

OFFICIAL 2019 PEAKS CHALLENGE RIDE GUIDE

PEAKS



**PEAKS
CHALLENGE**
FALLS CREEK

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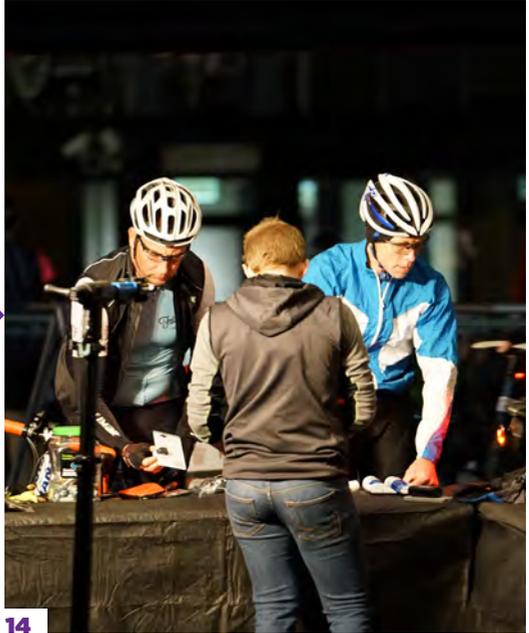
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SPONSORS AND PARTNERS





WELCOME TO PEAKS CHALLENGE FALLS CREEK

The story of Peaks Challenge began well before the first riders clipped in to the pedals for the first time. Our Event Chief at the time, Vincent Ciardulli, had long dreamed of a loop ride in the Victorian High Country. Then when the dirt road up the back of Falls Creek was sealed in 2009, his dream came true and in 2010 Peaks Challenge Falls Creek was born.

10 years on and this ride has captured the hearts of those looking to find out what's possible on a bike. Incredibly, in the bunch this year are five riders who've conquered all 10 rides. That's about five Everests of climbing!

The stories of Peaks lives on in all the incredible riders. From year one, when it rained non-stop and the newly sealed back of Falls caused exhausted riders

to puncture two or three times, to year four, when it was so hot riders were scrambling into creeks for extra fluid. Or year eight, when an amazing team effort meant the ashes of a rider who tragically didn't make it to the start line made it over the finish line.

Whether today is your tenth or first Peaks Challenge Falls Creek, it's wonderful to have you with us, as today we write another chapter in the Peaks Challenge Falls Creek story.

Craig Richards
CEO, Bicycle Network

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



A MESSAGE FROM FALLS CREEK RESORT

On behalf of Victoria's premier all season Alpine Resort, it is our pleasure to welcome you to Falls Creek for the 10th Anniversary of the iconic Peaks Challenge ride. It is a pleasure to showcase Victoria's North East as the premier cycling destination in Australia and share with you

the resorts renowned hospitality and atmosphere across the event weekend.

Good luck and enjoy the ride.

Stuart Smythe
CEO, Falls Creek Resort Management



Once you've Conquered the Peaks, drop it back a gear.

You've seen Falls Creek from the high pressure saddle of Peaks Challenge. Next step - take it easy and enjoy everything the destination has to offer.

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1800 2 FALLS | falls creek.com.au



THE RIDE THAT BECAME A LEGEND

MARCH 7 2010

In 2010 we challenged riders from

across the world to conquer three key peaks of Victoria's rugged High Country.

The first Peaks Challenge ride was brutal. Riders dealt with dropping temperatures, rain and wind, meaning that few were able to adequately prepare themselves for what lay ahead.

As a result, more

than a third didn't finish.

Those left were scattered throughout the course, crossing each summit one at a time. There is no doubt that each finisher earned their Peaks Challenge jersey, and out of adversity, a legend was born.



MARCH 11 2012

A half distance ride was removed, strict cut off times were set and the lantern rouge and wave leaders introduced. On event support was enhanced with closed roads, pre-ride training packages made available and all climbs were timed.

The ride had tight police supervision, high grade operations and was confirmed as the toughest single-day event in Australia. Blue skies helped riders – the first finisher broke the sub-8-hour barrier and 100 went sub-10.

It's pretty hard to describe the feeling of coming around that last corner, hearing the announcer on the loudspeaker, seeing the 'Finish' banner strung across the road and the supporters lining the side of the road – Climbing Cyclist





MARCH 13 2013

Summer bush fires devastated the region and destroyed the Great Alpine Road between Harrieteville and Hotham Heights, forcing changes to an

event that was hitting its straps.

Bicycle Network created the infamous Ovens Valley route to meet Peaks standards – 235 kilometres and 4,000+ metres of climbing.

Team Bicycle Network’s own Alison McCormack became the hero of the day by sweeping up around 200 riders in her “mega peloton” and supporting them all the way to the finish line.

The most demanding gran fondo Down Under – Bike Radar

MARCH 9 2014

Selling out in just two weeks, this year was not to be missed for elite riders and past participants alike, who all wanted to have a crack at the original course. Clear skies helped Stephen Cunningham set a new course record – 7 hours 45 minutes.

