Seymour LifeCycle 2011

Sunday March 27 2011

Supporting
Seymour District Memorial Hospital

Ride Guide

Proudly Supported by:

mbug
Mitchell Bicycle Users Group

Welcome to the inaugural Seymour LifeCycle Ride!

This booklet will give you all the information you need to make your visit to Seymour for the Seymour LifeCycle a memorable and enjoyable event.

This is the first of what we hope will be many Seymour LifeCycle events. If there is anything lacking in this booklet, please contact a Lifecycle volunteer with any further questions you may have. In particular, we need to know if we have left anything out of the booklet that may be useful information for future years.

The Event

Seymour LifeCycle 2011 is a joint venture between the Mitchell Bicycle Users Group and the Seymour District Memorial Hospital and has the dual aims of raising funds for the hospital and encouraging people to do something healthy. In 2011, it coincides with the Mitchell Bicycle Carnival at King's Park, an event that celebrates all facets of cycling in Mitchell shire.

About the Mitchell Bicycle Users Group

MBUG is a Bicycle Users Group located in the Mitchell Shire (Seymour, Tallarook, Broadford, Kilmore, Pyalong, Tooboorac, Wandong, Heathcote Junction, Wallan and Beveridge).

The aims of the group are to promote cycling throughout the shire through regular organized non-competitive rides and to work with the shire to improve facilities for cyclists and provide a social outlet for cyclists. Further information is available at http://www.mbug.org.au/

About The Seymour District Memorial Hospital

Seymour District Memorial Hospital is a recognised leading provider of Rural Health Services. Seymour Health is one of the major employers in Seymour. Over 200 staff provide clinical care, support services, residential care for high needs clients and a wide range of community services. We are located at Bretonneux St, Seymour and service the communities in the Lower Hume region.

About the Rides

The Seymour LifeCycle event gives riders the opportunity to return to Seymour (an overnight stop on the 2010 Great Victorian Bike Ride) and explore the district more closely. The ride will start and finish at King's Park in Seymour, with a choice of three routes designed to suit a range of rider abilities and fitness levels.

Road Rules

All riders are expected to obey all road rules during the ride. If you are not fully aware of the rights and responsibilities of cyclist on our roads, please read the documents from VicRoads that are included in your information pack.

All roads used during the event are open to normal vehicular traffic and all riders need to be careful that they keep to the left and ride no more than two abreast. At a number of places, the road is quite narrow and we have put up signs requesting that cyclists ride single file. This is for your own safety and the safety of our fellow road users.

Naturally, all riders are expected to wear a properly fitted helmet at all times while on the road. If you do not have a helmet you will not be permitted to join the ride.

Registration

Registrations will be accepted from 7:00am on the day of the ride. If you have already registered, please make your way to the registration desk to pick up your information pack and identification card for the ride. The identification card contains your rider identification and important emergency telephone numbers and is colour-coded to assist our marshalls in sending you in the correct direction.

Weather

The weather in the district can be warm at this time of year, though it has also been known to get quite cool. We recommend that you look at the Bureau of Meteorology website at http://www.bom.gov.au/ the night before but come prepared for all kinds of weather.

Start Times

Start times for the event are as follows:

- 8:00am - 110km Challenge Ride
- 8:30am - 60km Challenge Ride
- 9:00am - 40km Challenge Ride

Please allow plenty of time before the ride to get yourself and your bicycle organised and allow at least 30 minutes for the registration process if you are registering on the day.

Car Parking

Car parking is available on Lesley Street, at the entrance to the Seymour Outdoor Swimming Pool (see map below)

Water and Food during the Ride

Water and fruit are provided to riders at the rest stops on the rides. It is imperative, though, that you carry your own water. We recommend that you carry two water bottles and fill them as required during the ride. Even on cool days, cycling is thirsty work and it is important to keep yourself hydrated. Riders on the 40km family ride will have an opportunity to obtain more substantial food at Avenel and back in Seymour. Those on the 110km ride will be able to stop in Broadford and Kilmore if they feel the need for something other than fruit.

