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#CANCER200RIDE

Perkins
HARRY PERKINS INSTITUTE
OF MEDICAL RESEARCH

YOUR 2026 WEEKEND GUIDE

SAT 17 & SUN 18 OCTOBER 2026



CANCER200
RIDE FOR THE PERKINS



YEARS
BEATING
CANCER

CALENDAR OF EVENTS

ONLINE CHECK-IN

Wednesday 16 September, 8:00am: Online check-in opens. Check your inbox for information on how to complete your online check-in via [the website](#). It must be completed by Friday 16 October.

PACK PICK UP

From Thursday 8 to Saturday 10 October: Once you've completed your online check-in, you can book in a time to collect your rider pack from the Harry Perkins Institute of Medical Research, 6 Verdun St Nedlands. You can book your pack pick up [here](#). Please refer to [this map](#) for directions and parking.

FRIDAY 16 OCTOBER

7:00am - 7:00pm: Bike and luggage drop off and late pack pick-up at Langley Park. Please refer to the [Bike and Luggage Drop Off](#) map on page 4 and 5 for parking and drop off information.

EVENT DAY ONE

SATURDAY 17 OCTOBER

5:00am - 6:00am: Late luggage drop off and pack collection, Langley Park.
5:00am - 6:00am: All riders and supporters arrive at The Kingsman.
6:30am - 7:00am: Opening Ceremony
7:00am - 7:30am: Ride out for Mandurah
From 5:00pm: Dinner
From 6:00pm: Saturday Night Celebration in the MinRes Marquee
9:00pm: Lights out, happy campers!

EVENT DAY TWO

SUNDAY 18 OCTOBER

5.00am - 6.30am: Breakfast
6.45am: Compulsory safety and weather briefing at start line.
7:00am - 7.30am: Ride out from Mandurah.
11:00am onwards: The WesTrac Welcome Back Celebration at The Kingsman.
5:00pm: Last call to collect bikes and luggage.

WHAT TO EXPECT

ONLINE CHECK-IN

Your safety (as well as kicking cancer's butt) is our biggest priority, and completing your online check-in is the most important thing you can do to ensure we all enjoy a safe weekend together. The online check-in is also where you'll be asked to confirm your personal preferences such as dietary requirements and emergency contacts.

To complete your online check-in, you must acknowledge the requirement to raise \$2,500 for critical cancer research. If you are yet to meet your fundraising minimum, you will have until Saturday 17 October to fundraise. You must also watch and complete the [safety video module](#).

After completing your online check-in, your personal rider ID is allocated which identifies you, your bike and your luggage for the entire weekend. If you haven't already, [complete your online check-in now](#).

PACK PICK UP

This is the time to start feeling those butterflies in the stomach! Your rider packs are available for collection in the week prior to the Ride from Thursday 8 October until Saturday 10 October.

Some teams will have their team packs delivered to them or picked up in bulk, so please check with your Team Captain in advance.

To ensure efficiency it is imperative that you make a booking when organising your pack pick up.

If you haven't already, [book your pack pick up here](#).

Your pack will be available to pick up at the Harry Perkins Institute of Medical Research, 6 Verdun Street, Nedlands. [Use this map](#) for directions and parking. In your pack, you'll find the following items:

- Ride jersey
- Any special jerseys you've earned
- Personalised bike plates
- Ride ID wristband
- Yellow flag allocation (if requested)
- Drink tokens
- Any prizes or earned rewards
- Event Weekend Guide.

Perkins staff will be on hand to have a chat and answer your questions. If you cannot make it to the Perkins to pick up your rider pack, late pack collection is available at Langley Park on Friday 16 October or before 6am on Saturday 17 October. However, we do encourage you to pick up your packs before ride weekend.



RIDE JERSEYS

Tip: Wash and wear them twice to let them stretch! Check out the Ride's apparel partner, Pedal Mafia, for their jersey [best care advice here](#).

BIKE AND LUGGAGE DROP OFF

Your bike and luggage can be dropped off at Langley Park at any time from 7:00am – 7:00pm on Friday 16 October. Please refer to [Getting to and from Langley Park](#) on the next page for more information. Bikes will be kept safe in a secure lock up that is patrolled 24/7 and luggage will be secured at Langley Park before being trucked down to Mandurah prior to your arrival on Saturday. Late luggage will also be accepted on Saturday 17 October from 5:00am – 6:00am.

PARKING

Short-term parking for supporters and overnight parking for riders will be available at 165 Terrace Road, Perth, just a short walk to The Kingsman and Langley Park.

