



## 2021 Weekend Guide







---

## Calendar of events

### ONLINE CHECK-IN

**Friday 1 October, 8:00am:** Online check-in opens and will remain open until 12 October. Keep an eye out in your inbox for information on how to complete your online check-in via the website.

### PACK PICK UP

**Saturday 9 - Wednesday 13 October, 8:00am - 6:00pm:** Once you've completed your online check-in, your pack will be available for pick up at the Harry Perkins Institute of Medical Research, 6 Verdun St Nedlands, Room G24. Please refer to [this map](#) to show you how to get here and where to park.

### FRIDAY DROP OFF

**Friday 15 October, 7:00am - 7:00pm:** Late Pack Pick Up and Priority Bike and Luggage Drop Off at Optus Stadium. Please refer to Bike and Luggage Drop Off below for parking and drop off information.

### EVENT DAY ONE

**16 October, 5:00am - 6:00am:** Late luggage drop off  
**5:30am - 6:00am:** All riders arrive at Optus Stadium  
**6:30am - 7:00am:** Opening Ceremony  
**7:00am - 7:30am:** Ride Out for Mandurah  
**5:00pm - 7:00pm:** Dinner  
**7:00pm - 9:00pm:** WA Mack Muster Saturday Night Celebration  
**10:00pm:** Lights out, happy campers!

### EVENT DAY TWO

**17 October, 6:30am - 7:00am:** Ride Out from Mandurah  
**11:00am onwards:** WesTrac Welcome Back at Optus Stadium and the Camfield.

## 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 must double check your personal preferences such as dietary requirements and emergency contacts.

To complete your 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 the end of October. You must also watch and tick that you've viewed the safety video that features the mighty MAMILS.

After completing your online check-in, your personal Ride ID is allocated which identifies your tent, your bike, and your luggage for the entire weekend. It's also used to secure your free meals and drinks.

## PACK PICK UP

This is the time to start feeling those butterflies in the stomach! Your rider packs are available to pick up in the week prior to the Ride from Saturday 9 October – Wednesday 13 October from 8:00am to 6:00pm.

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 and COVID safety, 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. You can find us and locate the closest parking stations using [this map](#). Visitor Carpark 3A is the closest. 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
- Wave and tent allocation

Perkins staff will be on hand to have a chat and answer all of your questions. If you cannot make it to the Perkins during the allocated time for pack pick up, you can pick up your pack at Optus Stadium on Friday 15 October. However, we do encourage you to pick up your packs as soon as possible.

## RIDE JERSEYS

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

## BIKE AND LUGGAGE DROP OFF

Your bike and luggage can be dropped off at Optus Stadium at any time from 7:00am – 7:00pm on Friday 15 October. Please refer to ***Parking and Getting to and from Optus Stadium*** below for more information.

Bikes will be kept safe in a secure lock up that is patrolled 24/7 and luggage will be secured at Optus Stadium before being trucked down to Mandurah prior to your arrival on Saturday. Late luggage will also be accepted on Saturday 16 October from 5:00am – 6:00am.

## PARKING AND GETTING TO AND FROM OPTUS STADIUM

There are dedicated bike and luggage drop off bays open from 7:00am – 7:00pm on Friday 15 October to make drop off quick and easy. Please refer to the Event Weekend Guide in your pack (after you pick it up) or see the website for details.



Parking for the duration of the Ride weekend will be available at Gloucester Park. Simply show your rider wristband to be let in.

Volunteer crew will be on site from 5:00am to direct you to allocated bays, and while parking patrols will be present, please do not leave valuables in your car. Allocated bays will be located along Nelson Avenue, right next to Matagarup bridge.

[Familiarise yourself with Gloucester Park here.](#)

Alternatively, grab a lift, Uber or taxi to Optus Stadium and get dropped off right out the front!

---

# Day One

## PARKING

See ***Parking and Getting to and from Optus Stadium*** on the previous page.

