

OFFICIAL 2021 PEAKS CHALLENGE RIDE GUIDE

PEAKS



THIS
IS YOUR
GUIDE



**PEAKS
CHALLENGE**
FALLS CREEK

RIDE THE UNRIDEABLE

CYCLOCROSS
IN THE HEART
OF MELBOURNE



CITY
CXTM
FED SQUARE



SATURDAY 8 MAY '21

CONTENTS

3 Welcome to Peaks Challenge

From Bicycle Network

4 Welcome to Falls Creek

From Falls Creek Resort

5 The year that made or broke you

Taking on the Challenge

9 Team Bicycle Network top tips

Top insider info to reach your goal

10 A COVID safe event

Info and guidelines to stay safe

11 Women's Community sessions

Special info session for female riders

12 Preparation for the day

Handy tips to get you through

16 Important Information

Essential event details

19 Weekend program

What's on and when

21 The route

Elevation profile and map

24 Ride Checklist

Don't forget these items

25 Peaks Challenge Falls Creek

On the route

27 Route support

Bicycle Network by your side

31 Team Bicycle Network

Your 2021 wave leaders

32 Bicycle Network members

Exclusive Q&A sessions and more

34 GOPs and KOPs

Conquering the climbs.



SPONSORS AND PARTNERS





WELCOME TO PEAKS CHALLENGE FALLS CREEK

What is it that makes Peaks Challenge so special?

Is it the stunning scenery and leg/lung bursting climbs of the Victorian High Country?

Is it the breathtaking array of carbon eye candy that propel people forward?

Is it the anticipation of whether the weather will be a bone chilling 3.4 degrees or an energy sapping 34 degrees?

It's all those things, but the key ingredient that makes it special is the people who love bike riding and love Peaks Challenge.

The magic wouldn't happen without the tireless commitment of the Bicycle Network team. The generosity of our partners. The selflessness of the riders' support teams. The hospitality of the community. The professionalism of our suppliers.

And, of course, it wouldn't happen without the bravery of our riders who put it all on the line even signing up, then leave nothing in reserve as they pedal 235kms while climbing and descending 4,500 metres.

It's hard to believe it's been 12 months since we were last at Falls Creek. It seems like yesterday; and it seems like a lifetime ago.

Incredibly, for us, in those 12 months while thousands of people took up bike riding to escape lock down, we weren't able to run a single event. It so good to be back. Why? Because we're amongst people who love bike riding, love helping others and love Peaks Challenge.

Craig Richards (CEO)
Bicycle Network



WELCOME MESSAGE FROM FALLS CREEK RESORT MANAGEMENT

The past year has been extraordinary, but Peaks Challenge is an extraordinary event and Falls Creek is incredibly proud to again host this iconic ride right here in the heart of the Victorian High Country. Despite the challenges we have all faced this past year you've made it to the start line and Australia's premier all-season resort is thrilled to have you

here. Our location is still spectacular, our activities world class and our hospitality warm. Our Alpine Community looks forward to welcoming you today, and in the future; Summer or Winter! Good luck and enjoy the ride!

Stuart Smythe (CEO)
Falls Creek Resort Management

Falls
FREEDOM

Visit us this winter! No other Australian ski resort combines family friendly activities, with a restaurant and bar scene like Falls Creek. Catering for every ability and appetite, make Falls your 1st choice this winter.

Adventure your way at Falls Creek!

WWW.FALLSCREEK.COM.AU
f @FALLSCREEK

The Falls Creek logo, consisting of a stylized mountain peak icon and the text "FallsCreek".



BIZZY BUTTERWORTH
2020 FINISHER & QUEEN OF PEAKS

Peaks Challenge, what a day, a day that will stay with me as one of my most memorable days on a bike. Despite the incredibly challenging weather Mount Hotham unexpectedly threw at us and being almost colder at times than I can remember, it was without doubt one of my best days.

I set out down Falls Creek in the early morning light. It really is a truly surreal start to an event, descending Falls in the hushed quiet of the early morning, with only the sound of wheels whirring and the nervous energy of the riders around you all anticipating the big day still to come.

The day is without question a marathon

kind of day, with the unpredictability of the mountains and all that entails. You really need to go into it completely prepared and with an open mind that anything can happen. It is your day, your ride, and at the end it all comes down to you. I believe that sometimes when you are challenged the most, you can achieve your best. To me this is what sums up Peaks Challenge – and it's what I have love about it.

I had completed a Peaks ride in 2018 and was super excited to be back again in 2020. A friend suggested to me that we should try and ride with the 9-hour group. My first reaction was “no way!” as one of the things I had taken from my previous ride was how important it is to

pace yourself correctly and I knew that the 9-hour group would certainly push my limits, particularly on the climbs. After a fair bit of thought I decided that it was worth giving it a go and I would just drop off the pace if need be.

I was lucky to find myself in a great group riding up Tawonga Gap and then on to Harrietville. Although there had been some rain, it was still reasonably warm, and with about 4km to the top of Hotham, the 9-hour group came past. It was a complete surprise as I hadn't realised I was ahead of them. I didn't stick with them for long, I was quite happily in my own groove by then and as I had guessed, their pace was strong.

The top of Hotham was when the weather really started to close in and by Dinner Plain I was getting seriously cold. That stretch from Dinner Plain to Omeo was truly hard, with low visibility, sleet and dropping temperature to the point where it almost seemed impossible to push the pedals. Even though it felt like there was no one around me I made the decision to push on rather than stop at Dinner Plain, a wise decision in hindsight and after a while I found myself riding along with just two others for the next couple of hours. We rode together side by side in silence, all beyond cold but finding strength to continue riding just by being in each other's company.