RIDER ID WRISTBAND

Your rider ID wristband must be worn at all times as it identifies you to staff and allows Ride staff and volunteers to locate your bike and belongings. You will not be able to claim your bags or bike without it. Your rider ID wristband is also printed with the Ride event phone number should you find yourself needing assistance over the weekend. Please keep your [rider ID wristband](#) on all weekend.

EVENT SAFE APP

Let your crew follow your ride with the Event Safe app. Share your location so family, friends and teammates can track your progress and know when to cheer for you. Download from your app store and complete set up before Ride weekend, making sure location access is set to "Always" and battery saving is turned off. Click [here](#) to download instructions.



GETTING TO AND FROM LANGLEY PARK

FRIDAY 16 OCTOBER

There are dedicated bike and luggage drop off bays open from 7:00am – 7:00pm on Friday 16 October to make drop off quick and easy. Click [here](#) or refer to the map below for directions on where to drop off your belongings on the day.



KEY

- | | |
|---|--|
|  INFORMATION |  TOILETS |
|  MECHANIC |  NO PARKING (DROP OFF ONLY) |
|  GEAR PICK UP / DROP OFF |  ACCESS ROAD |
|  SECURE BIKE STORAGE |  EXIT ROUTE |

SATURDAY 17 OCTOBER

Refer to the map for short term and overnight parking available at 165 Terrace Road, Perth. Riders should also consider being dropped off on the Saturday and picked up from the event on Sunday.



KEY

- | | | |
|-------------------------|----------------------------|-------------------|
| INFORMATION | WATER TANK | RED WAVE |
| MECHANIC | NO PARKING (DROP OFF ONLY) | BLUE WAVE |
| GEAR PICK UP / DROP OFF | SHORT TERM PARKING | ORANGE WAVE |
| SECURE BIKE STORAGE | OVERNIGHT PARKING | PURPLE WAVE |
| TOILETS | STAGE | ACCESS ROAD |
| COFFEE | YELLOW FLAGGERS | EXIT ROUTE |
| MEDICAL | PEDESTRIAN CROSSING | RIDE ROUTE |
| | | START/FINISH LINE |

