

GUIDEBOOK 2021

CYCLING EVENTURES



Forest Products Commission Lifeline















Welcome to the 2021 Tour of Western Australia: Avon Valley!

We are so grateful that we have the freedom to move throughout Western Australia at a time when so many communities across the country are locked down or restricted. In WA we are out and about seeing our own countryside like never before, in all sort of ways. Indeed, cycling in WA has never been more popular!

We are so excited about our second edition of the Tour of WA. The Avon Valley Region is positvely bursting with resplendent colours right now. The canola fields and the wildflowers are the best we have seen in years. And we have chosen some really special routes that take you through some of the Wheatbelt's most historic and scenic townships, farmlands and forests.

We are delighted that so many of our TOWA 2020 riders are returning; we had so much fun together last year. We know that our newcomers will be warmly welcomed into the TOWA peloton.

All the best for a great tour. Your TOWA Avon Valley Team

What to bring

- Your bike, with front and rear lights, tyre levers, a pump (or CO2 cartridges), spare tubes, spare tyres, and two bottles.
- Front and rear bike lights are particularly important if you intend to be commuting around town after twilight.
- A bike lock. Each rider is responsible for the security of their own bike for the duration of the tour.
- Your cycling kit, personal clothing and toiletry items for 5 days of riding and casual socialising.
- All necessary chargers for bike computers and mobile phones.
- Laundry powder or liquid. Laundry facilities will be available in most accommodation venues, but you may find it easier to wash your cycling kit in the shower.

Mechanical support

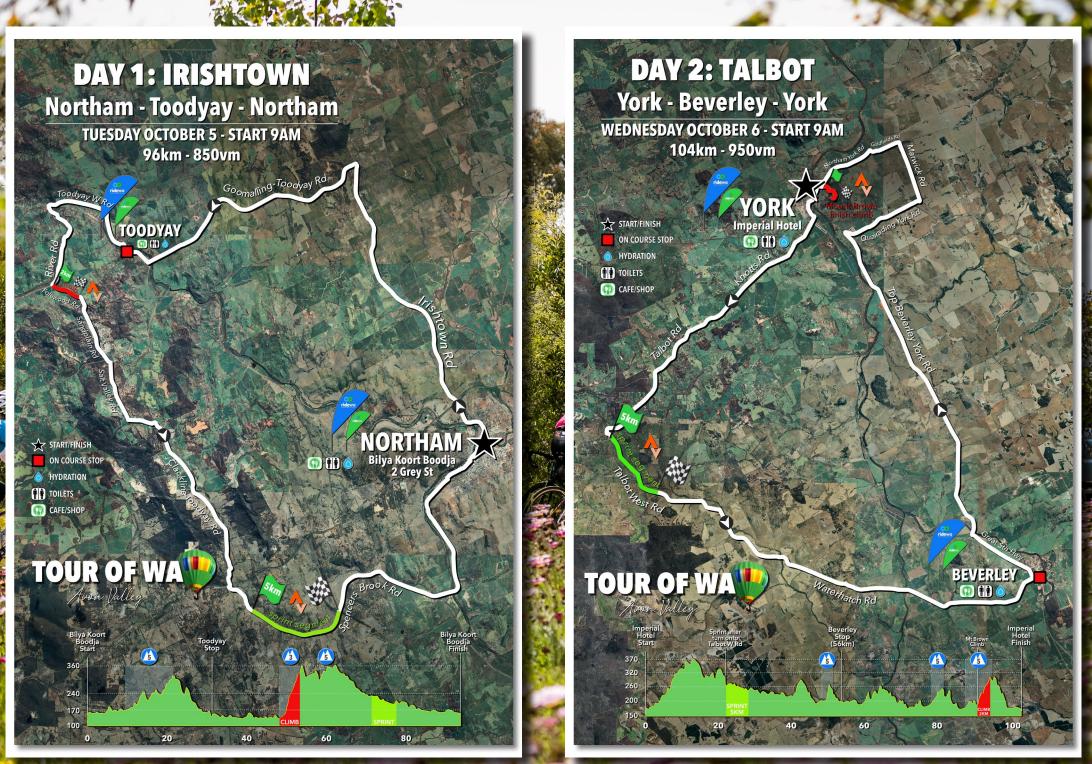
 We will have several mechanically-handy Ride WA crew members driving in our TOWA support team and riding with you on the road. We will also have some essential spare parts on hand. If you have a mechanical issue, we should be able to get you back on the road.

Insurance/Safety

- All riders must hold a membership with <u>AusCycling</u> to participate in TOWA. Riders who do not currently have an AusCycling membership can sign up for the 4 Week Free Trial just before the Tour starts, or purchase a Lifestyle membership and be covered for the year. Proof of purchase of this membership must be shown at registration on Tuesday October 5th. No membership, no ride.
- Add the RideWA Incident Manager's mobile number to your phone contacts and call it if you or another rider are in need of medical or mechanical assistance (number will be provided to you at registration).
- Download the <u>Emergency+ app</u> to your phone. In the case of a serious accident where an ambulance is definitely needed, you can use this app to dial 000, and it will send your GPS coordinates to the 000 operator.