Arriving in Omeo was such a relief, the sun had come out, I'd warmed up and I just felt that I needed to keep going, left my two companions and rode the next stretch on my own. It was only a couple of kilometres before Anglers Rest that the 9-hour group came through again and I jumped on board (in relief!) and sat with them all the way to the bottom of Falls Creek.

It's strange to think my original concerns had been keeping the pace with the group or finding myself on my own, but as it



turned out I spent a large portion of my ride on my own and amazingly ahead of the group for much of it. It shows that the day is yours and anything is possible. It's so important to have a plan and to be prepared and, above all, believe in yourself that you can do it – especially when the going gets a bit tough.

When riding up the back of Falls we had possibly the best weather of the day and by the time I reached Trapyard Gap I again made the decision to keep going again rather than stop – possibly not such a wise decision in hindsight this time! I regretted not having that can of coke after about 10 minutes, but by then I was on the homeward stretch. Coming over the top of the climb and riding that last 10 kilometres I knew I had had a great ride, and gone well beyond what I thought I was capable of achieving, but it was coming in to the finish line when the emotion and elation of the day really kicked in.

It's that awesome moment when you just breath out and realise you've done it. That is the best feeling!



TAKING ON THE CHALLENGE

DAVID MIDDLEMAST

I awake with an unfamiliar nervousness, not knowing what today will bring. The frosty alpine breeze hits my face from a window regrettably left open the night before. I am faced with my first challenge, getting out of bed. It is Sunday 10 March 2019, and today I'm tackling Peaks Challenge for the first time.

An eerie silence hovers over the start line, with a look of uncertainty and anticipation amongst the riders. I look around to see if anyone is facing the same inner monologue; "will I make it?". I push the thought away as I force a smile for the camera. The sound of clicking cleats marks the start of the journey.

The winding 38km descent is a battle as I cling onto the handlebars and pray my hands do not cramp in the chilly alpine breeze. The sight of today's first victim wrapped in a space blanket brings an immediate stop to any heroic cornering.

As my mind clears and my hands regain

feeling, I hunt for a familiar face. Although, with every stroke my chest tightens as the realisation of riding more than 10 hours alone begins to settle in. The first climb over Tawonga Gap comes and goes with a sense of frustration, as the solo battle continues towards Harrietville.

As I edge towards the base of Mt Hotham there is a sudden wave of joy as I catch sight of a group of mates and hide my true feelings with a simple "G'day".

The first section of Hotham passes through the heart of the mountain slopes and climbs steeply for 10km. The ridgeline brings some relief as the gradient flattens out and produces 300-degree views of wave like mountain ranges flowing amongst the clouds. The road continues to rise and fall in the last bit of this epic climb, which forces my attention away from the most important element of any endurance event: fuel.

I roll into Dinner Plain with anxiety pumping through me. The lack of fuel and what seems like a never-ending to do list

stops me from thinking straight. I shoot off a text to Jenna—"feeling like shit"—and continue to gulp down water and fuel. The haziness begins to disappear and my mental strength makes a welcomed return.

The wave leaders roll out as I am still filling up my drink bottles and I decide in that moment, I can catch them. After twenty or so minutes I re-join the group, hiding myself deep inside the peloton.

Rolling into Omeo, I take out my phone - "You're doing amazing", "Rest and get some food" and "You got this" are the texts I see. I force a little smile and simply stare at my phone feeling a warming sensation of support.

The next stretch from Omeo to Anglers Rest is completely unknown to me. As other riders begin to peel off the back and I cling on, I wonder when we will hit the next rest stop - is it somewhere around the corner ... or the next corner ... or the next ... seriously, where is it?

I arrive at Anglers Rest exhausted. The wave leaders give a five-minute warning, but I don't even flinch. With 200kms down, and only 35kms to go, I give myself an extra minute or two, knowing there is only one climb left, the back of Falls Creek.

What lies ahead fills my tired mind with quotes from yesterday's briefing - "nothing can prepare you for it" ... "the back of Falls Creek climb is just brutal" ... "picture the steepest road near your house, then imagine it weaving upwards for 10 kilometres".

As I begin to ascend, the crack of gears reminds me there are others around. I look over to the bloke next to me and see a photo on the stem of his bike. He tells me in a tired and honest way that his mother had recently died. But he wanted to show her he could do it. The tint of my glasses hides my initial reaction and I offer a simple "she would be proud" and a smile.

The slow grind continues but it doesn't last an eternity, and shortly



after some incorrect guesses of the last part of the climb, we arrive at the final rest stop - Trapyard Gap.

The thought of crossing the finish line with my hands in the air begins to creep in. But as soon as it does, the sky darkens. Initially the rain is manageable, but as we crest the top of the mountain the wind picks up. The sting of the rain hits every exposed part of my body.

As we roll around the lake, I finally say to myself "I'm going to do this". We round the final corner as the rain pelts down, and my eyes move slowly from the finish line to the screaming crowds as I raise a hand in the air.

The sense of achievement doesn't sink in as I cross the finish line, but I welcome every ounce of support from the hot cup of milo, to Jenna's warm arms and voices of congratulations. I shake intensely and decide to seek some heat and comfort in the form of a 20-minute shower as I quietly stand there recalling the day in my head.