I thought sharing the moment helped represent what this ride is all about—riding to your best ability, achieving your personal objectives and enjoying the moment with others – Steve Cunningham



MARCH 13 2016

The introduction of more wave leaders and a greater insight into how to ride sub-10 helped more than 50 riders cross the finish line in less than eight hours.

2016 was also a cause for huge celebration with the 10,000th Peaks Challenge finisher coming across the line.

All those questions that were asked in those dark moments had been answered by a quote from Lance Armstrong, which was written on a sign on the side of the road about 15kms from home. “Pain is temporary, quitting lasts forever” – Steer North



There have been so many stories from Peaks Challenge Falls Creek since that first ride in 2010.

Some riders were with us on that first day and have returned every year, while others have some remarkable tales to tell from particular rides.

We've taken some excerpts from your favourites. For the full stories, visit peakschallenge.com.au

PEELING THE ONION

CRAIG HOBART

I finally collapsed at 8 kilometres to go, in the shade this time, next to a stream, and was completely gone. I couldn't get up, every time I tried my legs cramped, pinning me to the ground.

Eventually a motorbike official saw me laying down and came back to check on me. I was out of water again, so he raced up to Falls Creek to fill my water bottles and called the SAG wagon. Somewhere during this time the ER family showed up - Flash, Dopie, B1/M and someone else (sorry I can't remember clearly what happened). I said I was done, as I couldn't move anyway, and accepted my fate.

The guys were great, in defeat I had found victory. I rang my wife and said I was OK, I remember saying "tell the boys I tried..."

But two things happened, I never stopped looking at my watch, and the storm clouds started to form overhead complete with thunder. I still had about

**"I COULDN'T GET UP,
EVERY TIME I TRIED MY
LEGS CRAMPED, PINNING
ME TO THE GROUND"**

two hours until the cut off, and I knew a combination of walking and riding might get me there.

I made it with five minutes to spare, and a medic whipped a chair under me - I couldn't make it to the tent for my jersey!

Then the final layers came off the onion, I was shaking, crying, and unwilling to do anything.

It took me 6.5 hours to cover the last 60 kilometres, and it gave me the experience of a lifetime.

To read the full version of Craig's Peeling the Onion, visit bit.ly/2UbqK1g

CONTINUING THROUGH THE CRAMPS

TOM PAWIKOWSKI

I knew what was coming, I had done it on the video simulation. I started steady knowing that I can do it, but after one third of it I came undone. It started with cramps in my left hip adductor and right hamstring. They were grabbing and going.

Any time I wanted to go harder I was cramping. The only thing I could do was try to ride just hard enough so the cramps were grabbing but without full spasm. All the people that I chased and passed were riding past me, some of them chatting along.

The hell continued. On the last climb, I must admit I had to walk 20 metres up WTF corner because I cramped in the steep part and I wouldn't be able to get on the bike so had to walk to switch back corner.

The cramping continued to the finish, even when I was walking back home.\

Anybody who finished the course has my utmost respect!

To read Tom Pawikowski's full story, visit bit.ly/2Vsb36p

D*HEADS, NUTJOBS & SAMBOY CHIPS****MARK MCLEAN**

"It never gets any easier, especially as I age, with the wife telling me what a dickhead I must be."

That's what Peaks Challenge Falls Creek rider Mark McLean told us when we asked if Australia's toughest single-day bike ride gets easier every year.

Mark is saddling up for the 10th year in a row in 2019 and is one of only a handful of people who have taken on every single Peaks Challenge Falls Creek rides.

"I typically ride with two other nutjobs whom I have cajoled into doing Peaks Challenge for at the least the last five years."

"To think that I can still get faster is what keeps me coming back, the thought that my 8 hours and 49 minutes in 2014 can't be the best it can get."

"It is an honest challenge year in year out, and I use this as motivation to not get fat and start eating Samboy chips on the couch."

To read Mark's full story, visit bit.ly/2tEiBXC

**"TO THINK THAT I CAN
STILL GET FASTER IS WHAT
KEEPS ME COMING BACK"**

TIM'S 10 YEARS OF PEAKS**TIM ELLISON**

We did a Q and A with Tim Ellison who is saddling up for his tenth Peaks Challenge Falls Creek ride in 2019.

He's ridden every year since the first '3 Peaks' event in 2010, here are some of his answers.

What has been your most memorable

Peaks Challenge ride, and why?

My most memorable Peaks Challenge Falls Creek ride would have to be the first one in 2010. There are many reasons why, but here is a list of a few:

- The heavy rainfall around 3:00am - 4:00am before the ride created a bit more uncertainty of what to wear and how to just prepare.
- Not knowing how much food and drink to take, and wondering if they might run out of water.
- We rode as a bunch of five riders, drinking lots of water and having to take lots of toilet breaks with the constant fear of dehydration looming. We were frozen at Dinner Plain but pushed on to avoid the cut off.
- Multiple punctures in all of our tyres, so much so that we ran out of spare tubes between us all.
- We all rode with "day back packs" and finished at 9:30pm, a ride time of approximately 14 hours and 30 minutes. I didn't even see the dam wall as we got close to the line, what a relief to just finish!

If you could give fellow riders a top tip for completing Peaks, what would it be?

My best tip for other riders would be to take some good quality, real food with you to snack on in between the energy bars. And get used to eating that 'real food' in the weeks leading up to the event, especially on the long training rides.