## BIKE PICK UP

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

## 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.

## WAVES

Please group with your teams and you will be told which wave you are in. Be there by 6:30am at the latest for the Opening Ceremony.

## YELLOW FLAGS

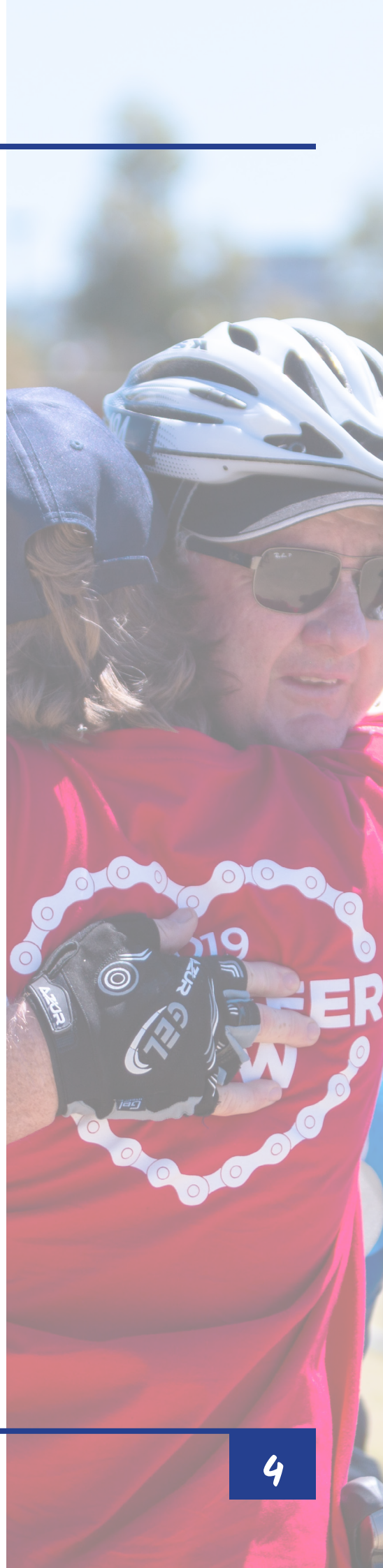
Look out for the Yellow Flag riders. The Yellow Flag represents someone who is riding as a cancer survivor or someone who is in treatment. This year, the Yellow Flaggers will be leading the Ride out of Optus Stadium.

## OPENING CEREMONY

This emotionally-charged 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.

## EVENT WEEKEND GUIDE

This includes all the key information you need for the incredible two-day weekend, including site maps and weekend timings. You'll find the guide in your Rider Pack. Carry it in your jersey or pack it in your luggage.





---

# 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

This year, you will ride past the MACA offices in Welshpool as a cycling salute to our title sponsor and the company that is the backbone of this event.

## HONOUR ROLL SIGNS

A section of the Ride is dedicated to the Honour Roll riders who have each raised \$4,000 or more. Look out for their personalised signs located along the route!

## 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

There are five Elite Racing Cycles pit stops along the route on both days. These pit stops are roughly every 20kms, with toilets, snacks, first aid and Maxiblock sunscreen, drink refills, and bike mechanics. Fuel Station #3 will include more substantial lunch options and eniQ electrolyte refills for all your hydration needs. These pit stops are for rider refuelling only. As they can get congested, please don't invite your friends and family to meet you here.

## BIKE MECHANICS

Bike mechanics will be available at Optus Stadium all day Friday 15 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.

## VOLUNTEER CREW

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.

