

WELCOME

This guide will answer many of your event questions. It will help you to be prepared and know what to expect in the lead up to and on the best bike event in Australia! Let's do this to beat cancer!



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Want to talk to the team?

If you've got any questions we haven't answered here, call the team on 08 6151 0759 or email ride@perkins.org.au

CALENDAR OF EVENTS

Before the Event



Online Check In Opens

Monday 7 October 8.00am

Online Check In opens and will be open up until Monday 21 October. You will receive details via email when it opens on how to complete Online Check In via the website.



Pack Pick Up at the Perkins

Monday 21 - Thursday 24 October 7.00am - 7.00pm

Once you've completed Online Check In, you can pick up your pack from:
Harry Perkins Institute of Medical Research, 6 Verdun St, Nedlands, Room G24
- please refer to [map here](#).



Event Weekend Preparation Workshop at the Perkins

Tuesday 22 October 6.00pm - 7.00pm

You'll hear from our training, apparel and hydration partners about how to prepare for the Event Weekend - what to wear and pack, what to eat and drink, and how to help your body recover, plus a refresher on safety and group riding. **Why not combine Pack Pick Up with the workshop and a drink with Team Perkins?**



Priority Bike and Bag Drop Off + Late Pack Pick Up

Friday 25 October 7.00am - 7.00pm

Please refer to the Bike and Bag Drop Off section on page 4 for parking and drop off information.

Ride Weekend

Saturday 26 October

Optus Stadium Northern Oval



5.00am - 6.00am

All riders on site.
Late Bag Drop Off



6.30am

Opening Ceremony



6.00am - 6.30am

Move into your starting wave



7.00am - 7.30am

Ride Out for Mandurah

Sunday 27 October

Hall Park, Mandurah Ride Village



6.30am - 7.00am

Ride Out for Optus Stadium

WHAT TO EXPECT



Online Check In

Opens Monday 7 October 8.00am

This process is compulsory for all riders as it includes a **mandatory video and safety waiver** that you must complete to be approved to ride. This is also where you must double check your personal preferences – including dietary requirements, emergency contacts and tent preferences.

To complete Online Check In, you must have raised at least **\$2,500** for critical cancer research. If you are yet to meet your fundraising minimum, you will be able to self-donate the difference during the Online Check In process or pledge to continue fundraising until you do. After Online Check In, we can allocate you your tent, wave start number and your personal Ride ID which will identify you, your bike and bags for the entire weekend, all of which can be collected at Pack Pick Up.

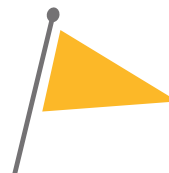


Pack Pick Up

Open from Monday 21 - Thursday 24 October 7.00am - 7.00pm

This is the time to start feeling those butterflies in the stomach! Pack Pick Up happens in the week leading up to the ride. Monday to Thursday, you can pick up your event packs from the Perkins in Room G24. Refer to this [map](#) for parking or view in Google Maps [here](#). In your pack, you'll find the following items:

- **Ride jersey**
- **Any special jerseys or sleeves that you've earned** (including Honour Roll)
- **Personalised bike plates** (including Honour Roll)
- **Ride ID wrist band**
- **Yellow flag allocation**
- **Event Weekend Guide** – with everything you need to know about Ride Weekend
- **Wave and tent allocation**



Staff will be on hand to have a chat and answer all your questions. We'll have Packs grouped by team, so you can collect for team mates too – so long as they have completed Online Check In. And yes, before you ride diehards ask, you will be able to register for the 2020 MACA Cancer 200 at Pack Pick Up!

Note you can pick up your pack at Optus Stadium on Friday 25 October from 7.00am - 7.00pm, but we encourage you to do it sooner so that you can wash your new lycra before you wear it and can affix your bike plates and bag tags before dropping them off.

WHAT TO EXPECT

P Parking & Getting to and from Optus Stadium

There are dedicated Bike and Bag Drop Off bays open from **7.00am - 7.00pm** on Friday 25 October to make Drop Off quick and easy. Please refer to the **Event Weekend Guide** you will receive at Pack Pick Up or see **the map below** for details.

