



Seymour LifeCycle 2013

Sunday March 24 2013



Ride Guide



Welcome to the second annual 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 second of what we are planning to be an annual event. 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 2013 is a joint venture between the Mitchell Bicycle Users Group, Cycling Victoria and Seymour Health and has the dual aims of raising funds for the hospital and encouraging people to do something healthy.

About the Mitchell Bicycle Users Group

MBUG is a Bicycle Users Group located in the Mitchell Shire (Seymour, Tallarook, Broadford, Kilmore, Pyalong, Tooboovac, 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 Cycling Victoria

Cycling Victoria is the state arm of Cycling Australia, the pre-eminent body representing cycling of all types in Australia. On behalf of Cycling Australia, Cycling Victoria manages cycling in the state of Victoria and organises a large number of event, both for racing and for recreational purposes.

About Seymour Health

Seymour Health is a recognised leading provider of Rural Health Services and 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.

Seymour Health is located at Bretonneux St, Seymour and services 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 four 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 - 50km and 60km Challenge Ride
- 9:00am - 40km Family 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 at King's Park (see map below)

Water and Food during the Ride

Water is available at all the designated rest stops and snacks will be provided at the Glenaroua, Bluetop and Avenel rest stops. 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 at King's Park for water on the way through Seymour or at one of several cafes in town if they feel the need for something more substantial.

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.

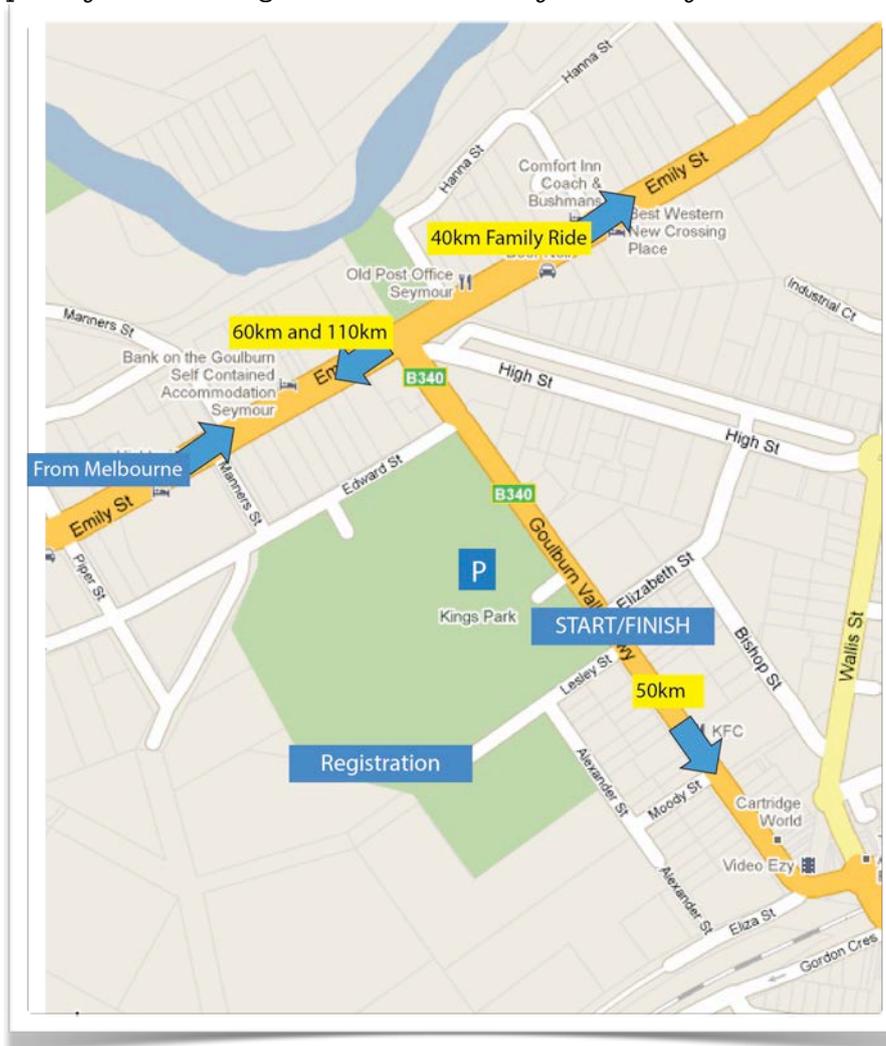
Further information

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!

