



UNITED ENERGY
**AROUND
THE BAY**

100km
Sorrento to
Melbourne

**RIDE
GUIDE**

Sunday 6 Oct 2019

The central graphic features a light blue background with a pattern of small blue polka dots and faint white arrows. On the left, there are green palm fronds. On the right, a white seagull is shown in flight. The text is overlaid in white, with the main title in large, bold, sans-serif font.

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Bicycle Network welcome

Melbourne doesn't have a tourist attraction in the top 100 in the world. Yet it's regularly voted one of the world's best cities. There's a magic about Melbourne that isn't explained by a bridge, building or monument.

It's discovered by going to a game at the G. Or wandering down a laneway. Or heading to the Vic Market to buy hot jam donuts rather than ugg boots.

But you can't really know Melbourne unless you've hopped on a bike. Going for a pedal around the bay gives you a whole new appreciation for Melbourne's size, beauty and acceptance of all people.

Today you'll join thousands of people from all walks of life. Some will be gun riders. Others just off their training wheels. No doubt you'll come away with a deeper appreciation of what makes Melbourne and the people who live in and visit the city so special.

But you'll also come away with a deeper understanding of why life is better on a bike and that'll inspire you to spend more time in the saddle. So whether this is the first, seventh or 27th time you've ridden United Energy Around the Bay, here's to a lifetime of happy riding memories.



Craig Richards
Chief Executive Officer
Bicycle Network

United Energy welcome

Good deeds, rewarded

Congratulations for signing on to ride in this year's United Energy Around the Bay.

Taking the opportunity to get out and get fit may seem like a little thing, but with everyone else involved, you are helping to achieve something big for your community.

At the United Energy tent in the Albert Park village this year, we'll be taking the opportunity to recognise all the good deeds on the day. People who are finishing the ride, raising money for The Smith Family, supporting family and friends, volunteering to help or simply just getting involved in the fun.

You are all contributing to healthier and happier communities.

United Energy is doing great things for communities too.

Every day, we have some of the state's bravest and most skillful tradespeople and best engineers working together to keep the lights on. In fact we're 99.99% reliable at supplying electricity to homes and businesses. The average time our customers spent without power last year was less than it will take you to ride the 20km United Energy Around the Bay route.

Helping communities grow. Keeping them safe. Always looking for ways to do things better and more sustainably for the environment. It is an important job and a rewarding one.

So we say to you—good people in the community doing good deeds—enjoy!



Tim Rourke
Chief Executive Officer
United Energy

The Smith Family welcome

Since 1993, United Energy Around the Bay riders have supported The Smith Family and to date nearly \$12 million has been raised to help disadvantaged Australian children with their education.

This year we're aiming to raise \$600,000 which will provide more than 1,000 disadvantaged students with the tools and support they urgently need to succeed at school and break the poverty cycle.

So make sure you share your fundraising page far and wide before your ride! Just log on to aroundthebayfundraising.com.au and share your page now.

Plus, crossing that finish line on the big day will taste so much sweeter knowing you've ridden in support of children in need!

