



zoo2zoo

12, 13 & 14 October

2018

Sydney – Dubbo

Event Guide

Purpose of this document

This document is designed for the information of riders and support drivers containing information on each day's activities. Although riders are not required to navigate during the event they should familiarise themselves with the general route and destination of each leg. The following 600mm x 600mm sized markers will be placed at intersections to identify the designated route:



For the support crew, this document contains detailed turn by turn directions for the duration of the event. Drivers will be designated specific tasks and given detailed instructions at the start of each leg. At the end of the day, the drivers' main task is to make sure the riders are all safe and accounted for.

General principles for all participants

- **THIS IS NOT A RACE** - this is a social event. Take the time to get to know the other participants and enjoy the weekend.
- State and Territory road rules apply at all times. We are travelling on open public roads and need to share and be courteous to other road users.
- Riders should ride within their own limits. Riders should be mindful this is an endurance event and ride at a pace that is sustainable for them.
- Look after yourself, but also those around you. No rider is to ride solo.
- The vehicles are there to support you whether that is with mechanicals, food or drinks or to transport you if necessary. Don't be too proud to seek their assistance.
- If at any time an event organiser or support crew member makes a decision or provides a directive in the interests of your safety, please be cooperative and respectful of the decision.
- If at any time a rider or driver has a concern regarding safety, please raise your concern immediately with one of the organisers, Andrew McKay and Andrew Back.
- Be conscious that at all times you are representing Zoo2Zoo and the Black Dog Institute.

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Event personnel contact details

Andrew McKay (Event Organiser)	0405 494 684
Andrew Back (Event Organiser)	0402 293 724

Emergencies and medical centres

In case of medical emergency, call 000. If out of mobile phone range, the following medical centres are in the vicinity of our route listed in the order that we will travel.

Hospital	Phone Number	Address/Directions
Royal North Shore Hospital	(02) 9926 7111	Reserve Rd, St Leonards 2065
Nepean Hospital	(02) 4734 2000	Derby St, Penrith 2750
Springwood Hospital	(02) 4784 6500	7 Huntley Grange Rd, Springwood 2777
Katoomba – Blue Mountains District Hospital	(02) 4784 6500	Cnr Great Western Highway and Woodlands Road, Katoomba 2747
Lithgow Hospital	(02) 6350 2300	Great Western Highway, Lithgow 2790
Molong Hospital	(02) 6392 3300	King Street, Molong 2850
Yeoval Community Co-op Hospital	(02) 6846 4100	3-7 Lord Street, Yeoval 2868
Dubbo Base Hospital	(02) 6885 8666	Follow Newell Hwy to Cobbora Rd/Golden Hwy.

Medical /First Aid.

There is a doctor on the ride, with emergency experience, to provide first aid.

It is expected riders bring all regular medication with them as well as any over the counter medications such as Paracetamol / ibuprofen / antihistamine's that they feel they may need.

In the past there has been an issue with one of the riders suffering from Hyponatremia - low Sodium. (After a long day of riding on a very hot day.)

Hyponatremia signs and symptoms may include:

Nausea and vomiting	Headache
Confusion	Loss of energy and fatigue
Restlessness and irritability	Muscle weakness, spasms or cramps
Seizures	

There will be Sports drinks available to help replace salts lost through sweat.

Please be aware of fellow riders and how you feel yourself. If in doubt seek medical advice.

Accommodation details

Room allocations have been conducted. People have been grouped according to preference where possible dependant on the configuration of the rooms available.

Day 1 – *Redleaf Motel, Blackheath, NSW*

Day 2 – *Molong Motor Inn, 12 Gidley Street Molong, (Ph 02 6366 8099)*

Telegraph Hotel

Villa Ash, Gidley Street, Molong

Molong Caravan Park

Various local homes

Day 3 – *Cattleman's Country Motor Inn, 8 Whylandra Street Dubbo (Ph 02 6884 5222)*
(Cattleman's is recommended for those staying the Sunday night in Dubbo after the event but organisation is the responsibility of individuals).

