

# RIDE GUIDE

## LAGUNA



**GRAVEL  
GRIT**  
LAGUNA

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**Cyclist**

**SATURDAY 27 OCT 2018**



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## **CONTENTS**

Welcome to Gravel Grit	4
Message from Cyclist Magazine	5
Message from Forestry Corporation	5
Event Times	6
Start/Finish Site	7
Checklist	8
Route Map	10
On Route Assistance	12
Q&A with Over Yonder	15
Riding Guide	16
The Environment	17





## **WELCOME TO GRAVEL GRIT**

Welcome, it's time to discover the roads less ridden.

Maybe you've been riding road bikes for years. Perhaps you're a mountain-biker from way back. Maybe you're new to riding.

Whichever it is, you know that feeling – the thrill of independence, of exploration, of discovery. It's that crisp sound of your tyres crunching over the ground, the smell of dust hanging in the air, the feeling of mud splashing your legs.

Gravel riding is a fast-track to that feeling.

Gravel Grit will take you off the beaten track, deep into the wilderness and straight to your happy place.

We've partnered with Cyclist Magazine to deliver this event and we can't wait to get lost with you.

Bicycle Network acknowledges the Traditional Custodians of the lands on which the event will travel through. We pay our respects to their Elders, past and present.





## **MESSAGE FROM CYCLIST MAGAZINE**

The big day has arrived and we're absolutely thrilled to see so many excited faces up bright and early for Gravel Grit Laguna. We trust you enjoy a thrilling day exploring the Olney State Forest across some of the area's most stunning terrain. Events like Gravel Grit Laguna wouldn't be possible without the support of the thriving cycling community so if you enjoy the day on the trails, we simply ask you to share your stories with friends and family so we can come back bigger and better next year.

From the team at Cyclist

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## **FORESTRY CORPORATION OF NSW**

Welcome to the Watagan and Olney State Forests, home to the Watagan Mountains. On your ride today, you'll experience the untapped beauty of the region and soon see why the State Forests of the Watagan Mountains have won multiple awards for adventure tourism. They're a thriving hotspot for all types of adventure, and once you've recovered from Gravel Grit Laguna, we hope to see you back again soon. Enjoy!



## **EVENT TIMES**

### **REGISTRATION**

7am to 8.15am

### **RIDER BRIEFING**

8.15am

### **RIDE COMMENCES**

8.30am

Please don't be late as the ride can't wait!

### **ROUTE CUT OFFS**

Walkers Ridge Road	11:00am
Lunch Stop & Long Route Loop Cut-off	12:25pm
Cat House Water Stop	14:00pm

## **START/FINISH SITE**

The tiny town of Laguna welcomes us to this stunning corner of NSW; The Hunter Valley. Starting and finishing at the iconic Great Northern Trading Post we've got everything you need for a day out in the hills Including:

- First aid, water and event information
- Food, drinks and nutritional supplements
- Post Ride BBQ
- Pre-ride coffee and Post-ride beer!

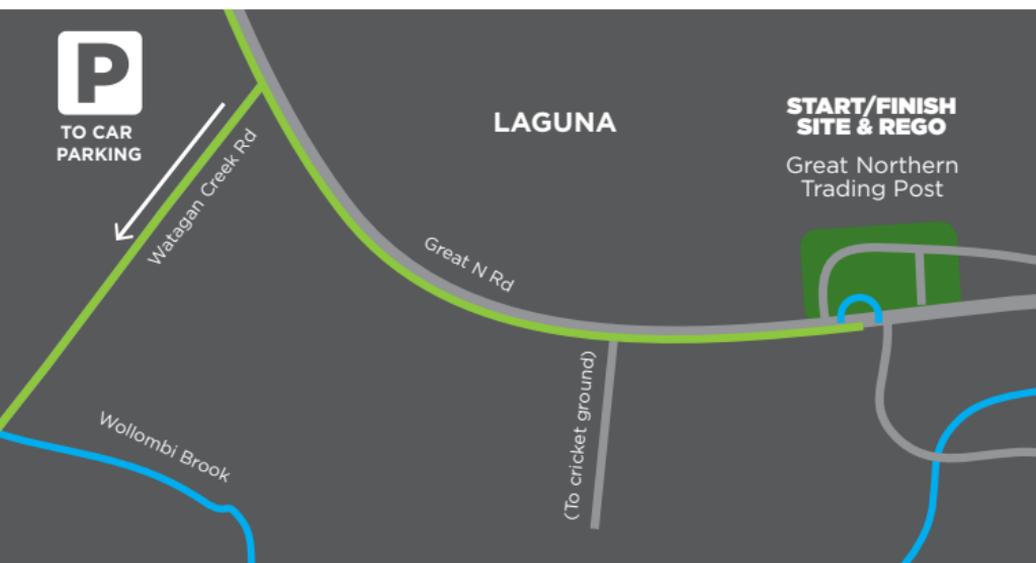
### **CAR PARKING**

Car Parking is available via access off Watagan Creek Rd. It will be managed by volunteers from the Laguna Primary School for a gold coin donation so get some change ready!