Another tip would be to not stop for too long at check points.

To read the full Q and A with Tim, visit bit.ly/2VjCWxe



READY TO RIDE?

Peaks Challenge Falls Creek is one of the world's toughest and most picturesque cycling challenges. As such, it deserves respect and the correct preparation to complete it. After all your training, you want to ensure you are fully prepared so you don't let yourself down on the ride.

BIKE

Before undertaking the 235km Peaks Challenge Falls Creek circuit, you need to ensure that your gear is in perfect working order. Your bike should be serviced (including new tyres) and in a roadworthy state prior to the ride. Don't leave this to the last minute. You need to be riding the bike a week or so prior to the event to ensure all the fine adjustments are done correctly. Pay particular attention to brakes, chain, tyres and gear ratio selection.

On the day, ensure your tyres are correctly inflated – mechanics will be on site to assist you with this if needed. The biggest potential issue with your bike could be punctures. Know how to change a tube quickly.

We recommend having two bidon cages fitted to your bike to carry sufficient fluid, one with an electrolyte drink and the other with water to rinse your mouth after carbohydrate gels/bars which are particularly sweet.

CLOTHING

Do not underestimate the variability of the weather in Victoria's alpine region. Be prepared for all conditions.

Layers are vitally important to ensure comfort on the ride; a base layer, jersey and a wind vest can be used on descents or if the temperatures are low. Also pack a brightly coloured waterproof jacket which can keep you dry, or act as an extra layer on descents should it be cold. These items should be compact enough to fit in your pockets.

If adverse conditions set in, Team Bicycle Network's essential weatherproof items include:

- Arm warmers
- Knee or leg warmers
- Waterproof gloves
- Waterproof shoe covers
- Brightly coloured rain jacket

EQUIPMENT

The climb up the back of Falls Creek is what sets this event apart from most. In its own right, it is a difficult climb, but after 200km it's important you have adequate gearing to get you up. Team Bicycle Network recommends at least a compact crank set and 11-28 cassette for these climbs.

A helmet that is compliant with the Australian Standards, cycling shoes, sunglasses, money and a mobile phone are musts. A zip-lock bag can be used to ensure your valuables are protected from sweat or rain.

Lighting (front and rear) should have sufficient brightness to be seen in dark conditions. Also, remember to carry spare tubes, a pump and a patch kit in case you get more punctures than you have tubes.



The advertisement features a purple background. On the left is a package of a 'Winners Sustained Energy Bar' in the 'Sticky Date Pudding' flavor, showing a cyclist in a rainbow jersey. To the right of the package is a large white box with '10% OFF' in purple text. Below that is a white box with the code 'CODE: PEAKS19' in purple text. At the bottom left is the 'Winners Sports Nutrition' logo, and at the bottom right is the website 'winnersbars.com'.



**“DON’T WAIT
TO FEEL THIRSTY
BEFORE YOU
DRINK”**

NUTRITION

As a general rule you should consume around 30-60 grams of carbohydrate per hour. This is equivalent to one Winners bar and 750ml electrolyte drink or two Winners bars or two Winners gels. Everyone has their personal nutritional preferences when riding so practice yours during your training rides leading up to the event. Map out a nutrition plan for the day based on the recommendations from the Peaks Challenge Falls Creek website, and take advantage of our Rider Valet Service to send your supplies around the route. 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 focussed meal such as pasta to fuel your body for the following day.

FLUID INTAKE

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 an official Peaks Challenge Falls Creek finisher or destined to try again next year after retiring, there are a few points to remember post event:

- Don't forget to pick up your returned Dinner Plain Valet, available in the event village from 6:30pm to 8:30pm on Sunday 10 March only.
- 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 Peaks Challenge Falls Creek times visit peakschallenge.com.au
- SMS messages as you complete each climb will be sent to the nominated contact which you gave us when you entered the event.

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IMPORTANT INFORMATION

All the essential information to ensure you are prepared and ready to go for Peaks Challenge Falls Creek.

THE DAY BEFORE

SATURDAY 9 MARCH

- 1. Get your bike checked.** Bring your bike to the event village for inspection of working front white and rear red lights, operational brakes and general condition. Your bike must pass the inspection before you can pick up your rider registration pack. The inspection is a condition of entry and anyone attempting the ride should easily pass our basic inspection. Bike mechanics will be there to help and offer advice.
- 2. Collect your pack.** Pick up your rider registration pack. It will contain the following: sticker kit, valet bags, rider wristband, rider brief and assorted collateral.
- 3. Fit your stickers and drop your valet.** Fit your sticker kit to your valet bags and bike (see the sample bike and valet in the registration area for further information). Fill your valet bags according to the appropriate rest stop locations and return them to the valet area in the event village.

Do not trim your seat post sticker.

- 4. Attend the rider briefing**
Rider briefing will be at 6:00pm in the event village. It is essential that all riders attend.
- 5. Bike inspection, registration and valet drop off is open**
10am-7:30pm on Saturday only.