Thursday 11th October 2018

Ride eve Dinner, Warringah Bowls, Mosman, 82 Bradleys Head Rd, 7pm

All support crew and riders, along with their friends and families are welcome to meet for dinner at “Warringah Bowls, Mosman”, 82 Bradleys Head Rd, Mosman from 7pm on Thursday 11 October 2017. This will be an opportunity for riders to pick up jerseys, meet fellow riders, ask questions you may have about the ride.

Support crew packs will be give out at the dinner (flashing lights, first aid kits etc).

Even if you are unable to stay for dinner, please call in for a drink if you are free.

Friday 12th October 2018

The Start

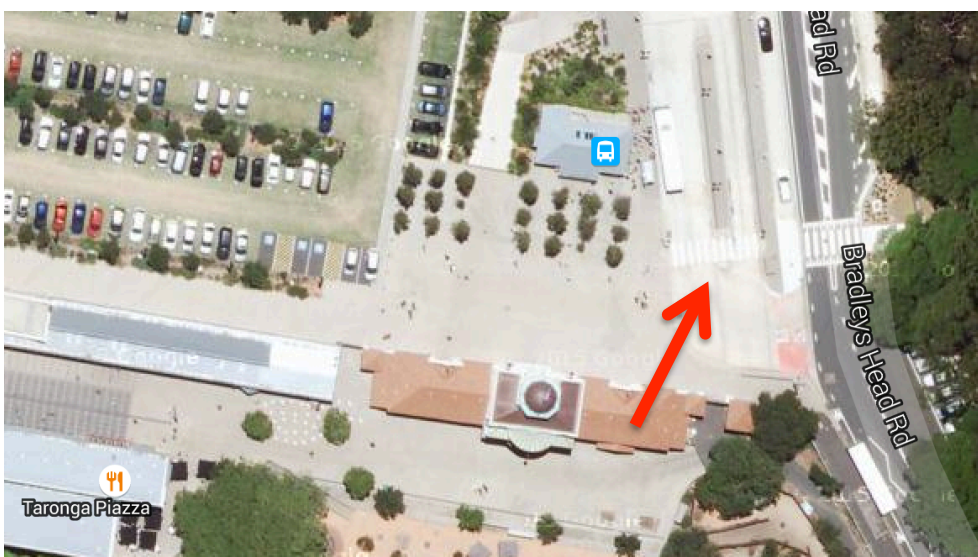
All support crew are required to be at Taronga Zoo, Mosman by 4am. We need to be all set up before the first rider arrives at 4.30am. It is crucial that we are rolling out of Taronga Zoo at 5.30am All support crew and riders will have specific tasks to ensure timeframes are met.

Bus Bay

We can use the bus bay until 5.30am, at which time we must leave this area as buses will start to arrive to get ready for the first bus at 6.50am.

The bus bay cannot be used for rider drop off. It will be used purely for support cars. If you cannot wheel your bike and carry your bag, you are bringing too much gear. You do not need bike bags, we have cardboard bike boxes available in Dubbo, at the end.

Support cars will be directed as to where to park in the bus bay.



“1916” Entrance Gate

We will be setting up in the area outside the “1916” gates. The following will be set up:
Zoo2Zoo marquee, six (6) tear drop banners and PA system. There will be four (4) tables set up:

Tables 1 & 2: Sign in area. Each rider and support will sign in and also sign the Risk Assessment document and waiver. Pick up rider jersey if need be and day bag if you require one.

