



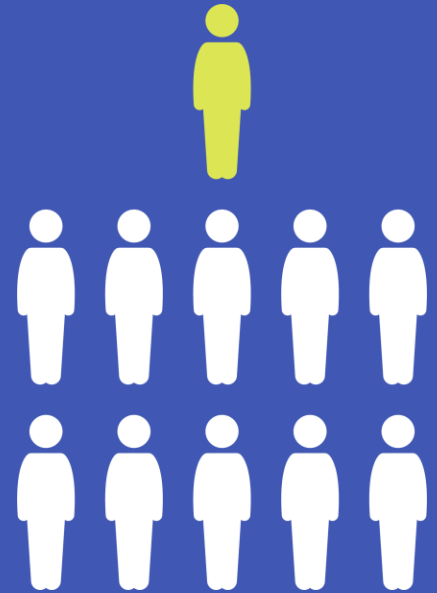
**CANCER2000**

*RIDE FOR THE PERKINS*

# RIDE SAFETY & INFO SESSION

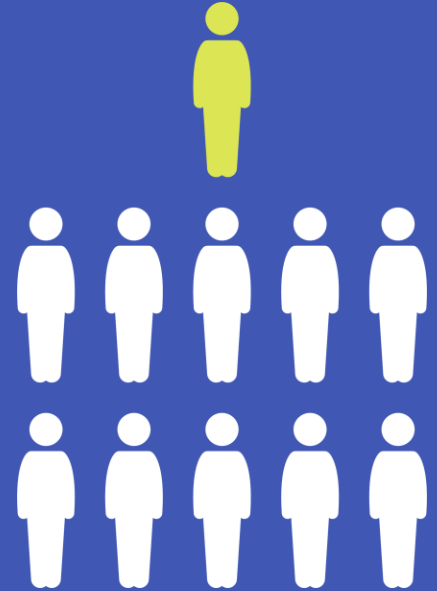
# The **Role** of Safety Leaders

- **One** Safety Leader for every **10** riders in your team.
- Learn and share cycling road rules.
- Learn and share hand signals and verbal calls.
- Provide guidance on the road to teammates & others.
- Primary role is to encourage safe riding practices and following of road rules while supporting and celebrating safe riding behaviour.
- Encourage riders to learn and follow road rules.



# The **Role** of Safety Leaders (cont)

- Keep an eye out for rider fatigue & concentration lapses.
- Help manage emergencies if needed.
- Support Team Captains.
- Encourage and lead training rides



# Why are Ride **Safety Leaders** necessary?

- Around 1800 riders.
- To reduce injuries and incidences on the road.
- Empower riders to follow road rules, use hand signals, verbal calls & give guidance to keep riders safe.
- Provide guidance to teammates and other riders.

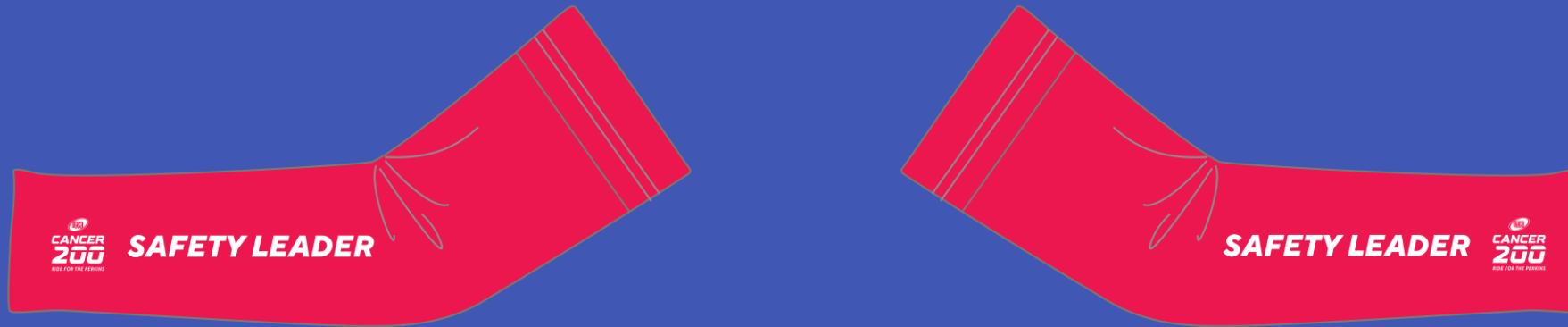


# The Right Stuff – Choosing a Safety Leader

- Riders who are familiar with cycling road rules.
- Riders of all levels.
- Riders who are confident to manage teammates.
- A good **Tail End Charlie** as well as a **front leader**.
- Riders who can assist with training rides.



# Visually Recognised with Sun Sleeve



# Other Safety Initiatives

- More event safety vehicles on course monitoring and encouraging safe riding.
- Increased signage and course marshals at hotspots.
- No unauthorized support vehicles on course.
- All riders to complete safety module as part of online check-in to be able to ride.
- New route out of Riverside Dr / Langley Park to Great Eastern Hwy to Orrong Rd.
- Encourage teams to do as many training rides together to get used to riding in groups.
- Encourage all team members to get their bikes serviced.



# Support Crew Adjustments

- Support crews **cannot** travel with team on-route.
- Creation of vantage points for crews, family & friends.
- Team Captains and Safety Leaders to help communicate this to friends, family and supporters.
- Remember the Ride takes place on open roads and we need to make sure it is safe for everyone, including other road users.



# WHAT TO EXPECT

 MY PAGE

 MY TEAM

 MY ACCOUNT



Get Support

My Donations

Edit My Page

My Fitness Activity

Self Donation

Invite a Friend

Resources

## ONLINE CHECK-IN

You're nearly ready for the ride! Complete this form to check-in to the ride.