On the Saturday morning, you can drive to Optus Stadium and park your car for the event weekend in one of the designated parking areas. Volunteer Crew will be on site to direct you to parking areas from 5.00am. Although there will be patrols, please do not leave anything of value in your cars.

Alternatively, grab a lift, Uber or taxi to the Stadium and get dropped off in the drop off bay out the front of Optus Stadium. Please refer to public transport options **here** if this is your preferred method of transportation.

↓↓ Bike and Bag Drop Off

Your bikes and bags can be dropped off at Optus Stadium at any time from **7.00am - 7.00pm** on Friday 25 October. Please refer to Parking and Getting to and from Optus Stadium **above** for more info.

- Bikes will be kept safe in a secure lock up that is patrolled 24/7.
- Bags will be secured at Optus Stadium, and trucked down to Mandurah prior to your arrival on Saturday.
- Late bags will also be accepted on Saturday 26 October from **5.00am - 6.00am**.



DAY 1

Morning of the Event



Parking

See Parking and Getting to and from Optus Stadium section on [Page 4](#).



Bike Pick Up

Show the security guards your Ride ID wristband to enter the bike lock up and collect it.



Breakfast

Please have breakfast before you arrive at Optus Stadium. There will be light snacks and coffee for riders, but we will not be serving a substantial breakfast prior to the ride commencing.



Weather

We are keeping a watchful eye on the weather but remember to pack sun, wind and rain protection.



Waste Wise

This is a waste-wise event, so remember to ride with refillable water bottles – one with water, one with eniQ electrolytes (provided in your Pack). We will provide fresh drinking water at each Fuel Stop and Hydration Fluid refills at the Lunch Stop.



Waves

You will have been allocated your starting waves at Pack Pick Up, so be sure to position yourself and your team in your allocated wave area by 6.30am at the latest for the Opening Ceremony.



Yellow Flags

Look out for the yellow flag riders. The yellow flag represents someone who is riding as a cancer survivor or someone who is in treatment. This year, the Yellow Flags will be leading the ride out of Optus Stadium.



Opening Ceremony

This emotionally-charged kick off includes a Welcome To Country, a rider sharing a very personal reason for riding, a safety and weather briefing and the official announcement of funds raised by you. It starts at 6.30am and ends with the official Ride Out at 7.00am.



Ready, Set, Go!

To keep you safe on the road and minimise congestion as we leave Perth, riders will leave in waves, with gaps in between. The last riders might not leave Optus Stadium until 7.30am, so please be patient - and remember, this is a ride, not a race and your safety is our utmost priority.



Event Weekend Guide

You'll receive this at Pack Pick Up. It includes all the key information you'll need for the incredible two day event, including site maps and weekend timings. Fold this up and carry it in your jersey, or pack it in your bags.

ON THE ROAD

Important Information



Signage

Directional signage and traffic wardens will be positioned along the route, so please look out for the arrows and listen to the support crew. View arrows [here](#).



Emergency Support

For any emergency, please call 000.



Event Control

Call **0488 773 822** at any time over the event weekend for help with anything - the number will be on your Rider ID wristband for easy reference. There are mobile bike mechanics, First Aid and sweep vehicles that will pick you and your bike up if you are in distress or need help. *(Remember to call 000 in the unlikely case of an emergency).*



MACA HQ

This year we ride past the MACA offices in Welshpool as a cycling salute from the Perkins to the company that has been the backbone of this event for years.



Fuel Stations

There are four Fuel Stations on the route on both days - located roughly every 20km, with toilets, snacks, first aid and sunscreen, drink refills, and bike mechanics. Fuel Station #3 will include more substantial lunch options, soft drinks for a sugar or caffeine hit and eniQ electrolyte refills. Because these are for rider refuelling and can get congested, please don't invite your friends and family to meet you at Fuel Stations (see Cheer Stations).



Bike Mechanics

Bike mechanics will be available at Fuel Stations and at the Ride Village to assist you with bike maintenance. Or, if you have a mechanical issue on the route and can't fix it yourself, call *(Event Control)* for a mobile mechanic.



