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

### 30km ride

- Welcome to the C.ex McDonald's Cycle Challenge. This is a community ride, not a race. Times will be recorded for your personal records only.
- The 30 km ride will start at approximately 7:15am from Jordan Esplanade, Coffs Harbour Jetty Foreshores, Coffs Harbour. There will be a neutral zone from the start line to Marina Drive.
- All cyclists must wear a helmet. Please ensure that your entry tag is tied tightly on your bike and facing to the front to ensure good timing reads. Also please ensure helmet numbers are facing to the front for photographs.
- The turnaround point for 30km riders is the eastern roundabout on Lyons Road at the Pacific Highway flyover.
- There will be a lead motorbike at the front of the 30km riders.
- Riders must not pass the lead vehicle under any circumstances.
- Please obey the road rules, keep left at all times. Do not cross the road centreline. We are sharing the roads with the public. We do not have exclusive use of the roads.
- Riders who may not be confident to cycle Hogbin Drive will be able to ride along the cycle path that follows Hogbin Drive from Howard Street through to Sawtell Road.
- Obey the legal speed limits at all times. Riders should not exceed 40 kph in Sawtell CBD.
- Please look after one another on the ride. Contact the nearest traffic control or marshal in the case of injury.
- Marshals and Traffic Controllers are positioned at key intersections along the route and at all right hand turns. Obey instructions given by Police, Traffic Controllers or Marshals along the route.
- Please familiarise yourself with the route before ride day. There are signs along the route advising directions and distances.
- Please take your own drinks and nutrition with you. A fruit and drinking water stop will be located near the Lyons Road roundabout.
- An ambulance vehicle will be following the ride in case of emergencies, while a Sag Wagon will collect any rider and bike which breaks down
- We strongly recommend you apply sun screen before you start the ride.
- Riders are encouraged to wear high visibility clothing
- There are public toilets along the route at First Avenue Sawtell.
- The presentation ceremony will be held at the Jetty at 12.00noon Sunday. Prizes will be drawn from rider numbers. You must be present to receive any of the prizes. Enjoy the ride.

#### Emergency Phone Numbers:

- Ride Director - Graham Lockett 0417 656 599
- Ride Manager – Phil Price 0408 541 775
- Event Manager - Judy Smith 0438417945