

OFFICIAL 2020 PEAKS CHALLENGE RIDE GUIDE

PEAKS



**PEAKS
CHALLENGE**
FALLS CREEK

CONTENTS

3 Welcome to Peaks Challenge

From Bicycle Network

4 Welcome to Falls Creek

From Falls Creek Resort

5 Return to Peaks

Purdie Long's 2020 goal

7 Not just for the elite

Two tales of triumph

9 Preparation for the day

Handy tips to get you through

14 Important Information

Essential event details

16 Weekend program

What's on and when

19 The route

Elevation profile and map

21 Ride checklist

Don't forget these items

22 Riding Peaks Challenge

Falls Creek

On the route

24 Route support

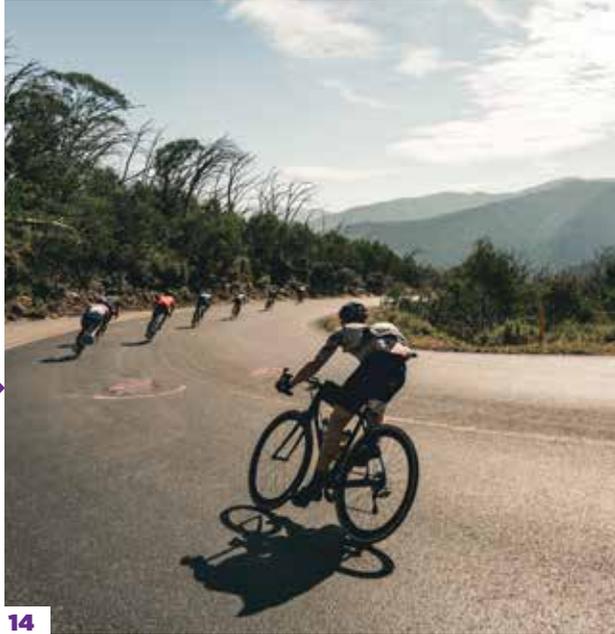
Bicycle Network by your side

28 Team Bicycle Network

Your 2019 wave leaders

32 Our thanks

Our invaluable support



14



29

SPONSORS AND PARTNERS



WELCOME TO PEAKS CHALLENGE FALLS CREEK

The human determination to keep going is incredible. It's meant we've survived even when in the early days our next meal or drink seemed too many miles away.

Recently it's that same inspirational determination that's kept our friends in the Victorian High Country going. Devastated by bushfires, they've weathered the initial storm, rolled up their sleeves and ploughed ahead with putting things back together.

You'll no doubt draw on the same human determination as you take on Peaks Challenge Falls Creek. There'll be moments when the Falls Creek village seems too far away, but if you just get up the next rise or make it to the next rest stop...

There's another quality that we'll see in abundance on the ride: generosity. It's helping each other, particularly in times of need, that makes us human. There'll be countless examples of this out on the road today as riders let someone sit on their wheel, provide a word of encouragement or share a gel.

Perhaps the act of generosity that



requires the most acknowledgement today is you still coming to join us at Falls Creek despite all the negative post-bushfire talk. You've showed the locals they're not alone and that you have their backs. It's this human spirit of togetherness that makes sure everyone not only survives, but also thrives.

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

Falls Creek All Season Resort is thrilled to see Peaks Challenge return for 2020. This event is the jewel in the crown of road cycling in the Victorian High Country and truly showcases the quality of the riding in Australia's Premier cycling destination. With the Iconic Bogong High Plains as

the backdrop and the warm hospitality of our alpine village Falls Creek is the perfect location for summer riding or winter adventures.

Best of luck and enjoy the day!
Stuart Smythe (CEO)





A PEAKS CHALLENGE COMEBACK - IT'S ALL IN THE TIMING

Purdie Long first rode Peaks Challenge Falls Creek in 2014 as an introduction to endurance events. She's since gone on to tackle 24-hour mountain bike races, but will be back in the alps in 2020 with a new Peaks Challenge Falls Creek goal. **BY PURDIE LONG**

It feels like a lot has changed since I completed Peaks Challenge Falls Creek in 2014 and a lot more kilometres have been ridden.

When I first tackled Peaks Challenge in 2014 with my partner Verita I was new to cycling, let alone endurance style events. The day went to plan, and we ticked along at a consistent pace to finish in about 10 hours and 45 minutes. Verita patiently waited for me on the climbs and nothing much has changed since then. The aim for the day was to just finish the event, with no real timing goal in mind. I was happy with how everything came together and really enjoyed the day.