Agree to the Ride's fundraising agreement



Watch safety video and read safety waiver



Check your emergency details



Review your medical condition



Review your dietary requirements



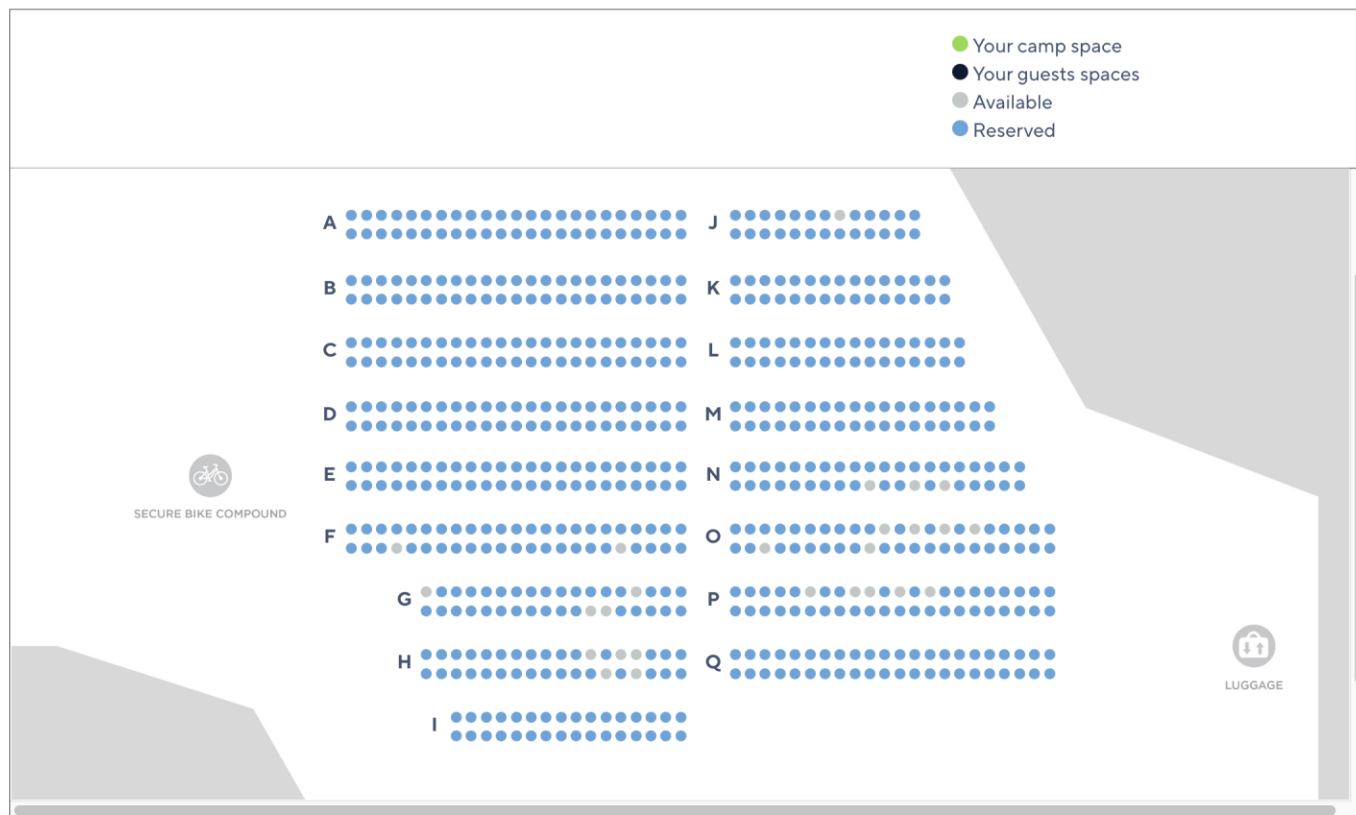
# Online Check-in



**CANCER200**  
RIDE FOR THE PERKINS

## BOOK YOUR SPOT

Select an available space below to reserve your camping spot



## Camping

Your tent will be provided  
but you will need to bring:

- All bedding
- Mattress
- Clothing
- Toiletries

### What is pack pick up?

Pack pick up is when you come to the Perkins in the week before the official ride weekend to collect your Ride Pack. You will be invited to book a day and time to collect your pack. Keep an eye on your emails.

You can also pick up packs for your team-mates. Please indicate all the people you are picking up for. For example, "John Smith, Betty Smith, Gary Rider".

### What's in the Ride Pack?

The Ride Pack includes lots of goodies to help you make it through your 200kms. Your pack includes an event guide, health and safety tips, your jersey, bike ID tags, all fundraising incentives you're entitled to and few little surprises just to let you know we care.

**Pack Pick Up**  
**Thurs 8 Oct to Sat**  
**10 Oct**  
**@ The Perkins**



# Rider ID Tags



# Langley Park Overview



**BIKE & BAG  
DROP OFF**  
Friday 16th  
October 7am  
to 7pm



# DAY 1 Riverside Drive **Start** **Line**

# Event Weekend Timeline

## DAY 1 SATURDAY 17 OCTOBER

**4:30 - 6am:** Late luggage drop off.

**5 - 6am:** All riders arrive at Langley Park.

**6.30am:** The Opening Ceremony.

**7am:** Ride out for Mandurah.

**5 - 7pm:** Dinner.

**6 - 8pm:** Saturday Night Celebration in the MinRes Marquee.

**10pm:** Lights out, happy campers!

## DAY 2 SUNDAY 18 OCTOBER

**5 - 6.30am:** Breakfast.

**6.45am:** Weather and safety briefing.

**7am:** Ride out from Mandurah to return to Optus Stadium.

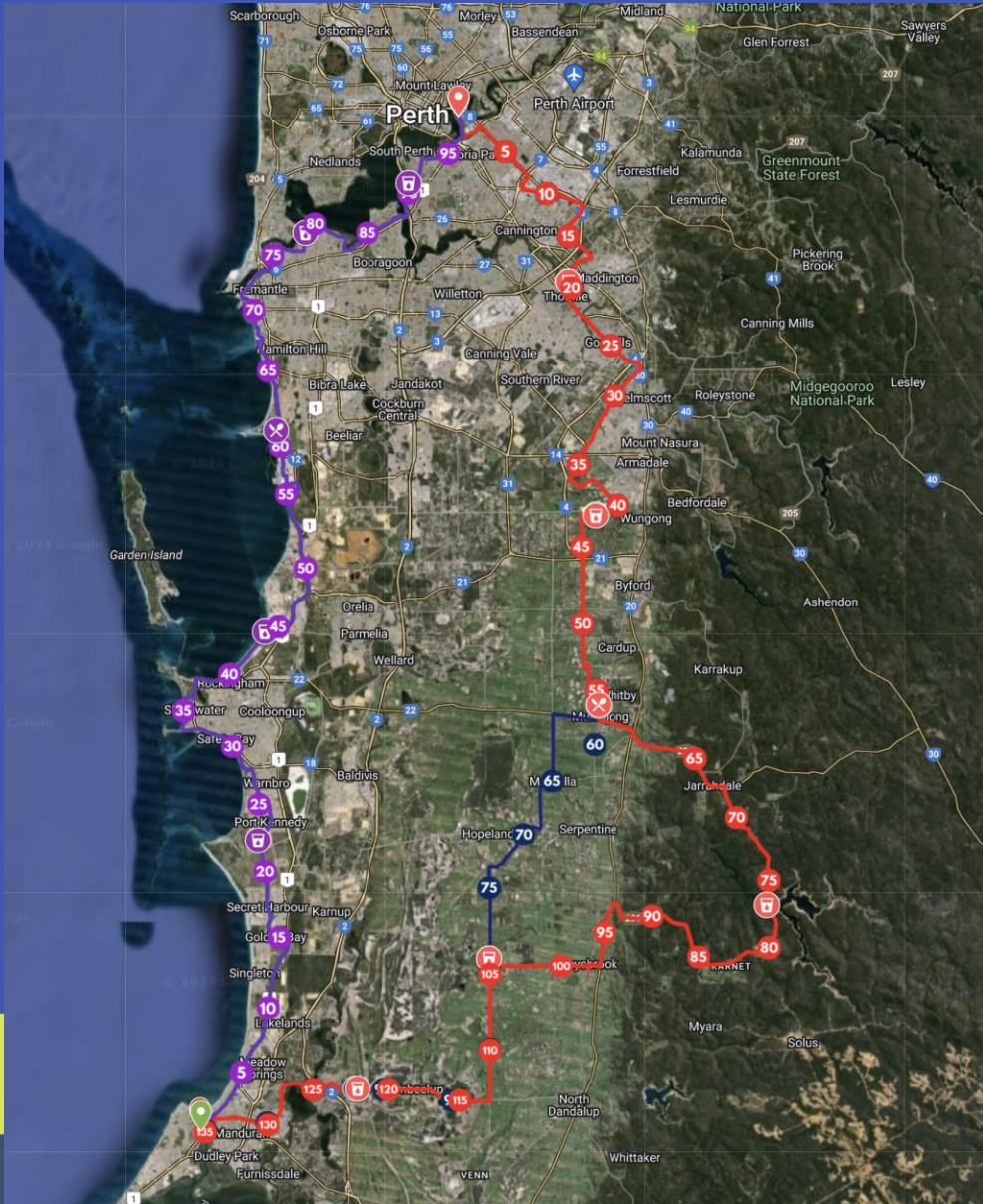
**11am:** WesTrac Welcome Back at Optus Stadium and The Camfield.