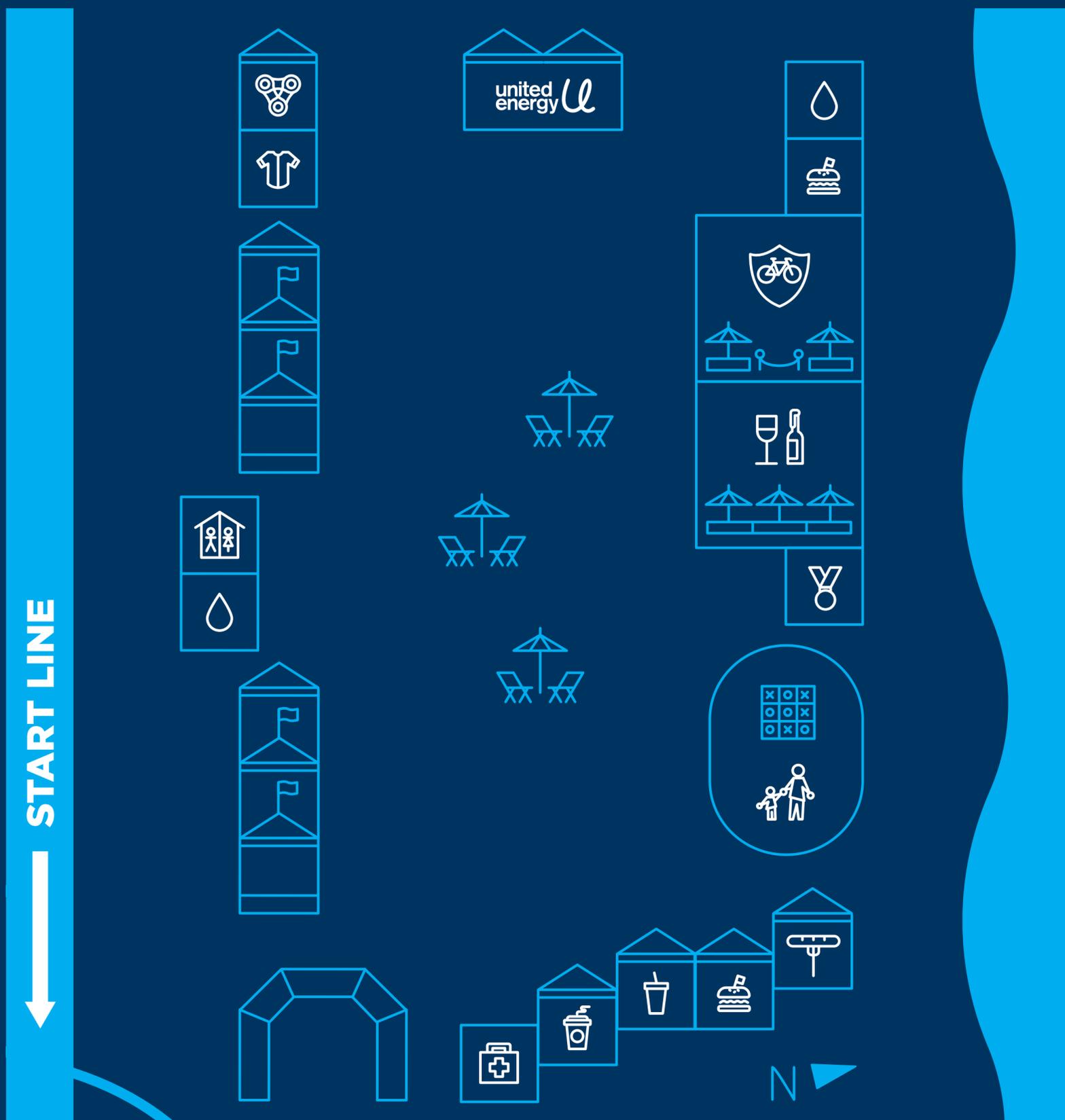
To all our fantastic fundraisers and teams, my sincere thanks for your wonderful support and have a great ride!



everyone's family

Lisa O'Brien
Chief Executive Officer
The Smith Family

Albert Park village map



MAP KEY

-  Bicycle Network & Info
-  Merchandise & Valet
-  The Clubhouse & Members lounge
-  Spokes bar
-  Kids zone
-  First aid
-  Food collection
-  Coffee
-  Food truck
-  Water
-  Toilets

United Energy Around the Bay festival times

Activity	Sunday 6 Oct
The Village	9am – 7pm
Spokes bar	11am – 7pm
The Clubhouse	11am – 7pm
Members lounge	11am – 7pm
Childrens activities	9am – 4pm

Getting there

United Energy Around the Bay 100km Sorrento ride distance starts on The Esplanade, Sorrento (near ferry terminal). You should take a moment to think about how you are getting there and getting home. If you are a Sorrento local, Bicycle Network recommends warming up your legs in the morning by pedaling down to the start site.

