

**CHALLENGE
TOUR**

***OFFICIAL
RIDE GUIDE***



FRIDAY 20 JANUARY 2023



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This ride guide is provided to all registered participants of the 2023 Challenge Tour. For your safety, please make sure you read it before the event.

IMPORTANT PHONE NUMBERS

**IN AN EMERGENCY CALL:
000 OR 112**

To withdraw from the ride call
0425 381 816 or 0425 777 484

Mechanical support will be located at each start location and every refreshment station along the route.

WELCOME

WELCOME TO THE 2023 CHALLENGE TOUR

Congratulations on registering to be a part of the Challenge Tour, the official recreational ride of the 2023 Santos Tour Down Under.

This event is a unique opportunity to ride the Men's Stage 3 route of the Santos Tour Down Under, the same route on the same day as the world's elite riders.

In an event first the ride will be held on closed roads, with timing, nutrition stops, and mechanical support provided for all participants. Get set for three huge climbs: Norton Summit, Checker Hill and Corkscrew Road, with two distances available – the full 123.5-kilometre stage or an 83-kilometre option.

You can look forward to a fun and challenging ride. It's a great way to see some of the best parts of South Australia, enjoying a chat with your fellow riders and perhaps even setting a goal to beat your personal best time.

This ride guide is your handbook to the Challenge Tour. It contains helpful information about the ride, car parking, transport and refreshment stations as well as emergency procedures to help you enjoy the ride safely. This guide has been designed as an easy reference manual, so remember to read it before event day and print any pages you want to take along with you to the event.

On behalf of the Santos Tour Down Under we wish you the best of luck riding your challenge on Friday 20 January 2023.

Enjoy the ride!



GENERAL INFORMATION

CITY OF ADELAIDE TOUR VILLAGE

Friday 13 January - Saturday 21 January 2023
Victoria Square/Tarntanyangga

Walk amongst the world's best cyclists and check out the latest cycling gear in the City of Adelaide Tour Village.

The largest Bike Expo in Australia is located in Adelaide's CBD, this is the heart and soul of the event, the place to go to immerse yourself in all things Santos Tour Down Under and cycling. See the team mechanics at work, watch the race on the big screen, check out the latest cycling equipment and tech, be inspired and deck yourself out like the pros or simply sit back with fabulous food and wine.

CHALLENGE TOUR PRE-EVENT CHECK IN

Sunday 15th January 2023	3:00pm – 7:00pm
Wednesday 18th January 2023	12:00pm – 7:00pm
Thursday 19th January 2023	12:00pm – 7:00pm

JERSEY AND ID TAG COLLECTION

Participants can collect their jersey and ID tag at any of the pre-event check-in sessions listed above. Please bring your booking confirmation and personal ID with you.

Jerseys which have not been collected at one of the pre-event check-in sessions, can be collected at your nominated start location on ride day.

JERSEY SWAP

On Thursday 19th January 2023 between 3pm and 7pm participants may attempt to swap their jersey with other participants, or with any spare jerseys. The jersey swap location will be in the Challenge Tour registration marquee in the Tour Village. Please note the jersey must **NOT** be worn. Sizes are subject to availability.

GENERAL INFORMATION



CHALLENGE TOUR ID TAG

To help identify all participants during the event you are required to:

- Wear a Challenge Tour 2023 wristband.
- Attach your Challenge Tour ID Tag to your seat post.
- It is strongly encouraged that all participants wear the official Challenge Tour jersey

All riders will be timed so you can have an official record of your achievement. A special timing chip is inside your number plate, and you will need to attach this to the seat post of your bike to record a time. Please do not attempt to modify the timing plate in any way.

To receive an official time, your bike must cross all timing points, including at the start and finish of the ride. You will be notified of your time in a post-ride email.

Security will be enforcing that all participants have on display their ID tag and wristband. Failure to comply with requirements will exclude you from starting, entering refreshment stops, closed roads and riding under the finish arch.