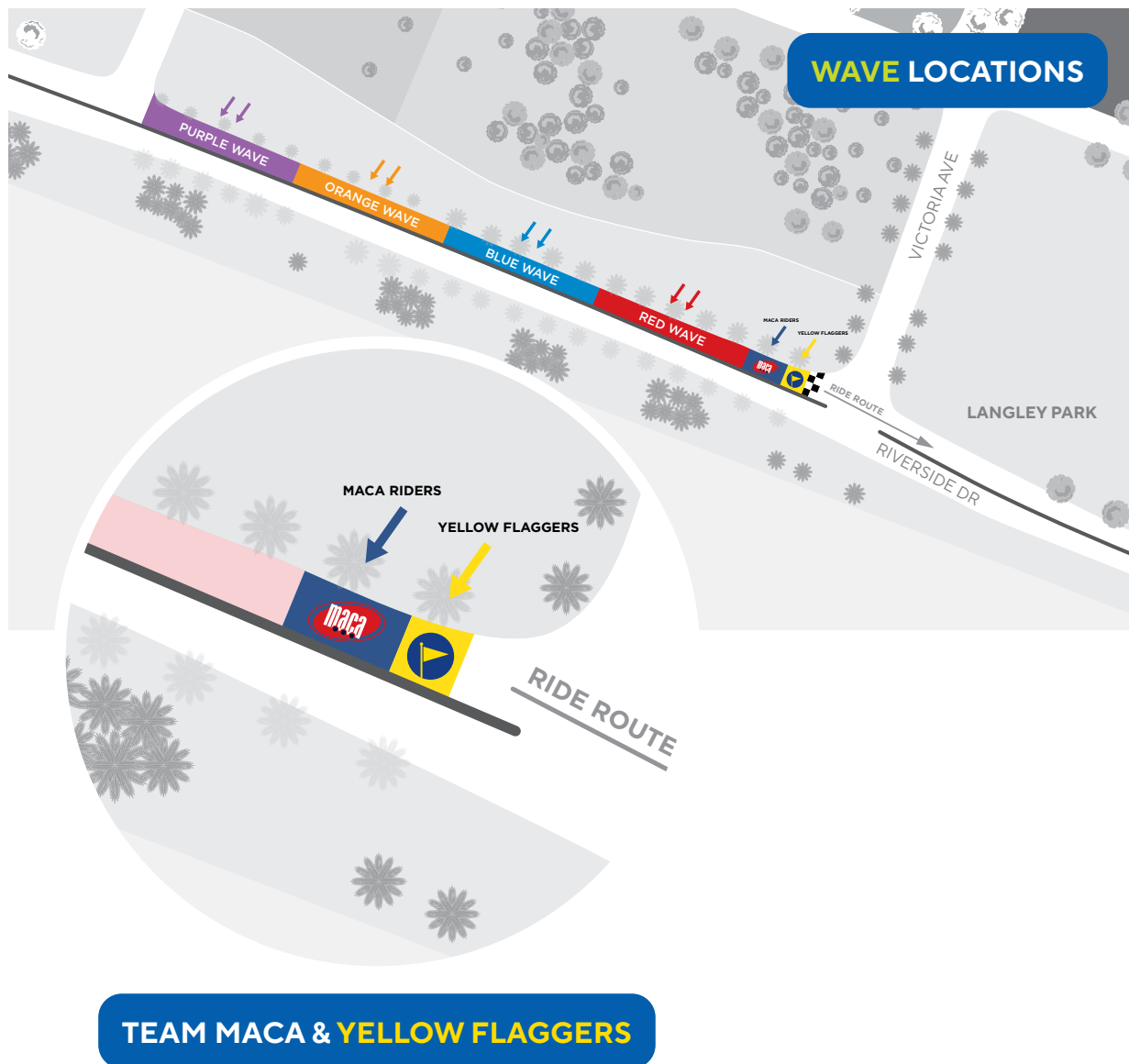
SUNDAY 18 OCTOBER

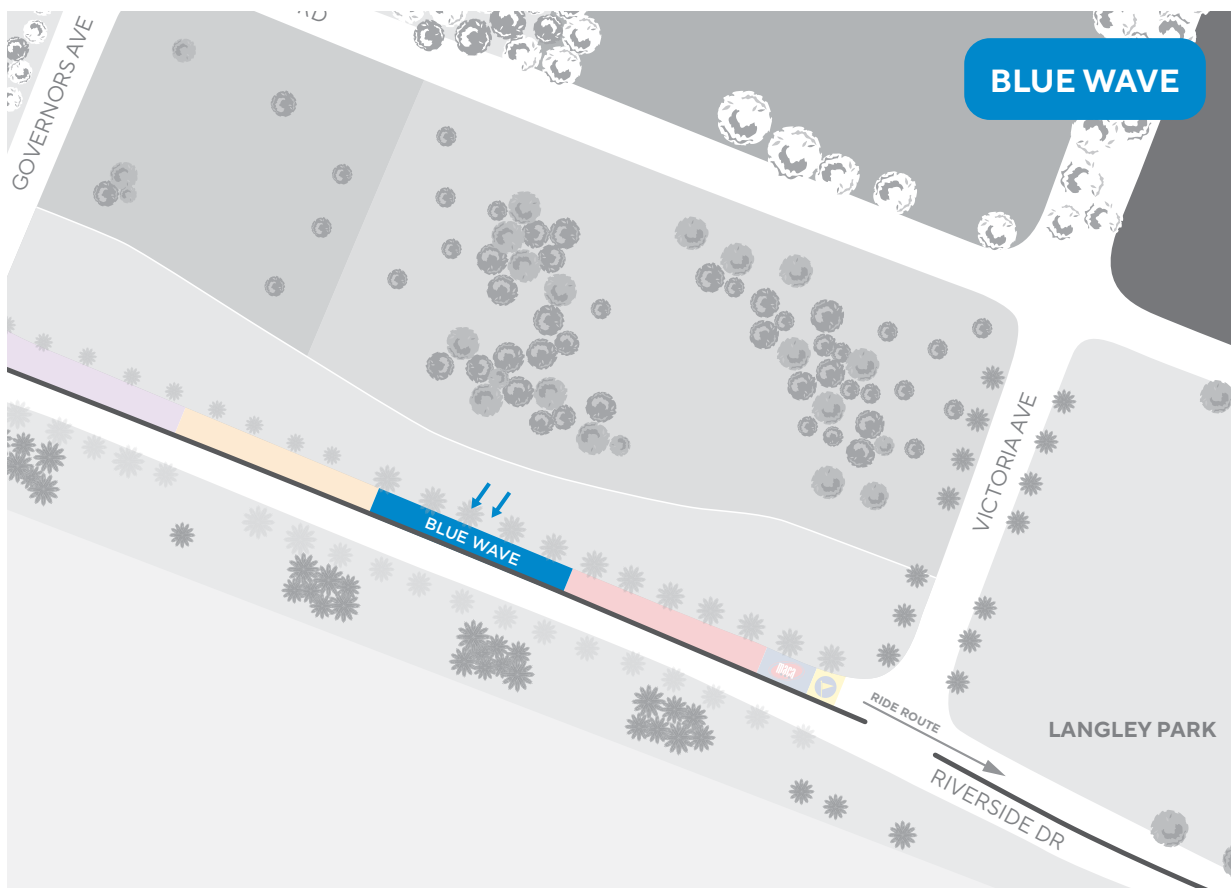
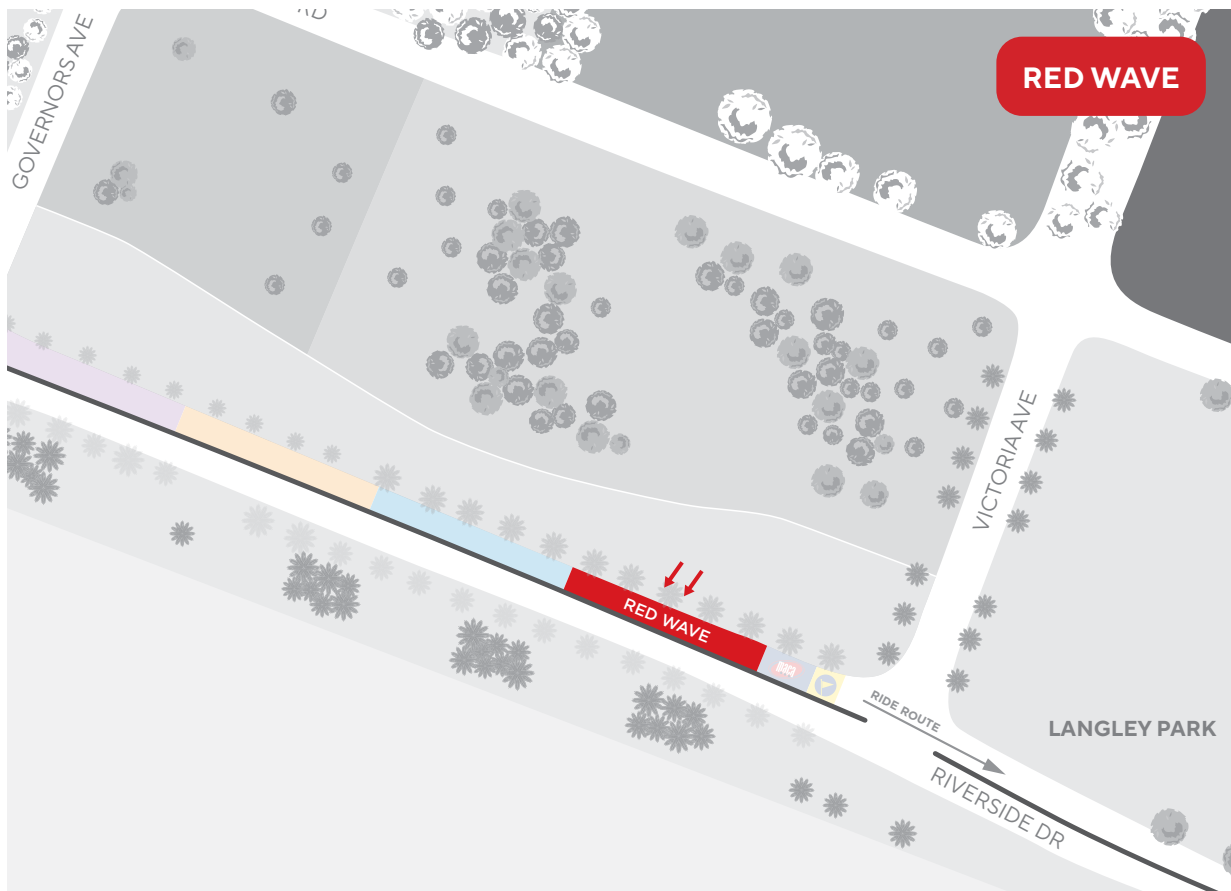
Short-term parking is available on a first in, first served basis. Family and friends are also encouraged to take advantage of public transport.