**5pm:** End of WesTrac Welcome Back and Ride celebrations finish.

# Event Village

## Hall Park Mandurah





# Ride Route Overview



## DAY 2

# Finish Line





**CANCER2000**

*RIDE FOR THE PERKINS*

The logo features the word "WESTCYCLE" in a bold, sans-serif font. "WEST" is in dark blue and "CYCLE" is in orange. Above and below the text are two thick orange curved lines that form a partial circle.

# WESTCYCLE

**OUR VISION:** WA – An amazing place to ride.

**OUR PURPOSE:** Making riding safe, easy and attractive for all.

A decorative orange graphic in the bottom right corner consisting of a small circle and a thick, flowing line that loops and curves.

# WHO IS WESTCYCLE?

## ADVOCACY & POLICY

- Representative body for cycling & e-riders to government.
- Campaigning on road safety and infrastructure development.

## EDUCATION

- Training teachers to get school kids riding safely.
- Running best-practice seminars for government and industry.

## COMMUNITY & MEMBERS

- Hosting inclusive community riding events.
- Implement community programs that increase cycling participation.
- Delivering member benefits and driving grassroots participation

# GROUP RIDING

## LAW & POSITIONING

- Claim your space: Legally allowed to ride two wide.
- Ride outward: Stay out of the gutter and use the full lane when required (take the lane).

## SAFETY & CONSISTENCY

- Spacing: Leave a safe braking distance between riders.
- Control: Feather brakes and avoid sudden stops—always give notice. Look forward. Hold line through corners.
- Pace: **Ride consistently and communicate.**

## ETIQUETTE & FLOW

- Share the load: Take turns at the front (rolling through).
- Awareness: Ride defensively, be alert, and call out hazards/mechanicals.
- Culture: Keep it smooth, predictable, and welcoming.

# PRATICE!

# GROUP STRUCTURE

## RIDE LEADER

SETS ROUTE, AVERAGE SPEED AND GROUP STANDARD.

## FRONT RIDERS

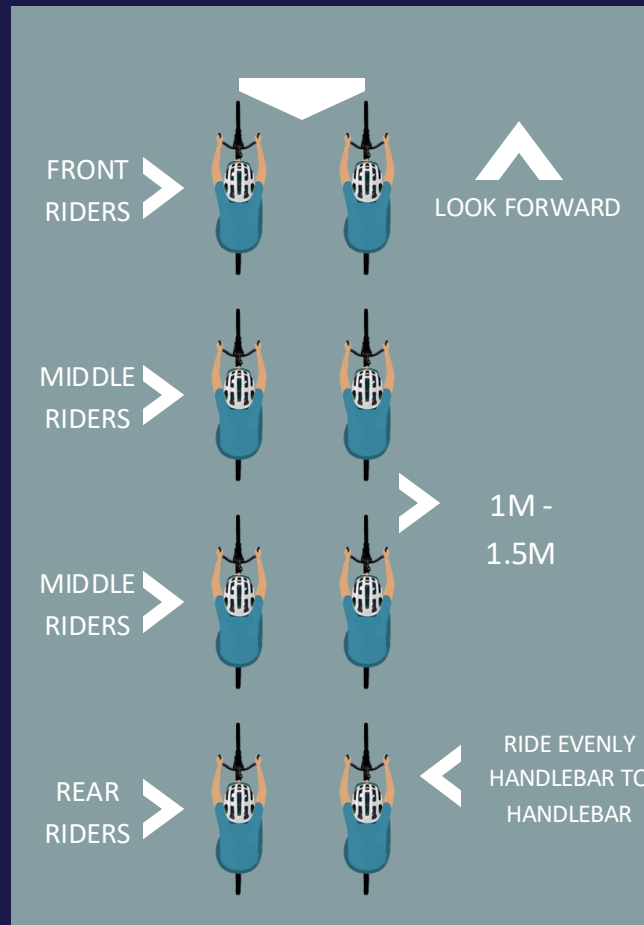
SETS SPEED, MAKES HAZARD CALLS AND DECISIONS BASED ON GROUP SIZE.

## MIDDLE RIDERS

RELAY MESSAGES, HEADS FORWARD

## REAR RIDERS

BE AWARE OF VEHICLES APPROACHING.



## INCIDENTS

ALL RIDERS STOP IN SAFE PLACE.  
GROUP LEADER DECIDES:

- FIRST AID
- EMERGENCY SERVICES
- REPORTING
- NEXT STEPS

## MECHANICALS:

- CALL OUT TO GROUP
- RIDE LEADER DECIDES BEST COURSE OF ACTION
- PERFORM REPAIR IN SAFE PLACE

## FURTHER RESOURCES

Free online training at  
[westcycle.org.au/road-cycling](https://westcycle.org.au/road-cycling)



# WESTCYCLE MEMBERSHIP - OPTIONS

|                                | Ride Secure | eRide Essential | Ride Community |
|--------------------------------|-------------|-----------------|----------------|
| Annual membership fee          | \$139*      | \$139*          | FREE           |
| Discounted event entry         | ✓           | —               | —              |
| Public liability insurance     | ✓           | —               | —              |
| Personal accident insurance    | ✓           | ✓               | —              |
| Discounted bike insurance      | ✓           | ✓               | ✓              |
| Special offers and discounts   | ✓           | ✓               | ✓              |
| Monthly newsletter             | ✓           | ✓               | ✓              |
| Digital membership card        | ✓           | ✓               | ✓              |
| Member events and social rides | ✓           | ✓               | ✓              |

\*Individual membership \$139 per person (\$109 concession) or \$199 for the family.  
Add eRide Extra to Ride Secure for \$99 (individual) or \$149 (family).