Table 3: “Up and Gos” and Bananas

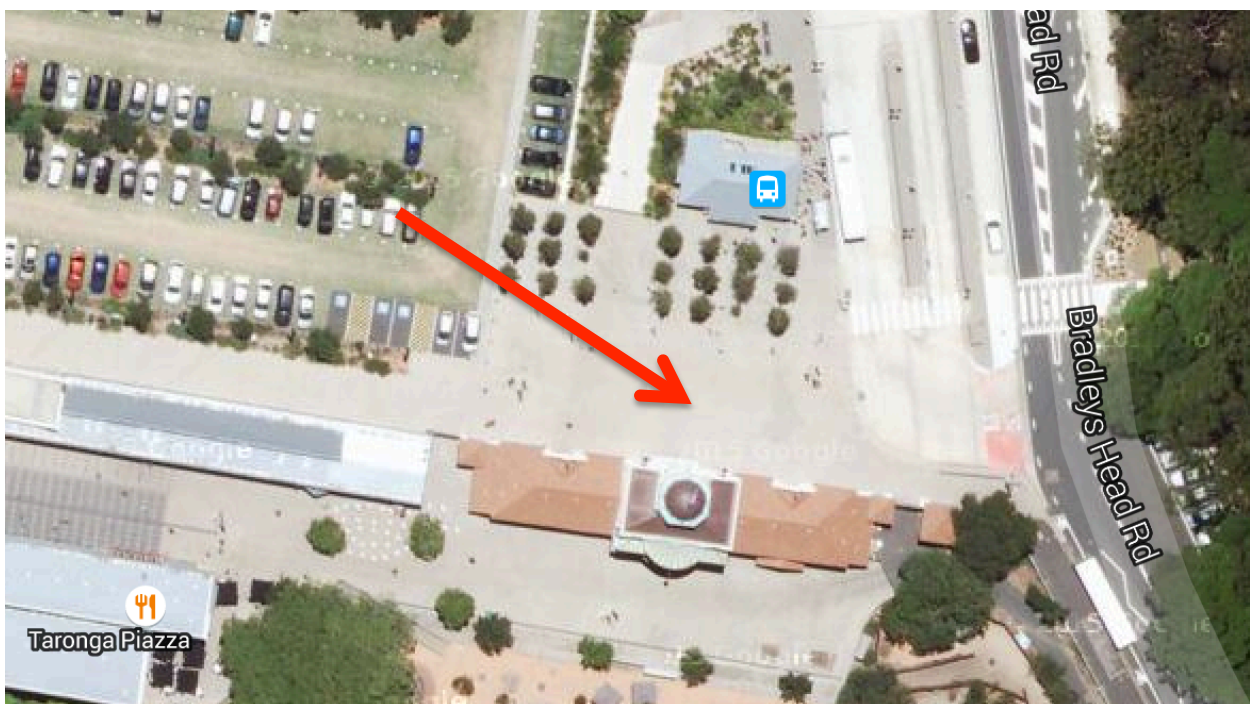
Table 4: Water and Gatorade

There will be track pumps to pump up tyres.

This is all there will be. It is designed to be as efficient as possible.

Riders will take their “named” overnight bag to the luggage truck. All day bags (things you will need during the day) will be placed in the support car supporting your group (you need to take this to your support car yourself, which will be in the “bus bay”).

Once you have signed on, signed the waiver, picked up your jersey (if need be), placed your luggage tag on your one (1) overnight bag, pumped up your tyres, placed your dag bag in your support car, had an “up and go”, banana and filled your water bottles, you are set to go! We ask people to put their cycling shoes on at the last minute so they can walk around easily in their runners. Place these runners in your day bag.

