



HARRY PERKINS INSTITUTE
OF MEDICAL RESEARCH



YOUR 2023 WEEKEND GUIDE

SAT 14 & SUN 15 OCTOBER 2023

cancer200.org.au

#CANCER200RIDE



CALENDAR OF EVENTS

ONLINE CHECK-IN

Tuesday 5 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 13 October.

PACK PICK UP

Saturday 7 – Tuesday 10 October: 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 13 OCTOBER

7:00am – 7:00pm: Late pack pick up and bike and luggage drop off at Optus Stadium. Please refer to [Bike and Luggage Drop Off](#) on page 4 and 5 for parking and drop off information.

EVENT DAY ONE

SATURDAY 14 OCTOBER

5:00am - 6:00am: Late luggage drop off
5:00am - 6:00am: All riders arrive at Optus Stadium
6:30am - 7:00am: Opening Ceremony
7:00am - 7:30am: Ride out for Mandurah
From 5:00pm: Dinner
From 6:00pm: Saturday Night Celebration
10:00pm: Lights out, happy campers!

EVENT DAY TWO

SUNDAY 15 OCTOBER

5.00am - 6.30am: Breakfast
7:00am - 7.30am: Ride out from Mandurah
11:00am onwards: Optus Stadium and WesTrac Welcome Back at 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. You must also watch and complete the [safety video module](#).

After completing your online check-in, your personal Ride ID is allocated which identifies, 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 to pick up in the week prior to the Ride from Saturday 7 October – Tuesday 10 October from 8:00am.

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. You can find us and locate the closest parking stations using [this map](#). Visitor Car park 3A is the closest. In your pack, you'll find the following items:

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

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 13 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, Pedal Mafia, 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 13 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 14 October from 5:00am – 6:00am.



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 important Ride Event phone number should you find yourself in any trouble over the weekend. Please wear your [Rider ID Wristband](#) at all times.

PARKING AND GETTING TO AND FROM OPTUS STADIUM

FRIDAY 13 OCTOBER

There are dedicated bike and luggage drop off bays open from 7:00am – 7:00pm on Friday 13 October to make drop off quick and easy. Refer to the map below for directions on where to drop off your belongings on the day.



SATURDAY 14 OCTOBER

Parking for the duration of the Ride weekend will be available at Optus Stadium Northern Oval for registered riders only. But please note this will be **first in, first served**.

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.

There will also be short-term parking available at Marlee Loop. Refer to the map below for different parking options.

Where possible, we highly recommend getting dropped off and picked up from the event!