It's only when I return to the finish line that the feeling of accomplishment begins to settle in. I watch children cheer for their dads and friends call out to their mates. It's this moment of community and support that really gets to me. Knowing there are so many others that have shared a similar journey with months of training, commitment, and dedication.

TEAM BICYCLE NETWORK TOP TIPS

Team Bicycle Network will have your back out on the road, helping you get through the ride and reach your goal. While a lot of the work they do is out on the road, they also have plenty of insider info to share before the ride. Here are some top tips from some Team Bicycle Network riders.

JAMES GARRIOCK

9-HOUR RIDER

If you're new to Peaks and don't know what sort of power numbers equate to what time, Strava is your friend.

Use Strava to look up athletes in the same weight class as you, and review their w/kg on the three main climbs. You'll quickly see who has paced themselves well and who has blown up! You'll also be able to review their total time and stopped time.

My advice is to start with Team Bicycle Network riders. For example, if you look at the 9-hour pace group you'll see my numbers, plus those of Iain (a bit heavier) and Josh (heavier again). If you're around 70kg you'll find it useful that I do 3.5w/kg on Tawonga Gap and the first third of Hotham, then 3.3w/kg on the rest of Hotham and the back of Falls. With this knowledge it can be easier to tackle the task.

IAIN MATHESON

9-HOUR RIDER

Bike maintenance - make sure your bike is serviced and in tip top condition on the day! You'd be amazed at how many people I see at Falls Creek that have trained so hard but fall victim to broken chains, broken gear cables, flat batteries or punctures. Before Peaks, I always put on a fresh set of tyres just to be on the safe side. You never know if you have a tiny piece of glass resting in there and it's one less thing to worry about on the day.

JUSTIN BENSON

11-HOUR RIDER

Keep your breaks short - too much time is lost by riders sitting/standing in rest stops. Bank the time and use it on the back of Falls instead.

GLEN JANETZKI

LANTERNE ROUGE

- Pace yourself
- Eat as soon as you get into a rest stop and then do anything else you need to do. Get the fuel in first!
- Don't get crazy trying to make up time on the descents

A COVID SAFE EVENT

Bicycle Network is excited to be able to host Peaks Challenge Falls Creek and welcome you to Victoria's High Country.

Like many things in 2021, there will be a few different processes at Peaks Challenge Falls Creek to make sure the event is COVID safe.

We have planned key operations to help you maintain social distancing while making sure that the event still runs smoothly and feels and looks like Peaks.

Please familiarise yourself with the below guidelines and keep up to date with information provided by state and federal governments about COVID-19 and any restrictions that might apply to you.



SOCIAL DISTANCING

Please remember to keep at least 1.5 metres from other people. To avoid congestion, start line procedures will be spread out in waves.



HAND SANITISER

All event sites will have hand sanitiser, including on the route. All surfaces will also be regularly cleaned.



FOLLOW THE SIGNS

Event sites have been designed to prioritise safety and keep everyone moving in the right direction. Please look out for directional signs and follow our team's instructions.



SUPPORT STAFF

Our support crews will always have your back, but some things may look a little different or take a little longer than you're used to. Thank you for your patience

START LINE

235km Ride:

The Peaks Challenge Falls Creek 235km start line will move to Bogong High Plains Road with more space making it easier to maintain social distancing, while still letting you roll down Falls Creek.

Riders will be released in controlled waves. We will be releasing two waves at a time, so depending on your selected wave, please follow the below instructions:

- **Wave 1 and 2:** Please arrive and be in your waves at **6:30am prepared for a 6:45am start.**
- **Wave 3 and 4:** Please arrive **no earlier than 6:45am** at Slalom Plaza. An announcement will be made at approximately 6:50am to enter your wave in the start shoot.

Remember your time starts when you cross the start line so please avoid crowding in the waves.

The 100km ride:

The 100km start line wave will begin in Slalom street, just near the event village. Please arrive and be in your wave at **8:45am ready for a 9am start.**

FINISH LINE

The finish line will be on Slalom Street, where it has been in previous years. After crossing the finish line, you will be asked to follow signage and the direction of the Bicycle Network team member.

At the finish line you will receive your official Peaks Challenge Falls Creek finish time, your finishers jersey and some food and drink to top up the tank after an exhausting day in the saddle. Please move through the finish shoot in a timely manner to avoid queuing and delays.

RIDER ONLY AREAS

The Event Village will have several rider only areas, including the finish line marquee. These areas will be signed and are in place to reduce the number of people per square metre. Friends, family and supporters are asked to wait until you've left the finish line area before giving their congratulations.



WOMEN'S COMMUNITY

Bicycle Network is hosting a special information session for female riders on Saturday 6 March at 4:00pm at Frying Pan Inn. As well as getting some insider information from women members of Team Bicycle Network, you will be able to meet others riding on the day.

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 and tricks for tackling the ride.

The session will be held inside, with only limited number of people able to join in person. A Zoom link will be made available to anyone who registers after all seats inside the room are booked. Registrations are capped at 60 and riders need to register at:

[registernow.com.au/secure/ Register.aspx?E=42698](https://registernow.com.au/secure/Register.aspx?E=42698)

VOLUNTEERS

While you're busting a gut on the bike, our incredible volunteer team will have your back, keeping you fed, watered and supported. You'll see our team at rest areas, on motorbikes, driving SAG wagons and marshalling along the route.

Peaks Challenge Falls Creek would not be possible without the dedication and incredible work of these volunteers, so please take the opportunity to thank them on the day. It is their commitment which helps give you the opportunity to enjoy riding 235km around Victoria's spectacular High Country!