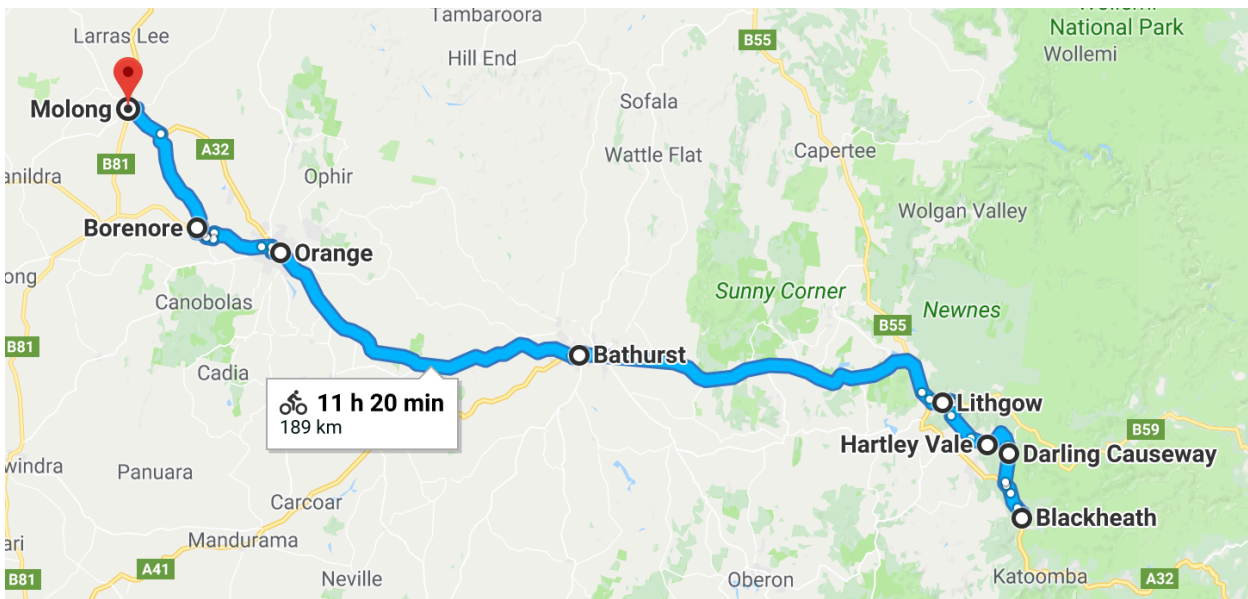


Date	Start & Finish Points & Times	Proposed Route
<p>12/10/2018 Friday Day 1</p>	<p>Taronga Zoo, Mosman Meet: 4:30am Depart: 5:30am</p> <p>7.00am Wilberforce Lookout Reserve</p>	<p>Follow Bradleys Head Rd – 1.3km 1.3km Roundabout, second exit onto Military Rd 0.4km 1.7km Left onto Belmont Rd 0.9km 2.6km Left onto Bardwell Rd 0.2km 2.8km Right onto Cabramatta Rd 0.4km 3.2km Left onto Spofforth St 0.4km 3.6km Right onto Rangers Rd 0.6km 4.2km Left onto Yeo St – 0.5km 4.7km Right onto Ben Boyd Rd 0.3km 5.0km Left onto Ernest St 1.7km 6.7km Right onto Alexander 0.2km 6.9km Left onto Albany 0.5km 7.4km Right onto Pacific Highway 2.5km 9.9km Left onto Epping Rd 10.2km 20.1km Right onto Beecroft Rd 5.0km 25.1km Left onto Pennant Hills Rd 1.1km 26.2km Left onto Cardinal Ave – RIDE DOWN CARIDNAL AVE 50M AND AROUND A WITCHES HAT TO SAVE CONGESTION. STOP, DISMOUNT, PRESS THE PEDESTRIAN BUTTON AND CROSS OVER TO OTHER SIDE OF PENNANT HILLS RD Continue on Cardinal Ave 0.1km 26.3km Left onto Church St 0.3km AT LIGHTS, CROSS OVER TO PARK FOR FIRST REGROUP – MT WILBERFORCE LOOKOUT RESERVE 26.6km Turn left onto Castle Hill Rd 3.7km 30.3km Right onto Old Northern Rd 1.9km NOTE: MUST GET DOWN TO SINGLE FILE THROUGH HERE 32.2km Left onto Gilbert Rd 3.5km 35.7km Right onto Showground Rd 1.3km 37.0km Right onto Windsor Rd 16.9km 53.9km Left into Park St 0.5km 54.4km Right into Railway Rd N 0.8km</p>

Date	Start & Finish Points & Times	Proposed Route
<p>12/10/2018 Friday Day 1</p>	<p>Lunch Break, Yellowmundie Lookout 11:00am</p> <p>Regroup for lunch 1:00pm</p>	<p>55.2km Left Hawkesbury Valley Way 2.6km 57.8km Left onto Macquarie St 4.2km 62.0km Right onto Blacktown Rd 1.0km 63.0km Left onto the Driftway 5.8km 68.8km Left onto Bonner Rd 0.9km 69.7km Left onto Warnock Rd 0.2km 69.9km Left onto Castlereagh Rd 0.3km 70.2km Right onto Springwood Rd 8.8km 79.0km Arrive at Yellowmundi Lookout STOP FOR LUNCH BREAK 79.0km Continue onto Hawkesbury Rd 12.1km 91.1km Right at roundabout and onto Great Western Highway at Lights 23.9km 115.0km REGROUP AT WENTWORTH FALLS Right onto Great Western Hwy 8.7km 124.1km REGROUP AT ROWAN LANE KATOOMBA 124.1km Good Shoulder, Single Lane 0.5km 124.6km No Shoulder, Single Lane 0.9km 125.5km No Shoulder, Dual Lane 0.8km 126.3km No Shoulder, Single Lane 1.4km 127.7km REGROUP AT MEDLOW BATH 127.7km Good Shoulder, Single Lane 0.4km 128.1km Good Shoulder, Dual Lane 0.3km 128.4km Good Shoulder, Single File 0.3km 128.7km No Shoulder, Single File 2.8km 131.5km No Shoulder, Dual Lane 0.6km RIDE 2 ABREAST SLOWLY – CARS TO PASS 132.1km Good Shoulder, Single File 0.6km 132.7km ARRIVE AT BLACKHEATH</p>