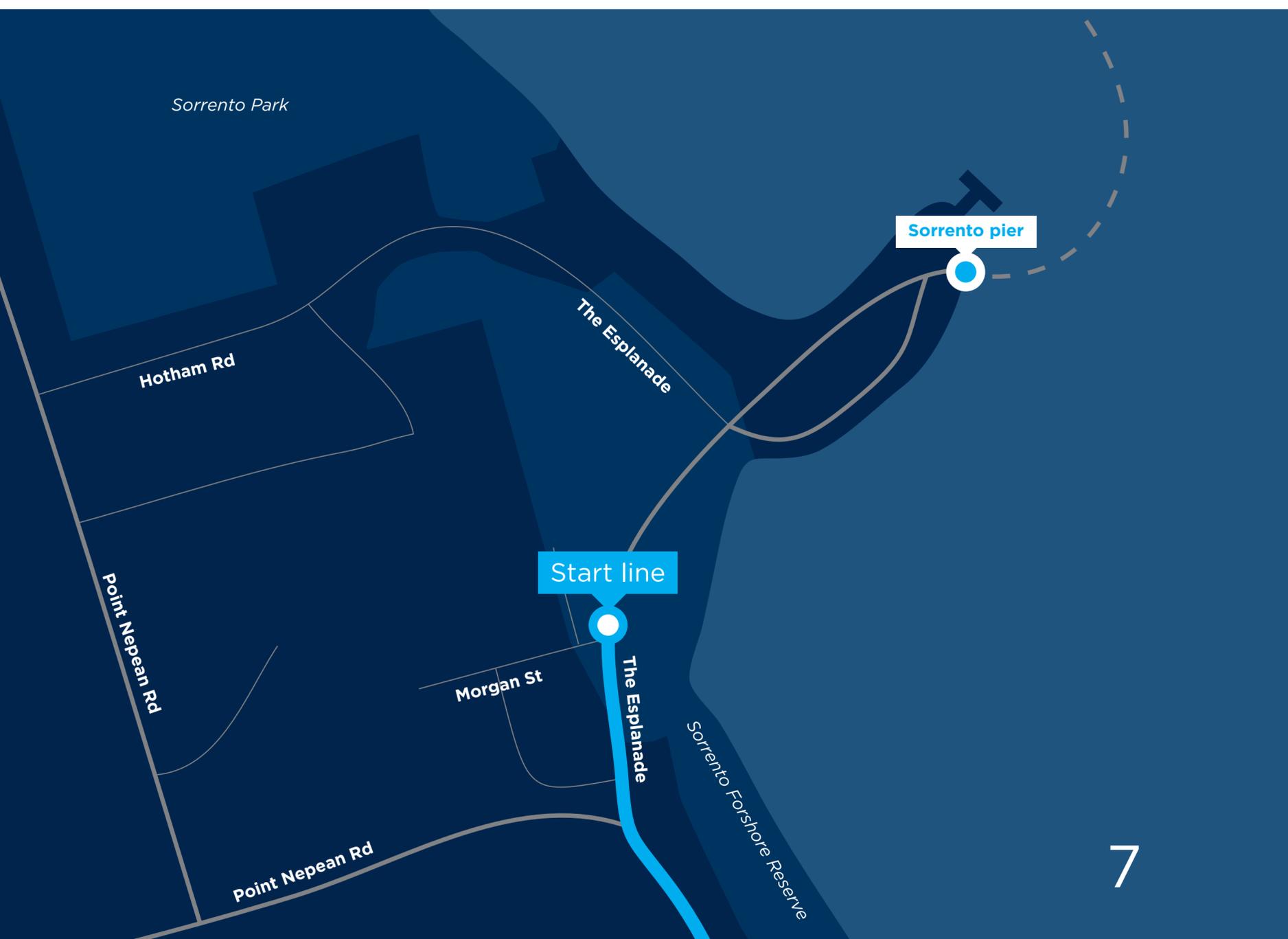
If family and friends are picking you up after your ride, please note with so many riders on event Albert Park will be a hive of activity and it may be difficult to get a park close by.

Transport option

If you have purchased transport, buses will depart from the Carousel Cafe car park (22 Aughtie Dr). Please arrive 30 minutes prior to departure.

Departure time to Sorrento

- + Sunday 6 October. 5:30am
- + Bike drop-off closes 30 minutes prior to bus departure



Women's Community

Bicycle Network's Women's Community aims to encourage, empower and inspire more women to ride with training rides, skills sessions and workshops for the bike riders of all levels. We'll make sure that you're prepared and supported for your next event and have an unforgettable day on the bike, sharing it with other likeminded women

Ride leaders

Ride with our ambassadors from Australia's largest female membership cycling club, St Kilda Cycling Club, and have the support and encouragement you need to ride the 50km, 100km Frankston, 200km Sorrento return or 210km Anti-clockwise course. Ride leaders will be riding at steady average pace throughout the day. The ambassadors will be identified by wearing a women's community bib on the back of their event jersey.

Meet your ride leaders at The Clubhouse in the Village on Sunday 6 October 40 minutes before your ride start. There will be a place to leave a small bag behind if you wish, dedicated toilets and water available. You will join the start line and roll out together.

Post-ride celebration

Celebrate your achievements together and listen to a special guest speaker in the Clubhouse at 1pm.