“ENSURE YOU’RE WEARING YOUR WRISTBAND, YOUR SEAT POST STICKER IS ATTACHED TO YOUR BIKE AND YOUR LIGHTS ARE ON”

BY THE END OF SATURDAY YOU HAVE:

- Had your bike inspected
- Picked up your registration pack
- Fitted your stickers
- Dropped off your valet bags
- Attended the rider briefing

EVENT DAY

SUNDAY 10 MARCH

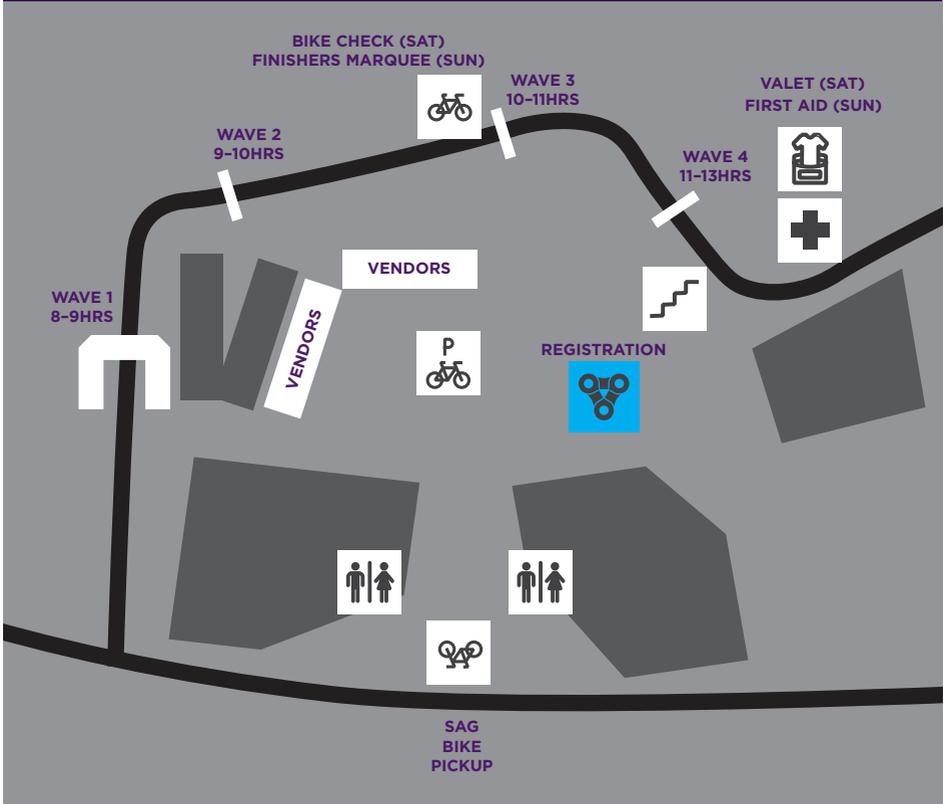
1. Be at the start site **no later than 6:30am** and line up according to your chosen wave
2. Ensure you're wearing your wristband, your seat post sticker is attached to your bike and your lights are on. **These items are mandatory.**
3. **Be ready to ride from 6:45am-7:15am.** You will depart in waves. Those of you who want to finish in 8, 9, 10, 11, and 12 hours can follow your nominated Team Bicycle Network rider
4. At the **start line**, you should have your lights on, helmet fitted correctly, water bottles full, additional food, puncture kit, tubes, suitable clothing (including a brightly coloured rain jacket) and a willingness to complete the ride in 13 hours or declare yourself retired
5. To complete the event within 13 hours, **you must be past key locations by the following times:**
6. **Lanterne Rouge riders**, identified by their red kit, will ride on the 13 hour mark. They along with all support riders, will do everything possible to get you over the line. They will depart the start line no later than 7:15am. It is important to remember that these riders are simply a guideline to finishing within the cut off. The only determining factor on whether you complete the ride within 13 hours will be your individual time, which is calculated from the moment you cross the start line to when you cross the finish line. If you do fall behind the cut off, please retire gracefully at one of our designated points where you and your bike will be transported back to the finish.
7. **Treat the rest stops as quick pit stops.** Use the toilets, grab some food, dispose of rubbish, fill your bottles and go. Use the medical team and mechanics on route, listen to the marshals and authorities. They are there to assist you. Please respect their instructions

LOCATION	TIME
Harrietville rest stop	10:30am
Dinner Plain lunch stop	1:30pm
Omeo rest stop	3:15pm
WTF Corner	5:30pm
Trapyard Gap	7:00pm

8. **Standard road rules apply** at all times during the event: stick to the left, do not overtake double lines, use caution when passing and talk to each other. This is important as even on 'closed roads' there will be vehicles, including our event vehicles and emergency services.

- 9. Be aware that changing conditions, fatigue, traffic and average speed can directly **affect your ability** to finish this ride in 13 hours.
- 10. **Be prepared to react to changed weather conditions**, turn your lights on and use your Dinner Plain valet to dispose of additional riding gear or collect new riding gear.
- 11. **Event staff and volunteers** will support you and give you every opportunity to finish, but if you do fall behind the cut off times please retire gracefully..
- 12. At the **finish site** you will be photographed as you come over the line, presented with your finishers jersey and given a post ride snack. Park your bike and find friends, family and fellow riders to celebrate your achievement.