**Find out more at [westcycle.org.au/membership](https://westcycle.org.au/membership)**



**WESTCYCLE**  
**HERE FOR ALL WA RIDERS**

REGULAR RIDERS WHO WANT PEACE OF MIND?

SPECIAL OFFER

**\$125**

using promo code

**MACA200\***

**RIDE SECURE MEMBERSHIP FROM \$139 PER PERSON PER YEAR**

\*Or \$14 off any Ride Secure membership



THANK YOU!



**CANCER2000**

**RIDE FOR THE PERKINS**



star physio



# TONIGHT... ON STAGE!

- **Damian Oldmeadow.** Managing Director, Sports Physiotherapist
  - Star Physio and Perkins Institute/MACA Ride for Cancer
- **Donna Kimpton** – Sports and Clinical Dietitian
  - Fueling for training
  - Event day nutrition
- **Amy Ross** – Physiotherapist, Bikefit Professional, Strength and Conditioning Coach
  - Cycling injuries
  - Training for the event
  - Saddle pain management
- **Damian Oldmeadow**
  - Your bike and cycling position
  - Prevention is better than the cure!



10% discount for all MACA riders. Scan for more info!

# NUTRITION FOR CYCLING

## TRAINING AND EVENT DAY FUELLING

DONNA KIMPTON APD, ACCSD

### Role of macronutrients

**Protein** = important for immune function, muscle growth and repair

**Fat** = helps your body absorb vitamins and make hormones

**Carbohydrates** = your body's preferred energy source!



# REST DAY VS TRAINING DAY PLATE

## REST DAY PLATE

Focus on vegetables, lower GI carbs and lean protein to support recovery and overall health.

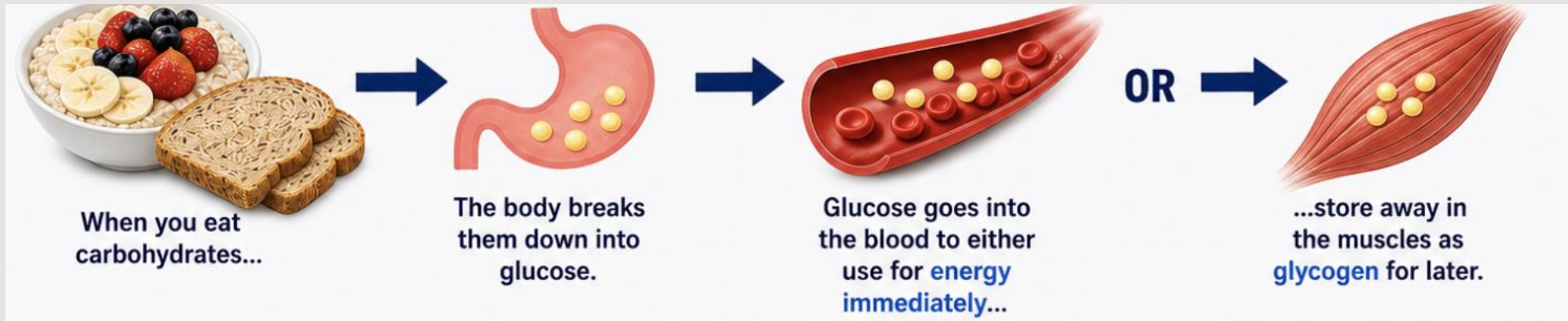


## TRAINING DAY PLATE

Focus on higher GI carbs for energy, with protein for repair and veggies for nutrients.



# CARBS = FUEL



## GLYCOGEN DOESN'T LAST LONG



The glucose that we stored away as glycogen can only last us **~60-90 minutes**.  
Less if the training is intense.

## RUNNING ON EMPTY



So if we are not topping up with more carbs during the session, we are literally **running on empty**.

*Carbs during training are essential!*

# NOT ALL CARBS ARE EQUAL...

## SOME CARBS BREAK DOWN FAST = FAST ENERGY

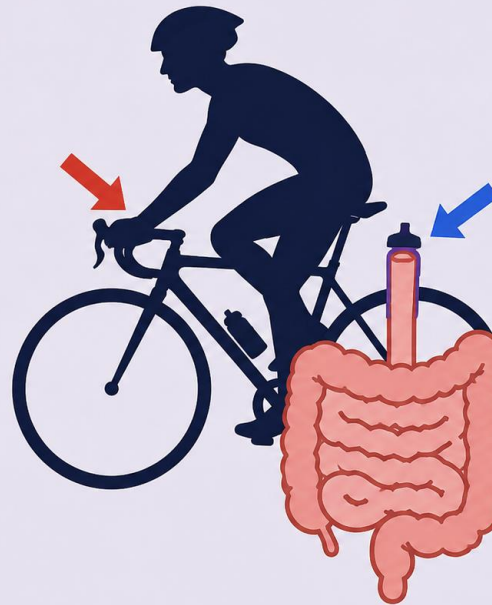


## OTHERS TAKE LONGER TO BREAK DOWN

Keeping you fuller for longer and giving you a slower release of energy.



## PROTEIN, FAT AND FIBRE CAN ALSO SLOW DOWN THIS DIGESTION PROCESS.



Exercise  
draws blood  
away from your gut  
and into your  
working muscles.

That's why you can  
lose your appetite.

# CARBS DURING TRAINING



# KEY TIPS

- Your gut is a *trainable* muscle
- Practice during training rides
- Your fuelling strategy is only as good as the carbs you *actually* consume...

***If you're finishing your session with a full bottle and your pockets full of LCM bars something isn't working***

# RIDE WEEKEND

- Aid stations – what to eat and drink
  - Carbs!
  - Fruit, sports drink (not just electrolyte), muffins, wraps, sandwiches, muesli bars
- Recover like a pro so you can do it all again the next day!
  - Recovery = 3 Rs

# RECOVERY = 3 R'S

**Refuel** energy stores with carbohydrates

**Repair** muscles with protein

**Rehydrate** with fluids + electrolytes



*Flavoured milk = perfect recovery fuel*

- Consume within 30mins
- Follow up with a “training plate” within 1-2 hours

# TYPES OF INJURIES ON THE BIKE

- #1 OVERUSE injures
- When load exceeds capacity
- → sudden spikes in load
- → Strength deficits (Get in the gym!)