The ongoing success of Peaks Challenge Falls Creek is due to long-standing partnerships with local community groups, including the Mount Beauty Rotary Club, Rotary Club of Bright and the Dinner Plain Riders. We would also like to thank the individual volunteers who help every year, adding to the community atmosphere of the event and playing much needed roles in the event team.

A big thank you also goes to all partners and contractors who help each year.





Peaks Challenge Falls Creek is one of the toughest one-day rides you can do. It deserves respect and the correct preparation. After all your training, you want to make sure you are fully prepared, so you don't let yourself down on the ride.

BIKE

Before taking on the Peaks Challenge Falls Creek circuit, you need to ensure that your gear is in perfect working order. Your bike should be serviced 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.

A big potential issue with your bike

could be punctures, so make sure your tyres are correctly inflated on the day – mechanics and pumps will be on site to assist you with this if needed. You should also carry at least two spare tubes and know how to change a tube quickly.

The event encounters some steep descents, we highly recommend having disc brakes fitted to your bike. When descending, remember this event is not a race, to position yourself for success take these downhills within your comfort zones and be mindful of others around you.

We recommend having two bidon cages fitted to your bike to carry enough fluid, one bottle of 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 High Country – 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.

We have set-up a clothing drop zone in Mount Beauty run by the local Uniting Church op shop. You will be able to wear a jacket or piece of clothing during the start of the ride then leave it at the drop zone. Clothing will then be donated to local op shops.

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 an op shop. We don’t want to leave dirty and unsaleable clothing with the op shop.

10% DISCOUNT CODE:

PEAKS21

Winners

ENERGY GEL
ORANGE SLICE

45g

winnersbars.com



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 during the morning and possibly other times during the day.

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 of 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. It is best to consume a meal high in carbs such as pasta the evening before the ride.

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 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 after the ride.

- 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 need 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.



IMPORTANT INFORMATION

FOR SATURDAY 6 MARCH

There are a few things you will need to do at the Peaks Challenge Falls Creek event village on Saturday 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.

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

You will receive four valet bags:

235km:

- 2 x valet bags for food (bound for Harrietville and Anglers Rest)
 - 1 x valet bag for food and clothing (for Dinner Plain)
 - 1 x return valet bag (to be placed inside Dinner Plain valet bag)
- Fit your rider number stickers to your

valet bags, fill your valet bags with food, clothing and other things you might want to access on the ride.

Remember that only the Dinner Plain valet bag will return to the event village. Place the return valet bag inside the Dinner Plain bag so you can repack your items.

Only put food and things you don't want to keep in the Harrietville and Anglers Rest valet bags.

100km:

- 1 x valet bag for food (Anglers Rest)
- Once packed, you can drop off your bags at the event village before 7:30pm. If your accommodation is not at Falls Creek, make sure you bring everything to pack in your valet bags to the village on the Saturday. You will not be able to pack or drop off valet bags on the ride day.

4. Watch the rider briefing

The rider briefing will be available to view online from Saturday afternoon. It is compulsory viewing and will include important information about the start procedure, route and safety messages.

BY SATURDAY EVENING YOU SHOULD HAVE:

- Had your bike inspected
- Picked up your rider pack
- Packed & dropped off your valet bags
- Viewed the rider briefing

EVENT DAY

SUNDAY 7 MARCH

1. Arrive at Falls Creek and jump in your wave along Bogong High Plains Road. Please note, we will be doing two waves at a time so arrive as below:

235km

Wave 1 and 2: Please arrive and be in your waves at 6:30am prepared for a 6:45am start.

Wave 3 and 4: Please arrive no earlier than 6:45am at Slalom Plaza. An announcement will be made at approximately 6:50am to enter your wave in the start shoot.

100km

All Riders: Arrive and be in your wave at 8:45am for a 9am start.

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.

235km

To complete the event within the 13-hour time limit you must be past these locations by these times:

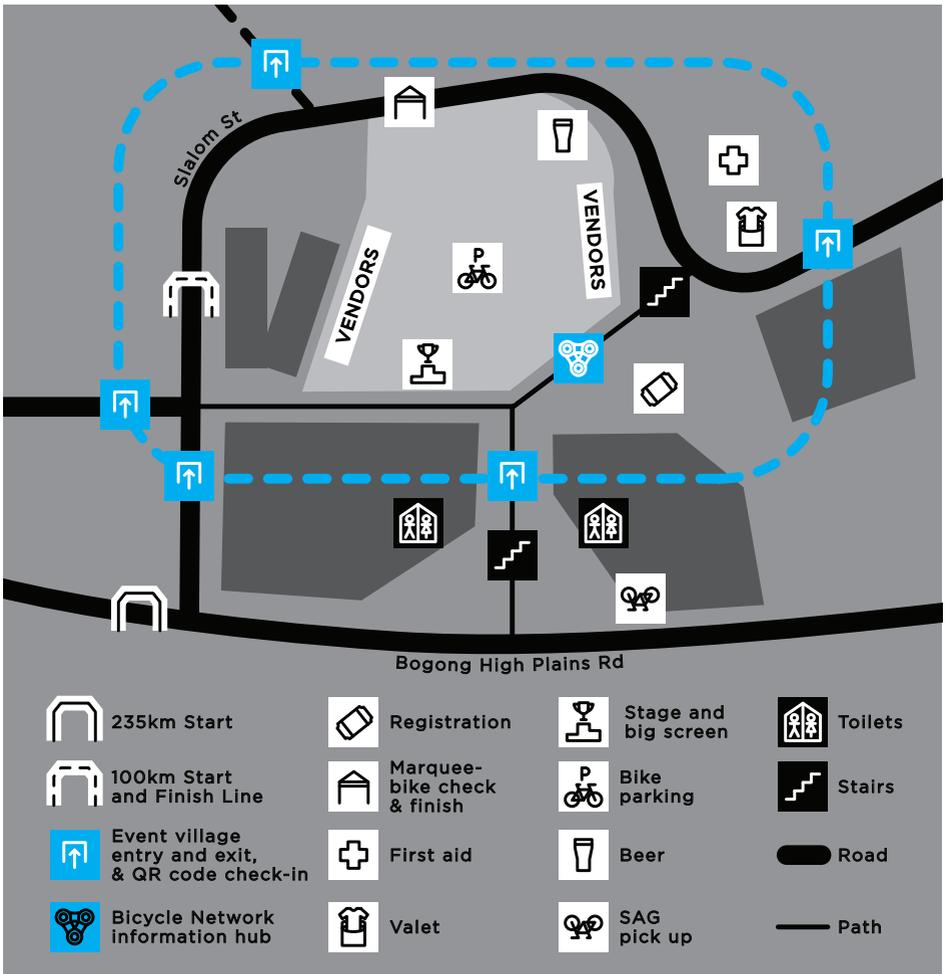
LOCATION	TIME
Harrierville rest stop	10:30am
Dinner Plain lunch stop	1:30pm
Omeo rest stop	3:15pm
WTF corner	5:30pm
Trapyard Gap	7:00pm

100km

To receive the 100km finishers t-shirt you must complete the 100km in 6 hours. The 100km does not have any official cut offs, however if you fall behind the 235km cut off times you will be asked to retire gracefully.

3. For the 235km event the Lanterne Rouge riders, identified by their red kit, will ride on the 13-hour mark. They will depart the start line at 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.
4. 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.
5. 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 on the route.

- 6. Be aware that changing conditions, fatigue, traffic and average speed can directly affect your ability to finish the event.
- 7. 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.
- 8. 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.
- 9. 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

SATURDAY 6 MARCH 2021

TIME	WHAT'S ON
10:00am	Event village opens
2:00pm– 4:00pm	Bicycle Network Members Q&A Sessions with Team Bicycle Network at the Frying Pan Inn
4:00pm	Women's Community briefing at the Frying Pan Inn
6:00pm	Rider briefing at the Frying Pan Inn, made available online and on the big screen
7:30pm	Rider village closes

SUNDAY 7 MARCH 2021

5:30am	Bogong High Plains Rd closes (from Mount Beauty to Falls Creek)
6:30am	235km ride starts
7:15am	Lanterne Rouge departs
8:00am	Friends and family social ride starts
9:00am	100km ride starts
10:00am	Junior Peaks starts
6:30pm*	Valet bags return from Dinner Plain
8:15pm	Lanterne Rouge returns
8:30pm	Valet collection closes
9:00pm	Village closes

MONDAY 8 MARCH 2021

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

*This time may change, depending on conditions on the day

**Limited sizes are available. Please check the men's jersey



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.

BICYCLE NETWORK MARQUEE

Want to know where you dad, mum, son, daughter or friend is out on course? From 10am on Sunday, check in with the Bicycle Network staff under the Bicycle Network marquee, and we can give you a near live update of their location on course.

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 recommend children under 8 years old should be accompanied by a support person. Registration for Junior Peaks occurs on Saturday 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
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.

CLIMB 2 MOUNT HOTHAM

29.9km
1,303m elevation
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!

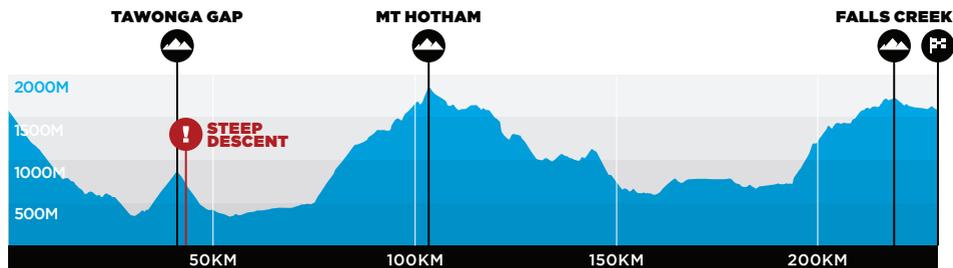
CLIMB 3 FALLS CREEK

22.6km
980m elevation
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.