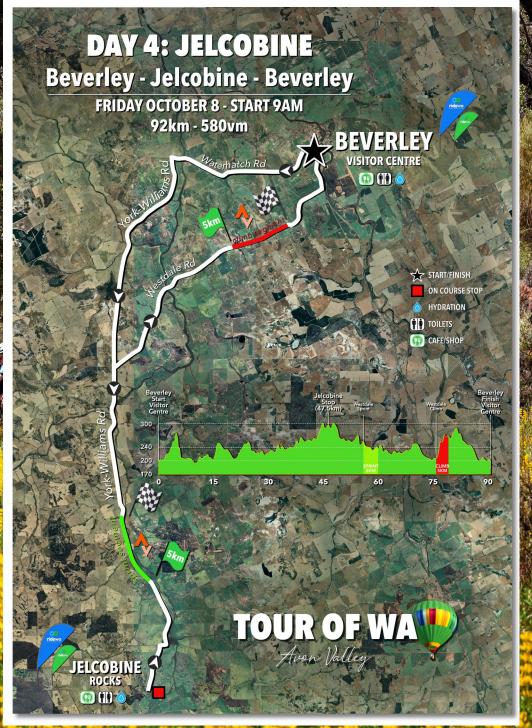
On the road

- It is the responsibility of each rider to transport themselves to the start town and start line on time each day.
- Each day's course will be marked and a lead vehicle will guide the front of the peloton. However, it is the responsibility of each rider to know the course prior to starting each day. Maps are on the following pages and the GPX files can be dowloaded from tourofmargaretriver.com/towa2/.
- Each day we will start as one big group as we ride out of town. During the first 10 kilometres, we will break into ride groups according to most comfortable speed.
- You will be able to move between groups if the speed of your initial group is not suitable. By the end of Day 2 we would hope to have everyone settled into the best group for them.
- TOWA support vehicles will travel behind the groups to protect riders from behind. Our moto-scouts will move up and down the line to keep an eye on everyone. CB Traffic Solutions will provide a mobile controlled escort, with front and rear vehicles alerting all road traffic of the TOWA peloton.
- Be aware that all roads ridden in the tour will remain open to normal traffic, and all normal traffic rules will apply.
- Please make every effort to keep your group together on the road. Riders strung out along the road lessens the value of the following support vehicles and impacts on the overall safety of the tour.
- Each day we have an official stop at our 'halfway town'. All riders must stop in this town and regroup at the designated time and location for the restart. Riders who decide to ride straight through without stopping will no longer be considered to be in the TOWA peloton, as they will not be protected by the mobile controlled escort.
- Please listen to and adhere to any directions given by our support crew or by CB Traffic Solutions. They are there to keep you safe, and there are some specific instructions they must issue out on the road, particularly on day 3, so please pay attention.
- If you leave the course during the day for any reason, please ensure you advise your support driver or the Incident Manager.



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A bit of Strava fun

Each day we have two Strava segments on course for those riders who use Strava and wish to test their climbing and time-trial/sprinting talents. The segments are shown on the maps and you will see them appear on your Strava feed as you ride along (all segments start with the acroym "TOWA"). The start and finish of each segment will be marked by a flag on the side of the road. Novelty jerseys are up for grabs for the men and women who record the fastest times each day. If you are joining in, please make sure you have your Strava account set to public and 'finish and save' your activity immediately after each ride. It is definitely not compulsory to race these segments...it's just a bit of fun for those who are keen.

Our Social/Wellbeing Program

Monday 4th

 4pm to 7pm: Registration and Welcome Sundowner at The Imperial Homestead, York.

Tuesday 5th

2-4pm post-ride socialise at The Dome in Northam and Day 1 Strava KOM/
QOM Jersey Awards Ceremony.

Wednesday 6th

- 5pm Day 2 Strava KOM/QOM Jersey Awards Imperial Homestead, York.
- 6pm to 7pm: Yoga in Avon Park with Teresa from The Yoga Lounge.

Thursday 7th

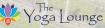
- 5pm Day 2 Strava KOM/QOM Jersey Awards Imperial Homestead, York.
- Dinner at various establishments in York.

Friday 8th

- 5pm Day 2 Strava KOM/QOM Jersey Awards Imperial Homestead, York.
- 6pm to 7pm: Yoga in Avon Park with Teresa from The Yoga Lounge.

Saturday 9th

 6pm onwards: Oktoberfest Party Farewell at the Imperial Homestead, with live entertainment by our travelling band, The Defectors. Final Strava KOM/ QOM Jersey Awards.



Key contacts during the event

Event Coordinator

Ali Milne 0481 181 902 agmilne77@gmail.com

Course Manager

Dave Gardiner 0417 978 394

Website

tourofmargaretriver.com/towa2/

Incident Manager

Rebecca Cotton 0416 049 691 rebecca@tourofmargaretriver.com

Lead Motoscout Mike Thorman 0419 043 128

Facebook & Instagram

@tourofwa

Our thanks to

- All our hard-working, passionate and loyal Ride WA crew members and ride guides. As aways, without you, none of it is possible.
- All the riders, partners, families and friends who joined us on this excellent adventure.
- The Turtles Bicycle Club in Cowaramup, where the idea was born.
- The shires and communities of York, Northam, Toodyay, Chittering, Beverley and Brookton for all your support.
- The Imperial Homestead in York, for providing us with fantastic tour base.
- Our Lifeline WA registration helpers.
- The Bilya Koort Boodja Centre in Northam, for the wonderful Welcome to Country and Smoking Ceremony.
- Teresa from The Yoga Lounge for keeping us calm and limber on tour.
- Our sponsor, Forest Products Commission, for supporting all things cycling.
- Daniela Tommasi, for capturing our adventure in beautiful images.

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Our travelling band, The Defectors, for the Oktoberfest entertainment.

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