THIS IS

YOUR TRAINING GUIDE

#THISISPEAKS

TRAINING CAMP

BICYCLE NETWORK®

PEAKS CHALLENGE FALLS CREEK

235KM / 4000M+ / 13HRS

WELCOME

So you've decided to not only tackle one of the toughest rides in Australia, but also give yourself the best chance of finishing in the best time possible. The Peaks Challenge Falls Creek Training Camp will help you do that.

The camp is tailored to help you achieve your goals, whether that's improving your descending, planning your food & hydration better or just making sure you crack the 10-hour mark.

Team Bicycle Network will be on hand for three days to lead you on rides along some of the key climbs of the Peaks Challenge Falls Creek route and give insider tips at information sessions. There will also be plenty of time to ask any burning questions about tackling such a big ride.

You'll meet other people gearing up for the ride of their lives and be able to give them a little nod when you get to the Peaks Challenge Falls Creek start line in March. A little nod that says we're ready, we've got each other's back, we'll get that finishers jersey.

MEET THE TEAM

Stephen Lane
8 hour
Team Bicycle Network rider

Alison McCormack
10 hour
Team Bicycle Network rider

Lee Turner
10 hour
Team Bicycle Network rider

Richard Cross
12 hour
Team Bicycle Network rider

Troy Bussell
Mechanic
Pedal Power Garage

Rebecca Lane
General Manager
Events & Operations

Kahlia Dix
Event Manager
Peaks Challenge Falls Creek

Louis Coad
Event Coordinator
Peaks Challenge Falls Creek

Jaimie Collins
Senior Event Coordinator
Peaks Challenge Training Camp

Matt Corney
Marketing Coordinator

BEFORE THE CAMP

Before arriving at Bright, please complete the pre-training camp survey about your current training, riding experience, goals and more. Insight from the survey will help Team Bicycle Network riders tailor training so you can reach your goals.

If you're following Stephen Lane's training plans you will be ready to start week 12 by the time the training camp rolls around. You can find these training plans on the Peaks Challenge Falls Creek website.

WHAT TO BRING

Packing checklist (compulsory)

- Suitable clothing for wet, cold, dry and hot conditions
- Basic bike tool kit
- Personal medication
- Bike lights (front and rear) with charged batteries
- Mat or towel for pilates session with Pilates for Sports
- Face mask

What will be provided

- Linen
- Towel
- Information sheets from information sessions

COVID-19 INFORMATION

Bicycle Network events are a great way to bring the bike riding community together and share the joy of riding bikes.

During the Peaks Challenge Training Camp, the below measures will be in place to keep you safe and our events running smoothly.

We ask everyone to familiarise themselves with these guidelines and keep up to date with information provided by state and federal governments regarding COVID-19 regulations.

Our team want to make your riding experience as enjoyable as possible, so please follow their instructions as we tackle these challenges together. As we know, changes can be implemented quickly, so please continue to check the Bicycle Network website as we move closer to event day.

COVID-19 GUIDELINES

Health Screening

While we love having you ride with us, please do not come to the training camp if you:

- Have been diagnosed with Covid-19 and have not yet been cleared by the authorities
- Are feeling unwell or have any symptoms, however mild, consistent with Covid-19
- Have been in contact with anyone who has Covid-19 or is being tested for Covid-19
- Have returned from overseas within the last 14-days
- If any of the above are true for you, you must not attend the training camp

Additionally, if you are experiencing symptoms consistent with Covid-19 while on the training camp, please leave the event immediately and notify our team.