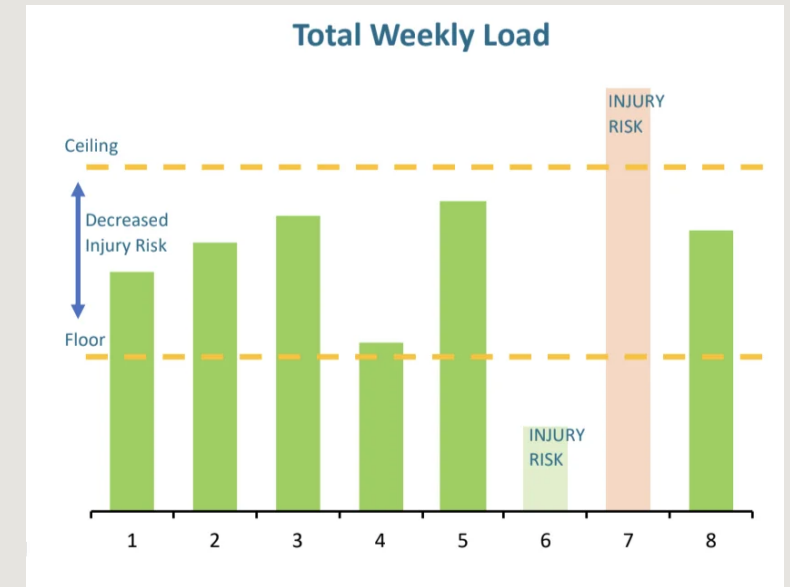
## Research

The most common anatomical sites for overuse injury/complaints

- neck (48.8 %) 1.5-2x more prevalent in women
- knees (41.7 %),
- groin/buttocks (36.1 %),
- hands (31.1 %), and
- back (30.3 %)

*Star Physio, 2026!*

Knees, lower back and saddle pain most common reason for physio in cyclists



# MACA CANCER 200 — 10-WEEK BEGINNER TRAINING PLAN

Sat 17 & Sun 18 October 2026 | ~100km each day | ~5hrs riding per day

| Week beginning | Week    | Mon                | Tue                | Wed                    | Thu                     | Fri                     | Sat                  | Sun               |                        |            |
|----------------|---------|--------------------|--------------------|------------------------|-------------------------|-------------------------|----------------------|-------------------|------------------------|------------|
|                |         |                    | Zone 2 ride        | Strength               | Z2 + Z3 efforts         | Strength / rest         | Longride             | Back-to-back ride | Weekly Volume on BIKE  | Goal       |
| 10 Aug         | Week 1  | REST               | 40min Z2           | Strength 30min         | 45min Z2 + 2x5min Z3    | Strength 30min          | 1hr Z2               | REST              | 2h 25m                 | Base       |
| 17 Aug         | Week 2  | REST               | 45min Z2           | Strength 30min         | 50min Z2 + 2x8min Z3    | Strength 30min          | 1.25hr Z2            | REST              | 2h 50m                 | Base       |
| 24 Aug         | Week 3  | REST               | 50min Z2           | Strength 30min         | 1hr Z2 + 3x8min Z3      | Strength 30min          | 1.5hr Z2             | REST              | 3h 20m                 | Base       |
| 31 Aug         | Week 4  | REST               | 1hr Z2             | Strength 30min         | 70min Z2 + 3x10min Z3   | Strength 30min          | 2hrs Z2 (~40-50km)   | REST              | 4h 10m                 | Build      |
| 7 Sep          | Week 5  | REST               | 1hr Z2             | Strength 30min         | 75min Z2 + 4x8min Z3    | REST                    | 2.5hrs Z2 (~50-60km) | 1hr easy recovery | 5h 45m                 | Build      |
| 14 Sep         | Week 6  | REST               | 1hr Z2             | Strength 30min         | 75min Z2 + Z3 intervals | REST                    | 3hrs Z2 (~60-70km)   | 1.5hrs easy Z1-2  | 6h 45m                 | Build      |
| 21 Sep         | Week 7  | REST               | 1hr Z2             | Strength 30min (light) | 75min Z2 + Z3 efforts   | REST                    | 3.5-4hrs (~70-80km)  | 2hrs easy Z2      | ~8hrs                  | Peak       |
| 28 Sep         | Week 8  | REST               | 1hr Z2             | REST                   | 1hr easy                | REST                    | 4-5hrs (~80-100km)   | 2-2.5hrs Z2       | 8-9.5hrs               | Peak       |
| 5 Oct          | Week 9  | REST               | 45min Z2           | REST                   | 50min Z2 + 3x5min Z3    | REST                    | 2hrs Z2              | 1hr easy spin     | 4h 35m                 | Taper      |
| 12 Oct         | Week 10 | 30-40min easy spin | 30-40min easy spin | REST                   | 30min easy + 4x1min Z3  | REST - kit + gear check | MACA100              | MACA100           | ~11h 40m (incl. event) | EVENT WEEK |

<-- Zone 2 = easy, conversational pace

<-- Begin practising on-bike nutrition

<-- Addition of back to back days

<-- Full event nutrition + hydration protocol on Sat

<-- Longest ride of the program: treat Sat like the real event

<-- Taper: volume drops, short efforts keep legs sharp

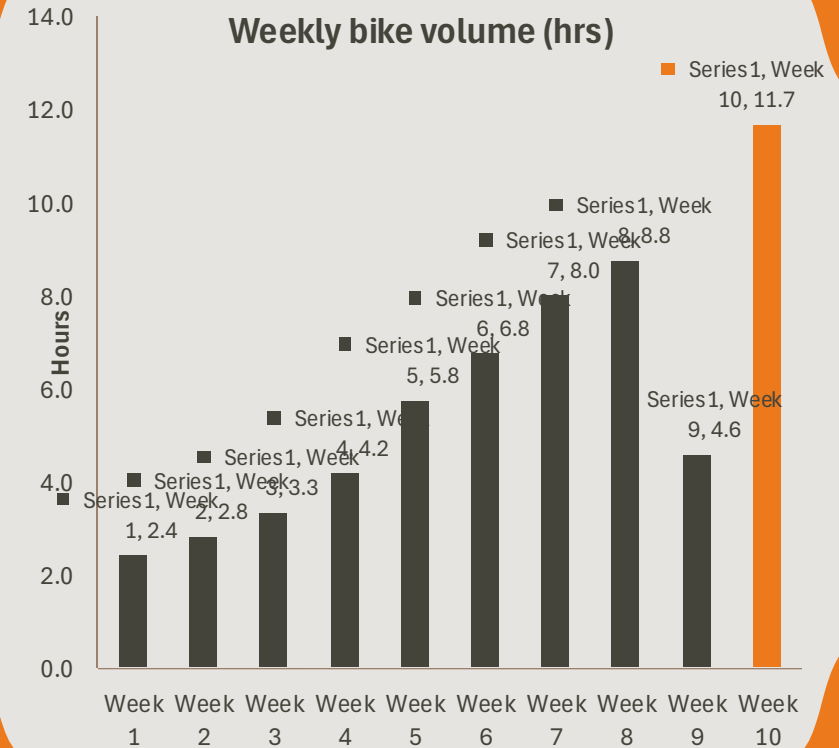
Event riding time -->

5hrs

5hrs

# TRAINING PLAN TAKE AWAYS

- Progressive overload
- 80/20 rule:
  - ~80% of riding at Zone 1–2; ~20% at Zone 3–4
- Back-to-back weekends:
  - From Week 6 onward, weekend rides are scheduled consecutively to train fatigue tolerance
- Rest days:
  - Minimum 1–2 full rest days per week; fatigue accumulation is the primary injury risk for beginners
- Taper:
  - Weeks 9–10 reduce volume by ~40–50% to allow full recovery before the event
- Practice your on bike nutrition – train the stomach



# Niggles: push through or book in?

Every rider gets aches. Not all pain is an injury or cause for concern.