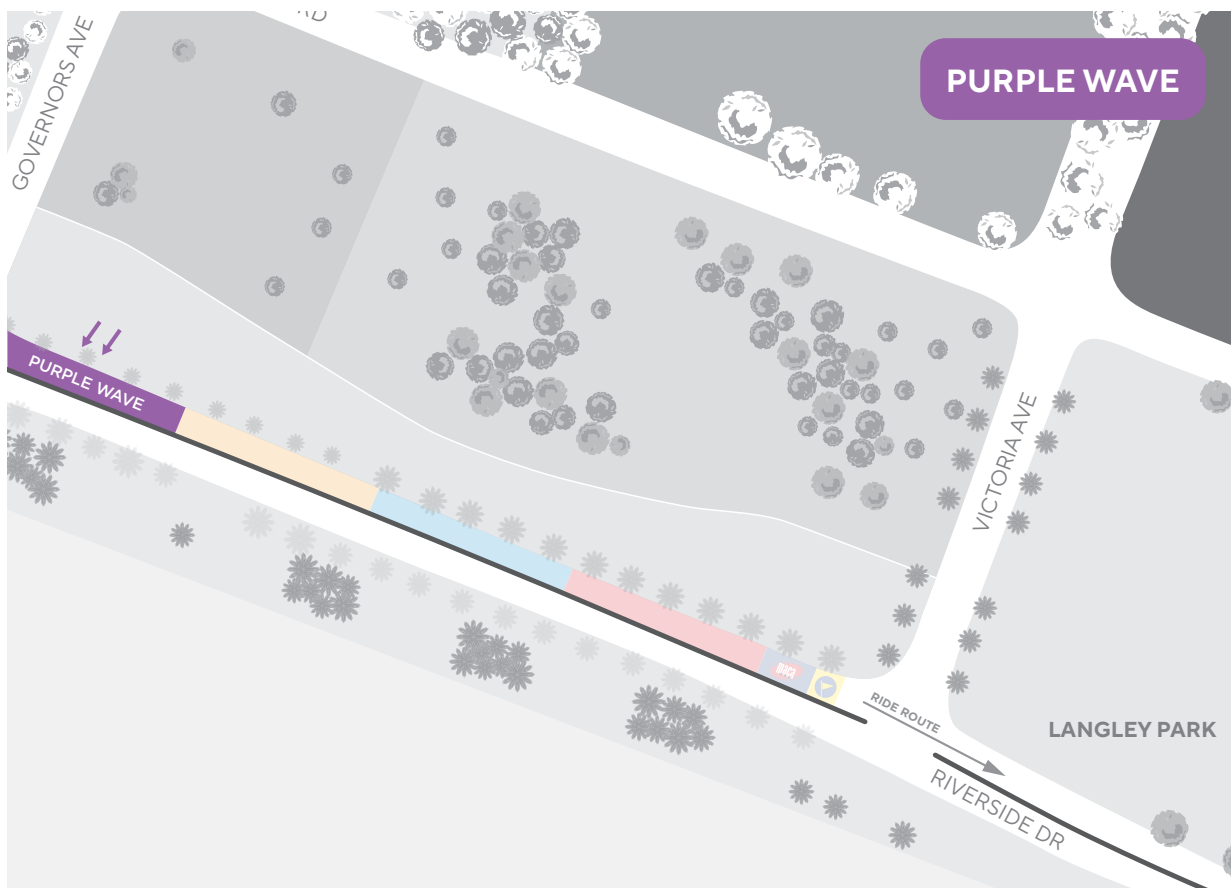
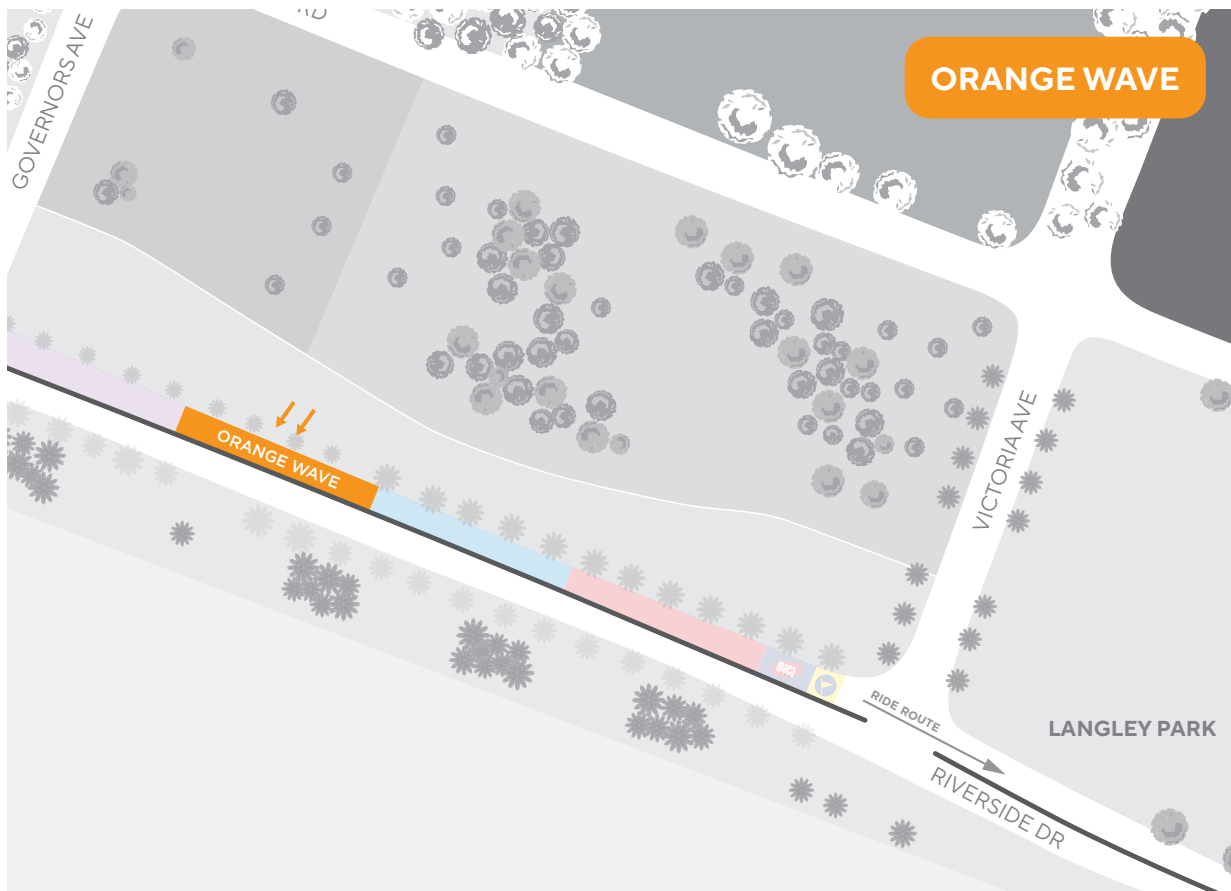
WAVES ON RIVERSIDE DRIVE, PERTH