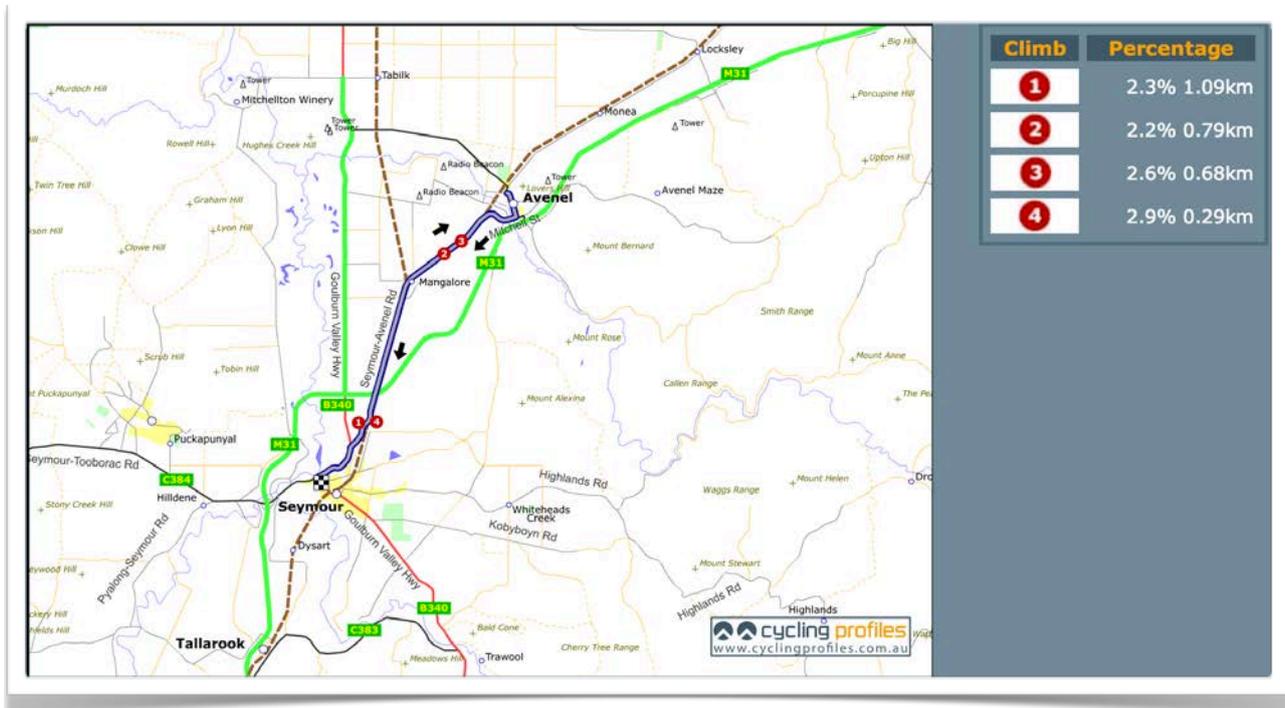
Above all, this event is your chance to get out and prove to yourself that you have what it takes to do a 40km, 60km or 110km ride. Not only that, you get to do it in the beautiful countryside around Seymour. On behalf of the organising committee, we wish you the very best for your ride.