## ✓ Ride on — normal adaptation

- General muscle soreness that eases once you warm up
- Symmetrical post-ride aches that settle within 48hrs
- Saddle and contact-point discomfort in the early weeks
- Heavy legs in the big weeks — that's the training working

## ! Book in — don't push through

- Sharp or one-sided pain, or pain that builds as you ride
- Anything that changes how you pedal or walk
- pain that returns every ride or gets worse
- Numbness or tingling that lingers after the ride
- Any niggle still there after two full rest days

**Rule of thumb:** if it changes the way you ride, or it's still there after two days off — get it checked.

Early appointments are usually quick fixes; late ones cost you training weeks.

 **Strength work is your best insurance against the above** — and we can help design a personalised program for you. Just ask.

**\*\*\*Chest pain, dizziness or unusual breathlessness is not a niggle — stop riding and seek medical advice.**

# SORES DOWN UNDER

- Saddle Sores/ Chaffing/ Skin irritation/ Nodules/ Numbness
- Common but not 'normal'
- Mix of pressure, bacteria, moisture (mix of 3 microbiomes for females)

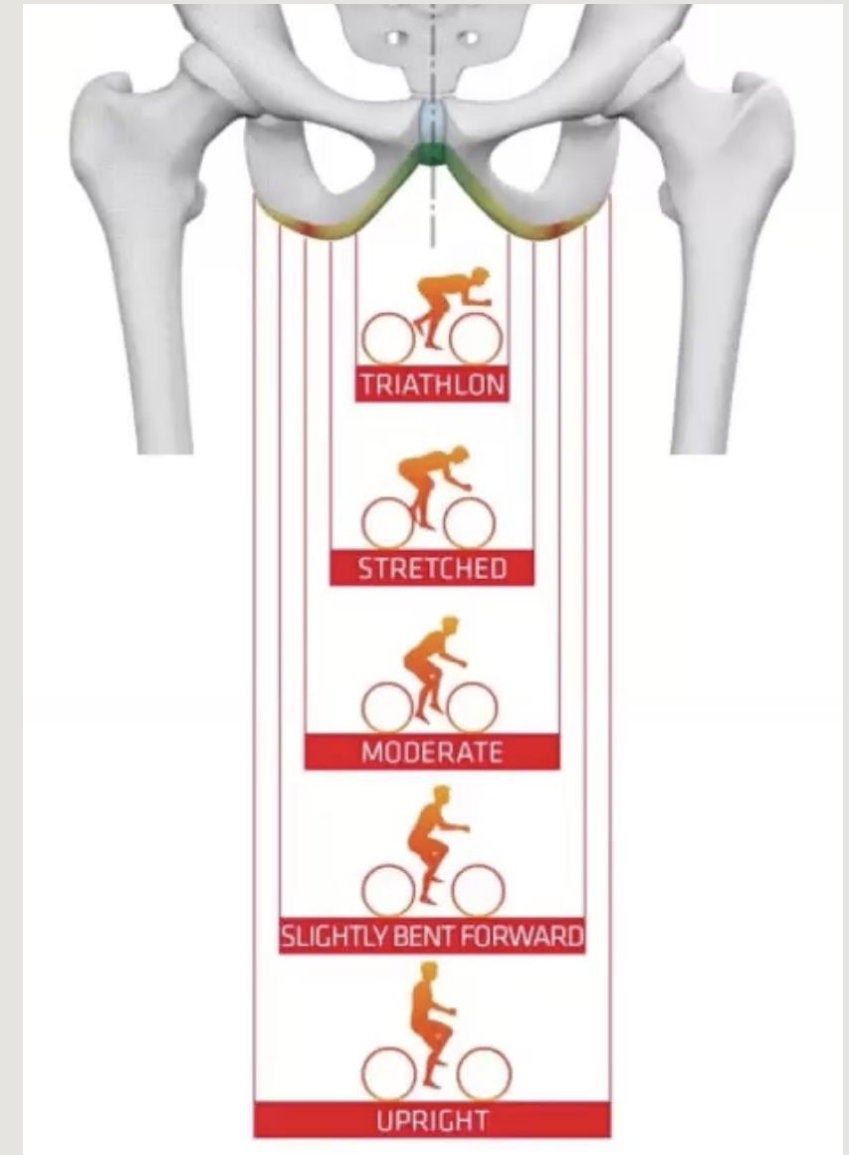
*Research (Stock et al., 2023- Explanatory prevalence Study)*

- 90% of recreational cyclists reported pain complains, with a 5.3/10 pain scale
- Skin irritation reported by 68% of respondents and perceived as even more disruptive than pain
- Approximately 50% of participants experienced intermittent numbness in the genital region