Mechanical Support

We are fortunate to have the services of The Bikeshed Craigieburn to provide mechanical services to our riders. Mechanics will be available from around 7:00am for anyone that needs their bike checked over before the ride and will be around all day for any other repairs that may be required.

Mechanical services will be available to cyclists on the road by way of the sag wagons that travel the ride routes. If you get into mechanical difficulty and require assistance, please call the contact number on your identification tag to request help.

Further information

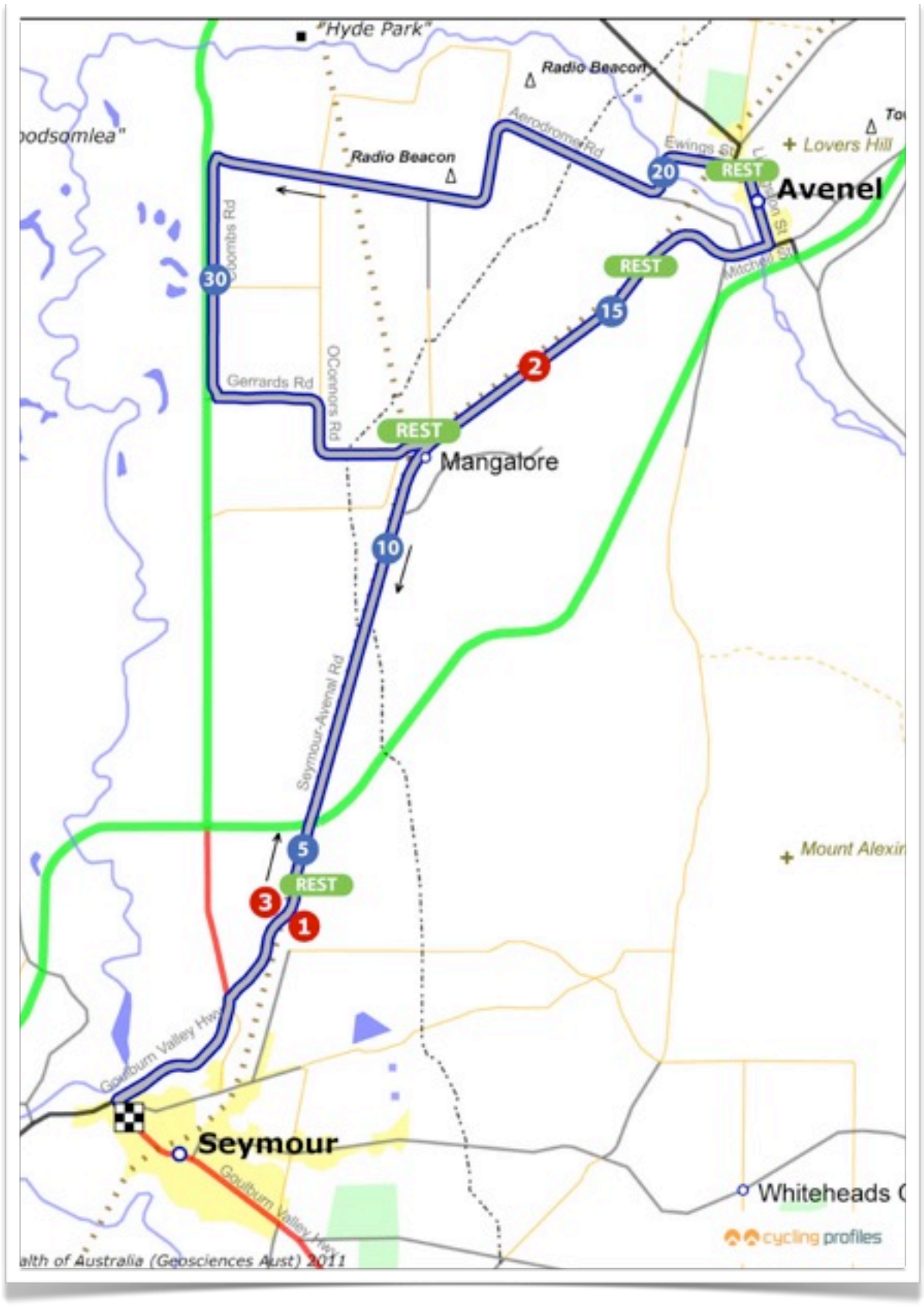
If you require further information about the rides, or have further suggestions on how we may improve future events, please contact the ride organisers directly, by phoning 0407 881 207, or send them an email before the event at info@mbug.org.au.

