our sites are introduced to a Committee member.

If you notice anyone within the campsite area that is not part of the ride, contact a Committee member as soon as possible.

6.5 Personal Items

Whilst your bag and your bike will be handled with care by all our volunteers, we cannot take responsibility for any damage or loss. You can help us by packing your gear securely and assisting with the loading and unloading of all baggage as appropriate.

We recommend that you use a good quality lock and secure your bike in a group. Be sure to remove all accessories from your bike before leaving it. Do not leave your personal items unsecured overnight.

6.6 Luggage

Remember you are only going away for 3 days not 3 weeks.

You will be given 2 tags that are to be placed on your luggage to identify you and your assigned ride group. Write your name clearly on both tags, place the tags on your luggage ensuring your name and ride group are clearly visible.

6.7 When You Arrive Onsite

- Secure your bike
- Help unload the luggage trucks

6.8 Loading of Luggage

When you get up in the morning you should pack your luggage before breakfast and ensure it is loaded on the truck no later than 20 minutes prior to the first group leaving.

PLEASE NOTE:

Heavy luggage (weighing more than 20kg)

- Receives a 'HEAVY' tag
- **Earns a penalty of \$50.00**
- May not be handled by Volunteers

6.9 Small Day Packs

Small day packs are permitted and can be carried in the lead vehicle in your group. Usually day packs should have what you require until you reach the night stop.

e.g.

- Tool kit – puncture repair, tyre levers, spare tube and pump
- Sunscreen – remember to continually apply during the day
- Suitable clothing for all conditions – this includes cold and wet weather gear
- Any special requirements/medications you might need
- Spending money for coffee and the Pie Van at the Cardwell rest stop
- Any other personal items

Packs must be promptly removed from your lead vehicle at the end of the ride each day.

6.10 Lost & Found

All lost and found property should be reported to your group leader.

6.11 Hot Showers

The hot water is limited at each site. When using the showers think of others and restrict the amount of time you spend with the hot water running.

6.12 Rubbish

Bins are located throughout the sites. Help the volunteers by picking up any rubbish within the campsite area. If a bin is **FULL** please help by placing rubbish in the larger wheelie bins.

6.13 Alcohol

Our stay in Ingham and Innisfail has licensed facilities. Alcohol should not be brought onto the site. Remember to respect our friends who supply the accommodation and other riders.

6.14 Noticeboard

Look here for notices, route highlights and changes to the day's program. If you wish to have any poetry, quizzes, pictures, thank you notes or anything else added to the noticeboard please give it to a committee member.

6.15 Return to Townsville

All riders are responsible for making their own travel arrangements for the return trip to Townsville.

Typically, riders choose to make their own arrangements, such as returning by road in their own vehicle previously driven to Cairns by family/friend. Alternatively, some riders choose to fly home.

Bus transport is made available by the ride for riders and volunteers who wish to travel home this way. If you elect to use the bus you need to have paid the bus fee at the time of registration. This fee is over and above the standard registration fee.

The ride will transport all bikes back to Townsville to the ride start point at no charge. To avail yourself of this service you must load your bike onto the transport containers at Cairns Show Ground at the time you collect your bags on Saturday afternoon. Please note: The transport will leave for Townsville on Saturday afternoon, or early Sunday morning, and there will be no opportunity to load bicycles after Saturday afternoon.

Riders will need to be in Townsville to collect their bikes off the transport which will arrive at the ride start point mid-afternoon on Sunday. Bikes not collected between 5.00pm and 5.30pm on Sunday afternoon will be locked in secured storage and **MUST** be collected between 5.00pm and 5.30pm Monday.

7.0 Our Volunteers – Spirit of the Ride

All of the volunteers have given huge amounts of their time and energy to make the ride run smoothly.

They include:

- The TCBR Committee
- Group Leaders
- Massage Therapists
- Catering Staff
- Rider Group Front Drivers
- Rider Group Rear Drivers
- Truck Drivers
- Water Truck Drivers
- Committee Support

Please ensure you take the opportunity to thank them.

8.0 Our Valued Sponsors

- BNG Sports
- Big W
- Grill'd Townsville
- Blackchrome
- The Mercure
- Hello Blue Productions
- Good Morning Coffee Trader
- Nortrans
- Zephyrmedia
- Coca-Cola Amatil
- Frosty Mango
- Lions International
- Rotary
- Woolworths
- Independent Network Car & Truck Rental
- Outer Limits Adventure Fitness
- Nortrans
- National Storage
- Cairns Convention Centre