Download Route

Please download the route to your phone [here](#). Please note that there are no road closures, but traffic management will be in place to guide and assist riders as they exit the Stadium precinct and make their way out of Perth and along the route as needed.



Volunteer Crew

Look out for our incredible Volunteers in red tees and Perkins caps along the route who will be cheering you on, directing you and helping you out every kilometre of the way. Be sure to thank them for their support.



Cheer Stations

Your friends and family can cheer you on at key locations along the route, and you can stop safely for an encouraging hug or selfie. We will publish locations closer to the event weekend.



Honour Roll KMs

Each kilometre of the ride is dedicated to an Honour Roll rider who has raised \$4,000 or more, so look out for their personalised signs located along the route.

RIDE VILLAGE

Your friends and family are welcome to come and cheer you across the halfway point at Hall Park, Mandurah.

Ride Village will include:



Information and Re-registration Tent

Staffed by friendly Perkins people who can answer any question you might have, we'll have ½ price registration and limited edition t-shirts for those incredible humans who sign up again for 2020.



A well deserved lunch and coffee

Rapid Relief will be serving fresh hot tasty hamburgers on arrival (including GF and vegan options!) Get a caffeine hit from the mobile vans.



The Handle Bar

Your very own licenced bar and Gage Roads beer garden. Our generous friends at Gage Roads Beer and West Cape Howe wines are providing your first three drinks free, but after that, it's a cash bar. Please only drink in the licenced area and strictly no BYO.



Recovery Zone

Massage, yoga/stretching and eniQ serving recovery drinks are available to aid muscle recovery for day 2.



Hot Showers

Available to all riders so you finish the day fresh as a daisy and ready to dance.



Tents

Set up and ready to go.



Mandurah Family Zone

With activities for kids (or big kids) to enjoy.



Pedal Mafia

They'll be on-site for you to grab anything you might have forgotten and want for day 2.



Bike Stuff

Secure bike parking, a bike self-service zone to pump up your tyres and qualified bike mechanics available for those who need it.



VIP Tents

For our wonderful Event Partners and challenge winners.



The Perkins Potty of Power

The mighty VIPee is for the lucky rider who wins it - share or don't share! The winner decides...



Charging Stations

Available to charge your phone.

Saturday Night Celebrations



5.00pm - 7.00pm

Dinner for riders and crew is served in the Main Dining Tent.



7.00pm

Celebrations commence with speeches, special guests, shout outs, prizes - and the draw of the winner of the Optus Stadium Super Pass - you need to be there to claim it!



8.00pm

Dance the lactic acid away to Oats Supply, the world's best 80s cover band. Dress code - a touch of 1980s.



9.30pm

Last Drinks.



10.00pm

Lights out ready to do it all again tomorrow.

WHAT YOU'LL NEED

On The Road Checklist

- ☐ Your recently serviced bike - with lights, bell and bike plates (from Pack Pick Up)
- ☐ Hydration - we recommend two water bottles fitted to your bike, as hydration backpacks add weight and may make you overheat
- ☐ Helmet, sunnies, and your cycling kit (bibs, jersey, butt cream, socks and appropriate footwear)
- ☐ Mandatory - your mobile phone (so we can track your location and keep you safe), stored in a protective case. Consider carrying a portable charging unit if you don't think your phone battery will last. Charging Stations will be available at the lunch stop and the Ride Village.
- ☐ Rider ID Wrist band (from Pack Pick up)
- ☐ Extra gear for the elements - suncream on, jacket and arm warmers as needed
- ☐ Accessories - Spare tube (or you can purchase from our bike mechanics as needed), multi tool, tyre lever, pump or CO² canister
- ☐ Gels - we'll have plenty of nutrition options at the Fuel Stations, but if want energy gels please BYO

To Pack in Your Bag Checklist

- ☐ Inflatable mattress, pillow and sleeping bag
- ☐ PJs
- ☐ Toiletries and towel
- ☐ Phone charger
- ☐ Medical kit or First Aid as needed
- ☐ Casual clothes for the afternoon/evening - including your 80s gear for the Saturday Night Celebrations
- ☐ Cycling kit for day 2 - bibs, jerseys, extra socks, butt cream (we will have clothes lines if you want to hand wash your day 1 gear)
- ☐ Weather protection for Ride Village - jacket, hat, rain coat

DAY 2

On The Road



Breakfast

Will be served in the Main Dining Tent from 5.00am - 6.45am.