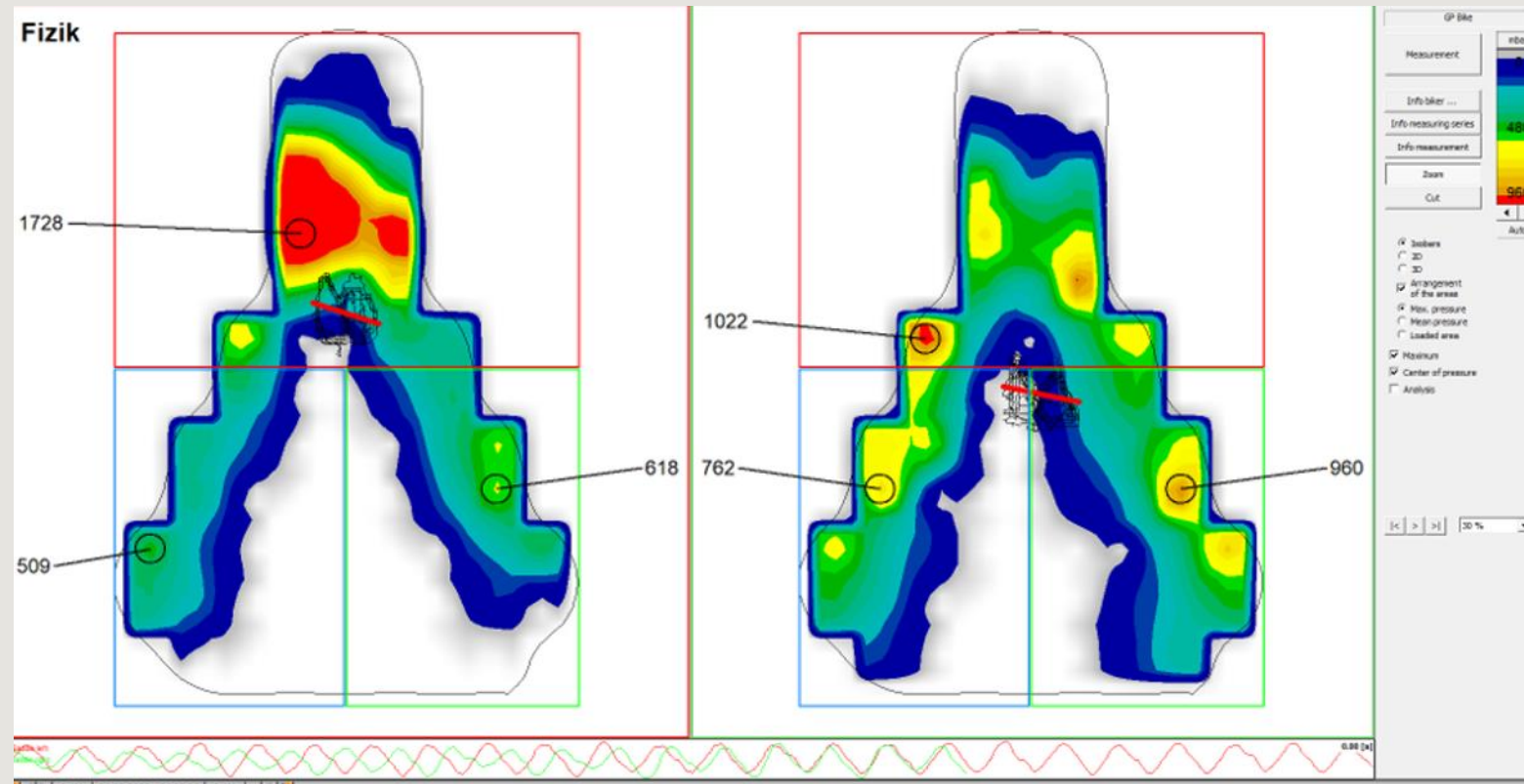
# TREATMENT AND PREVENTION TIPS

- Cycling Apparel
  - Good fitting bibs are essential
  - Find a brand with a chamois that best fits you
  - Bibs should be tight so they do not move
  - NO UNDIES
- Chamois creams
  - Clean hands before
  - Try use a tube rather than jar to avoid double dipping
  - Copper-zinc based ointments preferred
- Hair
  - Avoid shaving within 48hrs of riding
  - Trimming to 2-3mm or laser preferred as reduced skin irritation
- Post ride care & Skin treatment
  - Get out of your bibs ASAP. No need to marinate in your juices
  - Wash with antibacterial wash (like chlorhexidine) can be beneficial for damaged skin
  - Damaged or irritated skin can benefit from a thin copper-zinc based ointment- see your GP/chemist/Derm
- **The most important intervention for saddle sores and numbness is a correctly fitting bike with use of a saddle map**

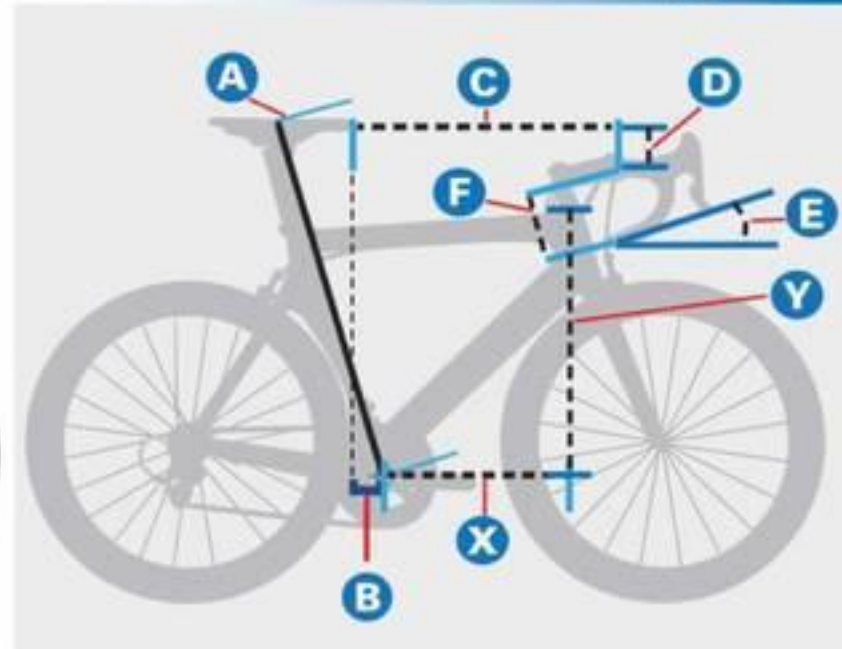




# SADDLE PAIN. SAME SADDLE, SAME DAY!



# Bike Fitting vs. Bike Sizing



# THE BASICS: WHAT TYPE OF BIKE?



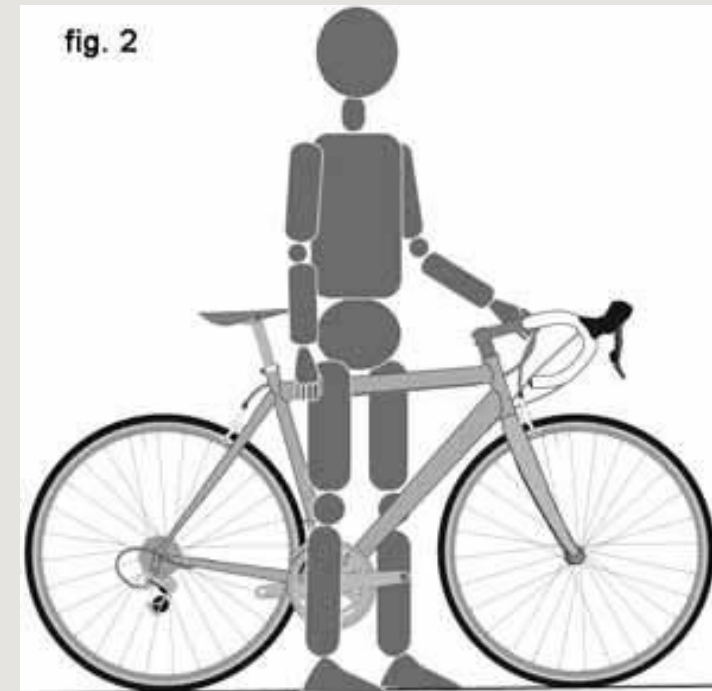
- Where do you want to ride your bike?
  - Road
  - Footpath
  - Off road
  - Mixed
- What do you want to do on your bike?
  - Commute?
  - Cruise?
  - Race?
- What is your budget?
- How many bikes do you need?
  - N+1...

# THE BASICS: BIKE SIZE

**CHECK THE NET FOR  
SIZING!**



**TOP TUBE LENGTH IS  
KEY!**



# THE BASICS: SADDLE CHOICE AND ANGLE

- Very personal
- Different saddle widths for... different widths!
- Male v's. Female
- Soft v's. firm
- Recessed v's. flat
- Level saddle is a good start.
- 80% of saddle pain is because the fit is wrong!