Physical distancing

- Keep a 1.5m distance between yourself and others at all times - including during sessions, meals, rest areas and on the road
- Face masks may be required if current VIC guidelines change

Hygiene

- Hand sanitising stations will be located at sessions, meals and rest areas. SAG wagons and support vehicles will also be stocked with hand sanitising products
- All riders people must sanitise their hands after parking their bikes and before entering the site
- Additional hand sanitising and or washing

stations will be set up around water taps and toilets. These areas will also have a one-way traffic flow

- Increased cleaning of common spaces will be undertaken
- Our usual high standard of food handling hygiene will always be in place and in line with all food handling guidelines

On event support

- First Aid, mechanics and SAG wagons will still be available on event
- All bikes will be given a sanitisation spray or wipe before being loaded onto a SAG trailer
- All riders will be given a mask to wear on the SAG or any other transport provided by Bicycle Network

Your health and safety

- All riders and team members are encouraged to download the CovidSafe App and check-in
- You must adhere to all other venue requirements at the Big4 Bright Holiday Park or other venues

Communication

- There will be briefings before rides and at dinner where updated information will be shared.
- Please ensure Bicycle Network has your best contact number and email so you can receive all updates

Anyone who breaches the above conditions will be required to leave the event immediately

ARRIVING IN BRIGHT

- Arrive at Big4 Bright Holiday Park before 11:00am on Friday 5 February to join the first ride to Mount Buffalo, departing at 12:00pm.
- Please note only one car park is available outside each cabin. Additional free parking will be available outside Big4 Bright Holiday Park on Mounbatten Ave.
- When you return from the ride you will meet the Bicycle Network team who will check you into your accommodation
- Check in hours with Bicycle Network are 3:30pm – 5:00pm
- Please note lunch isn’t provided on Friday 5 February

TRAINING CAMP SCHEDULE

Day 1: Friday 5 February

Time	Session	With	Location (Big4 Bright Holiday Park)
12:00pm – 3:30pm	Training ride 1: Mount Buffalo return	Team Bicycle Network and on-road support team	Departing from outside the SkyDeck Lounge
3:30pm – 5:00pm	Training camp check-in to receive your welcome pack and room key	Bicycle Network	Reception
5:00pm	Women's Community Session 1	Ali McCormack	SkyDeck Lounge
6:00pm	Welcome dinner with Team Bicycle Network	Bicycle Network Team Bicycle Network	SkyDeck Lounge

Changeroom and toilet facilities at Big4 Bright Holiday Park will be available to use before departing on the Mount Buffalo training ride

If you are unable to join us in time for the Mount Buffalo training ride, please be at Big4 Bright Holiday Park by 4:30pm to check in with Bicycle Network.

Training Ride 1

Mount Buffalo return

- Distance: 70km
- Climbing: 1,704m
- Expected time: 3.5 – 4 hours

TRAINING CAMP SCHEDULE

Day 2: Saturday 6 February

Time	Session	With	Location (Big4 Bright Holiday Park)
5:30am	Continental breakfast		SkyDeck Lounge
6:00am	Training Ride 2: Falls Creek return	Team Bicycle Network and on-road support team	Departing from outside the SkyDeck Lounge
12:00pm	Free time		
1:15pm	Recovery pilates session	Pilates for Sports	BBQ area near wattle Avenue
2:00pm	Nutrition & hydration session	Stephen Lane, HP Tek	SkyDeck Lounge
3:00pm	Afternoon tea		SkyDeck Lounge
3:30pm	Your training program – 11-13 hour riders	Stephen Lane, HP Tek	SkyDeck Lounge
3:30pm	Bike fitting overview session	O Health	JB's Deck BBQ area
4:30pm	Your training program –sub 10 hour riders	Stephen Lane, HP Tek	SkyDeck Lounge
4:30pm	Bike fitting overview session	O Health	JB's Deck BBQ area
5:30pm	Women's Community Session 2	Ali McCormack	SkyDeck Lounge
6:00pm	Dinner		SkyDeck Lounge

Training Ride 2

Falls Creek return via Tawonga Gap & Mount Beauty

- Distance: 120km
- Climbing: 4,325m
- Expected time: 6 – 6.5 hours

TRAINING CAMP SCHEDULE

Day 3: Sunday 7 February

Time	Session	With	Location (Big4 Bright Holiday Park)
5:30am	Continental breakfast		SkyDeck Lounge
6:00am	Training Ride #3: Mt Hotham return	Team Bicycle Network and on-road support team	Departing from outside the SkyDeck Lounge
1:00pm	Conclusion of training camp	Bicycle Network	Reception

Please check out of your cabins before departing on the training ride. There will be public amenities available for use post-ride at Big 4 Bright Holiday Park.