SITE MAP



THE CLIMBS

Peaks Challenge Falls Creek is a 235km ride from Falls Creek, via Tawonga Gap, Mount Hotham, Omeo and up the back of Falls.

CLIMB 1

TAWONGA GAP

7.5km

476m elevation gain

6% average gradient

The first of the peaks to climb, Tawonga Gap is the smallest, but should not be underestimated. After the descent of Falls Creek this is the first serious effort required in Peaks Challenge Falls Creek. The climb has a few tight hairpins but generally is a consistent gradient. Consider the amount of effort you expel, with an eye on your riding time with two peaks still to come.

Take care on the steep descent.

CLIMB 2

MT HOTHAM

29.9km

1,303m elevation gain

4% average gradient

The best way to pace yourself for the climb of Mt Hotham is to mentally divide into thirds – steep, false flat, steep. Taken as a whole, it's a long tough climb, eased a little by a relatively gentle middle-third, and punctuated by a few very steep sections. Push through the pain and you are rewarded with views of Hotham Heights and the Mt Hotham Alpine Resort Entry.

CLIMB 3

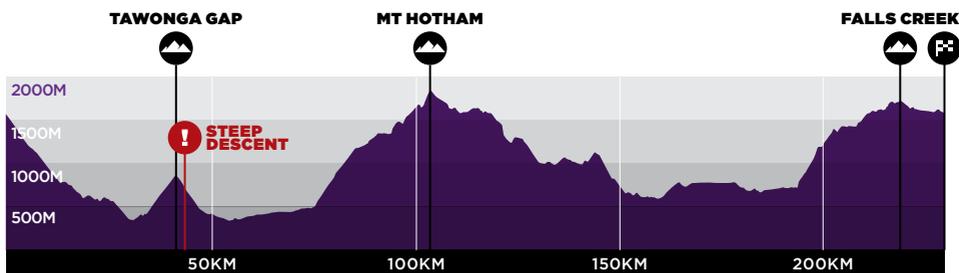
FALLS CREEK

22.6km

980m elevation gain

4% average gradient

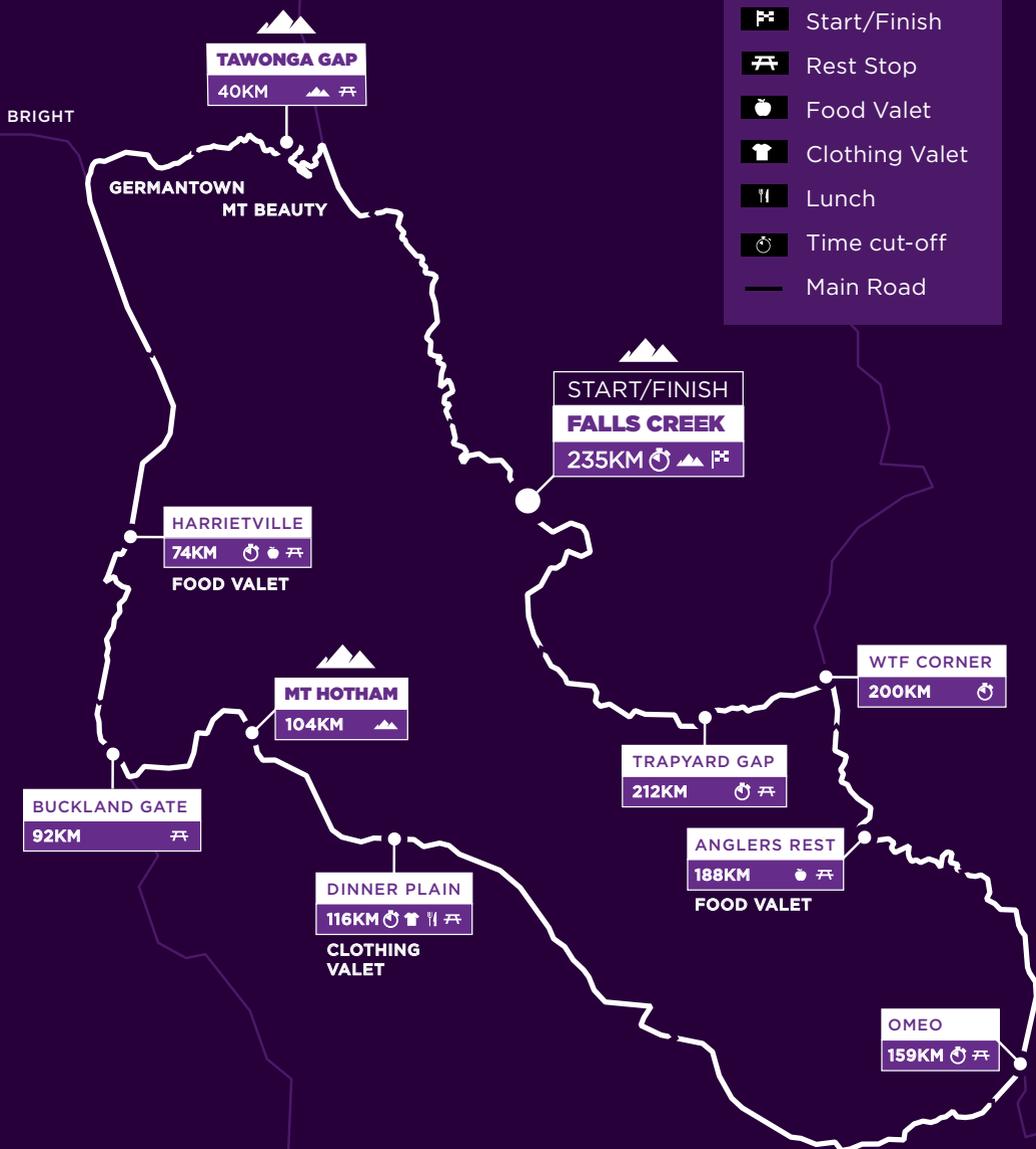
The final climb in Peaks Challenge Falls Creek is the Falls Creek climb from the Omeo side. This climb is still relatively unknown to many cyclists. However, those that have tackled the climb will not forget it quickly. With the first eight kilometres averaging around 10% gradient, it has been known to push many a cyclist to their limit.