After completing Peaks Challenge my passion for endurance cycling grew exponentially. Whilst I have not ridden Peaks Challenge since 2014, I have completed many other challenges, all in the name of 'fun'. In 2017 I completed the epic 320 as part of the Audax Australia Alpine challenge weekend. This route is similar to Peaks

Challenge Falls Creek, however it starts in Bright with a 4:00am ascent of Mt Buffalo before sunrise (stunning!).

Whilst this is achievable with the right training, it will still be a challenge. Where all my previous endurance events have not been so time focused, setting a time goal for this year will provide enough motivation to get the right training in before the event.

For me, this will be increasing my time spent climbing hills, with more regular visits on weekend training rides to local hot spots including the Dandenong Ranges and Kinglake. Hopefully I will be able to fit in some more trips to the Victorian High Country to train on the longer climbs that form part of Peaks Challenge Falls Creek.

In order to achieve this sub 10-hour goal I will need to shave approximately 45 minutes off my 2014 time. There are a few key things I'll focus on to do so.

The main three climbs will be ridden at a tempo pace.

**“IT IS HOWEVER
ESSENTIAL TO REFUEL IN
THE MOST TIME EFFICIENT
MANNER YOU CAN – PRIOR
PLANNING IS KEY!”**

For me, this means sitting at a pace that is slightly uncomfortable, but a pace I know I can maintain. Analysing previous results of friends who have previously finished in sub 10-hours, their time up the major climbs was approximately 5-10 minutes quicker than my previous time. I know this is achievable with the right training.

Find a bunch to ride with between the major climbs.

This is pivotal for not only saving energy but moving through these sections at a higher average speed. I do not recommend trying to hold a pace outside your comfort zone and burning too much energy but finding a smooth group you can cruise with will help you save time in these areas.

Being quick and efficient when stopping at rest stops.

This means filling bidons and eating in the most efficient manner. Hydration and nutrition are vital for getting through this event, so you can't jeopardise your fuelling to try and move faster through the course. It is however essential to refuel in the most time efficient manner you can – prior planning is key!

As part of the Total Rush Women's Team training, we have been hosting a series of rides from our Richmond store. The team plan to ride with the 10-hour pace group and will be wearing our pink jerseys on the day,

you can't miss us!

I look forward to seeing you out there and sharing the road with you. No doubt Verita will still be waiting for me up the climbs!

In 2018 I rode 5,500km solo and unsupported across Australia from Fremantle to Sydney as part of the Indian Pacific Wheel Race. Completing the event in 22 days equated to an average of 280km daily across some tough conditions.

More recently, my interest has moved from road cycling to mountain bike (MTB) riding and racing, starting with 6-hour races and moving up to 24-hour solo MTB racing. In 2019 I completed two 24-hour races and finished off the racing year being awarded the National Championship in the Elite Solo women's 24-hour category.

So next on the calendar is Peaks Challenge Falls Creek 2020, and I can see what you are thinking, why make the return when you have completed much more arduous endurance events?

Well, the challenge this year comes in the timing. This year, as part of the Total Rush Women's Team, we're aiming to cross the finish line in less than 10 hours.

You can join training rides with Purdie and the Total Rush crew or Bicycle Network's inclusive Women's Community. The rides are free and a great way to get some tips from previous Peaks Challenge Falls Creek finishers and meet other riders before the big day.

Visit peakschallenge.com.au to see the training ride schedule and register.



NOT JUST FOR THE ELITE

KATUSHA ROCA'S STORY

“You learn so much about yourself” says 55-year-old Katusha Roca.

With only 10 weeks of training under belt, Katusha conquered the peaks in 2019 and claimed the coveted purple finishers jersey.

She was helped by a good base level of fitness, but it there was a lot of cycling-specific training and learning to do. Katusha hadn't ridden a road bike before and as well as learning how to use cleats there were other challenges.

“I couldn't eat or drink whilst riding because I didn't want to take my hand of the handle bars.”

With her trusted trainer by her side they began riding each of the Peaks

Challenge Falls Creek mountains individually. They stayed in Bright and committed to 12-13 hours a week in the saddle which was not only a physical test. “Mentally, it's what the mind can get the body to do,” said Katusha.

When it came to the ride day Katusha “did what she had to do” to get across the line. This included avoiding making too many adjustments while riding – she could be seen wearing sunglasses all day, event at the start and finish when it was dark.