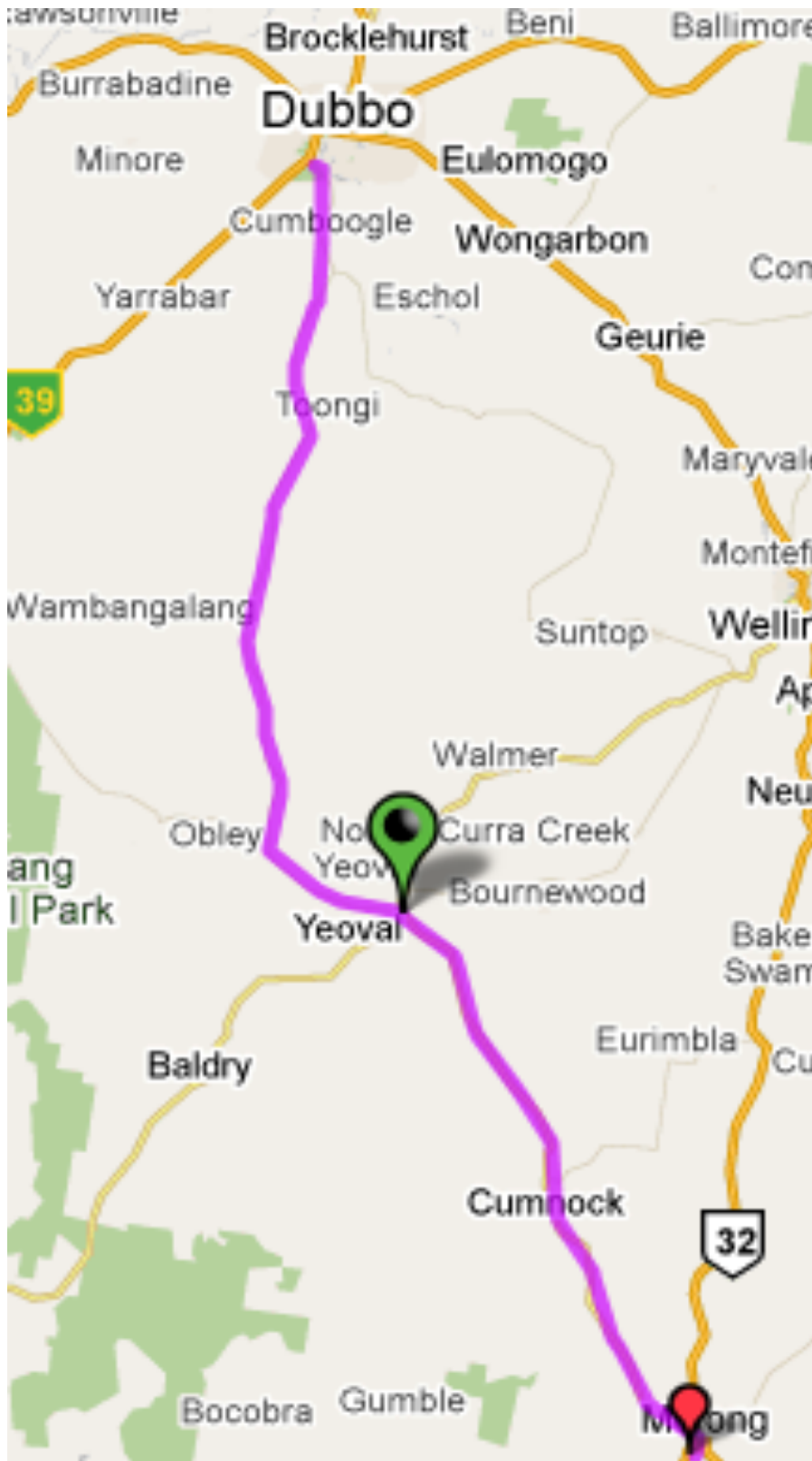
Sydney Zoo2Zoo Route Map and Description