Once you have collected your bike, please be positioned in your wave area by 6:25am. To ensure all riders leave from Riverside Drive, Perth in a safe and timely manner, you will be riding out from the start line in four waves – red, purple, orange and blue. You will be informed of your wave via email and SMS prior to event weekend.

If you are a yellow flag rider, you're invited to be the first group to ride out to begin the MACA Cancer 200 Ride for the Perkins. We would be honoured to welcome you to the designated Yellow Flag rider area at the start line.







DAY ONE

PARKING

See [Getting to and from Langley Park and The Kingsman](#) on page 5.

BIKE PICK UP

Show the security guards your rider ID wristband to enter the secure bike compound and collect your bike.

BREAKFAST

There will be light snacks and coffee for riders, but we recommend having breakfast before arriving at Langley Park.

WEATHER

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

WAVES

Please group with your teams and refer to your SMS informing you of which wave you are in. Be in position by 6:25am 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. To begin the MACA Cancer 200, Yellow Flaggers will be leading the Ride out from Riverside Drive.

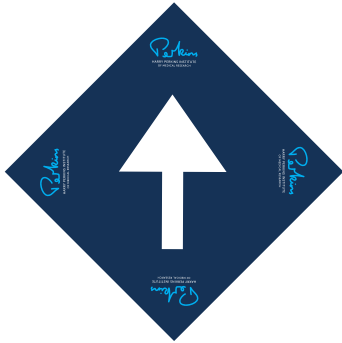
OPENING CEREMONY

This moving kick off is one of the highlights of the Ride. It starts at 6:30am and ends with the official Ride out at 7:00am.

POCKET EVENT WEEKEND GUIDE

Found in your rider pack, the pocket guide includes all the key information you need for your two-day weekend, including site maps and weekend timings. Stow it in your luggage to refer to throughout the weekend.

THE ROUTE



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.

MACA HQ

As you ride past the MACA offices in Welshpool, keep an eye out. The Ride's title partner has something special planned to celebrate 15 years of supporting the Ride.

EMERGENCY SUPPORT

There are First Aid and Sweep Vehicles that will pick you and your bike up if you are in distress or need help. The event control number is **0488 773 822** – it will be on your rider ID wristband for easy reference. 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. Remember to call **000** in the case of an emergency.

PIT STOPS

Thanks to Northern Star, five pit stops will keep you fueled along the route each day, roughly every 20km, with toilets, refreshments, water, electrolytes, first aid and bike mechanics.

Pit stop #3 will be set up on the grounds next to King Road Brewery, where riders can tuck into a quick nutritious lunch and refill with eniQ electrolytes.

Family and friends are welcome to cheer you in and can grab their own lunch at King Road Brewery while they're there. Say hello, but don't drag your cleats for too long and keep the momentum moving towards Mandurah camp.

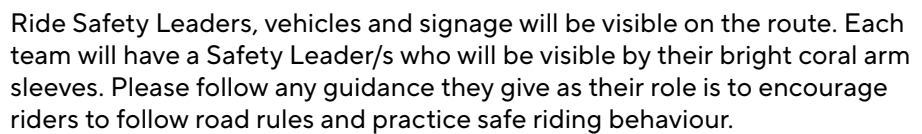


Designated vantage points can be found on course on both days. Please refer to [this map](#) for locations.