“Do not let the lantern rouge pass me” was the theme of the ride.

Katusha did this event for herself, to show herself what she can do. “You don't know what you can do until you try it,” she said.

“It takes strength, both physical and mental, it takes commitment, and finishing this ride is a celebration of that effort, that commitment, the hours it took, and the determination to get



you to start.”

Katusha will be back again this year, attempting to finish in less than 12 hours, thriving on the opportunity to challenge herself again at Peaks Challenge Falls Creek.

THE ROAD TO PEAK MAMIL

The below is an excerpt from The road to Peak Mamil, a story by Peaks Challenge Falls Creek finisher Jason Gagliardi that appeared in The Australian in May 2019.

Within a month, I'd had my first crash (train tracks) and my bike was stolen. I didn't care. I was hooked. I bought a second-hand road bike; despite my early vows I'd begun to secretly admire the Mamils in their shiny skins as they floated on dream machines past the dull, quotidian grind of commuters.

After my first two-hour ride in jeans, a light flicked on and the wisdom of padded shorts and fabrics that glide and breathe was obvious. Next came the mental adjustment of riding clipped-in to the pedals, resulting in at least three falls, including one at a busy intersection to give the drivers some comic relief. This was closely followed by the epiphany that the pedal stroke now included pulling up as well as pushing down, bringing hitherto untasked muscle groups into play and instant gains in power and efficiency.

In short order, the new cyclist will realise the importance of speed, cadence, heart rate and power, and the requirement for sensors and gadgets to keep them apprised of these concepts at all times. And they will have realised the ideal number of bikes to own is represented by the equation $n+1$, n being the number of bikes you currently own. I was on the verge of buying a third bike when I joined Dulwich Hill Bicycle Club, Australia's oldest and one of Sydney's largest cycling clubs.

It turns out the Mamil is a communal creature and the urge to ride in packs is strong. As I began to do regular bunch rides with the club — learning the calls, getting used to sitting a metre from the wheel in front at 30km/h or more and knowing that one lapse in judgment or concentration can bring down the entire group — the Peaks mystique seeped in by osmosis. One rider wore a purple Peaks Challenge finisher's jersey and from muttered comments I gathered it confers an instant respect.

Read the full article at theaustralian.com.au.



READY TO RIDE

Peaks Challenge Falls Creek is one of the toughest one-day cycling challenges in the world. 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.



YOUR CLOTHING

Do not underestimate the variability of the weather in the Victorian Alps – be prepared for rain, sun, wind and everything else.

Layers are a good way keep warm and dry or cool down. A base layer, jersey, gilet (wind vest) and rain jacket can all come in handy on descents and as the weather changes.

These items should be compact enough to fit in your pockets. If adverse conditions set in, Team Bicycle Network’s essential clothing items include:

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

MOUNT BEAUTY CLOTHING DROP

The early morning descent from Falls Creek to Mount Beauty can be chilly, but you also don’t want to have to carry bulky clothing all day.

New for 2020, we have set-up a clothing drop zone in Mount Beauty run by the local Uniting Church op shop. They will then distribute items to local op shops. You will be able to wear a jacket or piece of clothing during the start of the ride then donate it to the op-shop at a special drop zone in Mount Beauty.

Please make sure you are happy to depart with your extra clothing, but also that it is of an acceptable quality for someone else to buy from the op shop. We don’t want to leave dirty and unsaleable clothing with the op shop.



“TAKE ADVANTAGE OF THE VALET SERVICE SO YOU CAN ACCESS FRESH SUPPLIES”

YOUR EQUIPMENT

You will need to wear a helmet and cycling shoes, sunglasses, money and a mobile phone are also vital. A front and rear light is mandatory for when it is dark and also for the unpredictable weather in the high country.

A zip-lock bag can be used to make sure your valuables are protected from sweat or rain.

As well as your spare tubes, a patch kit can be handy in case you are unfortunate enough to get more punctures than you have tubes.

YOUR NUTRITION

As a general rule you should consume around 30 to 60 grams of carbohydrates per riding hour. This is equivalent to one Winners bar and 750ml electrolyte drink, two Winners bars or two Winners gels. Everyone has their personal nutritional preferences

when riding so practice yours during training rides before the event.