## 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.

## WASTE WISE

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

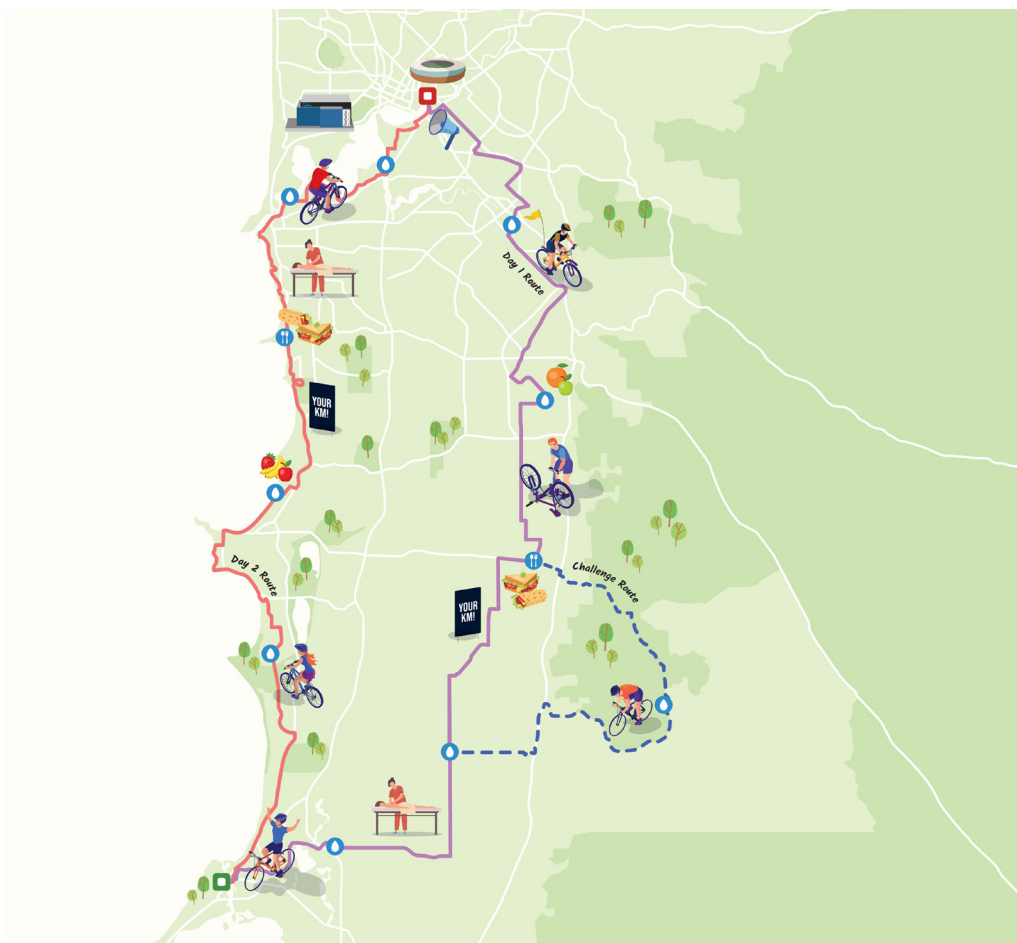
## DOWNLOAD THE ROUTE

[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.

**DOWNLOAD THE MACA CANCER 200 RIDE APP**

The Route App notification will be sent to your mobile number leading up to the Ride weekend. Make sure it is loaded, and notifications and location services are turned on.

You can download the app from your chosen app store from Friday 8 October.



---

# 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 be your home away from home for the next 12 hours or so. It's stocked with everything you need to relax, refuel, refresh and reflect.

Families are welcome in the Village and the Handle Bar but due to space restrictions, we can only serve dinner to riders who have a wrist band.

## INFORMATION AND RE-REGISTRATION TENT

All your Village questions can be answered by helpful Perkins staff. You can also sign up for the 2022 Ride and get a special 50% discount on event registration discount plus a free limited-edition t-shirt. These t-shirts are only available for re-registration and are a collector's item. Look out for previous year versions around camp.

## A WELL-DESERVED LUNCH

Our generous lunch partner, Rapid Relief serves fresh hot tasty hamburgers and soft drinks on arrival to Hall Park, Mandurah (including GF and vegan options)!