Bike mechanics will be available at Langley Park all day Friday 16 October and at the lunch stop on Saturday, as well as mobile mechanics on route. If you have a mechanical problem on route and need help, call Event Control on **0488 773 822**. There are also mechanics available at the Ride Village to assist you with bike maintenance.

Look out for the incredible volunteers in Perkins Volunteer shirts and 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.

This is a waste wise event, so remember to ride with refillable water bottles – one with water, and one with eniQ hydration (provided at pack pick up). We will provide fresh drinking water at each pit stop and hydration fluid refills at the lunch stop.



For riders who want an extra challenge – consider the optional challenge route on Day One. If you haven't already, familiarise yourself with the route [here](#) or take a look online. Please keep in mind that if you want to tackle the challenge route you must leave the lunch stop by 10.30am.

MACA CANCER 200 VILLAGE

Your friends and family are welcome to come and cheer you across the Day One finish line at Hall Park, Mandurah. The MACA Cancer 200 Village will serve as your home away from home during your stay. It's stocked with everything you need to relax, refuel, refresh and reflect.

Families are welcome in the village and the MinRes Marquee but due to space restrictions, we can only serve dinner to riders with a rider ID wristband.

THE MINRES MARQUEE

The MinRes Marquee will be the heart of the Mandurah camp. Your place to regroup, grab dinner and drinks, enjoy games, and live entertainment before the Saturday night celebration.

MACA VIP AREA

Thanks to MACA, this area is for the wonderful Event Partners and invited guests and is located inside the 'Handle Bar'. Please note, there are maximum numbers allowed at one time so you might need to tag in and out.

THIESS ARCADE

Little ones cheering you through the finish line? Head to the Thiess Arcade afterwards for games and a bit of fun for your youngest supporters.

2027 REGISTRATION STATION

Roll up to the registration station in the MinRes Marquee and sign up to the 2027 MACA Cancer 200. Not only will you receive FREE entry but you'll also receive an exclusive registration shirt, 4 weeks gym membership thanks to Goodlife Health Clubs plus a free spin on the Perkins Prize Wheel.

A WELL-DESERVED LUNCH

Generous lunch partner, Rapid Relief Team serves fresh hot loaded snags and soft drinks on arrival to Hall Park, Mandurah (including GF and vegan options)! Everyone, including friends and family are welcome to tuck into one, they're on us!

COFFEE

Use your rider ID wristband to claim your free caffeine hit (2 per day) from the mobile vans.

THE HANDLE BAR

The iconic bar and beer garden awaits! Claim three drinks using your tokens, while friends and family may purchase drinks. Please only drink alcohol in the licensed area and responsibly.

STAR PHYSIO RECOVERY ZONE

The team from Star Physio will be on hand to help you recover with a massage, and eniQ will be serving hydration drinks to aid muscle recovery.

HOT SHOWERS

Available to all campers so you can finish and start your day feeling fresh.

TENTS

Tents will be set up and ready to go for those who've pre-booked. Once you arrive at Hall Park, follow the signs to tent city.

RECHARGE STATIONS

We have your tech requirements covered with recharging stations for your phone and e-bike.

BIKE STUFF

We provide secure bike parking, a bike self-service zone to pump up your tyres and qualified bike mechanics for those who need them. E-bike riders, we've got you covered with charging available at the lunch stop each day and Mandurah.

THE PERKINS POTTY OF POWER

The mighty throne (and shower) is for the lucky rider who wins it – share or don't share! The winner decides...

THE FLOAT AND GLOAT

The ultimate in post event swag. For a special fundraising champ, they'll be soaking in their own Mega Spa Australia spa!

CAMP CARAVAN

A good night's sleep awaits one rider who has scored themselves a Bluewater Campers campervan to call home for the night.

FIRST AID STATION

First aid is available at The Kingsman, Mandurah Village and throughout the Ride. In need of assistance on course? Please call the event number 0488 773 822.

SATURDAY NIGHT CELEBRATION

This not to be missed celebration brings together new and veteran riders under the MinRes Marquee for reflection and a rollicking good time. The place to be on Saturday night!