Make a nutrition plan for the day and take advantage of the valet service so you can access fresh supplies mid-ride. Before the ride make sure you eat a good low-GI carbohydrate breakfast like porridge or muesli. The evening before the ride it is best to consume a meal high in carbs such as pasta.

Winners have a handy guide with further nutrition information at peakschallenge.com.au.

YOUR HYDRATION

The amount of fluid you need to drink is mostly dependent on the 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



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

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 bottles and stop at every rest stop to fill them up. Don’t wait to feel thirsty before you drink.

DON'T FORGET to tuck any used wrappers into your knicks or back pocket to be disposed of in a bin when you pull into a rest area.

AFTER THE RIDE

- **Remember to collect your valet bag.** Valet bags will return from Dinner Plain and be available to collect at the event village between 6:30pm and 8:30pm on Sunday 10 March.

- **It’s important to rehydrate** and refuel as soon as possible once you have finished riding. It’s good to have a high-quality, low-GI carbohydrate meal within two hours of finishing and then another evening meal high in protein.
- **The day after the main event you can go for a recovery ride.** Spin out the legs at around 100rpm on a flat course at an easy pace for about one hour to help ride out any soreness. If you have to travel and are unable to ride you can go for an easy walk when you get home.
- **Find your official Peaks Challenge Falls Creek photos and ride times** at peakschallenge.com.au. Your nominated contact will also have received text messages with your ride times sent after each climb was completed.

BRIDGE ROAD BREWERS

20 TAPS OF HOUSE BREWED BEER. LUNCH + DINNER 7 DAYS: 11:30 - 8.30PM

OLD COACH HOUSE, FORD STREET BEECHWORTH. RESERVATIONS - 03 5728 2703

WE ARE PROUD TO BE



IMPORTANT INFORMATION

There are a few things you will need to do at the Peaks Challenge Falls Creek event village on Saturday 7 March to get ready for ride day. The event village will be open from 10:00am to 7:30pm.

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 pack. The inspection is a condition of entry and anyone attempting the ride should easily pass our basic inspection. Bike mechanics will be on hand for advice or last minute tune-ups.

2. Collect your rider pack

Once your bike is ticked off you can collect your rider pack. It will include valet bags, your wristband, timing chip and more.

Your wristband will have a colour and wave number that matches your expected finishing time. At the start line on the ride day there will be flags with the same colours and numbers to show the area you should line up in.

When collecting your pack you can also pick up a top tube sticker with timing information to help you work towards your finishing target.

3. Organise your valet bags

Fit your sticker kit to your valet bags, fill your valet bags according to the appropriate rest stop locations and return them to the valet area in the event village.

Valet stop 1

Harrietville food valet

Valet stop 2

Dinner Plain food & clothing valet

Valet stop 3

Anglers Rest food valet

TOP TIP

Don't forget to put your labelled, empty return valet bag in your Dinner Plain valet bag to ensure you can return your items to the finish site.

4. Attend the rider briefing.

The rider briefing will be at 6:00pm in the event village. It is compulsory and will include important information about the start procedure and route.

BY THE END OF SATURDAY 7 MARCH YOU SHOULD HAVE:

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

EVENT DAY

1. Be at the start line **before 6:30am** and lined up in your wave. If you are staying off the mountain you will need to arrive at the event village before Bogong High Plains Road from Mount Beauty closes at 5:30am.
2. Make sure you're wearing your wristband, your seat post sticker with timing chip is attached to your bike and your lights are on. Also remember your helmet, full drink bottles, food, clothing, spare tubes and puncture repair kit.
3. **Be ready to ride from 6:45am to 7:15am** with a controlled wave start.
4. To complete the event within the 13-hour time limit **you must be past these locations by these times:**

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

5. **Lanterne Rouge riders.** Identified by their red kit, will ride on the 13-hour mark. They will depart the start line no later than 7:15am, and along with other Team Bicycle Network members, they will do everything possible to help you finish. However, you should not drop behind them on the ride. If you do fall behind the Lanterne Rouge and arrive at rest areas after the cut-off times you will be asked to retire

gracefully. If this happens Bicycle Network will transport you and your bike back to the event village.

6. **Treat the rest areas 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 if need be and listen to the marshals and authorities. They are there to help us so please respect their instructions.
7. **Usual road rules apply** at all times during Peaks Challenge Falls Creek. Stick to the left, do not cross double lines, use caution when passing and talk to each other. This is also important on roads closed to other traffic as there will be event and emergency services vehicles.
8. Be aware that changing conditions, fatigue, traffic and average speed can directly affect your ability to finish the event in 13 hours.
9. **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.
10. **Event team 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.
11. You will be photographed as you ride across the finish line, be 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.**

WEEKEND PROGRAM

Your list of whats happening across Peaks Challenge weekend.