Alcoholic drinks, soft drinks and coffee can be purchased in the Clubhouse.

Your ride details

Ride	100km Sorrento – Melbourne
Start time	8:00am
Start location	The Esplanade, Sorrento (ferry terminal)
Rider briefing	7:45am

Key notes for on the ride

- + There will be times during the ride when you will be riding on the right hand side, or “wrong side” of the road. Don’t worry, we have blocked off the road just for you and have plenty of traffic controllers in place to guide you. Please follow the directions of our marshals.
- + The Esplanade, Mount Martha, between Bruce Rd and Dominion Rd will be closed to northbound cars, however vehicles will still have access to southbound lanes. Please keep to the left lane at all times while you ride and enjoy the view.
- + When heading back to the finish line on Beaconsfield Parade, the right-hand turn into Kerferd Rd will be made as a hook turn. Traffic controllers will be there to assist you.

Rest area key information

Rest area	Times	Kilometres completed	Nutrition & hydration
Safety Beach	8:15am-4:00pm	27	Water
Frankston	7:15am-5:00pm	54	Water, fruit, light snacks, Winners bars & gels, electrolytes
Mordialloc	6:45am-5:30pm	71	Water, light snacks
Albert Park		100	Lunch

Route map

Links and downloads:



Online route map with notes.



Download the GPX file.



Albert Park



Mordialloc



Frankston

Safety Beach



Sorrento

Map Key

 Lunch

 Water

 Electrolytes

 Winners bars/gels

 Fruit

 Cakes/slices

 Light snacks

Ready to ride

Pack collection

If you have not paid for postage, you will need to collect your rider pack from Bicycle Network. Pack collection will be available between Monday 23 September and Saturday 5 October.

+ Level 4, 246 Bourke Street, Melbourne VIC 3000

If you paid for postage your rider pack will arrive from mid-September.

Please note that rider pack collection will not be available at Albert Park.

Date	Time
Mon 23 September–Thurs 26 September	9am–5pm
Mon 30 September–Wed 2 October	9am–5pm
Thursday 3 October	9am–7pm
Friday 4 October	9am–5pm
Saturday 5 October	10am–2pm

Bag drop

You are welcome to store one small bag with us at your start line in Sorrento. The Bicycle Network team will bring your bag to the Bicycle Network Hub at Albert Park for collection after your ride from 3pm–7pm on Sunday 6 October.

No items of value should be left in your bag.

Organisers take all care but no responsibility for items

Timing

All rides will be timed so you can have an official record of your achievement. A special timing chip is inside your number plate and you will need to attach this to the front of your bike to record a time.

To receive an official time your bike must cross all timing points, including at the start and finish of the ride. Official results will be published online as you pass each timing point. You will also be notified of times in a special email after the ride.

Participant ID

To help identify all participants during the event you are required to:

- + Wear a United Energy Around the Bay 2019 wristband.
- + Display your bike number plate on the front of your bike.

Ride smart

Please remember the following while you ride:

- + Road rules apply at all times. This includes all traffic signals, stop signs, give way signs and pedestrian crossings, including on roads closed to other traffic.
- + Riders must obey all instructions from on route marshals, traffic controllers and the United Energy Around the Bay event team.
- + Signage will be placed on the route. Please follow these to make sure you remain on the official route.
- + Please communicate with other riders and call out 'passing' or 'stopping' to give warning.

SHOULDER

GREEN ZONE

Safe for riding

ORANGE ZONE

Overtaking area when safe

RED ZONE

Stay out-oncoming traffic

BE AWARE THAT YOU ARE RIDING ON THE ROAD

Emergency procedure

IS IT AN EMERGENCY?

Does it require Ambulance, Fire or Police?

NO

CALL EVENT ASSISTANCE

0425 381 816
or
0425 777 484

YES

STEP 1:

Call EMERGENCY SERVICES
000 or **112**

STEP 2:

Call EVENT ASSISTANCE
0425 381 816 or
0425 777 484

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.



ALL BICYCLE NETWORK EVENT SPACES ARE SMOKE-FREE

Route support

First aid

First aid will be available at the following rest areas:

- + Albert Park
- + Sorrento
- + Queenscliff
- + Mordialloc
- + Geelong
- + Elwood
- + Frankston
- + Williamstown

Mechanical support

Mechanical support will be available at the following rest areas:

- + Albert Park
- + Frankston
- + Sorrento
- + Queenscliff
- + Geelong
- + Mordialloc

Basic tools for self-servicing will be at other rest areas.