The ride will commence at 8.30am sharp, so make sure you allow enough time to get parked-up.

### **GREAT NORTHERN TRADING POST**

3718 Great North Road, Laguna, NSW, 2325



## CHECKLIST

- ID Wristband (collected from registration)
- Helmet
- Two water bottles
- Front white and rear red lights
- Gloves
- Additional food
- Puncture repair kit
- Spare tubes
- CO2/Pump
- Sunscreen
- Sunglasses
- Rain jacket





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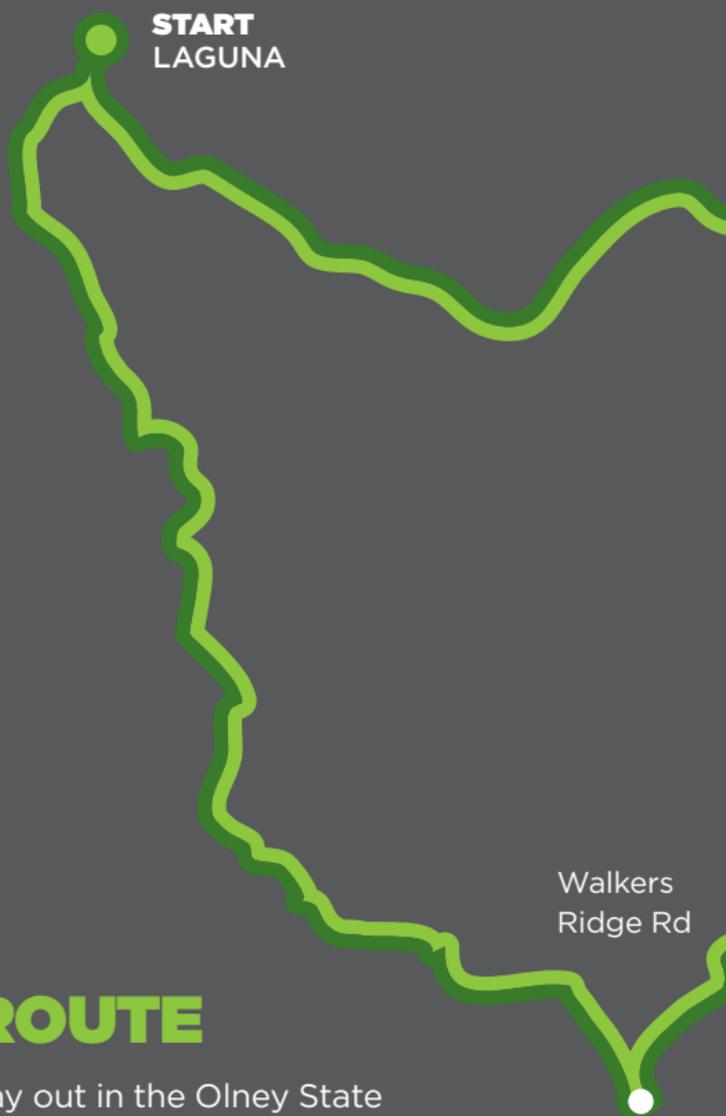
**Advocacy**

**Education**

**Benefits**

**Event  
Rewards**

**Community**



## THE ROUTE

A classic day out in the Olney State Forest with a mix of all the best bits of the local riding scene, fast rolling gravel, challenging climbs and some super fast descents all in one of the most scenic areas in NSW.

Starting out along the historic Great North Road the ride takes a turn into the rolling Hunter Valley farmland. A sharp climb will stretch out your legs before hitting the first rest stop. The riding then begins in earnest as we enter the Olney State Forest. Expect steep pitches, and high speed descents before a stunning undulating sprint back to the Pub!

**SHORT ROUTE 67KM**

**LONG ROUTE 76KM**



## THE EXTENSION

If your legs are feeling fresh after the first 40km then take the long route out from the lunch stop. Featuring a super fast descent, a creek crossing and a punchy climb to finish, this extra 10km loop really takes you into the wilderness.

### REST STOPS

All rest stops are stocked with plenty of water & electrolytes, first aid and toilets.