SATURDAY 7 MARCH 2020

What's on	When
Event village opens	10:00am
Bicycle Network members lounge open	2:00-4:30pm
Women's Community info session	4:30pm
Rider briefing	6:00pm
Screening of cycling doco Thereabouts	7:00pm
Rider village closes	7:30pm
Thereabouts concludes	8:00pm

SUNDAY 8 MARCH 2020

Bogong High Plains Rd from Mount Beauty to Falls Creek closes	5:30am
Ride starts	6:45am
Lanterne Rouge departs	7:15am
Friends and family social ride starts	8:00am
Junior Peaks starts	12:00pm
Valet bags return from Dinner Plain*	6:30pm
Lanterne Rouge returns	8:15pm
Valet collection closes	8:30pm

MONDAY 9 MARCH 2020

Jersey swap**	8:30-9:30am
---------------	-------------

* This time may change depending on conditions on the day

** Limited sizes are available. Please check the men's jersey size guide and women's jersey size guide.

WHAT ELSE IS ON

JOIN OUR WOMEN'S COMMUNITY

We're hosting a special information session for women on Saturday 7 March at 4:30pm at Halley's Lodge near the event village. As well as get some insider information you will be able to meet other event participants to ride with on the day.

Female members from Team Bicycle Network will talk you through the ups and downs of riding Peaks Challenge Falls Creek and let you in on their top tips. We are also going to be joined by members from the Total Rush Women's Team who are riding the event in 2020 to provide experts tips and tricks for tackling the ride.

FRIENDS AND FAMILY RIDE

Do you have family and friends cheering you on at the start and finish? They can bring their bike along too, because we've organised a 47km social ride open to anyone who can confidently ride a road bike. Leaving at 8:00am from the event village we will ride out to Trapyard Gap then back to the event village for coffee.

MOVIE SCREENING

After the rider briefing we are throwing a short movie night on the big screen in the event village. From 7:00pm we will play Thereabouts, a documentary of an epic ride two brothers embark on from Port Macquarie to Uluru.

JUNIOR PEAKS

Peaks Challenge Falls Creek may be the ultimate test for a cyclist, but

there is nothing more rewarding than watching the next generation take on the mountain!

Junior Peaks is a fun filled event for the little tackers who will one day become Peaks Challenge Falls Creek riders. The ride includes a 6km loop around the village with a lead and tail rider who will support and encourage the kids to achieve their personal best. Entry is \$10 per rider and all ages are welcome, although we do recommended children under 8 years old should be accompanied by a support person. Registration for Junior Peaks is on Saturday 7 March at the Falls Creek marquee in the event village.

LEAVE A MESSAGE FOR YOUR LOVED ONES

Want to show some love out on the road? We have a sign making station in the village on Saturday for you to create a message of support which will be displayed on the final climb up the back of Falls Creek on the ride day. You can also grab a bit of chalk and leave a message on the start/finish line surface.

FALLS CREEK MARQUEE

The team at Falls Creek all season resort have plenty of fun activities to do throughout the weekend. Swing by their marquee in the event village for more details about what's on offer across the mountain.

THE CLIMBS

Peaks Challenge Falls Creek is a 235km loop ride from Falls Creek via Tawonga Gap, Mount Hotham, Omeo and Anglers Rest.

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 shouldn't be underestimated. The climb is of a consistent gradient, but has some tight hairpins. Consider the amount of effort you expel and keep an eye on your riding time with two peaks still to come. After we reach the top of Tawonga we have our most challenging and technical descent. Take extreme care while descending — you don't want your day to be over after climb one. **Take care on the steep descent.**

CLIMB 2 MT HOTHAM

29.9km

1,303m elevation gain

4% average gradient

Look at the Mount Hotham climb as a marathon, not a sprint. It is our longest climb and has an inconsistent elevation. The best way to pace yourself for this climb is to mentally divide it 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'll be rewarded with spectacular views of Mount Feathertop and the Victorian Alps. When you hit the summit you'll be on the highest piece of sealed road in Victoria.