Route and motorcycle marshals

Volunteer route marshals and motorcycle marshals provide directions and assistance along the ride.

If required, they can also communicate with event assistance. Motorcycle marshals are also qualified to administer first aid.

SAG wagons

SAG (support and gear) wagons are our on-road support vehicles and can help if you are unable to continue riding. Please follow these instructions if you require assistance:

- + Turn your bike upside down on the side of road at a clear distance from the road
- + Call event assistance
- + Let the team on the phone know where you are and the next available SAG wagon will head your way
- + Be patient as you may have to wait for the SAG wagon to reach you
- + The SAG wagon will transport you to either a local railway station, the next rest area or Albert Park. Don't forget to pack your Myki card just in case
- + Remember our SAG wagons support all riders, they are not a taxi service
- + Private support vehicles are not permitted on the route

Bicycle Network members

We love our members – we couldn't exist without them. To celebrate and say thank you to the members who are joining us on United Energy Around the Bay, we've got the following on-event bonuses.

Member's Lounge

Relax and enjoy a post-ride drink on us after your big day in the saddle at the Bicycle Network Member's Lounge!

Members will receive one complimentary drink upon entry. We will be open from 11:00am–7:00pm. Members are invited to bring a friend to help them celebrate.

Members Show & Save

Members will be able to score exclusive 'show & save' offers from our vendors at The Village

We'll send all Bicycle Network members a text message on the morning of the event. You'll be able to use that to take advantage of the exclusive member benefits.



Not a member?

Make sure you don't miss out, join now at bicyclenetwork.com.au/membership.



Pedal worry free with a Bicycle Network membership

We've got your back in three important ways:

- Third-party coverage
- Medical coverage
- Income protection

Join now

**Become a member today
from just \$11.49/month.**



**BICYCLE
NETWORK®**

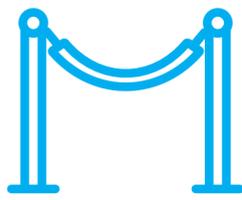


The Clubhouse

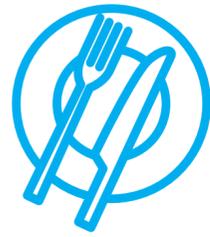
The Clubhouse is an exclusive outdoor area for teams and individuals at the United Energy Around the Bay event village. Clubhouse ticket holders have access to the following:



Champagne on arrival at The Clubhouse



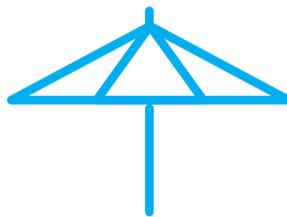
Private bar



Post-ride meal



Exclusive bike parking



Communal tables in a deluxe outdoor setting with heaters and/or shade, depending on the weather



Pre-ride bag drop

For more information and to add Clubhouse access to your entry, please visit: aroundthebay.com.au/event-info/

**Entry is restricted to participants over 18 years of age and must be pre-booked. If you've already purchased your entry to United Energy Around the Bay please contact Bicycle Network to secure your spot in the Clubhouse. Bookings close on Friday 27 September.*

