



Judy Smith
P: 0438 417 945
E:judy@cexmcdonaldscyclechallenge.com

Briefing Notes for the 2018 C.ex McDonald's Cycle Challenge

10km ride

- Welcome to the 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. Please register your attendance at the Registration tent between 7.30am and 8.15am. Riders will be given bike and helmet tags at registration, so please allow sufficient time to tie these to your bikes and helmets.
- The start and finish line for the ride will be Jordan Esplanade, Coffs Harbour Jetty. The 10km riders will depart the Jetty and ride north along Jordan Esplanade. They will follow Jordan Esplanade along past the boat ramp and quarry, and then onto the South Wall. Cyclist will do a safe U turn at the end of South Wall and return to the Jetty via Jordan Esplanade. This is a 5km loop, so cyclist will complete the loop twice.
- 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. In particular please observe the placement of cones on Jordan Esplanade which will act as road dividers. Riders should ride single file in the vicinity of the coned road, and be mindful of riders approaching from the opposite direction.
- 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 passing other cyclists, please ring your bell.
- Fruit and water is available at the Jetty start/finish location.
- 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 Jetty start/finish at 10.00am Sunday. Enjoy the ride.

Emergency Phone Numbers:

Ride Director - Graham Lockett 0417 656 599
Ride Manager - Phil Price 0408 541 775
Event Manager - Judy Smith 0438471845