Coffee

Will be available in the dining tent and from coffee vans.



Bags

Please pack up your personal belongings and drop your bags to the Bag Drop Off area before 6.45am.



Bike Collection

Collect your bike in time to check there are no mechanical issues before you start day 2!



Safety and weather briefing

Please assemble for a mandatory weather and safety briefing at 6.25am at the start line.



Start time

Day 2 is not a wave start. All riders may leave Ride Village from 6.30am. All riders must be on course by 7.00am.



On the road

Please refer to On The Road information on [Page 6](#) for more information on what to expect on Day 2. Today, we'll see the ocean (and with any luck get a tail wind!)

Finish Line at Optus Stadium will include:



Loved ones

Encourage your family and friends to come and cheer you across the finish line after the incredible thing you've just done. Refer to Parking and Getting to and From Optus Stadium section on [Page 4](#) for rider pick up and parking information.



Lunch and Coffee

BBQ burgers and bratwursts (including GF and vegan options!) Get a caffeine hit from the mobile vans.



Bar

A licenced bar area - your first three drinks are on our generous event partners Gage Roads and West Cape Howe. Please only drink in the licenced area and let your supporters know it's strictly no BYO to the Optus Stadium precinct. Family and friends waiting for riders to return are welcome to buy drinks from the bar.



Recovery Zone

With massage and eniQ recovery drinks to aid muscle recovery.



Re-registration tent

If you love this event as much as we know you will, you'll want to sign back up for 2020 - and we'll have ½ price registration and limited edition t-shirts for you if you do.



Bag Pick Up

Your bags will be trucked back up to Optus Stadium before your arrival. Show the crew your Rider ID wristband to collect it from the Bag Pick Up area.

RIDER SAFETY

Important Information



Emergency

In any emergency, please immediately call **000**.



Abide Road Rules

For your safety, abide by all road rules, including traffic lights and signs, and obey Police and Course Marshals' directions.



Assistance Required

If you require assistance with your bike or can't continue riding, please notify a Volunteer at a Fuel Station or call the number on your Rider ID wristband. If you are on the road, turn your bike upside down in a prominent and safe position and wait off the road until we can provide assistance.

The following apply to all riders on this event:

- Obey all road rules including all traffic signals and signage
- Listen to and obey directions of WA Police and Course Marshals/Volunteers
- Always ride on the left-hand side of the road
- Never ride more than two abreast, and only when safe to do so
- Always look behind before pulling out to overtake another rider
- Give way to pedestrians at crossings and when turning at intersections
- Do not ride in the gutter as there may be unsafe grates
- You must dismount to cross any railroad crossings
- Road markings may be slippery when wet – take extra care
- Riding in a group can be dangerous. Be consistent and predictable. Never make sudden moves.
- Use hand signals when turning or stopping and a loud voice to communicate your intent or hazards to other riders
- Only overtake to the right of another rider and call out 'passing' when doing so
- Be courteous and look out for your fellow riders
- It is your responsibility to follow the sign-posted route and have the route downloaded to your phone
- Wear your Rider ID wrist band at all times during the event weekend
- Bikes must be mechanically sound with both front and rear brakes in working order, and fitted with lights and a warning bell
- Do not ride with headphones or look at your phone whilst riding
- Always wear your helmet correctly fitted when cycling
- Alcohol is not permitted until you are safely at the day's finish line

**The MACA Cancer 200 is a ride, not a race.
Enjoy it, and keep yourself and others safe.**

Want to talk to the team?

If you've got any questions we haven't answered here,
call the team on **08 6151 0759** or email ride@perkins.org.au