Enjoy Your Ride!

Above all, this event is your chance to get out and prove to yourself that you have what it takes to do a 40km, 60km or 110km ride. Not only that, you get to do it in the beautiful countryside around Seymour.
On behalf of the organising committee, we wish you the very best for your ride.

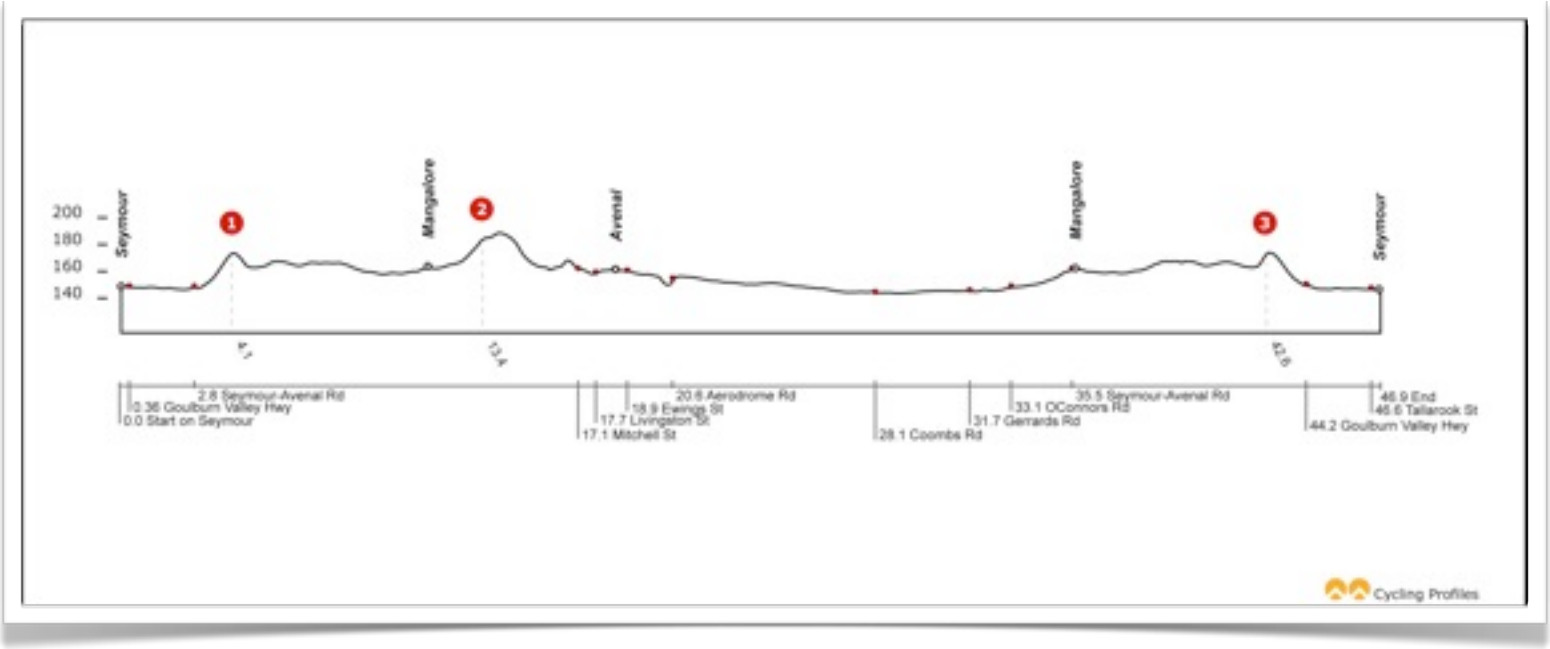
Map of Seymour showing the Location of the Seymour LifeCycle start and Finish.