ROUTE MAP

KEY

-  Top of climb
-  Start/Finish
-  Rest Stop
-  Food Valet
-  Clothing Valet
-  Lunch
-  Time cut-off
-  Main Road



WEEKEND PROGRAM

Your list of whats happening across Peaks Challenge weekend.

SATURDAY 9 MARCH EVENT VILLAGE: SLALOM PLAZA, FALLS CREEK

What's on	When
Event village opens to public	10am
Compulsory rider briefing	6pm
Event village, bike inspection and rider pack collection closes	7:30pm
Bike movie night! - Everesting Mount Everest	7pm
Movie concludes	8pm

SUNDAY 10 MARCH PEAKS CHALLENGE FALLS CREEK

Road from Mt Beauty to Falls Creek closes (be on the road before then)	5:30am
Ride starts	6:45am
Lantern Rouge departs	7:15am
47km friends and family ride departs	8am
Junior Peaks starts!	10am
Lantern Rouge returns	8:15pm
Valet collection closes	8:30pm



KEEPING SAFE ON THE ROAD

Follow these simple guidelines to help ensure everyone finishes the ride safely.

Peaks Challenge Falls Creek is not a race, however, you are required to maintain pace to finish the 13 hour deadline. Participants are timed and rewarded with a commemorative jersey in two categories:

- Finishing in sub-10 hours
- Finishing in sub-13 hours

This is a tough event in rugged and remote country. Bicycle Network

works closely with Victoria Police and Ambulance Victoria on the event to give all registered participants the support required to attempt such an epic ride. It is important that you do not take any risks that could lead to putting yourself or other riders in a life threatening situation. Respect your fellow riders and other road users and obey event officials at all times.

SHARE THE ROAD

Be aware that you are riding on the road with other riders and traffic.

Ride in the Green Zone.

Overtake when safe in the Orange Zone.

Stay out of the Red Zone.



PLEASE OBSERVE THE FOLLOWING GUIDELINES:

- When descending - ride within your limits, do not take any risks, keep left at all times. Do not cross the white line in the centre of the road, do not overtake other riders on your left and limit your speed to 50km/h.
- When climbing - do not zig zag and do not cross the white line in the centre of the road.
- As per Victorian road rules, when it is dark you must use a white front light and red rear light that is clearly visible from at least 200m away.
- Obey all road rules - whether

you are riding on a closed or open road, the road rules for riders do not change.

- Do not ride on the wrong side of the road.
- Obey all traffic signals and signs.
- Ride as near as possible to the left side of the road.
- Verbally communicate all changes to other riders if you are about to slow, stop or turn.
- Do not ride more than two abreast and no more than 1.5m apart unless overtaking other riders.
- Do not ride within 2m of the rear of a moving vehicle for more than 200m, or hold onto a moving vehicle.
- Obey all event signals, signs, route marshals, motorcycle marshals, traffic controllers and police.

**“THIS IS A TOUGH
EVENT IN RUGGED AND
REMOTE COUNTRY”**

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ROUTE SUPPORT

Bicycle Network is there for you every pedal stroke on your way to becoming a Peaks finisher.

REST AREAS

Every 18km-40km you will be able to stop, refuel, check your bike, dispose of rubbish, go to the toilet or receive first aid treatment. Please refer to the chart to the right for a list of rest area locations.

FOOD & CLOTHING VALET SERVICE

Four rider valet bags are provided in your registration pack. These bags will be available for collection at Harrietville, Dinner Plain and Anglers Rest during the ride.

- Identify your valet with the correct stickers

- Pack your food items in the two food valet bags to be collected at Harrietville and Anglers Rest. These valet bags will not return to the event village.
- Pack a change of clothes and any other items in the Dinner Plain valet bag, making sure you also pack the return valet bag inside this valet bag for your clothes to be returned to Falls Creek.
- Check in your valet bags on Saturday 9 March between 10:00am - 7:30pm at the valet drop off point at Slalom Plaza Event Village.