Saturday 13th October 2018 (Day 2)



Sydney Zoo2Zoo Route Map and Route Description

Sunday 14th October 2018 (Day 3)



Date	Start & Finish Points & Times	Proposed Route
14/10/2018 Sunday Day 3	Molong Dep: 6:30am Arrive Cumnock 7.30am Depart Cumnock 8.15am Arrive Yeoval 9.15am Depart Yeoval 9.45am Arrive WBL 11.15am Depart WBL 11.45am 1.00pm	Follow Mitchell Highway west 2.0km 2.0km Left onto Banjo Paterson Way (Castle St) 22.2km 24.2km BREAKFAST AT CUMNOCK CROSSROADS PARK 24.2km Continue along Banjo Paterson Way 23.2km 47.4km Right onto Forbes St 0.2km 47.6km COFFEE AT GIFT & HARDWARE COFFEE SHOP 47.6km Continue onto Obley Rd 37.4km 85.0km Arrive Wambangalang Depart Wambangalang Continue along Obley Rd 30.0km 115.0km ARRIVE AT TARONGA WESTERN PLAINS ZOO 115.0km Cyclists do a lap of the Zoo and enjoy a BBQ lunch at the Zoo LUNCH AND WRAP UP AT THE ZOO

Day 3 – approx 115km

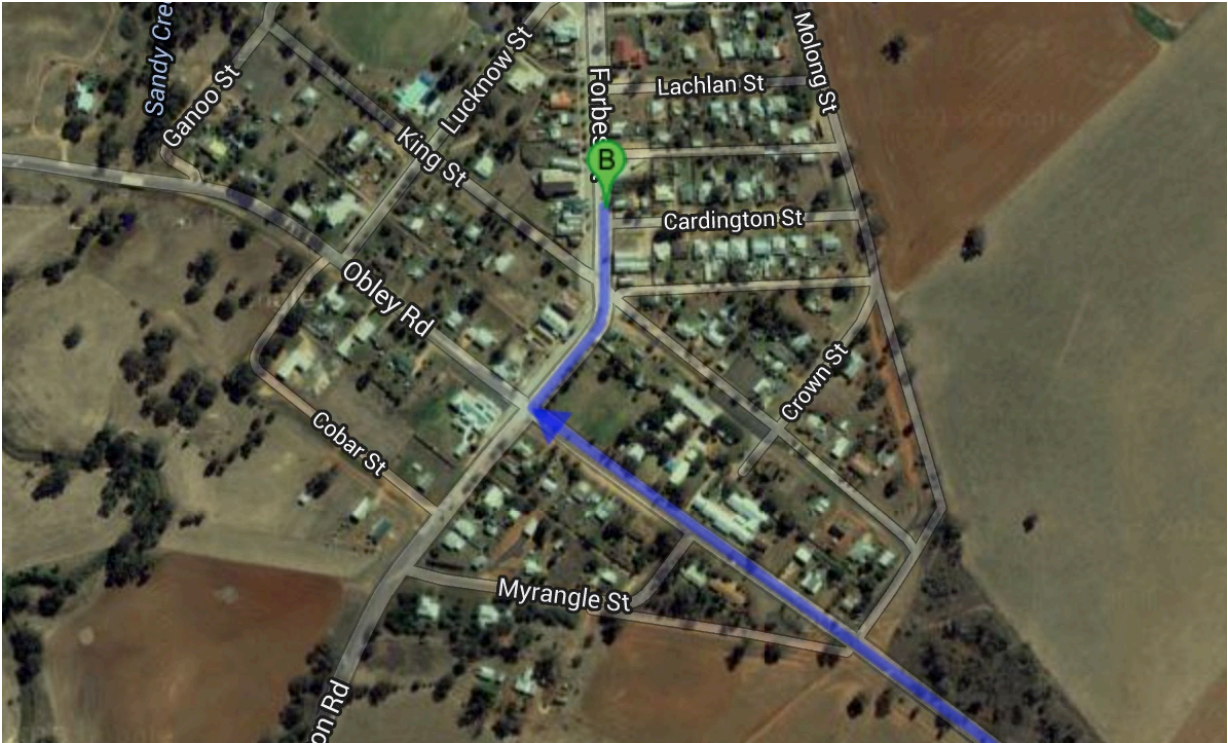
Molong to Cumnock (breakfast) (approx 25 km)