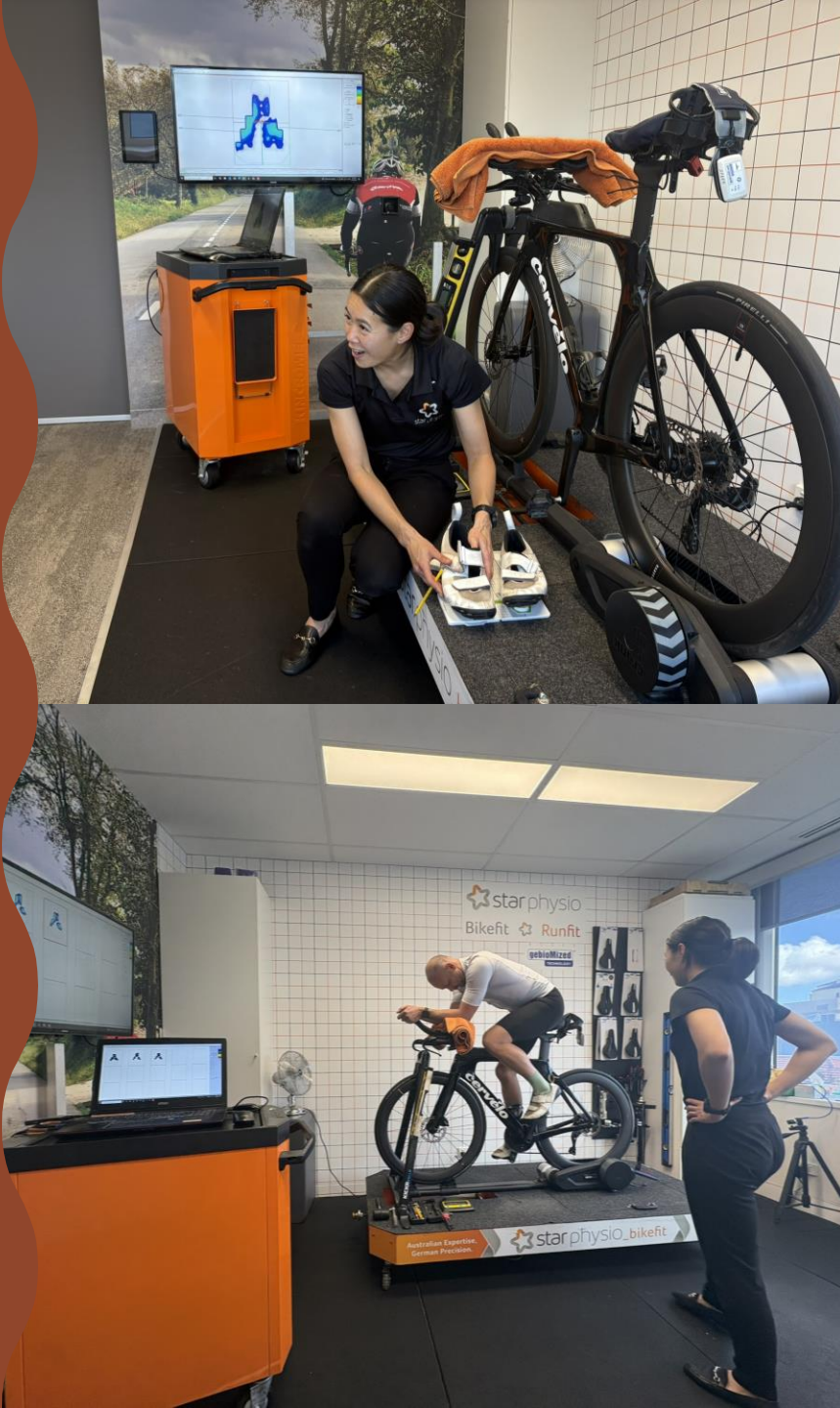
# THE BASICS: SADDLE HEIGHT



- Aiming for a knee angle of between 25 and 35 degrees at bottom of stroke.
- “heel on pedal” technique (pictured)
- Keep going up until you start rockin!
- Can use these basic techniques on all bikes including in spin classes

# THE SCIENCE OF CYCLING-SETUP

- Aero position very important in time trialling- less so in group riding
  - Peloton effect
    - Up to 40% reduction in drag/ power requirement
- Seat Position
  - Optimal length tension relationship for muscles.
  - Fore – aft position for reach and flexibility (KOPS is OUT!)
  - Saddle tilt for comfort and support.
  - Manipulate for individual characteristics
- Handlebars
- Shoes and Cleats
- Tyres and pressure.



# THE SCIENCE OF CYCLING-RESISTANCE.

## On a flat ride...

### Air resistance

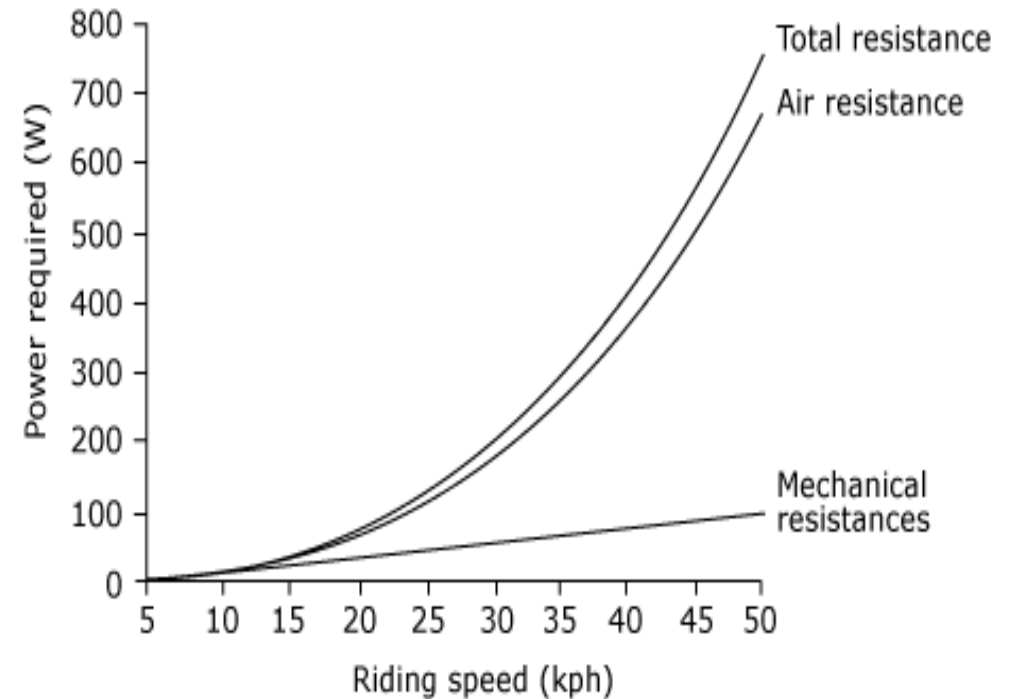
- Increases exponentially with speed
- Frontal area biggest factor
- 70-90% of resistance to moving forward
- **Bike setup/ position affects this massively!**

### Rolling Resistance

- **Weight of cyclist and bike** and tyre friction
- 8-15%

### Transmission resistance

- Mechanics and friction of drive train
- 3-5%



# ALL MACA RIDERS GET 10% OFF!





Scan for more info!



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