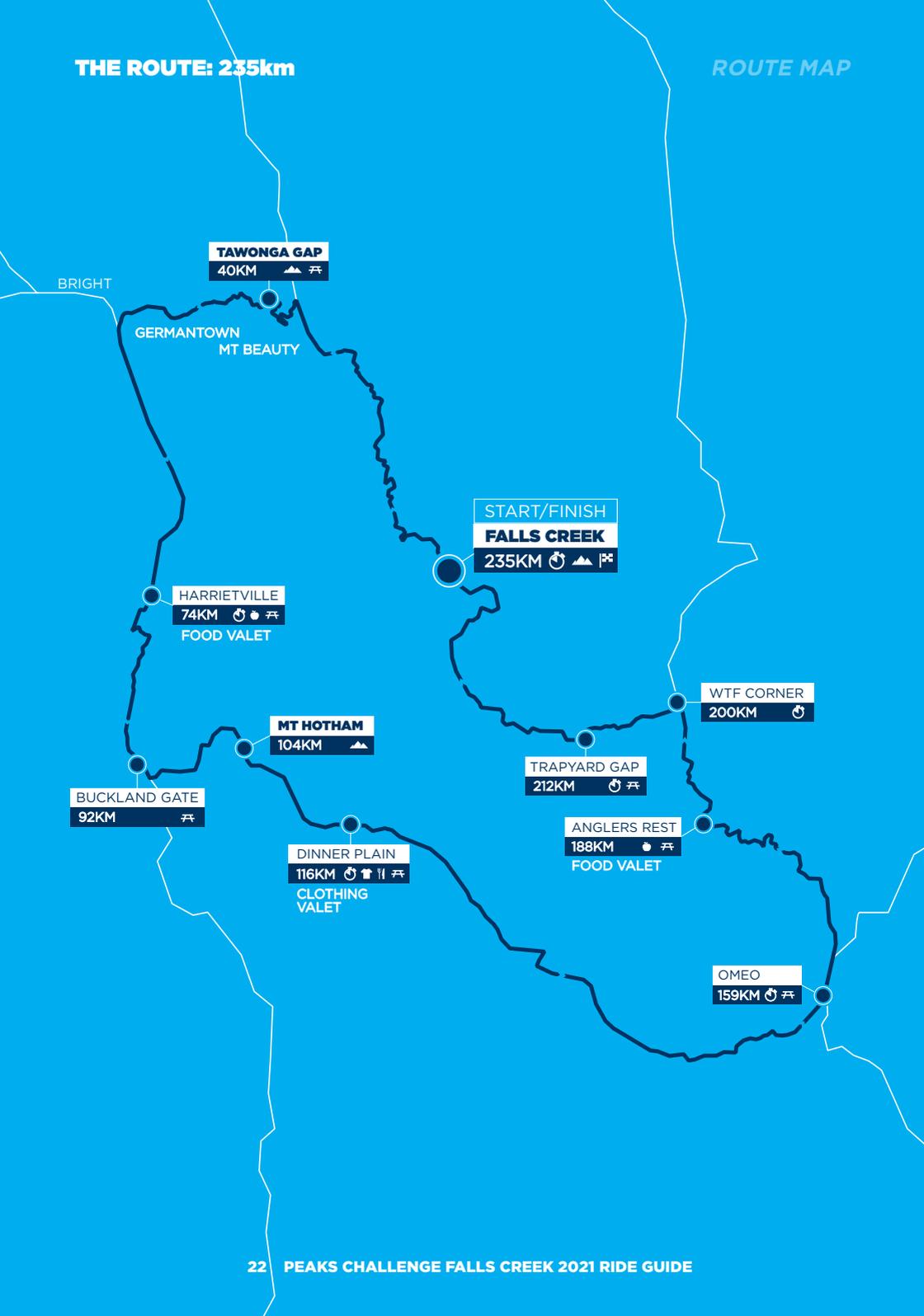
With the first eight kilometres averaging a 10% gradient, it has been known to push many a cyclist to their breaking point.

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.