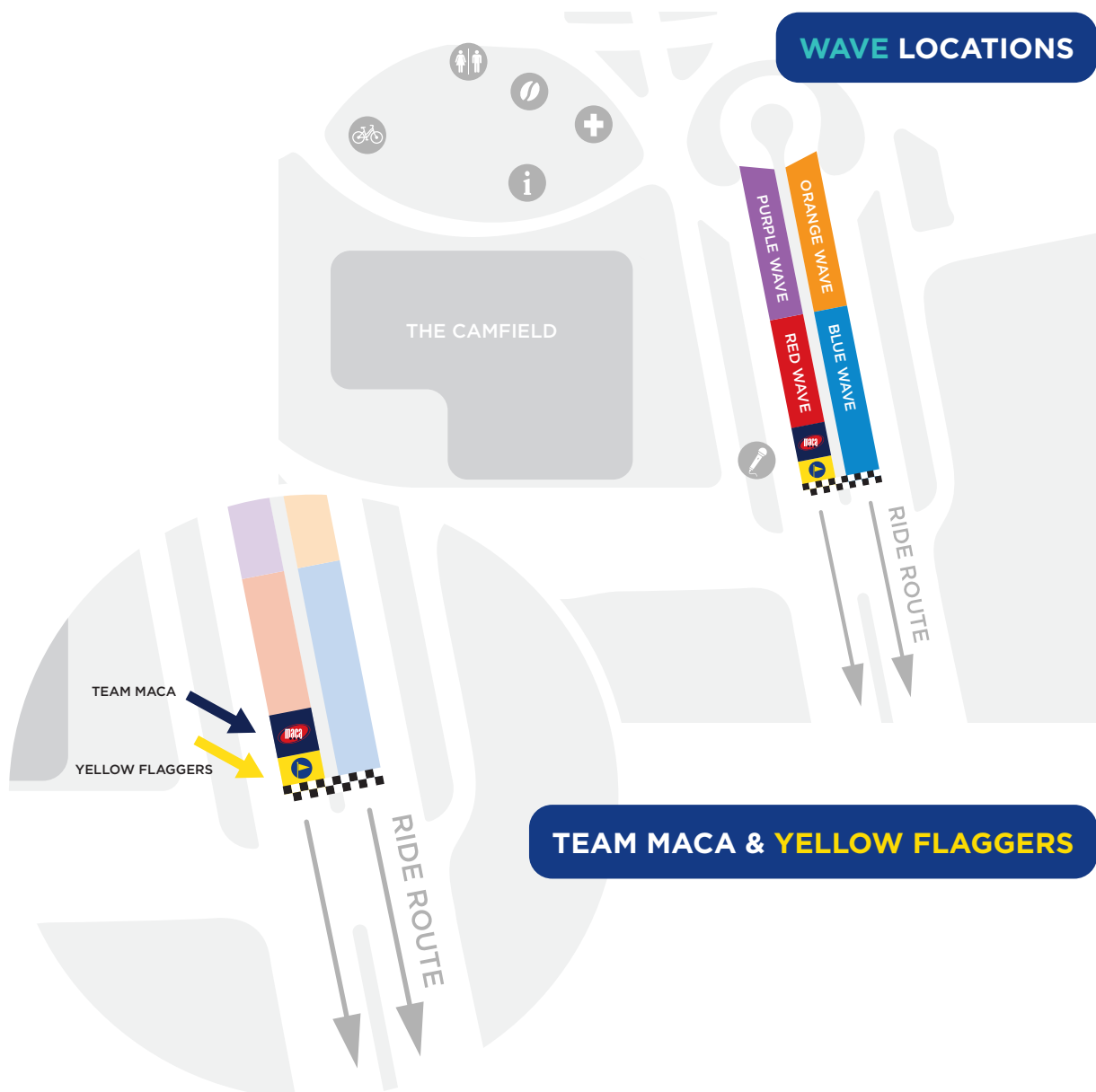
SUNDAY 15 OCTOBER

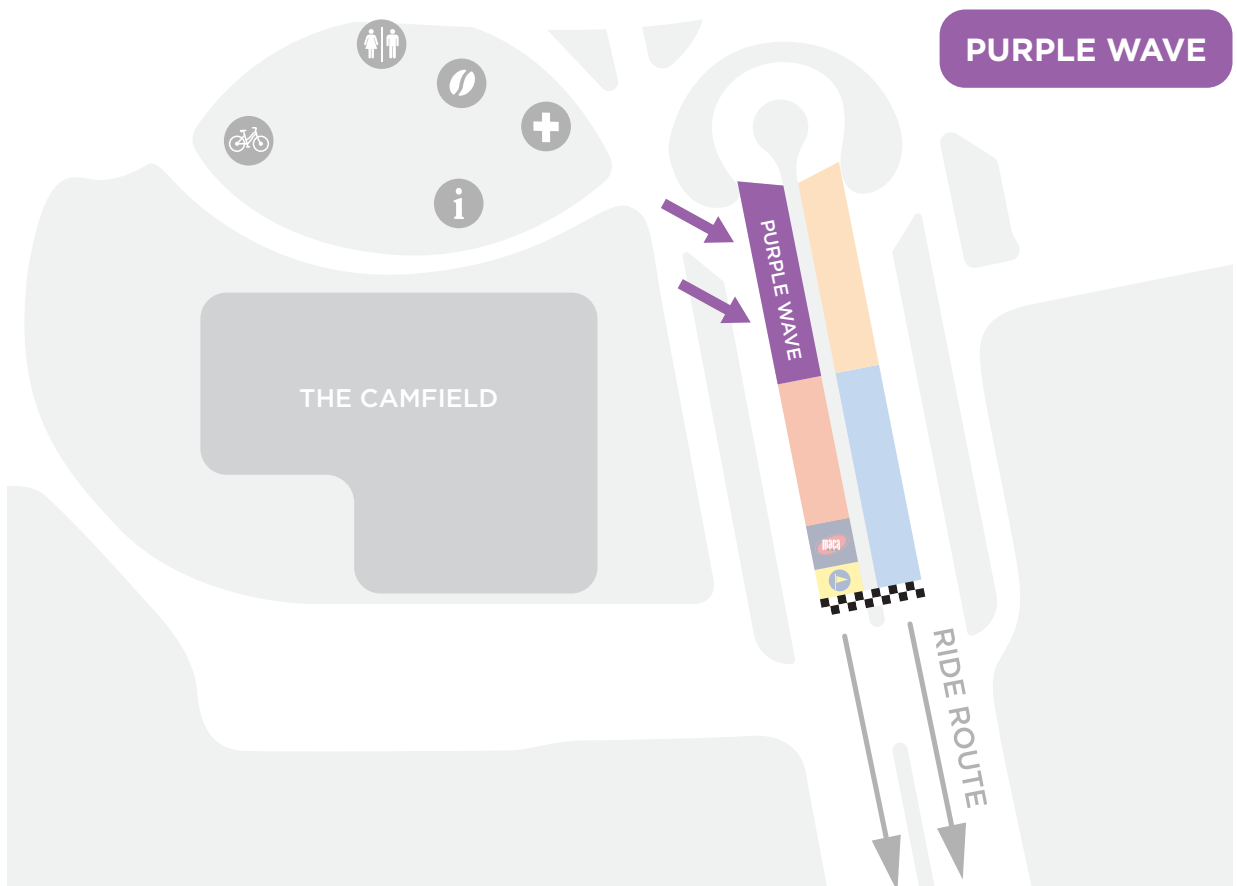