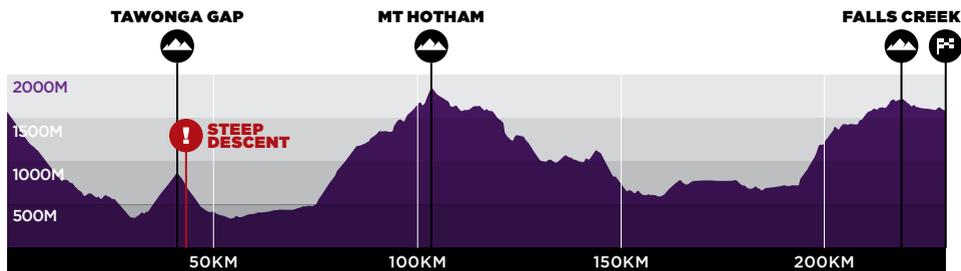
CLIMB 3 FALLS CREEK

22.6km

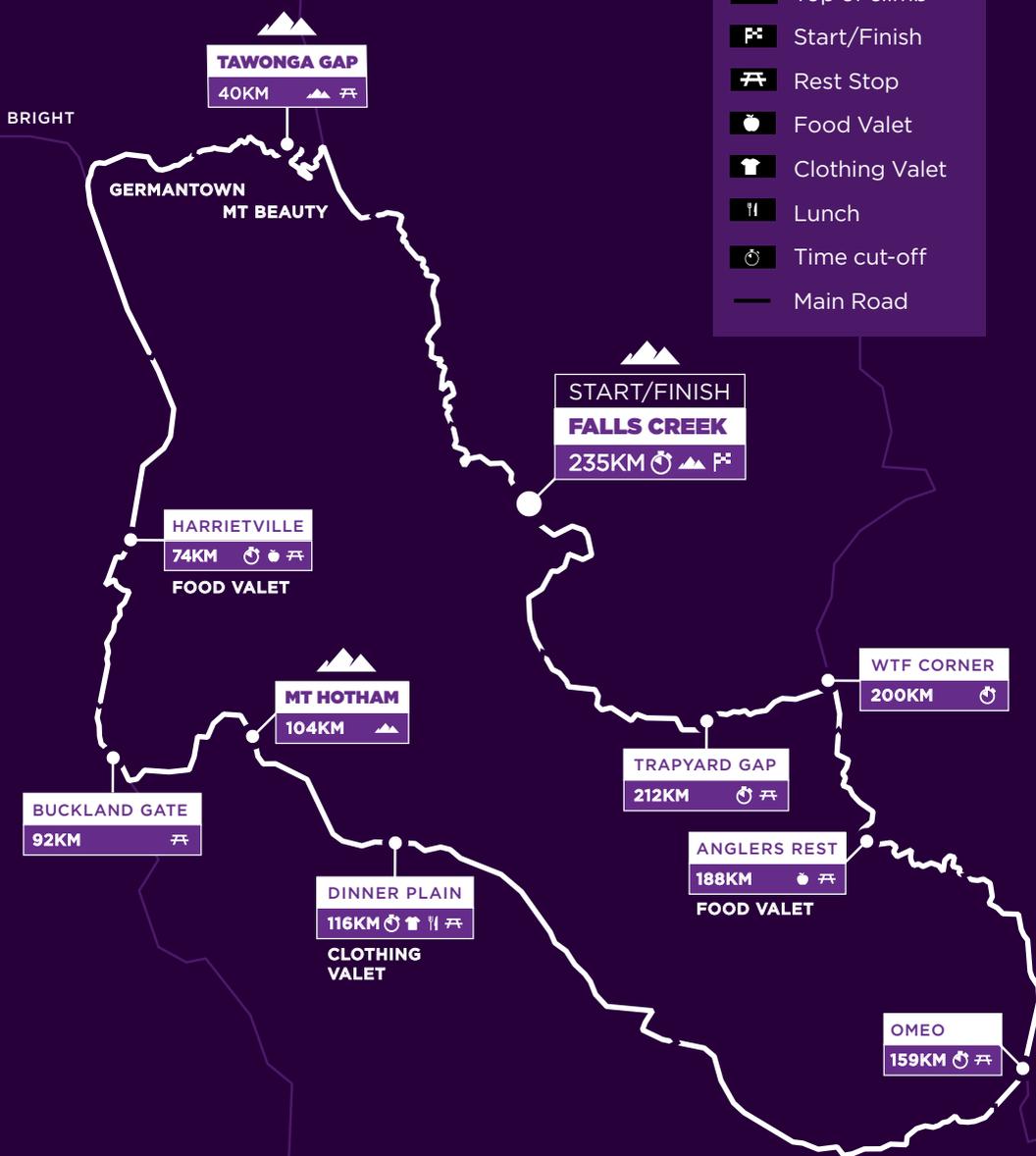
980m elevation gain

4% average gradient

The final climb up the back of Falls Creek is known as The Beast. It's a gruelling challenge to wrap up the day. With the first eight kilometres averaging a 10% gradient, it has been known to push many a cyclist to their breaking point. The key to beating the back of Falls Creek is by riding within your limits and pacing yourself throughout the day to leave enough juice in the tank for one final effort.



ROUTE MAP





ON THE ROAD

Peaks Challenge Falls Creek is not a race, however you do need to finish within the 13-hour deadline. Participants are timed and rewarded with one of two commemorative jerseys:

- Sub 10-hours finishers jersey
- Sub 13-hours finishers jersey

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

works closely with Victoria Police and Ambulance Victoria 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 put 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.

Shoulder

Green Zone

Orange Zone
Overtaking Area

Red Zone
Oncoming Traffic

PLEASE OBSERVE THE FOLLOWING GUIDELINES

- When descending you should ride within your limits. Do not take any risks and keep left at all times. Do not cross the white line in the centre of the road, do not overtake other riders on their left and limit your speed to 50km/h.
 - When climbing you should not zig-zag and not cross the white line in the centre of the road.
 - As per Victorian road rules you must use a white front light and red rear light that is clearly visible from at least 200 metres away when it is dark.
 - Obey all road rules, traffic signals, signs and directions from marshals, police and traffic controllers.
- Whether you are riding on a closed or open road, the road rules do not change.
- Do not ride on the wrong side of the road.
 - Ride as near as possible to the left side of the road.
 - Verbally communicate all changes in your direction and tell other riders if you are slowing or stopping.
 - Do not ride more than two abreast and no more than 1.5m apart unless overtaking other riders.
 - Do not ride within 2 metres of the rear of a moving vehicle for more than 200 metres. Do not hold onto a moving vehicle.



PREPD

**BOOST
HYDRATION
IMPROVE
PERFORMANCE**

“When I first trialled PREPD I had an amazing experience. I noticed feeling better hydrated with less performance drop near the end each stage.”
—Emily Watts
Subaru Giant Racing

Use the code **CYCLING20** for peaks challenge deal. **20% off PREPD 8 PACK + free shipping.**