GENERAL INFORMATION

All riders must wear their wristband and have their seat post ID tag attached to their bike to be officially a part of the event. Your wrist band will give you access to rest stop nutrition and hydration.

It is highly recommended to wear the official Challenge Tour jersey for the event to ensure that you are easily identifiable.

Your wrist band and timing chip are not transferable.

CLOAKROOM

You are welcome to store a bag with us while you ride. The drop-off point will be at The Parade in Norwood and pick-up point will be at the finish line at Campbelltown.

Drop off will be open 5:00am – 6:00am and pick up will be open from 2:00pm – 3:30pm on Friday 20th January.

MECHANICAL SUPPORT

Mechanical Support will be available at the start and following rest areas:

- Lobethal
- Williamstown (Long Route)
- Gumeracha

There will also be an on-course mechanic however we strongly recommend each rider carries the basic tools i.e. to change a tyre.

SWEEP VEHICLE SUPPORT

SAG (support and gear) wagons are our on-road support vehicles and can help if you are unable to continue riding. Please follow these instructions if you require assistance:

- Find a safe space to pull off the road
- Turn your bike upside down on the side off the road at a safe distance from the road and other road users.
- Call event assistance.

GENERAL INFORMATION

TIMINGS FOR CUTOFF POINTS

To complete the event in time, you will need to pass the key locations by the following times:

LOCATION	TIME	DISTANCE MARKER
Ashton	7:30am	14.6km
Lobethal	8:45am	33.4km
Birdwood (Long route diversion)	9:20am	47.9km
Williamstown (Long Route)	10:45am	69.2km
Gumeracha	12:15pm	92.7 / 52.8km
Corkscrew Road	1:20pm	112.4 / 72.5km

REST AREAS

There are multiple rest areas where you will be able to stop, refuel, check your bike, dispose of rubbish, go to the toilet, or receive first aid treatment. There will be electrolytes, water, and nutrition available at all major rest stops. Water will be available along the route.

LOCATION	TIME	DISTANCE MARKER
Lobethal	6:30am – 9:00am	33.4km
Williamstown ((Long Route Only)	7:30am – 11:00am	69.2km
Gumeracha (Lunch)	7:00am – 12:30pm	52.8km / 92.7km

GENERAL INFORMATION

MEDICAL ASSISTANCE

Your wellbeing is paramount, so we have put in place the best care plan to respond to any problems or complications that may occur during the ride. The following identifies our medical setup:

- A first aid clinic will be operational at Finish Site in Campbelltown
- All major rest areas will have first aid officers
- Mobile first responders (motorcycles) will be positioned around the route
- Always call 000 first in the event of an emergency, then call Event Assistance

Please note, standard SA Ambulance fees and charges apply if you do require transport. Ambulance cover is recommended.

TIPS FOR THE RIDE

NUTRITION

As a general rule you should consume around 30-60 grams of carbohydrate per hour. Everyone has their personal nutritional preferences when riding so practice yours during your training rides leading up to the event. On the morning of the event make sure you eat a good serving of low GI carbohydrate breakfast like porridge or muesli. The evening before the ride it is best to consume a carbohydrate focused meal such as pasta to fuel your body for the following day.

FLUIDS

The amount of fluid you have per hour is mainly based on the environmental temperature. If you are using a sports drink as part of your nutritional plan, mix up the concentration based on the amount of fluid you will be drinking. For the cooler part of the day, your drink should be more concentrated as you will be drinking less. During the hotter parts of the day it should be less concentrated as you will be drinking more. Always ensure that you start with two full 750ml bidons and stop at every rest stop to fill them up. Don't wait to feel thirsty before you drink.