Volunteers



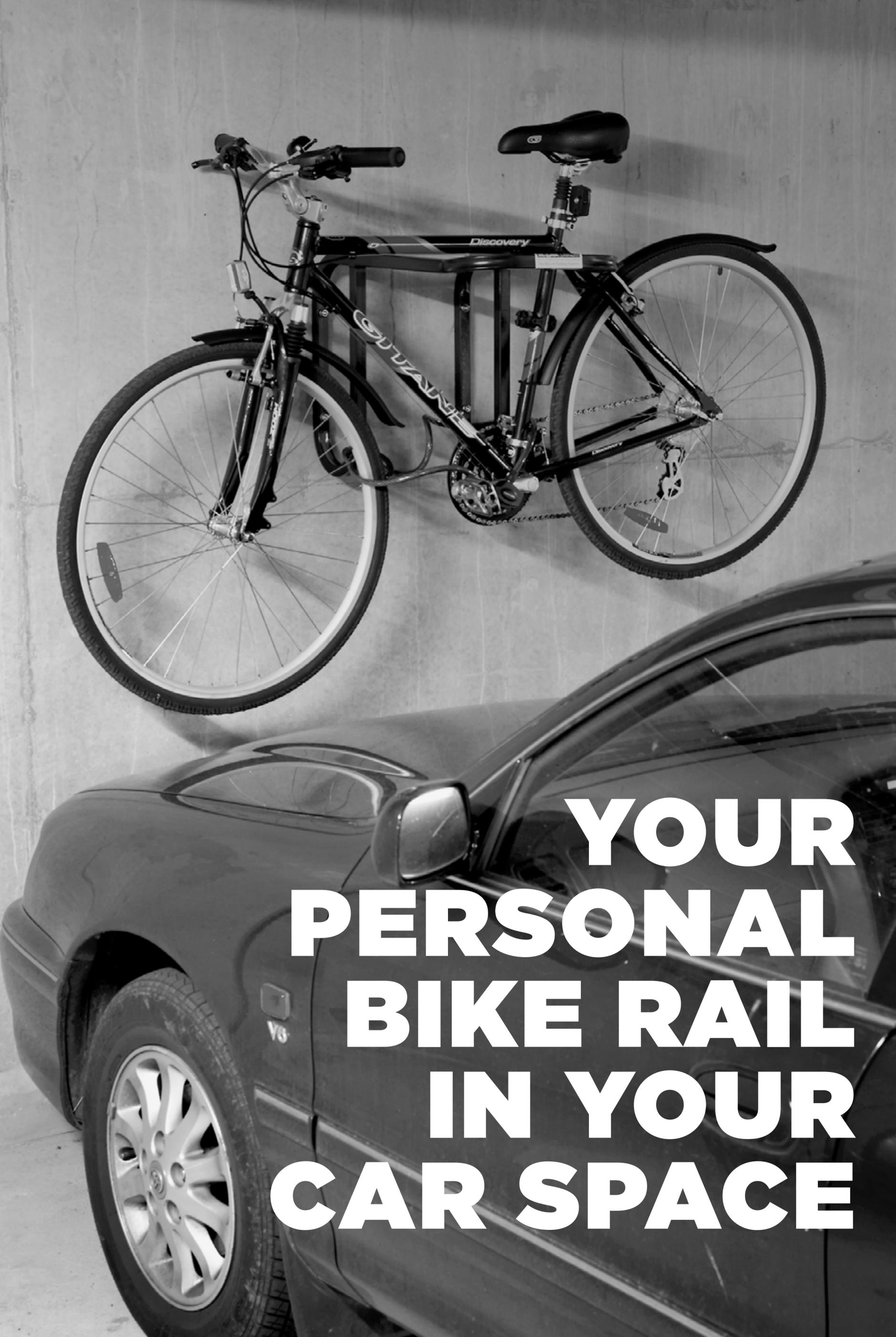
The ongoing success of United Energy Around the Bay relies on the dedication of volunteers. Please take the opportunity to say hello and thank the team on the day – your ride would not be possible without their phenomenal support!

Know someone who would like to get involved?

Contact us at:

volunteer@bicyclenetwork.com.au

for more information.



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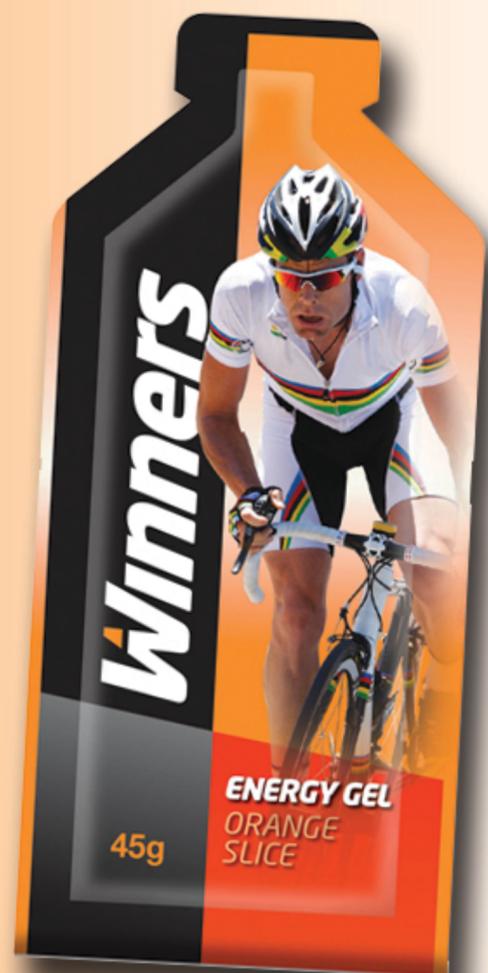
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