@prepdhydration
prepdhydration.com.au



ROUTE SUPPORT

REST AREAS

There are eight separate rest areas where you will be able to stop, refuel, check your bike, dispose of rubbish, go to the toilet or receive first aid treatment. Please see to the chart to the right for a list of rest area locations.

FOOD AND CLOTHING VALET

Four rider valet bags are provided in your registration kit. Once packed and checked in with Bicycle Network, these bags will be available for access at Harrietville, Dinner Plain and Anglers Rest. When you get your valet bags you should:

- Identify each valet bag with the correct sticker
- 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 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 7 March between 10:00am and 7:30pm at the valet drop off point at the event village.

REST STOPS

LOCATION	DISTANCE
Tawonga Gap	40km
Harrietville (Food valet service)	74km
Buckland Gate	92km
Dinner Plain (Return clothing valet service)	116km
Omeo	159km
Anglers Rest (Food valet service)	188km
Trayyard 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 a jersey pocket. Your cooperation with this is essential to reducing the impact on local residents and the environment as well as ensuring the continuation of Peaks Challenge Falls Creek in the future.

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

FIRST AID AND MEDICAL

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 operate at the event village
- All rest areas will have first aid and medical supplies
- Mobile first aid motorcycle marshals will be on the riding route
- Ambulances will be stationed along the route to respond to any emergencies, however don't expect them to be looking out for you.
- 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>CALL EVENT ASSISTANCE</p> <p>0425 381 816 or 0425 777 484</p>	<p>YES</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.



CUT-OFF TIMES

If you retire from the ride please notify event assistance on 0425 381 816 or 0425 777 484 (save these numbers in your phone). SAG wagons and 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 (support and gear) 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 and take you to retired rider points for transport back to Falls Creek. Please be patient if you need to be picked up and 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 Peaks Challenge Falls Creek route 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 your last minute servicing, repairs and sales of products to help get you 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.