1. Turn left onto Mitchell Hwy and after 500m left onto Castle Street. Turns into Banjo Paterson Hwy (Obley Road. Breakfast in town at the Cumnock Crossroads Park, on the left just past Iron Bark Gully



Cumnock to Yeoval (morning tea) (approx 25 km)

2. Follow Obley Road out of town all the way to Yeoval. Turn right at Obley and Forbes. Break at cafe on the intersection of Forbes and King St.



Coffee Shop at Yeoval Ph (02) 6846 4002



Yeoval to Wambangalang (approx 35 km)

3. Back onto Obley Road, follow to Wambangalang. Snack and regroup to roll out to the Zoo together.

Wambangalang to Western Plains Zoo (approx 35 km)

4. Continue along Obley Road. meet at front of zoo for photo, lap of Zoo and BBQ at the Zoo.

5. For accommodation in Dubbo, we recommend the Cattleman's Country Motor Inn, 8 Whylandra Street (Ph 02 6884 5222) – walking distance into town for post ride celebrations later that evening.

FREQUENTLY ASKED QUESTIONS

Q Where do we start?

A Taronga Zoo, Bradleys Head Road, Mosman, NSW

Q What time do support crew have to arrive?

A 4.00am, Friday 12 October 2018

Q What time do riders have to arrive?

A 4.30am, Friday 12 October 2018

Q Where do I park at Taronga Zoo if I am one of the support crew?

A In the “bus bay”.

Q As support crew, once I have parked my vehicle, what do I do?

A There will be four (4) tables set up outside the “1916” entrance. We will need 4 people to ensure riders and support have arrived and signed the waiver. This will be done at tables 1 and 2. Another two people will be required to ensure water and Gatorade supplies do not run low at table 3 and another two people will be required bananas and “Up and Go” do not run low at table 4.

We will need quite a few people to pack the luggage truck.

Q As a rider, what do I do once I first arrive at 4.30am?

A Make your way to the relevant table, sign the waiver and get your name marked off, pick up a riding jersey (if need be), a day bag (if need be), pick up a luggage tag and attach to one (1) overnight bag and take it to the luggage truck.

Q What is the second thing I do when I arrive as a rider?

A Make sure your tyres are pumped up, your water bottles filled, you have what ever you need for the first 25km.

Q What is the third thing I do when I arrive as a rider?

A Help pack the luggage truck.

Q As support crew, do I get an orange polo shirt and black cap?

A Yes you do, there will be a change room for you change into if you have not already received the gear.

Q What are the radios for?

A Zoo2Zoo have 30 radios, worth about \$300 each, which will be used for communication between the riders and support. Each group will have four (4) radios (three (3) in the riding group and one (1) with the support crew). All groups will be on the same channel, channel 11.

There are handpieces for ease of use for the riders, that are clipped to your riding shirt. Generally communication is from the support car to the riders: "Car Back", "Single File", "Car coming through", etc. Messages received from the support car needs to be communicated with the rest of the group.

Ideally one rider at the front of the group will have one radio and one rider at the back of the group will have another radio, with the other radio with a rider in the middle of the group. The radios are only to be used when necessary and not for idle chit chat.

SUPPORT CREW

There will be a briefing for support crew at “Warringah Bowls, Mosman”, 82 Bradleys Head Rd, Mosman at 7pm on Thursday, 11th October 2018. This is a compulsory meeting – please advise if you cannot make it. We do not have time at 4.30am to explain roles.

All crew need to be at the zoo by 4am on Friday morning.