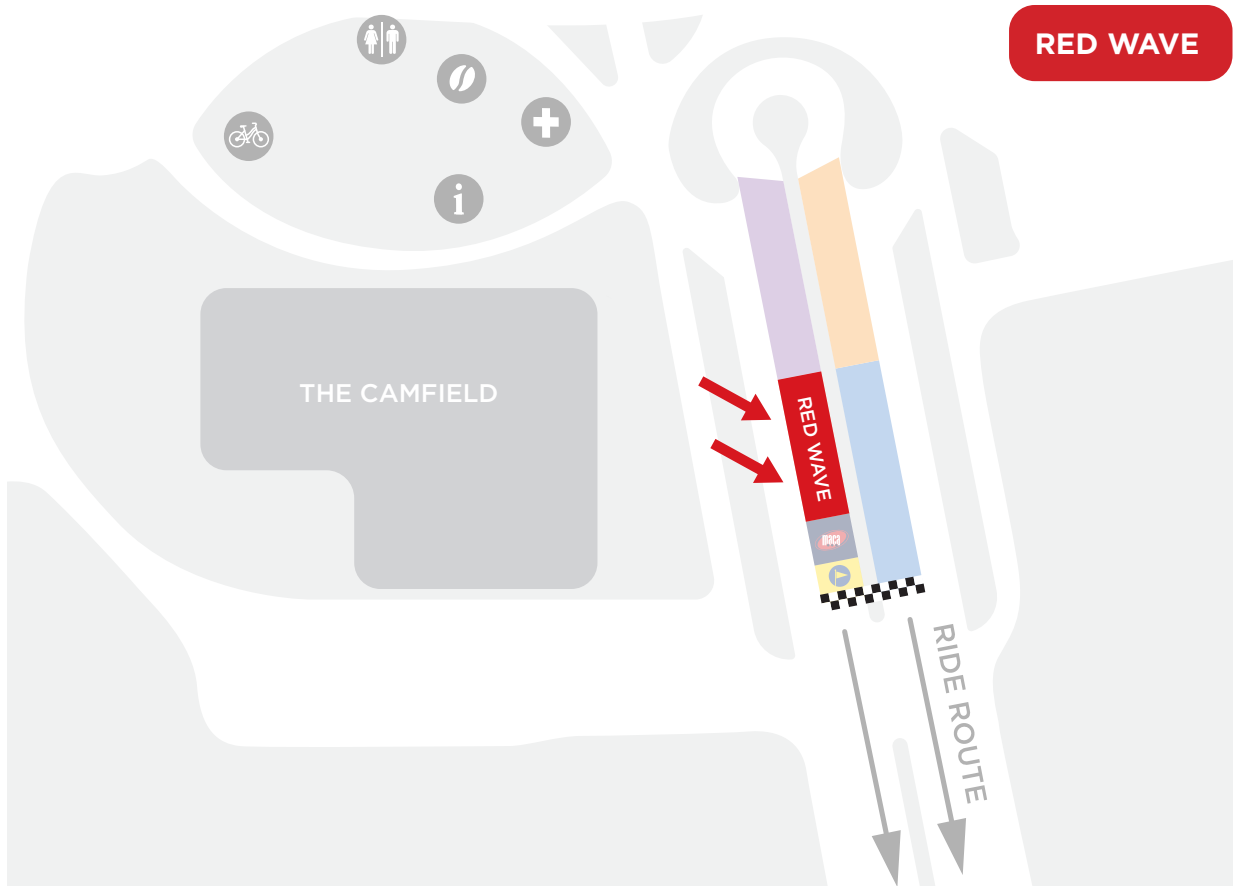
Refer to the map for parking and facilities on Sunday 15 October. Short-term parking is available on a first in, first served basis. Family and friends are also encouraged to take advantage of public transport.