The advertisement features a purple background with a white banner at the top. On the left is a product shot of a 'Winners Sustained Energy Bar' in its packaging. The packaging is purple and black, showing a cyclist in a white and green jersey. Text on the packaging includes 'Winners', 'SUSTAINED ENERGY BAR', 'STICKY DATE PUDDING', and '55g NET'. To the right of the product is a large white banner with '10% OFF' in purple text. Below that is a white box with 'CODE: PEAKS20' in purple text. At the bottom left is the 'Winners Sports Nutrition' logo, and at the bottom right is the website 'winnersbars.com'.

YOUR DOMESTIQUES

TEAM BICYCLE NETWORK

8 HOUR



CAM
CLAMP



STEVE
LANE

9 HOUR



JAMES
GARRIOCK



IAIN
MATHESON



JOSH
MCLELLAN



LISEN
HOCKINGS

10 HOUR



ALISON
MCCORMACK



LEE
TURNER



PRITA
JOBLING-
BAKER



LEWIS
BULL

BICYCLE NETWORK MEMBERS LOUNGE

Bicycle Network members Q&A sessions with Team Bicycle Network. Join us at the Bicycle Network members lounge in Halleys Lodge for exclusive Q&A sessions with Team Bicycle Network.

Team Bicycle Network riders will host five separate Q&A sessions based on aimed finishing times. Choose your session, enjoy a free beer, ask your burning questions and get last minute tips for your big day in the saddle.

11 HOUR



**KATE
PENGLASE**



**JUSTIN
BENSON**



**DANIEL
FRAWLEY**



**BRETT
KELLETT**

12 HOUR



**MICHELLE
HYDE**



**FATEMA
TAJBHAI**



**RICHARD
CROSS**



**GLEN
JANETZKI**

13 HOUR



**BILL
KONTOULIS**
LANTERN ROUGE



**CHRIS
CLARK**
LANTERN ROUGE

Q&A SESSIONS

SATURDAY 9 MARCH

- 8/9 hour** 2.30-3pm
- 10 hour** 3-3.30pm
- 11 hour** 3.30-4pm
- 12/13 hour** 4-4.30pm



**BICYCLE
NETWORK®**

Not a member? Make sure you don't miss out - join now at bicyclenetwork.com.au/membership.

Sign up at the
Event Village
to score a FREE
Bicycle Network
base layer
worth \$49!



Pedal worry free with a Bicycle Network membership

We've got your back in three important ways:

- Third-party coverage
- Medical coverage
- Income protection



**BICYCLE
NETWORK®**

Join now

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



KING & QUEEN OF PEAKS

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

Queen and King of Peaks is back for 2020 with prize money available for QOMs and KOMs. Are you up for the extra challenge?

There are QOMs and KOMs for each of the three main climbs. There are timing points at the start and finish of each climb and \$500 available for the female and male rider who gets the fastest time up each climb.

There's a total of \$3,000 prize money available. Will you be taking home the crown and the cash?

2019 QOM AND KOM



Towonga Gap

Madeline Wright 23:21
Benjamin Dyball 18:09



Mount Hotham

Madeline Wright 1h26:01
Benjamin Dyball 1h09:06



Falls Creek

Madeline Wright 1hr13:4
Benjamin Dyball 3hr03:12

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

*Terms and Conditions apply

OUR PEAKS LEGENDS!

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 like to thank all the 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!

We'd also like to extend a thank you to all partners, stakeholders and contractors who help us each year.



**HUMAN
PERFORMANCE**
TECHNOLOGY

'INNOVATIVE PERFORMANCE SOLUTIONS'

Human Performance Technology (HPTek) is devoted to improving cycling performance. Our services are derived from the application of sports science; the integration of evidence-based coaching, equipment technology and performance analysis. We strive to equip athletes with the tools they need to facilitate the greatest possible improvements in performance.

HPTek works with a wide range of athletes ranging from beginner recreational riders to professional UCI world tour riders and world record holders.

HPTek offers a range of one-on-one coaching packages that are specific to your needs and goals.

For more information please see hptek.com.au
or contact reply@hptek.com.au



NEWCREST
**ORANGE
CHALLENGE**

Ride
**THE
AUSSIE
CLASSIC**

21-22 MARCH 2020
70km/100km/170km
Prologue in the Park

ENTER NOW

orangechallenge.com.au



 visitnsw.com

Winners PREPD