THE ROUTE: 235km

ROUTE MAP



TAWONGA GAP
40KM

BRIGHT

GERMANTOWN
MT BEAUTY

START/FINISH
FALLS CREEK
235KM

HARRIETVILLE
74KM
FOOD VALET

MT HOTHAM
104KM

BUCKLAND GATE
92KM

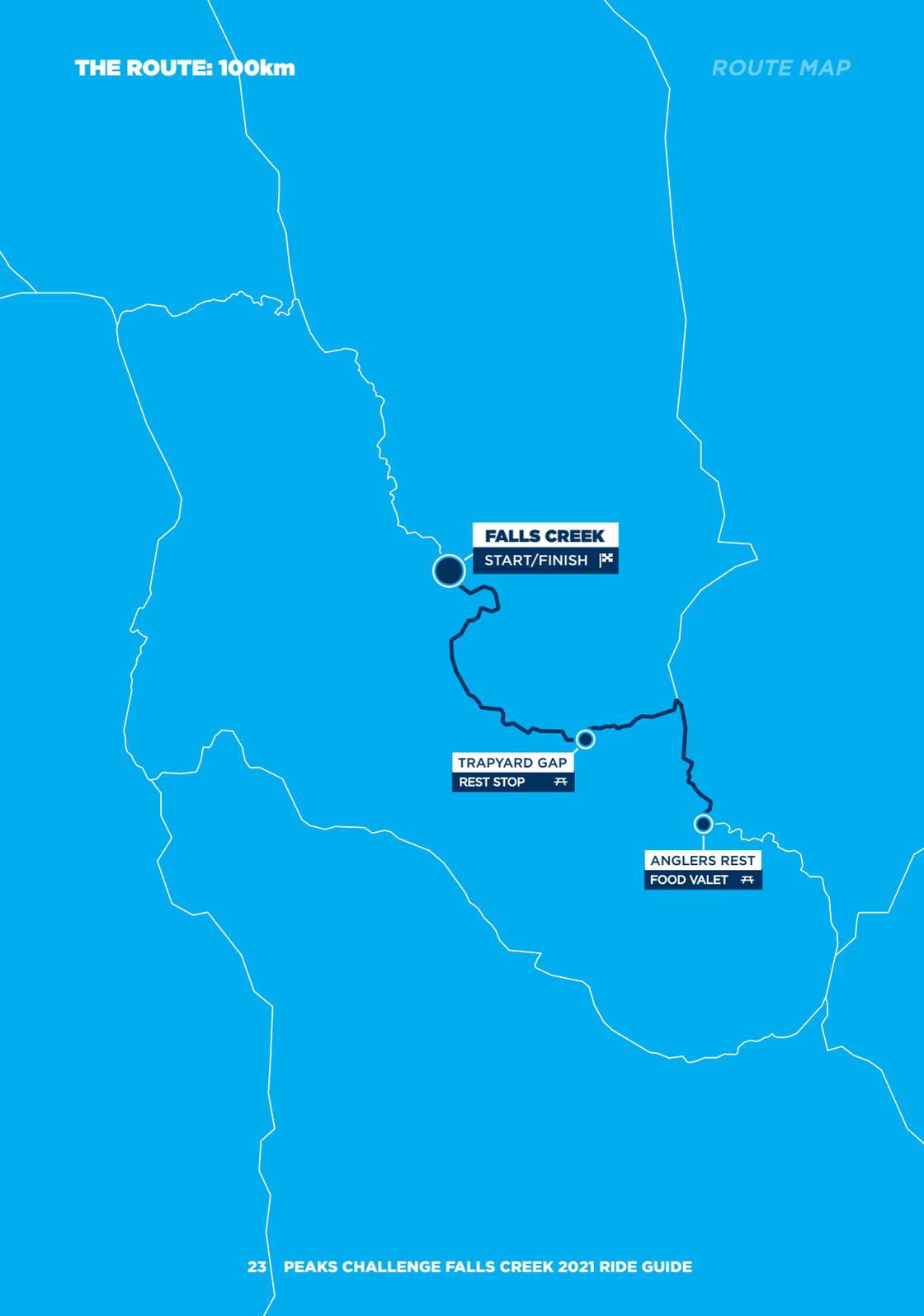
DINNER PLAIN
116KM
CLOTHING VALET

TRAPYARD GAP
212KM

ANGLERS REST
188KM
FOOD VALET

WTF CORNER
200KM

OMEGO
159KM



FALLS CREEK
START/FINISH

TRAPYARD GAP
REST STOP

ANGLERS REST
FOOD VALET



Peaks Challenge Falls Creek is not a race; however you do need to finish within your deadline. Participants are timed and rewarded with one of two commemorative jerseys or a t-shirt for the 100km event:

- Sub 10-hours finishers jersey
- Sub 13-hours finishers jersey
- Sub 6-hours finishers t-shirt

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.

<p>SHARE THE ROAD Be aware that you are riding on the road with other riders and traffic.</p> <p>Ride in the Green Zone. Overtake in the Orange Zone. Stay out of the Red Zone.</p>	<p>Shoulder</p>	<p>Green Zone</p>	<p>Orange Zone Overtaking Area</p>	<p>Red Zone Oncoming Traffic</p>
---	-----------------	-------------------	--	--------------------------------------

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.

DO NOT TAKE ANY RISKS THAT COULD PUT YOURSELF OR OTHER RIDERS IN A LIFE-THREATENING SITUATION.

- 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

Unleash your potential with unparalleled hydration.

Game changing hydration booster scientifically and clinically proven to enhance performance and aid fast recovery.

Save 20% off

Use code: [prepdforpeaks21](https://prepdforpeaks21.com) at 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

the chart for a list of rest area locations.

All rest areas will be stocked with Winners Bars, SIS hydration and water. The below stops also offer the following:

235KM

Harrietville	Banana bread
Dinner Plain	Chicken wraps by The Hub Dinner Plain (including gluten free, vegetarian and vegan options), ANZAC biscuits and bananas.
Omeo Super Rest Stop	Brownies, slice, lollies and fruit
Anglers Rest	Vegemite or coffee scrolls
Trayard Gap	Coca Cola, bananas

100KM

Anglers Rest	Vegemite or coffee scrolls
Trayard Gap	Coca Cola, bananas

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 many 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 locals and the environment, as well as ensuring the continuation of Peaks Challenge Falls Creek in the future.

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>YES</p>
<p>CALL EVENT ASSISTANCE</p> <p>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.

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 to assist riders on the route.

To complete the 235km event within 13-hours you must be past the following points 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
Trayard 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, wait on the side of the road.

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 with 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, while everything else from cables to cassettes will be available.

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 quipped workshop will be able to make last minute repairs, servicing and adjustments.

SUPPORT IS PROVIDED ALONG THE ENTIRE ROUTE, INCLUDING EMERGENCY MEDICAL ASSISTANCE, MECHANICAL ASSISTANCE.

GAPSTED WINES



Come and see why Gapsted Wines was awarded **BEST LARGE CELLAR DOOR & BEST FOOD**

in Alpine Valleys

by Gourmet Traveller Wine Magazine

PREMIUM COOL CLIMATE WINES

\$65^{pp}

Enjoy our **Taste of Season Menu** featuring 3 courses with matched wines

USE CODE: PEAKS FOR 10% OFF* TAKEAWAY WINE PURCHASES AT CELLAR DOOR
*MINIMUM 6 BOTTLES. VALID UNTIL 14/3/21

Visit our website for current opening times.
03 5751 9101 | cellardoor@gapstedwines.com.au

3897 Great Alpine Road, Gapsted
GAPSTEDWINES.COM.AU



MEET THE TEAM

TEAM BICYCLE NETWORK

They come from a range of different backgrounds, but have each come to see cycling as a defining passion that can challenge themselves, increase their fitness and demonstrate leadership in the bunch as ambassadors for Bicycle Network.