POST EVENT

Regardless of whether you are a Challenge Tour finisher or destined to try again next year after retiring, there are a few points to remember post event:

- If it's been a hot day, remember to rehydrate as soon as possible after the ride. Also, ensure that you eat a good quality low GI carbohydrate meal within two hours of completing the event. Follow this up with a good quality protein meal in the evening. The following day, spin out the legs at around 100rpm on a flat course at an easy pace for around an hour to help ride out the soreness. If you plan to travel, and are unable to ride, go out for an easy walk when you get home.
- To view official event photos and find your Challenge Tour times visit tourdownunder.com.au

ROAD RULES FOR ALL CYCLISTS

Please remember the following while you ride :

- Although many of the roads on course are closed, road rules apply at all times.
- Throughout the route there will be a few selected mixed zones, allowing vehicles at reduced speed to share the road with riders.
- When descending you should ride within your limits. Do not take any risks and keep left at all times.
- Do not cross the white line in the centre of the road, do not overtake other riders on their left and limit your speed to 50km/h.
- When climbing you should not zigzag and not cross the white line in the centre of the road.
- As per South Australian road rules, you must use a white front light and red rear light that is clearly visible from at least 200 metres away when it is dark. A red reflector must also be clearly visible at the back of the bike from 50 metres away.
- Obey all road rules, traffic signals, signs and directions from marshals, police, and traffic controllers. Whether you are riding on a closed or open road, the road rules do not change.
- Do not ride on the wrong side of the road.
- Ride as near as possible to the left side of the road.
- Verbally communicate all changes in your direction and tell other riders if you are slowing or stopping.
- Do not ride more than two abreast and no more than 1.5m apart unless overtaking other riders.
- Do not ride within 2 metres of the rear of a moving vehicle for more than 200 metres. Do not hold onto a moving vehicle.
- You must obey all instructions from on-route marshals, traffic controllers and the Bicycle Network event team.
- Signage will be placed on the route. Please follow these to make sure you remain on the official route.

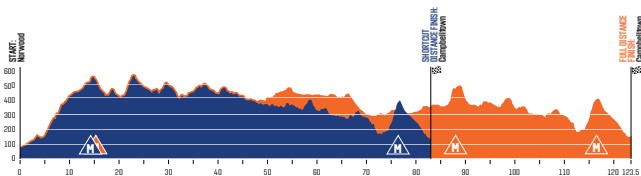
SIGNAGE AND MARSHALS

Directional and advisory signage will be placed along the route to advise you of:

- Direction of the rider route
- Identified hazards
- Upcoming rest stops

In some instances, volunteer marshals will also be positioned around the route to assist in communicating with you as well. Please follow their instructions (and say thank you for supporting the Challenge Tour).

CHALLENGE TOUR ROUTE MAP/PROFILE



NORWOOD START SITE MAP



NORWOOD

START INFORMATION

LOCATION	SHORT		LONG	
	KM BETWEEN	TOTAL KMS	KM BETWEEN	TOTAL KMS
Start Norwood		0		0
Water Stop 1	18.72	18.72	18.72	18.72
Rest Stop Lobethal	14.74	33.46	14.74	33.46
Water Stop 2	NA	NA	18.86	52.32
Rest Stop Williamstown	NA	NA	16.91	69.23
Rest Stop Gumeracha	19.76	53.22	23.44	92.67
Water Stop 3	19.76	72.98	19.76	112.43
Finish Montacute	9.74	82.72	9.74	122.17

NORWOOD

START INFORMATION

PARTICIPANT FACILITIES

Bathrooms: Corner of Edward St and The Parade, Norwood (Open from 5am)

MARSHALLING AREA & START

Please arrive at the start of the entry chute by 5:45am and line up according to your chosen wave.

Ensure you are wearing your wristband and your timing chip is attached to your seat post. These items are mandatory.

SAFETY BRIEFING

5:50am in the start chute.

CLOAK ROOM SERVICES

Participants can check a bag into the cloak room from 5am – 6am at The Parade in Norwood. This bag will be transferred to the finish line for collection.