- | | |
|--------|---|
| 5:00pm | Dinner for riders, volunteers and crew is served. |
| 6:00pm | Celebrations commence with speeches, special guests and awards. Bring a tissue! |
| 7.30pm | Wind down |
| 9:00pm | Lights Out – ready to do it all again tomorrow. |

WHAT YOU'LL NEED ON THE ROAD

- Your recently serviced bike – with lights, bell and bike plates (from pack pick-up).
- Hydration – we recommend at least two water bottles fitted to your bike, as hydration backpacks add weight and may make you overheat. Remember there are pit stops every 20km where you can refill your bottles.
- Helmet, sunnies, and your cycling kit (bibs, jersey, butt cream, socks and appropriate footwear).
- **IMPORTANT:** Have your mobile phone stored in a protective case and bring a portable charging unit just in case.
- Rider ID wristband (from pack pick up).
- Extra gear for the elements – sunscreen, 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.
- Energy Gels – we'll have plenty of nutrition options at the Fuel Stops, but if you want energy gels please BYO.



RIDER SAFETY

EMERGENCY

In an emergency, please immediately call 000.

FOLLOW ROAD RULES

For your safety, abide by all road rules, including traffic lights and signs and obey police, course marshals and safety leaders' directions.

ASSISTANCE REQUIRED

If you require assistance with your bike or can't continue riding, please notify a volunteer at a pit stop 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 safely off the road until we can provide assistance. First Aid and Event Number **0488 773 822**.

The following applies 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.
- 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.
- Always look behind before pulling out to overtake another rider.
- Never ride more than two abreast, and only when safe to do so. Be courteous and look out for your fellow riders.
- It is your responsibility to follow the sign posted route.
- Wear your rider ID wristband.
- 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 while 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.

WHAT TO PACK IN YOUR LUGGAGE

- If you are camping, inflatable mattress, pillow, sleeping bag, and PJs.
- Toiletries and towel.
- Phone charger (if not carrying a backup on the road) or a power bank.
- Medical kit or First Aid as needed – we also have First Aid support for the entire ride.
- Casual clothes for the afternoon/evening.
- Weather protection for MACA Cancer 200 Village – jacket, hat, raincoat.
- Cycling kit for day two – bibs, jerseys, extra socks, butt cream (we will have clotheslines if you want to hand wash your day-one gear).



DAY TWO

BREAKFAST

Will be served in the main tent from 5:00am.

COFFEE

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

LUGGAGE

Please pack up your personal belongings and drop your luggage to the bag drop area before 6:30am.

BIKE COLLECTION

Collect your bike and check there are no mechanical issues before you start your journey back to The Kingsman, Perth.

SAFETY AND WEATHER BRIEFING

A mandatory weather and safety briefing will occur at 6:45am at the start line.

START TIME

Day Two is not a wave start. All riders may leave the Village from 7am. All riders must be on course by 8:00am.

ON THE ROAD

Please refer to [The Route](#) information on page 12 for more information on what to expect on Day Two. Today, we'll see the ocean and with any luck get a tail wind!

FIELD OF HOPE

Stop in as we give a special salute to those who've reached Honour Roll, Perkins Power, Harry's Heroes and Diamond Club. Located along Attadale Reserve, it's a place for the whole Ride community to come together. Family and supporters (including the four-legged kind) are welcome to meet you here and soak up the atmosphere.

FINISH LINE AT THE KINGSMAN WILL INCLUDE:

LOVED ONES

Encourage your family and friends to come and cheer you across the finish line after the incredible feat you've just done. Refer to page 19 The Kingsman map for rider pick up and visitor parking information.

WESTRAC WELCOME BACK

WesTrac is sponsoring the after-party which will be kicking off at The Kingsman from 11am. Head over to toast the weekend, have lunch and celebrate your amazing effort.

RECOVERY ZONE

Located in The Camfield with Star Physio massage and eniQ recovery drinks to aid muscle recovery.

LUGGAGE COLLECTION

Your luggage will be trucked back to Langley Park. Show the crew your rider ID wristband to collect your belongings from the Bag Pick Up area.

CANCER DOESN'T STOP, NEITHER DO WE

Register for 2027 and get a 4 week Goodlife Health Clubs pass

Don't miss out on a spot next year. Sign up for the 2027 MACA Cancer 200 any time during the event weekend and receive an exclusive re-registration shirt, a four week gym pass thanks to Goodlife Health Clubs and go in the draw to win 1 of 3 twelve month memberships to a Goodlife Health Club.

WANT TO TALK TO THE TEAM?

If you've got questions we haven't answered here, send an email to ride@perkins.org.au



KEY

	MASSAGES		INFORMATION		NO PARKING (DROP OFF ONLY)		PEDESTRIAN CROSSING
	DINING		WATER TANK		SHORT TERM PARKING		ACCESS ROAD
	BAR		MEDICAL		OVERNIGHT PARKING		EXIT ROUTE
	TOILETS		SECURE BIKE STORAGE		GEAR PICK UP / DROP OFF		START/FINISH LINE

THANK YOU

TITLE PARTNER



MAJOR PARTNER



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EVENT SPONSORS



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