Whether they're leading training rides to keep your preparation on track, or setting the pace at Peaks Challenge, they'll be your domestique.

We're thrilled to have them as a part of the team, and look forward to a great 2020/21 season.

8 HOUR	9 HOUR	10 HOUR	11 HOUR	12 HOUR	LANTERNE ROUGE
 CAM CLAMP	 JAMES GARRICK	 ALISON MCCORMACK	 KATE PENGLASE	 MICHELLE HYDE	 GLEN JANETZI
 STEVE LANE	 IAIN MATHERSON	 LEE TURNER	 JUSTIN BENSON	 RICHARD CROSS	 BILL KONTOULIS
	 JOSH MCLELLAN	 LEWIS BULL	 DANIEL FRAWLEY	 FATEMA TAJBHAJ	 CHRIS CLARKE
		 PRITA JOBLING-BAKER	 GEOFF WHITE	 JESS DOUGLAS	 BEN GOVE
		 CHRIS PAPAHOSTAS		 MERIDITH CLARK	



BICYCLE NETWORK MEMBERS

WARM UP SPIN, COFFEE AND CHAT.

Head out for a pre-event spin with coach Stephen Lane and Richard Cross from Team Bicycle Network to Trapyard Gap.

It's the perfect opportunity to connect with other Bicycle Network members, warm up those legs before event day and ask any burning questions when out pedaling and or at the post ride coffee (Bicycle Networks shout!). Numbers are capped so please make sure you register here: registernow.com.au/secure/Register.aspx?E=42130

When	Friday 5 March, 2:30pm
Meeting	Event village at the Bicycle Network membership marquee
Location	Falls Creek to Trapyard Gap return
Distance	48km

BICYCLE NETWORK EVENT VILLAGE HUB

Make sure you come and visit the Bicycle Network membership marquee in the Event Village to receive your very own show bag packed with lots of goodies and to receive your raffle ticket to go into the draw to win a fabulous prize (to be drawn at the Bicycle Network Members Q&A Sessions).

BICYCLE NETWORK MEMBERS Q&A SESSIONS WITH TEAM BICYCLE NETWORK

Join us at the Bicycle Network members lounge at the Frying Pan Inn 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 or soft drink, ask your burning questions and get last minute tips for your big day in the saddle.

Q&A SESSIONS

Saturday 6 March

8 and 9-hour	2:00-2:30pm
10-hour	2:30-3:00pm
11-hour	3:00-3:30pm
12 and 13-hour	3:30-4:00pm
Women's Community	4:00-4:30pm

The location will be at the Frying Pan Inn, Falls Creek, registrations are capped at 60 and riders need to register at: registernow.com.au/secure/Register.aspx?E=42698

A Zoom link will be made available to anyone who registers after all seats inside the room are booked.

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:

- Third-party coverage
- Medical coverage
- Income protection



**BICYCLE
NETWORK®**

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

Visit bicyclenetwork.com.au/membership



QUEEN & KING 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 2021 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 a climb.

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

2020 PEAKS CHALLENGE QOM AND KOM



Tawonga Gap

Justine Barrow 24:13
Jay Vine 19:02



Mount Hotham

Justine Barrow 1:32:16
Jay Vine/Mark O'Brien 1:13:10



Falls Creek

Bizzy Butterworth 1:27:03
Mark O'Brien 1:01:49

King and Queen and Peaks and all KOM and QOM winners will be announced at the Event Village on Sunday evening.

*Terms and Conditions apply.



**BICYCLE
NETWORK®**

SPONSORS AND PARTNERS



Winners



PREP

JOAN HORTON

Life member Joan Horton was a loved Bicycle Network bike rider and volunteer for decades.

As a core team member for Peaks Challenge Falls Creek, she volunteered for 10 years in a row and primarily at the Anglers Rest rest area. She was such a fan of Anglers Rest that she would camp there during the Peaks Challenge weekend.

Joan sadly passed away in 2020.

Joan was a lively and joyful person, who went to extraordinary lengths to help other people.

Her generosity knew no bounds, and she even reached out to the local community in Mitta Mitta to donate our rest area snacks so they would be aiding others.

Joan was drawn to experiences where she could genuinely help others and because of this, she made an enormous impact that will be felt by the Bicycle Network team, our riders, and the wider community for years and years.

BICYCLE NETWORK

Phone: (03) 8376 8888

Fax: (03) 8376 8800

Freecall: 1800 639 634

Postal address

PO Box 24013

Melbourne VIC 3001

Victoria

4/246 Bourke Street Melbourne VIC

Tasmania

210 Collins Street Hobart TAS

Bike insurance by bike people



We've got your bike (and kit) covered!

Relax knowing your bike, kit and accessories are covered*
by bike insurance backed by a trusted insurer.

*Subject to policy terms and conditions, including limits and exclusions of the insurance policy.



BIKE INSURE

Get a quote now
[bikeinsure.com.](https://bikeinsure.com)

All product information displayed on this website is subject to policy terms and conditions (including eligibility criteria, exclusions and limitations). Any advice provided is general only and may not be right for you. You should carefully read the relevant combined Product Disclosure Statement and Financial Services Guide (PDS) to ensure the product is right for you. A copy of each PDS is available on this website or by contacting us. The product issuer for bicycle insurance products is The Hollard Insurance Company Pty Ltd ABN 78 090 584 473, AFSL 241436