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



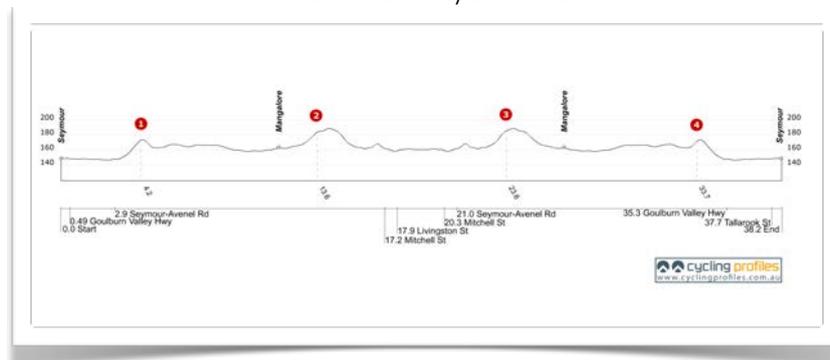
The 40km Family Cycle

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 plenty of signs along the way 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.

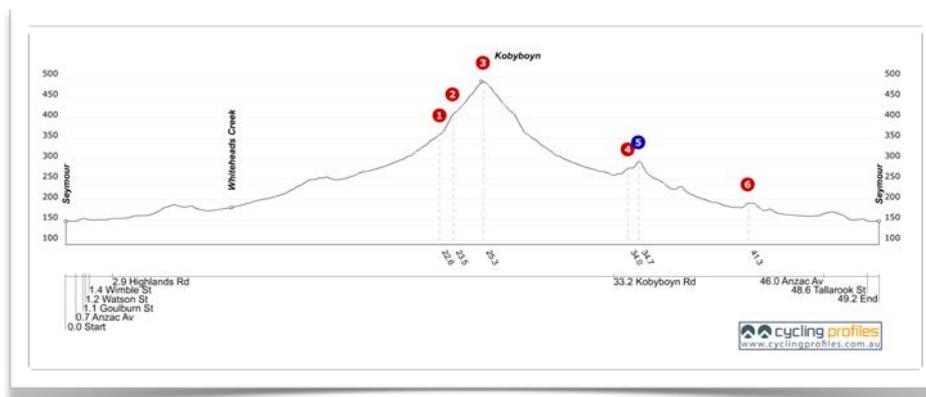
The 50km Challenge Cycle

The 50km 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 Highlands, culminating in the 5km climb up to Bluetop. At Bluetop, the route turns back downhill, where the ride heads back to Seymour via Kobyboyn Rd.