Training Ride 3

Mt Hotham return

- Distance: 108km
- Climbing: 3,289m
- Expected time: 5 – 5.5 hours

TRAINING RIDES

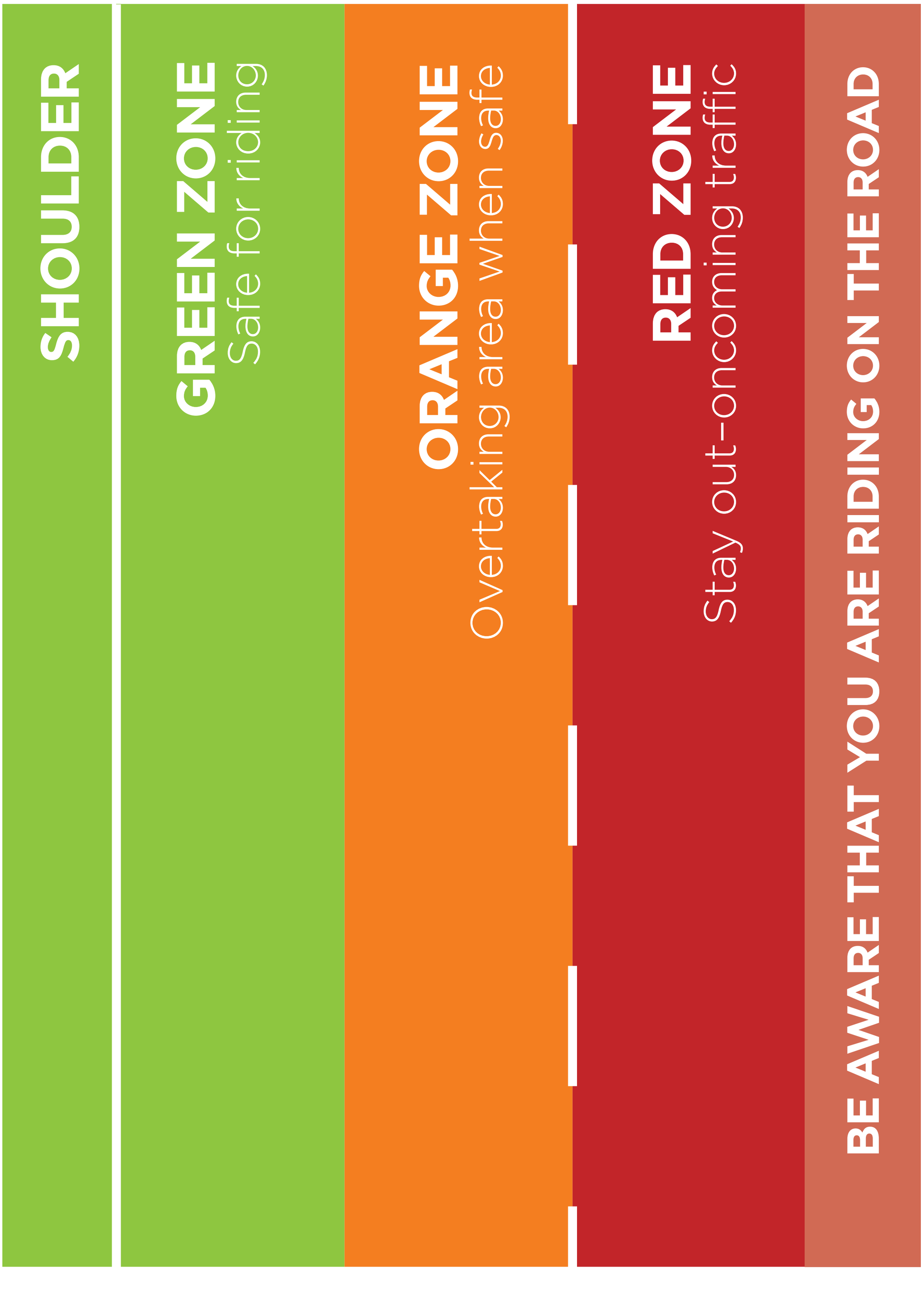
Training rides will be run by Team Bicycle Network with a no-drop policy, meaning we've got you're back and no riders will be left behind. Team Bicycle Network leaders will set paces ranging from 9 hours to 13 hours.