The 40km Family Cycle



The route for the 40km Family Ride. The white numbers in the red circles indicate the climbs on the course, as detailed in the profile on the next page

The out-and-back 40km Family Cycle will give families the opportunity to ride along some of the flatter roads in the region as they head towards Avenel. As the aim of this ride is to show would-be cyclists that it doesn't have to be difficult, there is no pressure to complete the entire 40km route, but there are checkpoints along the way at which cyclists will receive a stamp to indicate how far they have ridden.



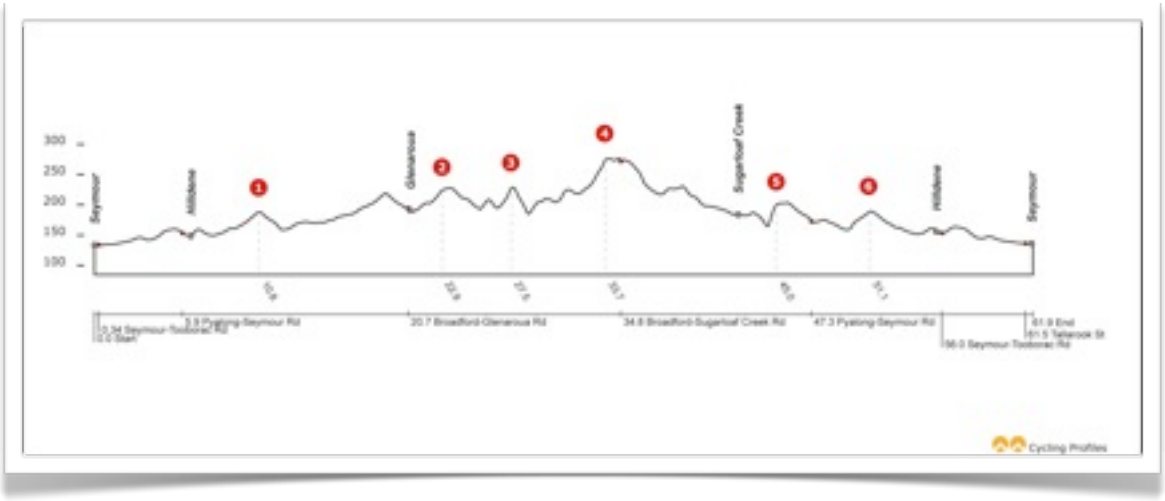
Profile for the 40/50km Ride

MBUG volunteers will be on-hand to provide encouragement and assistance to the riders and prizes and certificates will be presented according to the distance covered by the riders. There is an option to turn this ride into a 50km loop (past Mangalore Airport) to give fitter riders an opportunity to ride a longer distance and rejoin their family at a later point in the ride. Please let the organisers know if you plan to do the longer ride option.

The 60km Challenge Cycle

The 60km ride option is more challenging than the 40km Family Cycle and gives you an opportunity to explore parts of the Mitchell Shire normally only seen by local riders. From Seymour, the route heads out towards Puckapunyal, before turning towards Pyalong.

At Glenaroua, the route turns back towards Broadford, where the ride heads back to Seymour. It's not all downhill back to Seymour, though, with a nice climb out of Sugarloaf Creek warming you up with 15km to go to Seymour.