Things to look out for

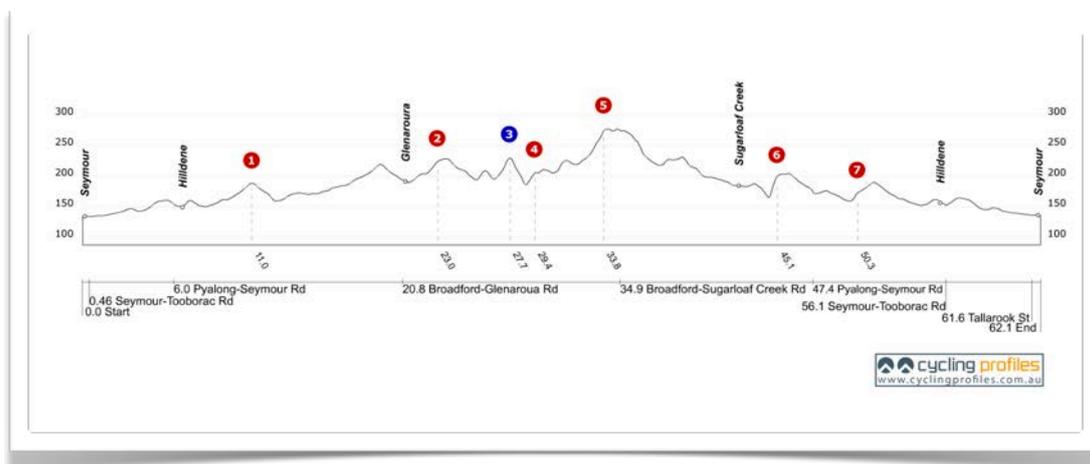
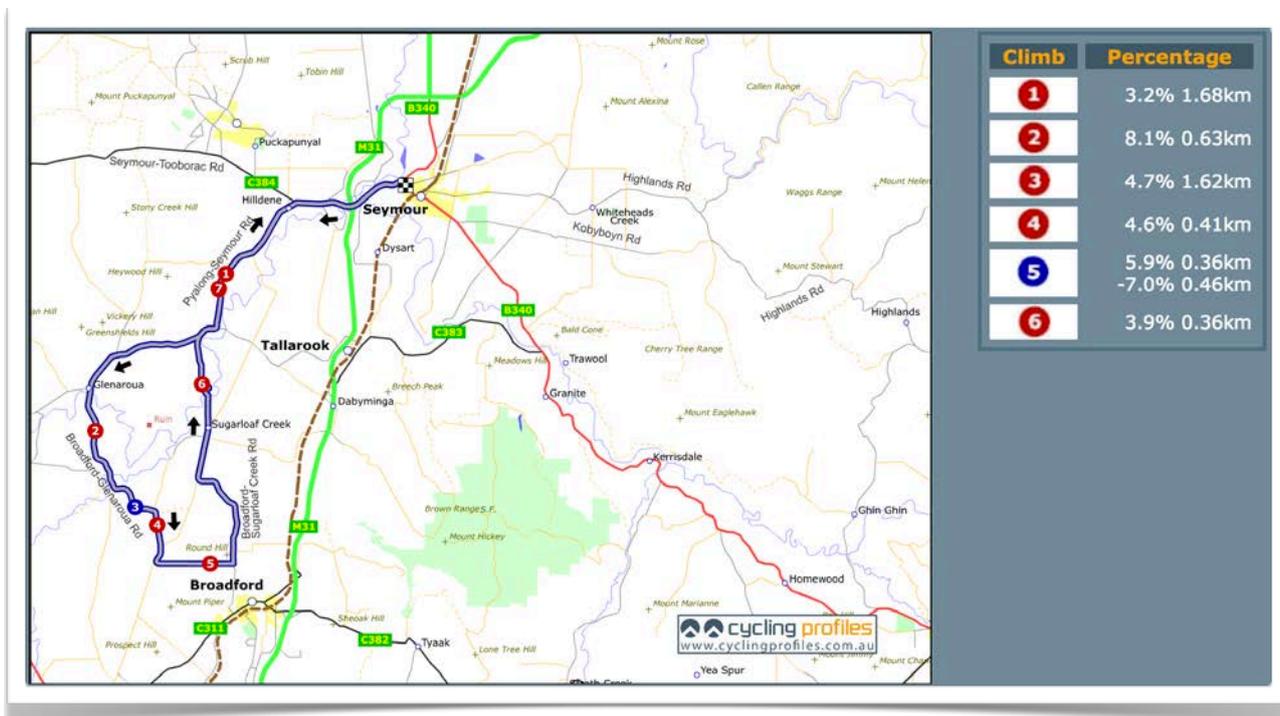
Once out of town, there are not too many hazards on this route, with the highlight being the climb up to Bluetop. Beware of the narrow road on the climb and be sure to keep to the left, especially on the way back down. Watch for wallabies along the climb.



The 60km Challenge Cycle

The 60km ride option is more challenging than the 40km and 50km routes and gives you the chance to ride the championship route favoured by local cycling clubs. 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.



