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## Briefing Notes for the 2017 C.ex McDonald's Cycle Challenge 10km ride

- Welcome to the 2017 C.ex McDonald's Cycle Challenge. We wish you good luck and lots of enjoyment and remind you that this is a community ride, not a race.
- The 10km ride will start at approximately 8.30am. The ride will include families, riders with a disability, inexperienced and older riders.
- The start and finish line for all rides will be the Geoff King Motors Oval car park. The 10km riders will be escorted together across Hogbin Drive at the Stadium Drive/Hogbin Drive roundabout which will be controlled by Traffic Management.
- There will be a lead cyclist to show the way, and control the pace of the ride. Riders must not pass the lead cyclist at any time. A trailing cyclist will be following the ride to assist any rider with difficulties.
- Please obey the road rules, keep left at all times. We are sharing the roads and cycle ways with the public. We do not have exclusive use of the roads. Do not cross the road centreline.
- All cyclists must wear a helmet.
- Please take care of each other. Marshals will be located along the route, and riders must obey instructions given by them. Please contact the nearest marshal should you or another rider require assistance.
- When riding on the Coffs Council Cycle Paths, riders should ride single file where possible and be mindful of riders or pedestrians approaching from the opposite direction.
- Riders will be using public roads for part of the ride, and should follow all road rules. Marshals are positioned at key points along the route to assist riders.
- There are signs along the route advising distanced and directions.
- When passing other cyclists or pedestrians, please ring your bell.
- When turning left or right, please use hand signals.
- Fruit and water is available in the vicinity of the Origin Energy depot at the turn around spot at the end of Christmas Bells Road
- There are public toilets along the route at the old airport.
- The finish line for the ride is at the McDonald's archway at the Geoff King Motors Oval. Riders will be escorted back to Stadium Drive via the Hogbin Drive/Stadium Drive roundabout.
- First Aid facilities are available at the finish line in case of emergencies.
- We strongly recommend you apply sun screen before you start the ride.
- Riders are encouraged to wear high visibility clothing
- One lucky rider from the 10km ride will win a new bike thanks to Amart Sports. This, and other prizes, will be drawn from the 'hat'. You must be present to receive any of the prizes. Goodies bags for all young riders will be provided by Amart Sports
- The presentation ceremony will be held at the Geoff King Motors oval at 10.00am Sunday. Enjoy the ride.

### Emergency Phone Numbers:

Ride Director - Graham Lockett 0417 656 599  
Ride Manager - Phil Price 0408 541 775