REST STOPS

LOCATION	DISTANCE
Tawonga Gap	40km
Harrierville (Food valet service)	74km
Buckland Gate	92km
Dinner Plain (Return clothing valet service)	116km
Omeo	159km
Anglers Rest (Food valet service)	188km
Trayard Gap	212km
Falls Creek	235km

WASTE DISPOSAL

Peaks Challenge Falls Creek takes you through one of the most beautiful national parks in Australia.

Being ‘too tired’ is not an excuse for not disposing of your rubbish correctly.

There will be a large number of bins at rest areas to make disposal easy. If you find yourself with rubbish while out on the road please hang on to it until the next stop. We suggest tucking empty wrappers into the leg of your knicks or in an empty back pocket. Your cooperation with this is essential to reducing the impact on local residents and the environment.

“PACK A CHANGE OF CLOTHES AND ANY OTHER ITEMS IN THE DINNER PLAIN VALET BAG”

FIRST AID & MEDICAL EMERGENCIES

Your safety 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 the event village
- All rest areas will have first aid and medical supplies
- Mobile first aid motorcycle marshals will be positioned around the route
- Ambulances will be stationed along the route to respond to any emergencies.
- Always call 000 in the event of an emergency.

While there are dedicated ambulances stationed along the route, standard Ambulance Victoria fees and charges apply if you do require transport. We recommend taking out Ambulance Victoria membership prior to the event.

IS IT AN EMERGENCY?
Does it require Ambulance, Fire or Police?

<p>NO</p>	<p>YES</p>
<p>CALL EVENT ASSISTANCE 0425 381 816 or 0425 777 484</p>	<p>STEP 1: Call EMERGENCY SERVICES 000 or 112</p> <p>STEP 2: Call EVENT ASSISTANCE 0425 381 816 or 0425 777 484</p>

In case of an emergency it is always recommended to call **000** first.

Calling event assistance **after** calling 000 is essential so that, where possible, Bicycle Network can work with the Emergency Services to facilitate the appropriate response.

RETIRED RIDER POINTS

If you retire from the ride please notify Event Assistance on 0425 381 816 or 0425 777 484 (save these numbers in your phone).

Coaches will then transport you back to the finish site. Private vehicles are not permitted on the route.

To complete the event within 13 hours you must be past the following points by these times:

LOCATION	TIME
Harrierville rest stop	10:30am
Dinner Plain lunch stop	1:30pm
Omeo rest stop	3:15pm
WTF corner	5:30pm
Trapyard Gap	7:00pm

STATIONARY ROUTE AND MOTORCYCLE MARSHALS

Motorcycle marshals are there to help, and most will be trained in first aid. To seek assistance from a motorcycle marshal pull off the road,

turn your bike upside down and wait for a motorcycle marshal to assist you. Marshals communicate with Event Assistance and receive information.

Stationary route marshals are there to provide instruction in relation to the route and any hazards. Please respect their instructions.

SAG WAGONS

SAG Wagons will be operating all day to support riders who are unable to continue riding.

SAG trailers and coaches will patrol the ride and sweep the tail end. They will pick you up to be transported to retired rider points for mass transport back to Falls Creek.

It is a triaged process that in some cases requires patience, so please follow marshal instructions.

The best way to access the SAG Wagon is to go to the next rest area and notify the marshals. If you cannot make it to the next rest area, pull off the road, turn your bike upside down and wait for a motorcycle marshal to assist you.



PRIVATE SUPPORT VEHICLES

Private support vehicles are not permitted on the event under any circumstances. Support is provided along the entire route, including emergency medical assistance, mechanical assistance, food, drink, valet services, and transport for riders who retire. Any riders found to be supported by private vehicles risk being excluded from the event.

MECHANICAL SUPPORT

We've got your back at Peaks Challenge Falls Creek including on-route mechanical assistance.

Pedal Power Garage are on board to support you at the village before the ride and will be out on the road

to help you get through with minimal fuss.

They will be set up at the village on the Saturday for all of your last minute servicing, repairs and sales of products to help get through.

Plenty of tyres, tubes, tyre levers, and Co2 canisters will be available to minimise puncture issues.

There will be a range of clothing including helmets, gloves, jackets and vests to make the day more comfortable if the weather is not what is expected.

A fully equipped workshop will be able to make last minute repairs, servicing and adjustments. Everything from cables to cassettes will be available.



YOUR DOMESTIQUES TEAM BICYCLE NETWORK

At Peaks Challenge Falls Creek we don't just provide you with food and water. We have a team dedicated to setting the pace, rhythm and the attitude that's required for a good day in the saddle. You can expect lots of encouragement, support and help with pace setting from Team Bicycle Network.

8 HOUR



LAURENCE
BASELL



CAM
CLAMP



STEVE
LANE

9 HOUR



JAMES
GARRIOCK



IAIN
MATHESON



JOSH
MCLELLAN



LISEN
HOCKINGS

10 HOUR



ALISON
McCORMACK



LEE
TURNER



KEITH
LEONARD



PRITA
JOBLING-
BAKER

11 HOUR



12 HOUR



13 HOUR



EXCLUSIVE MEMBERS BRIEFING. FREE BEER.



BICYCLE NETWORK®

BICYCLE NETWORK MEMBERS LOUNGE

Get exclusive access to the members lounge – choose your wave leader’s session, get last minute pointers and ask any burning questions about the ride. Plus, all members will receive a bonus pair of Bicycle Network socks and a free beer.