Rules and etiquette

- Obey the road rules
- Be aware of your surroundings – remember to look around
- Ride no more than two abreast (side-by-side)
- Do not cross double lines
- Pass only in single file
- Pass only to the right of other riders
- Communicate: call 'passing' when passing or 'stopping' when stopping, call or point out any hazards on the road
- Move to the left to allow motor vehicles to overtake
- Move well off the road before you dismount and walk your bike well off the road
- Rest when you're tired and only on the left-hand side of the road
- Don't use a mobile phone while riding
- Keep alert and aware
- Leave enough space between you and the bike in front of you
- Be aware that weather will affect the conditions in which you are riding
- Use lights if it is dark
- Wear a helmet when riding

Safe cycle

- Be aware of where you are riding on the road.
- Ride in the Green Zone
- Pass, when safe to do so, in the Orange Zone
- STAY OUT or the Red Zone, this is for oncoming traffic
- Where the shoulder is a solid surface, this can be a good place to ride



Rest areas

Rest areas will be located along the training ride route. Here you can access first aid, water, snacks, sunscreen and toilets. Lunch will be provided at the turn-around point of the Falls Creek and Mt Hotham ride.

Bike mechanic

If your bike needs a quick repair or tune up, our mechanic Troy from Pedal Power Garage will be there to assist. Troy operates on a user pays basis and will also have a range of equipment available for purchase.

Medical support

Our event team have basic first aid training and will have first aid kits and a defibrillator available if required. Please call event assistance if you require first aid assistance.

If it is an emergency you must call 000 first, then call event assistance if you can.

SAG wagon

We will have a support vehicle following the last rider on all training rides. If you are unable to continue riding from injury, illness or mechanical issues, please find a safe spot off the road and put your bike upside down to indicate you need help. Please also call event assistance to let them know where you are.

FOOD AND DRINK

Breakfast and dinner will be served from the SkyDeck Lounge at Big4 Bright Holiday Park. Lunch will be provided on the riding route on Saturday and Sunday.

If you're feeling peckish between meals, there's plenty of options in Bright. We guarantee you will find something to fill the spot!

Menu	Friday	Saturday	Sunday
Breakfast	• N/A	• Continental breakfast	• Continental breakfast
Rest Area 1	• Winners bars • Lollies	• Oranges	• Bananas • Chocolate brownie
Rest Area 2	• Bananas • Canadian date slice	• Winners bars • Lollies	• Winners bars • Lollies
Rest Area 3	• Winners bars	• Lunch	• Lunch
Rest Area 4	• N/A	• Winners bars • Coke	• Winners bars
Afternoon tea	• Salty snack • Coke	• Salty snack • Pizza	• Salty snack
Dinner	• Lasagna (meat, veg or vegan), gourmet salad & garlic bread	• Chicken, potato curry, steamed rice & naan bread • Lentil dahl curry (vegetarian & vegan option)	• N/A

*Please note gluten free options will be available.
Fresh fruit will be available at most rest areas.

NEED A HAND?

Contact event assistance on 0425 381 816
or 0425 777 484.

Remember to save these phone numbers and ask yourself:

IS IT AN EMERGENCY?

Does it require Ambulance, Fire or Police?

NO	YES
CALL EVENT ASSISTANCE 0425 381 816 or 0425 777 484	**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.