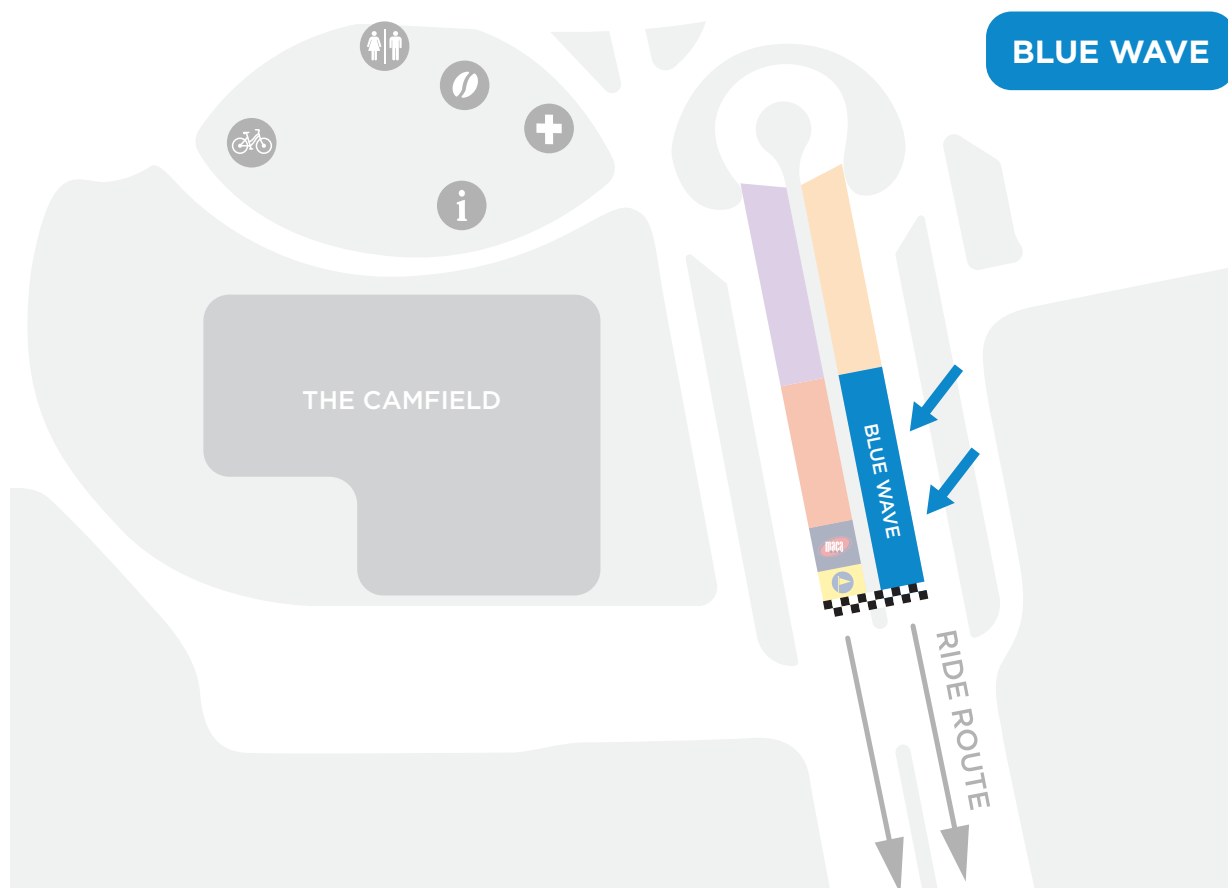
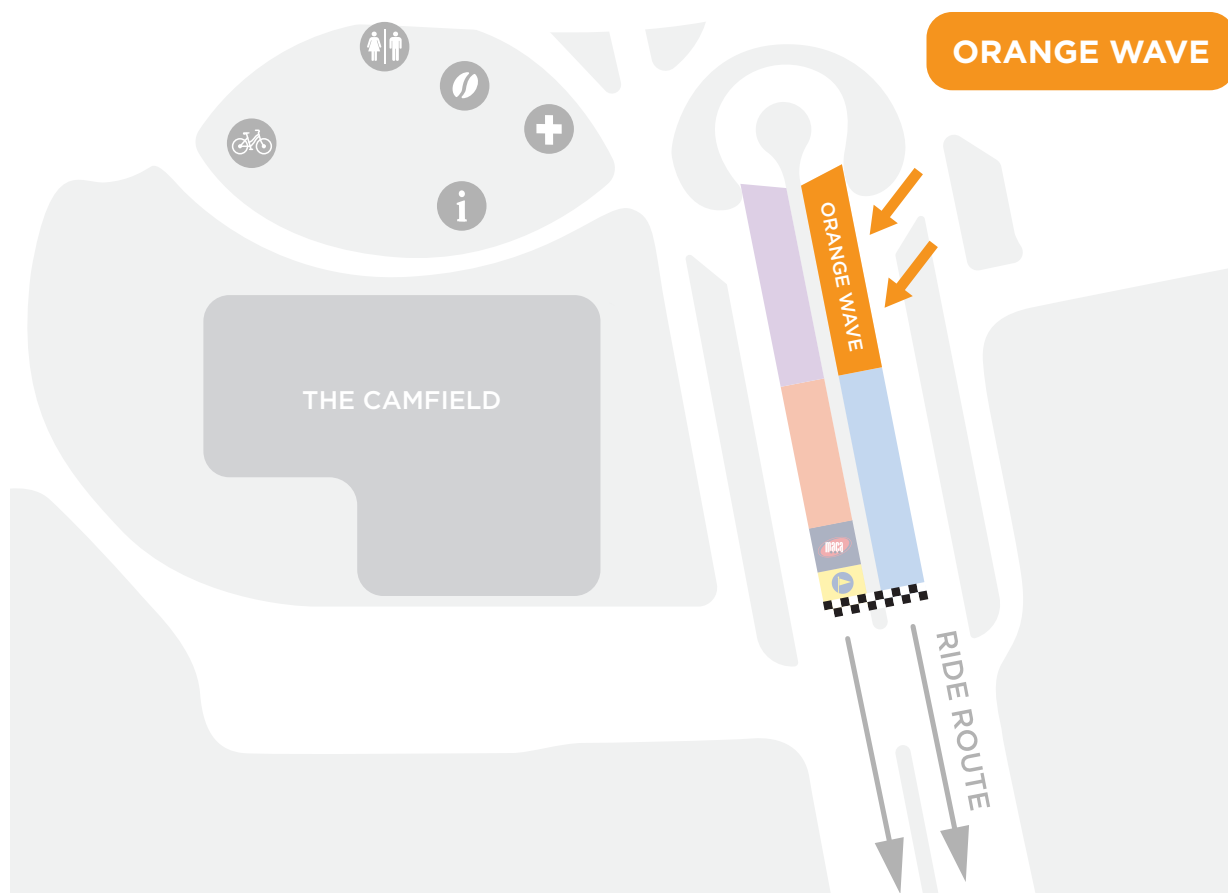
WAVES AT OPTUS STADIUM