The profile for the 60km Challenge Cycle

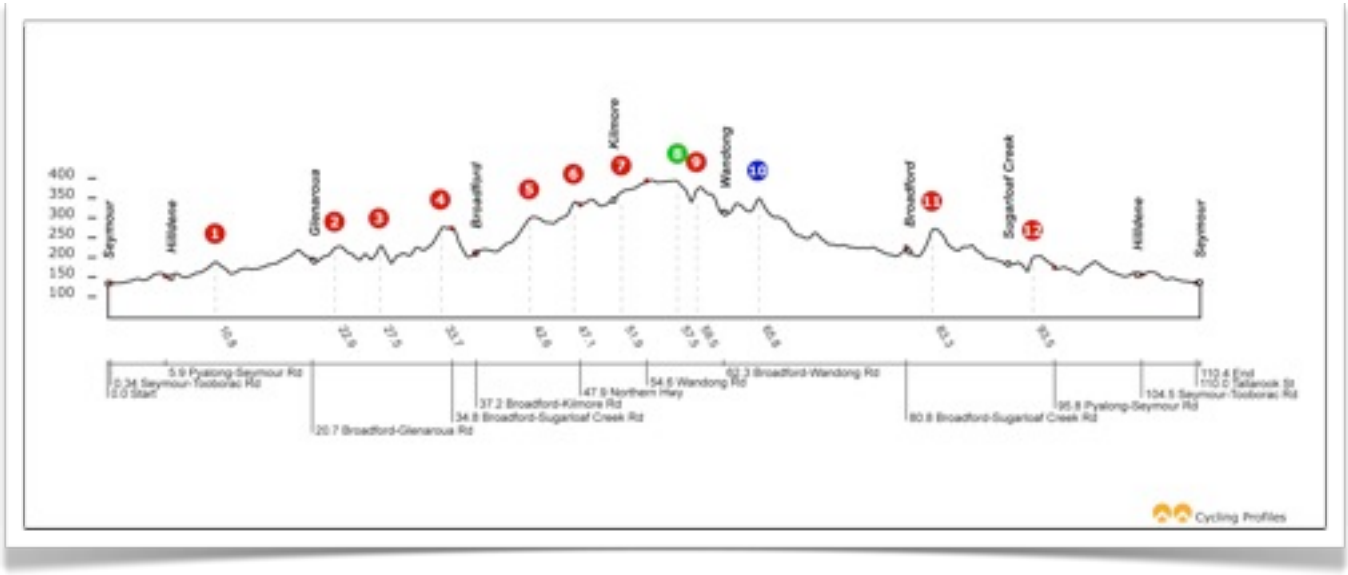
Things to look out for

The major hazards on this ride are the narrow bridges at Kurkurac Creek and Cameron's Creek and the crossing before the climb at Sugarloaf Creek. Signs will warn you to ride single file over these bridges. In particular, Kurkurac Creek is single-lane and has a give way on the opposite end to the point of entry for this ride. Be aware that cars may not stop for riders at this bridge.

The ride through Glenaroua is quite picturesque, with views across to the Tallarook Ranges. Watch out for echidnas crossing the roads!

The 110km Challenge Cycle

The 110km riders will leave the 60km route with a fast downhill into Broadford then a steady climb up to Kilmore. The loop back to Broadford, via Wandong, passes through the region where the 2009 bushfires started and provides some steep downhills and a couple of nice climbs. From Broadford, it's up Zwar's Hill and down to Seymour, with the climb at Sugarloaf Creek providing the last challenge of the day.



The profile for the 110km Challenge Cycle

Things to look out for

The same warnings apply as for the 60km Challenge Cycle. On the southern loop the main hazards will be traffic, particularly on the Northern Highway around Kilmore. It is advisable to ride single file as much as possible but especially through Kilmore and on the narrow road from Wandong back to Broadford.

Sponsors

The Event organisers would like to thank the following sponsors who have helped in some way to make this event a success.

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Mitchell Community Health
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