PARK MAP

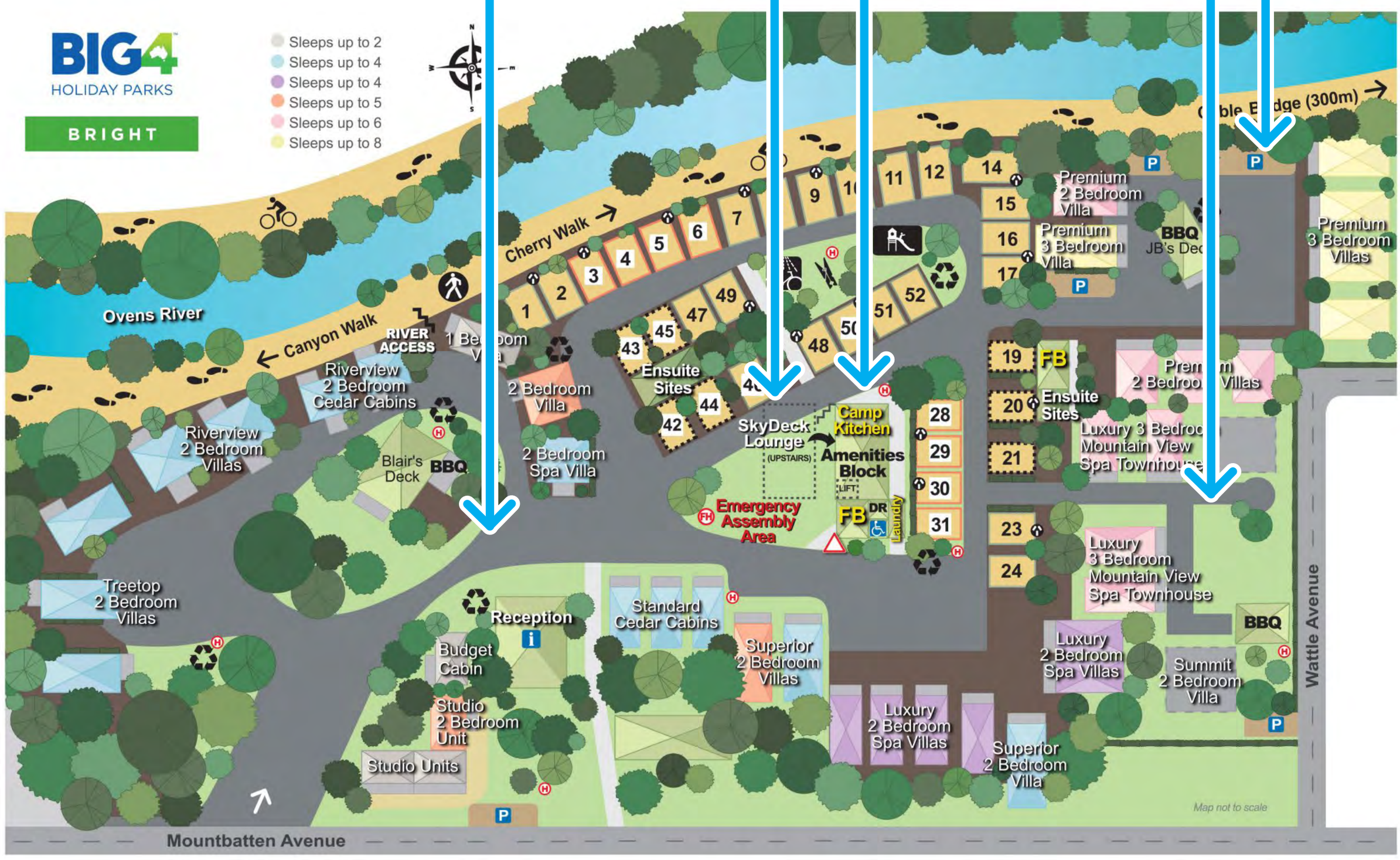
Reception

Amenities block

Bike fitting session

Skydeck lounge

Pilates session



Parking

Information/Reception

Wheel Chair Access

Recycle & Rubbish

Walkway to River

Playground

Bike Wash Bay

Power Head

Clothes Line

Dump Point

Fire Hose

Fire Hydrant

Ensuite site

All weather site

Slab site

FB Family Bathroom

DR Drying Room

No Smoking in cabins

PARTNERS

Winners

HUMAN PERFORMANCE TECHNOLOGY

PEDALPOWER Garage MOBILE. BIKE. SERVICING.

O-health

PILATES® FOR SPORTS CYCLING

PREPD

Thank you

BICYCLE NETWORK®

We've got your back.