FREQUENTLY ASKED QUESTIONS - SUPPORT CREW

Q What is my Key role as a support car driver for a group?

A Your role is to notify vehicles approaching from behind that there are cyclists in front of your vehicle. Vehicles approaching from behind will notice your hazard lights and the flashing light on the roof of your vehicle from quite a distance back. Once they get closer they will realise there are cyclists being supported. They will start to slow down and try to determine how to safely pass your vehicle and the cyclists. It is important you make this as easy as possible, as drivers will have to do this procedure four (4) times to get past all four (4) groups.

Q How do I assist in getting the vehicle past the cyclists?

A Call “Car Back” into your radio. If you think the riders should get into single file call “single file”. The riders will get into single file. If they don’t get into single file repeat “Single File”. Turn off your Hazards lights and indicate left that you are moving over to let the vehicle past. Once the vehicle has passed you they will pass the cyclists when it is safe to do so. It is crucial that vehicles pass the cyclists in a relaxed fashion and not a frustrated one.

Riding single file means the tyre of the rider in front of you is directly in front of you, not a metre or so to the right or left of you.

Q How far behind the group should I drive?

A It depends on the location and terrain, but 200 metres is a good guide. You need to warn cars behind you that there are cyclists ahead and give them sufficient time to slow down before they reach the cyclists.

There is a risk of collision if you are driving too close to the cyclists.

Q What do I do if the road we are travelling is dual lane?

A The riders can ride 2 abreast on dual lane roads, so you can drive behind the riders, but still at a good distance, so if a vehicle happens to hit you, you do not go careering into the cyclists.

Q What do I do when a car approaches from behind?

A You alert the cyclists.

- Speak into your radio “Car back” This will notify the cyclists to get into single file if on a single lane road.
- Turn off hazard lights, and indicate left, allow car to pass.

This not only keeps car drivers happy, but they then take extra care in passing the cyclists.

Q How do I indicate that I want my group to ride in single file?

A Either speak into your radio “Single File” or beep your horn once.

Q How do I indicate that I want my group to ride 2 abreast?

A Either speak into your radio “Doubles” or beep your horn twice.

Q How do I indicate at I want my group to get off the road?

A Press on horn continuously

Q What information should I tell my group through the radio?

A

- Car back
- Car passing,
- Single file
- Double Up,
- Split in group,
- Stopping

Q How am I identified?

A You will be given an orange polo shirt and black BDI cap at the start of the ride

Q What will I be given to take in my support car?

A

- Flashing light for roof
- First Aid Kit
- “Caution Cyclists” sign and tape - to affix to INSIDE rear window of vehicle
- Radio (to be tuned to the channel allocated to your group)
- List of Riders and their mobile numbers
- Ride Guide
- 10 L and 5 L water containers
- Gatorade
- Bananas
- Snacks

Q What do I do when someone gets a flat tyre or other gear failure?

A Pull over where it is safe. This may not necessarily be where the other cyclists are. They can change the flat tyre and ride up to your vehicle to get extra pressure in their tyre if need be.

Q What do I do at stops?

A

- Liaise with ride group leader to gauge how the group is going and determine if any changes are required.
- Ensure that the ride group leader goes to the white board to confirm arrivals and advise any group changes
- Replenish water and snacks from tucker van
- Once lead car leaves, if all group members are ready to go, they can roll.
No vehicle is to leave any stop before the lead car.

Q What do I do at the end of the day?

A

- Return all supplies to the supply vehicle for replenishment. You need to collect fresh supplies at the start of each day.
- Give radio to radio supervisor for overnight recharging. Collect next morning
- Refuel vehicle if necessary so that it is ready for departure next morning

FLOATING SUPPORT

Duties will include:

- Putting out and collecting directional signs
- Set up and pack down of teardrop banners at each stop
- Set up and pack down of tables ,utensils, food etc at each stop
- Set up and pack down of marquee at major stops eg Start, Wilberforce Lookout, Hawkesbury Lookout.
- Set up and pack up of food stops- morning tea, lunch, afternoon tea
- Tables, covers at each stop
- Assist with pack/unpack truck as required
- Washing up at stops, replenish hot water in thermoses (generator and kettles)
- Laundry of rider gear at overnight stops
- Collect and distribute supplies