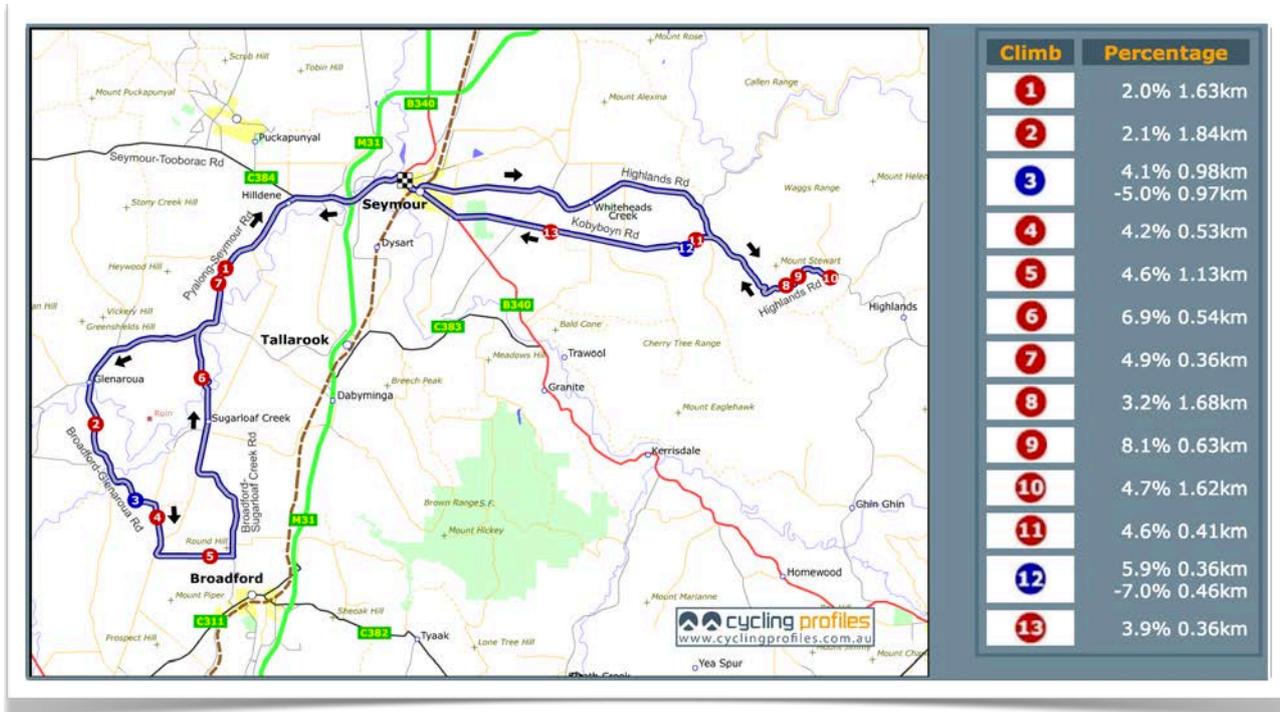
Things to look out for

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!

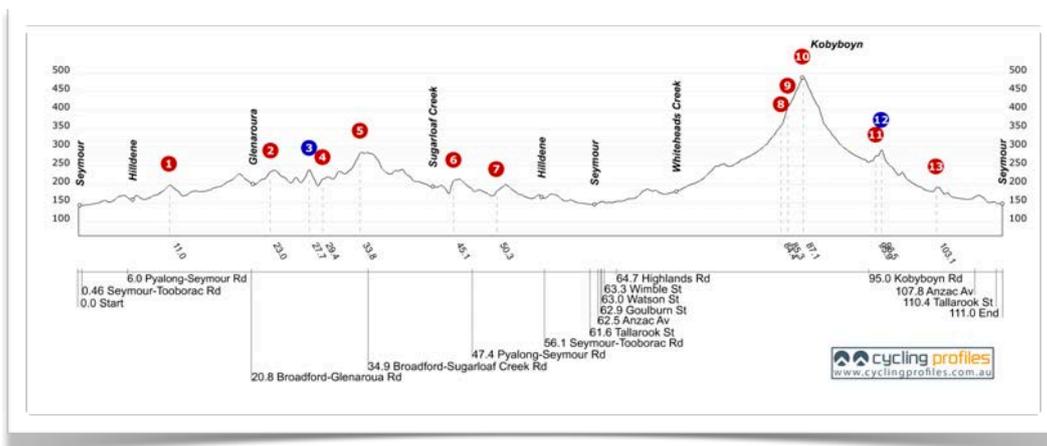
The 110km Challenge Cycle

The 110km riders will ride the full 60km route, followed by the 50km route, with the climb up to Bluetop testing them after 80km of riding.



Things to look out for

The same warnings apply as for the 50km and 60km Challenge Cycle. In particular, be aware on the descent from Bluetop as you will be starting to feel a bit weary!



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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