WAVE LEADER BRIEFING SATURDAY 9 MARCH

- 8 hour** 2–2.30pm
- 9 hour** 2.30–3pm
- 10 hour** 3–3.30pm
- 11 hour** 3.30–4pm
- 12/13 hour** 4–4.30pm
- Women’s briefing** 4.30–5pm
- All riders briefing** 6.00pm

Not a member? Join now for members lounge access and you’ll also be insured every time you ride, joining the 50,000 Australians that support our advocacy campaigns, helping to improve bike riding conditions.

JOIN NOW

\$10⁹⁹ / month

No lock-in contract

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#TogetherWeRide



KING & QUEEN OF PEAKS

Have you got what it takes to be crowned the King or Queen of Peaks?

To get the crown the rules are simple - the fastest combined climb time (female and male) up Tawonga Gap, Mt Hotham and Falls Creek will be crowned the King and Queen of Peaks Challenge. It's not just the respect that will be earned, both riders will go home with \$2,000 cash.

KINGS & QUEENS OF THE MOUNTAIN

KOMs and QOMs will also be up for grabs for each individual climb, with \$1,000 available for the fastest male and female up each of Tawonga Gap, Mount Hotham and Falls Creek. If you are the fastest, you get the cash.

STRAVA QOM AND KOM



Tawonga Gap

Lucy Kennedy 23:06
Chris Harper 18:52



Mount Hotham

Justine Barrow 1:25:21
Brendan Canty 1:07:42



Falls Creek

Nusha Kerin 1:13:05
Andy Bryant 1:01:15

King and Queen and Peaks and all KOM and QOM winners will be announced at the Event Village at 6:30pm.

*Terms and Conditions apply



Peaks Finisher, Michele Armstrong, got a taste of Peaks Challenge in 2018 and is back for more. We caught up with her and got the story about her journey last year about what she is focussing on in 2019.

When I decided to enter Peaks Challenge, I was sure I could convince some of my cycling buddies to ride with me, but I had no luck there so headed to Falls Creek on my own and very nervous.

At the start line I looked around and thought I really shouldn't be here. But after a slow and steady descent, I

found my rhythm on the first climb up Tawonga Gap, and started to relax into the task ahead. I knew the only way I could finish under the 13 hour cut off was to ride with a 'my peak my pace' attitude. For me, that was riding at around 70% capacity, drinking before I was thirsty, eating before hungry and keep asking myself how I was feeling, if I could talk without feeling breathless. Keeping focussed on hydration and nutrition at rest stops was also vital as I had no time to spare.

I rode alone most of the way, but other riders were so encouraging and supportive. I left plenty in the tank for the back of Falls and noticed that most of the riders still on their bikes and not walking were women. There was an eerie silence at that stretch of road, and it was important for morale to look straight ahead and not get distracted by those walking, stopping, cramping, groaning!

This year the main thing I will improve on is my speed at fixing a flat. I was only ever 20 minutes ahead of cut off and did not want to waste any of those precious minutes on the side of the road with a flat tyre. It didn't happen last year, but I spent a lot of time worrying about it happening and I didn't want it to be anyone else's problem!

I can't wait to do it all again and have convinced a couple of girls to join me for a day out on the bike in the beautiful High Country!"

- **Want to hear more about Michele's solo journey? She will be talking at the women's briefing at 4.30pm at Halleys Lodge along with female members of Team Bicycle Network. You can also join Michele and other women on Sunday at the Women's Community meeting point at 6am. Look for the purple Women's Community flag in the village.**



BICYCLE NETWORK

We are Australia's largest membership based bike riding organisation with more than 50,000 members. We're all about making it easier to ride a bike. That's why we host iconic events like Peaks Challenge, the Great Victorian Bike Ride and Around the Bay. What you might not know is that we also run behaviour change programs like Ride2School and Ride2Work and work with governments to improve riding conditions around Australia .We also cover our members with:

- Comprehensive bike rider insurance that covers you every time you ride in Australia and New Zealand
- Access to riders' rights and legal support

Join us today and be insured every time you ride from just \$10.99 per month.

www.bicyclenetwork.com.au

VOLUNTEERS

We'd like to congratulate and proudly thank four of our event volunteers who've been along for all 10 years of the ride.

Roger Lancaster

Angler's Rest Route Response

Ebony Lancaster

WTF Corner Marshal

Joan Horton

Angler's Rest Team Leader

Chuck Ziegler

Moto Marshal Captain



The ongoing success of Peaks Challenge Falls Creek is due to the long-standing partnerships with a number of local community groups, including the Mount Beauty Rotary Club. We would also like to thank the individual volunteers who help out every year, adding to the community atmosphere of the event and playing much needed roles in the event team. The success of Peaks Challenge Falls Creek relies on the dedication and incredible work of these volunteers who donate their time and skill, so please take the opportunity on the day to thank them. It is their commitment which helps give you the opportunity to enjoy riding 235km around the spectacular Victorian Alps!

A special thanks to Echo Graphics & Printing and the lovely team at Falls Creek for being Peaks Challenge legends for all 10 years!



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