<b>Walkers Ridge Rd</b> Rest Stop	<b>9:30am - 11:00am</b>
<b>Wollombi Forest Rd</b> Super Rest Stop	<b>10:00am - 12:25pm</b>
<b>Cat House Water Stop</b> Rest Stop	<b>10:30am - 14:00pm</b>

## ON ROUTE ASSISTANCE

### MEDICAL

All event vehicles, including motorcycle Marshalls are equipped with first aid kits. All rest and water stops will be staffed and equipped with first aid kits. First aid officers from event aid will be present at the Start Finish Site and the Wollombi Forest Road Super Rest Stop.

<b>IS IT AN EMERGENCY?</b> Does it require Ambulance, Fire or Police?	
<b>NO</b>	<b>YES</b>
<b>CALL EVENT ASSISTANCE</b> 0425 381 816 or 0425 777 484	<b>STEP 1:</b> Call EMERGENCY SERVICES <b>000</b>  <b>STEP 2:</b> Call EVENT ASSISTANCE 0425 381 816 or 0425 777 484
<p>In case of an emergency it is always recommended to call <b>000</b> first.</p> <p>Calling event assistance <b>after</b> calling 000 is essential so that, where possible, Bicycle Network can work with the Emergency Services to facilitate the appropriate response.</p>	

### MOTO MARSHALS

Moto marshals will be on course patrolling the routes to provide assistance - from motivational, directional, basic first aid and mechanical support, these guys have got you covered!

### **SAG WAGON**

A Support and Gear (SAG) wagon will be on course to help you get back home if all else fails (equipment or 'motor'). Should you be unable to continue riding please turn your bike upside down and either wave down a passing event vehicle or moto marshal or call Event Assistance and note your issue and location. Please be patient as you may have to wait some time or potentially stroll to the nearest access point a vehicle can collect you from. If you're walking, always walk in the direction of the rider route.

### **MECHANICAL**

If you're unlucky enough to have a mechanical your first port of call is your fellow riders. If they're unable help and you're within walking distance of a rest area you might be best moving there as they will have some basic tools and spares. If you're too far from a rest area then pop your bike upside down and the SAG crew will pass by and pick you up.



**Please note:** *all route signage includes a reference number which can be used as a location identifier when speaking with Event Assistance.*



## **GRAVEL GRIT Q&A: DOWN AND DIRTY WITH OVER YONDER**

Seeking adventure along gravel tracks and across surroundings rarely explored on two wheels, the crew at Over Yonder know all the tricks for conquering the great outdoors. Cyclist rolled alongside Simon 'Esjay' James to pick his brain around how to best tackle a ride like Gravel Grit.

Read the story and get some tips at [cyclist.com.au/gravel-grit-over-yonder](https://cyclist.com.au/gravel-grit-over-yonder)



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## **RIDING GUIDE**

From bike set-up to advice on gravel riding, all you need to know to prepare can be found here: [gravelgrit.com.au/tips-and-training/](http://gravelgrit.com.au/tips-and-training/)



The following apply to all riders on this event:

- Common sense and all road rules apply e.g. riders must not ride more than two abreast unless overtaking when safe to do so.
- Riders must obey event route marshal directions and event signage on route, and must also obey all traffic control signs and signals including red lights, stop and give way signs.
- Riders must call 'passing' and 'stopping' to alert riders around you when applicable.

Gravel Grit takes place on public roads that are open to public vehicles. Road rules apply at all times. It's also important that you don't take any risks that could put yourself or other road users in danger. Always ride with respect and obey the directions of our Event Team officials at all time.

## **THE ENVIRONMENT**

We are very lucky to have some stunning landscapes as the backdrop for Gravel Grit as we travel through rolling farmland of the Hunter Valley and the Olney State Forest. Home to incredible native flora and fauna, we have a huge responsibility to look after these environments.

We've been welcomed kindly into these areas, so please treat the environment respectfully and:

- Keep all rubbish with you or dispose of it in the bins at the rest areas
- Be mindful of the wildlife (they were there first)
- Ride only on the designated route
- Use the toilets provided at the rest areas

Your cooperation with this is essential to reduce the impact on the local environment and community.



## **THANK YOU**

Bicycle Network and Cyclist would like to extend a huge thank you to the councils, agencies, stakeholders, contractors and communities who have welcomed us back to the region for Gravel Grit Laguna.

In particular, we'd like to recognise Forestry Corporation of NSW, Cessnock City Council and NSW Police.

We're also incredibly grateful for the assistance, time and skill provided by our dedicated volunteers. Please take the opportunity to thank them on the day.





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