To ensure all riders leave Optus Stadium 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 receive your specific wave information via email and SMS prior to the event weekend.

If you are a yellow flag rider, we invite you to be the first group to ride out to begin the MACA Cancer 200 Ride. Once you have collected your bike, please make your way to the designated **Yellow Flag Rider** area at the start line.







DAY ONE

PARKING

See [Parking and Getting to and from Optus Stadium](#) on page 5 .

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 keep an eye out for an 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 Ride, 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.

POCKET EVENT WEEKEND GUIDE

Found in your pack, the pocket guide 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. Pack 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

You will ride past the MACA offices in Welshpool as a cycling salute to our title partner and the company that is the backbone of this event.

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, there are five 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 13 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.

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 MACA CANCER 200 RIDE APP!

The official route can be found in the Cancer 200 App. In order to keep you safe and informed, it is a mandatory requirement to have the app downloaded to your phone before you ride out from Optus Stadium.

You can download the app from your app store from Monday 9 October. If you downloaded the app last year, just make sure to update it to the latest version.



CHALLENGE ROUTE

For riders who want an extra challenge – consider the optional rigorous route on Day One.

If you haven't already, familiarise yourself with the route here or take a long online.

[View the map online.](#)

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 Handle Bar but due to space restrictions, we can only serve dinner to riders with a Rider Wristband.

INFORMATION AND RE-REGISTRATION TENT

All your Village questions can be answered by helpful Perkins staff. You can also sign up for the 2024 Ride and have the event registration waived if you sign up on the weekend.

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 (2 free per day) from the mobile vans.

THE HANDLE BAR

Your very own licensed bar and beer garden to relax and catchup on conquering 100km! Riders can claim three drinks using their tokens, while friends and family may purchase drinks.

Please only drink in the licensed area and in moderation.

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 recovery drinks to aid muscle recovery.

HOT SHOWERS

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

TENTS

Set up and ready to go for those who've pre-booked. If you haven't already, book your camping spot [here](#), and follow the signs to tent city at Hall Park.

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

THIESS VIT AREA

Thanks to official sponsor Thies, 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.

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** spa!

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.

SATURDAY NIGHT CELEBRATION

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.
- 6:00pm** Celebrations commence with speeches, special guests and awards. Bring a tissue!
- 7:30pm** Music up, let's dance!
- 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 overheat. 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 the 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 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 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. 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 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 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

- Inflatable mattress, pillow, sleeping bag, and 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.

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 6:30am.

BIKE COLLECTION

Collect your bike 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 6:45am 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!

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 feat 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 after-party 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 in The Camfield with Star Physio massage and eniQ recovery drinks to aid muscle recovery.

RE-REGISTRATION

Don't miss out on a spot next year, sign up for the 2024 Ride any time across the event weekend. If you are keen to Ride again, speak to one of the Perkins staff or sign up via the app or on the website.

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, send us an email to ride@perkins.org.au.



THANK YOU

TITLE PARTNER



EVENT PARTNER



EVENT SPONSORS

