



10km Rider Info

Thank you for entering The Big Beach Ride 10km ride and supporting our charity partner, SunnyKids! The 10km ride will commence from Double Bay Beach, Grand Parade, Parrearra on Sunday 20 October at 8.00am. Important information regarding the event is outline below. Please take the time to read it carefully.

In the event of an emergency anywhere along the route please call 000. Call less serious medical situations through to the **Medical Command Centre on 0428 747 024.**

Start Site – Double Bay Beach

There is limited parking here so please see the options below on how to best arrive in time for the start of the ride. There will be no mass start for the 10km ride, but we do ask all riders to have arrived and registered by 7.45am in time for the safety briefing. There's a kid play park, toilets and water on site and Mykies by the Bay (café) will be open from 7am for coffee and breakfast.

7.00am	10km rider registration open at Double Bay Beach (in the park)
7.00am	Mykies by the Bay open for coffee and breakfast
7.30am	Bicycle safety checks carried out by Bicycle Queensland's in-house tech expert
7.50am	Safety Briefing
8.00am – 8.30am	All riders safely depart on the 10km route

Getting to the Start Line

Parking around Double Bay Beach is very restricted with limited on street parking options. Please think twice before planning to drive to the start site. Here are a couple of options to avoid the hassle of finding a park.

1. If you live or are staying local, why not ride there? It is well connected to the north, south and east. Plug in the address to Google Maps, put it on Cycle Mode and see if you have an easy route to get there. Here is the exact start location on Google Maps - [click here](#)
2. If you are driving, we strongly encourage you to leave your vehicle at the finish site. We have dedicated parking available at Pacific Lutheran College [here](#), next to the finish line and a courtesy bus* to transport you back to the start line. This service does not cater for bike transport, so we suggest you drop the bikes (and family) at the start (drop off location will be on [Grand Parade](#)) drive to the finish and park, then jump back on the bus to get back to the start. This may sound a bit of a hassle, however, once done, all you need to do is ride the 10km family fun ride to the finish line, enjoy the festival fun and your car is there waiting for you. Easy as 1,2,3.
3. If you do drive to the start, we have the courtesy bus* operating back to Double Bay Beach after the ride to help with your transport logistics. Just remember this service does not cater for your bikes.

*The shuttle bus will depart Pacific Lutheran College at 7:00am and 7.30am and then at regular intervals post ride as required.

Rider Kit Collection

1. You are required to check in at our on-site registration desk and collect your bike bibs for each rider. The friendly volunteer crew will show you how to attach them to your bikes and then you'll be ready for the event briefing.
2. Each child (under 16) will also receive a 12-page booklet at the start of the ride. This will have a heap of fun and educational stuff in it for both during the ride and after the ride, so make sure you get one for every riding child under 16 years of age.
3. If you are a BQ member, you'll also be given a green wristband so you can gain access to the BQ Member marquee at the finish line.



Shared Paths

The entire 10km bike route is conducted on shared paths. Please be mindful of other users and keep to the left at all times. Use your bell when approaching other users from behind and call any passing moves.

Inclement Weather

The event will proceed if it rains. Only extreme weather will force a cancellation. All participants will be contacted via SMS if the event is cancelled and a message will be posted on the event social media page.

Qld Road Rules for Cyclists

Bicycle road rules can be found here – please read them before the ride:
www.qld.gov.au/transport/safety/rules/nonpowered/bicycle/

Signage

It is important to follow the event signage. Signs are not at every junction, so do not turn off a path/street until the signs indicate to. **Please do not make the mistake of blindly following the rider/s in front of you. They may not be part of the event.**

The Finish Line

Don't forget we are filling the finish line with a heap of fun activities for both kids and adults. There will be live music, circus workshops, virtual reality training rides, e-bike test rides and heaps more. Plan to hang around for a bit after your ride and enjoy all the activities as we celebrate all things cycling. Henk Vogels will MC the morning activities and there's heaps of great prizes to be won just by taking part.

If family or friends are joining you at the finish line but not riding, please advise them there is **no parking or vehicular access to the finish site via Red Cedar Drive**. They can either park in the dedicated parking area at Pacific Lutheran College on Woodlands Blvd or access the finish site parking from Meridan Way.

Safety Protocols

- This event is **NOT A RACE**. There is no prize for arriving first. Racing is actively discouraged and may cause you to be excluded from the event.
- There will be a large number of riders participating in the event so please be patient and courteous. Everyone is out to have a fun morning.
- Give yourself space – riding too close to others will increase the chance of a problem if they ride erratically. Space means you can see ahead and plan for hazards or changes in direction.
- Calling your moves in advance, such as **'passing'** or **'stopping'**, is very helpful to others.
- Riders passing each other in an unsafe manner is the most likely cause of accidents. To reduce this risk please be patient, exercise caution when passing others and, slow riders, please keep left and ride a consistent line.
- If you need to stop and walk at any stage please move to the extreme left before dismounting or use a safe pull over area if available.

Mechanical Support

A bicycle mechanic will be at the start site and mobile along the course. If you require mechanical assistance please move off the road, turn your bike upside down and wait. Mechanical assistance is free of charge, however parts (i.e. tubes) need to be paid for, so remember to bring a spare tube and/or puncture repair kit with you.

Rest Stop

There will be a rest stop at the half-way point. This is a great place for the kids to jump off the bike, have a little play before completing the second half of the ride. There will be water, fruit and snacks. Please only take one each item or other riders might miss out.

Bicycle Queensland Members

Bicycle Queensland members are invited to the BQ marquee. Please wear the green wristband (part of your rider pack) for entry (as well as to identify you as a member throughout the ride!). We hope you can join us to enjoy some light refreshments, sit in the shade and relax with a complimentary massage.