## COFFEE

Get a free caffeine hit from the mobile vans.

## THE HANDLE BAR

Your very own licenced bar and beer garden supported by Gage Roads and West Cape Howe Wines. Drinks are free for riders, but you will need to purchase drinks for friends and family. Please only drink in the licenced area and in moderation.

## STAR FITNESS RECOVERY ZONE

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

## HOT SHOWERS

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

## TENTS

Set up and ready to go for those who've pre-booked. Please follow signs to tent city.

## RE-CHARGE 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. You will also be able to recharge your e-bike if you have one.

## VIP AREA

This area is for the wonderful Event Partners, and Corporate and Community Challenge winners, and is located inside the 'Handlebar'. Please note, there are maximum numbers allowed at one time so you might need to tag in and out.

## THE PERKINS POTTY OF POWER

The mighty VIPee 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. Soak it up into your very own **Mega Spa** spa!

## COOL BEANS CAMPER

More than a queen bed on wheels. This little home away from home comes with all the mod cons that will make for a magic night's sleep.

## VOLUNTEERS

This incredible group of individuals keeps the camp ticking. Be sure to have a chat and say thanks if you see one.

## FIRST AID STATION

First aid is available at Optus Stadium, Mandurah Village and throughout the Ride.

## THE WA MACK MUSTER SATURDAY NIGHT CELEBRATIONS

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

- 5:00pm** – Dinner for riders, volunteers and crew is served in the main dining tent.
- 7:00pm** – Celebrations commence with speeches, special guests, shout outs and prizes! Bring a tissue!
- 8:30pm** – Hey DJ, spin that tune!
- 9:30pm** – Last drinks!
- 10:00pm** – 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 over-heat. Remember there are pit stops every 20kms where you can refuel your bottles.
- Helmet, sunnies, and your cycling kit (bibs, jersey, butt cream, socks and appropriate footwear).
- **IMPORTANT:** Have your mobile phone with MACA Cancer 200 app open (so we can track your location and keep you safe) stored in a protective case. And bring a portable charging unit just in case.  
**Please note: This is mandatory.**
- Rider ID Wrist band (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.
- Gels - we'll have plenty of nutrition options at the Fuel Stops, but if want energy gels please BYO.

## Rider Safety

### EMERGENCY

In an 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 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.

---

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 and have the app downloaded to your phone.
- Wear your Rider ID wrist band.
- 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.**

## *What to pack in your luggage*

- Inflatable mattress, pillow and sleeping bag.
- PJs.
- Toiletries and towel.
- Phone charger (if not carrying a backup on the road).
- 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 dining tent from 5:00am to 6:45am.

### COFFEE

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

### LUGGAGE

Please pack up your personal belongings and drop your luggage to the bag drop area before 6:45am.

### BIKE COLLECTION

Collect your and check there are no mechanical issues before you start your journey back to Optus Stadium.

### SAFETY AND WEATHER BRIEFING

A mandatory weather and safety briefing will occur at 6:55am at the start line.

### START TIME

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

### ON THE ROAD

Please refer to ***The Route*** information above for more information on what to expect on Day Two. 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*** for rider pick up and parking information.

### WESTRAC WELCOME BACK

WesTrac is sponsoring the afterparty which will be kicking off at the Camfield straight after you finish. Head on over to toast the weekend and celebrate your amazing efforts.



---

## RECOVERY ZONE

Located near the finish line with Star Fitness massage and eniQ recovery drinks to aid muscle recovery.

## RE-REGISTRATION TENT

Eager riders keen to sign up for 2022 (you know who you are) can do so here. Have a chat to one of the Perkins staff members responsible for ensuring your experience was memorable and sign up for 2022. Half price registration and a free limited edition t-shirt are bonuses!

## LUGGAGE COLLECTION

Your luggage 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.

*Want to talk to the team?*

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