WRISTBAND & SEAT ID TAG

Your wristband is your ticket to the event and your access to all food and refreshment stops on route and at the finish. You **MUST** be wearing your official 2023 Challenge Tour wristband and have your ID tag attached to your seat post before proceeding to the start line and throughout the ride. If you are not wearing the correct wristband and ID tag you will not be able to enter the starts, refreshment stops, closed roads nor ride under the finish arch.

MECHANICAL SUPPORT

There will be mechanical support available at the start line on George St. Mechanics will be available from 5:30am.

NORWOOD START INFORMATION

START LINE

Riders must assemble within the fenced area behind the start line. There will be an important safety briefing at 5:50am followed by the official countdown. At the end of the countdown, riders will pass through the Challenge Tour arch to commence their ride.

The South Australian Police will escort all riders from the start for a short distance. However, this escort does NOT represent a road closure and riders MUST obey normal road rules, including stopping at any red traffic signals, railway crossings, stop signs and obeying the instructions of South Australia Police or any Challenge Tour official or marshal.

Normal road rules apply during the Challenge Tour and the South Australia Police will be patrolling the route. Any riders found disobeying the road rules may be subject to fines under the South Australian Road Traffic Act.

As Norwood riders will be riding before sunrise, all riders must have adequate lights installed on their bicycle and illuminate these before sunrise as per the South Australian Road Traffic Act. Sunrise is predicted to be at 6:22am on the morning of the ride. However, it is encouraged for the safety of all riders that lights are kept illuminated throughout your ride.

ROUTE MAP

Riders can access the rider route map here:

<https://www.google.com/maps/d/viewer?mid=1GuYPuAiXi1rQ3x3507htQD3iQhCYk2EGil=-34.8087873749341%2C138.801335000000026z=11>



ROAD CLOSURE UPDATE

Scan QR code for up to date information on road closures.



IS YOUR BIKE AS FIT AS YOU ARE?

YOU HAVE BEEN TRAINING FOR THE RIDE, BUT WHAT ABOUT YOUR BIKE? CAN IT KEEP UP WITH YOU?

Not sure? Then you should give your bike a thorough tune-up or get your friendly bike shop to help you. If your bike is as well prepared as you are, there will be less likelihood of mechanical problems occurring, so you can relax and enjoy the ride.

Here is a list of items that you need to check on your bike:

BEARINGS

- Wheel bearings, front and rear
- Headset
- Bottom bracket
- Pedals

DRIVE TRAIN

- Chain – has it stretched – i.e. worn beyond its limit?
- Chain rings
- Cogs
- If any one of the drive train components is suspect, the other components need to be carefully assessed also. Worn drive train components can lead to poor gear shifting or the chain slipping
- Cranks and chain ring bolts should be tight

GEARS

- Derailleur's
- Cables – replace any frayed cables, or any cracked or broken cable outers
- Shifters – grip shift style (twist) shifters need to be cleaned and lubricated

BRAKES

- Pads – properly aligned and not too worn (disc brake pads wear too)
- Pads (rim type or disc) not dragging
- Cables – replace any frayed cables, or any cracked or broken cable outers
- Hydraulic discs – should not be spongy

WHEELS

- Check for buckles, large or small
- Buckled wheels will also affect braking performance
- Check for broken or loose spokes

SUSPENSION

- Performing correctly, without leaks, rattles, or backwards and forwards play

ACCESSORIES

- Racks, lights, drink bottle cages, etc should be tight, not broken, and with all the correct fittings

SPARES AND TOOLS THAT YOU MUST BRING WITH YOU INCLUDE:

- Spare tubes of the correct size for your wheels and tyres
- Patch kit and tyre levers
- Basic tools (Phillips head and flat-head screwdrivers, Allen keys or spanners) or a multi-tool

Talk to your bike shop about the need to take any special tools specific to your bike. Bicycle mechanics will be at all refreshment stations. Fees may apply for parts and service.



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