

RIDE GUIDE

YOU YANGS



**GRAVEL
GRIT**
YOU YANGS

Auckland NZ
Cyclist

SATURDAY 1 SEPT 2018



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WELCOME TO GRAVEL GRIT

Welcome, it's time to discover the roads less ridden.

Maybe you've been riding road bikes for years. Perhaps you're a mountain-biker from way back. Maybe you're new to riding.

Whichever it is, you know that feeling – the thrill of independence, of exploration, of discovery. It's that crisp sound of your tyres crunching over the ground, the smell of dust hanging in the air, the feeling of mud splashing your legs.

Gravel riding is a fast-track to that feeling.

Gravel Grit will take you off the beaten track, deep into the wilderness and straight to your happy place.

We've partnered with Cyclist Magazine to deliver this event and we can't wait to get lost with you.

Bicycle Network acknowledges the Traditional Custodians of the lands on which the event will travel through. We pay our respects to their Elders, past and present.

Australia/NZ Cyclist

MESSAGE FROM CYCLIST MAGAZINE

A little under 12 months ago we encouraged riders to venture off the beaten path and invited them to discover some of our favoured gravel terrain in NSW. An overwhelming response to the inaugural Gravel Grit uncovered an untapped thirst for events that pushed riders to new heights. We knew Victoria was just the place to drink up the Gravel Grit concept. So here we are, amid the stunning region of the You Yangs for our first Gravel Grit event for 2018 – pencil in Gravel Grit Laguna for later in year. These events wouldn't be possible without the support of the thriving gravel community so if you enjoy the day, we simply ask you to share your tales with mates, partners, colleagues and family members so we can continue to build what we believe is one of the best days you'll have on the bike.





EVENT TIMES

REGISTRATION

7am to 8.15am

RIDE COMMENCES

Long Ride	8.30am
Short Ride	9:00am

LONG ROUTE CUT OFFS

Staughton Vale Education Centre	11:10am
Steiglitz Historic Park	12:45pm
Fence Rd	15:30pm

SHORT ROUTE CUT OFFS

Cressy Gully Road	12:00pm
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Riders should arrive at the start site with plenty of time to get registered and prepare for their adventure before the start time.

START/FINISH SITE

The small regional town of Little River welcomes riders to the inaugural Gravel Grit You Yangs Edition. Departing and finishing from Little River Reserve, the event site will have all the necessities a gravel rider could need including:

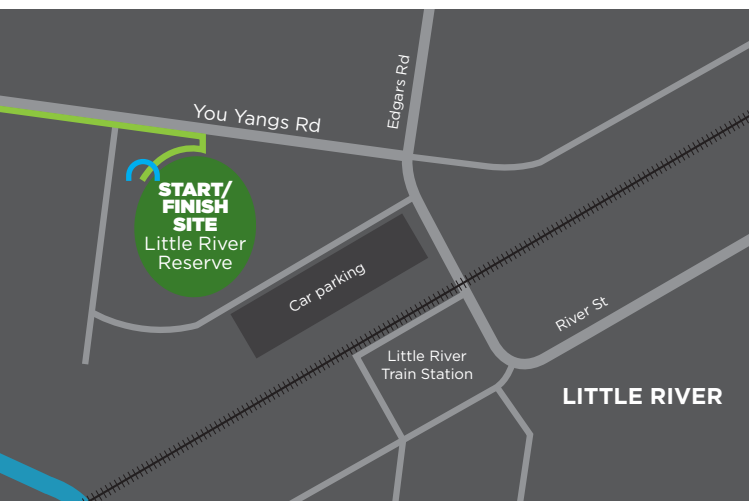
- First aid, water and event information
- Food, drinks and nutritional supplements
- BBQ
- Allpress Coffee and Bridge Road Brewers beer!
- Mechanical support and spares

CAR PARKING

Car parking is available at Little River Reserve for a gold coin donation to the Lions Club. Open from 7am for registration.

LITTLE RIVER RESERVE

You Yangs Rd, Little River 3211



CHECKLIST

- ID Wristband (collected from registration)
- Helmet
- Two water bottles
- Front white and rear red lights
- Gloves
- Additional food
- Puncture repair kit
- Spare tubes
- CO2/Pump
- Sunscreen
- Sunglasses
- Rain jacket





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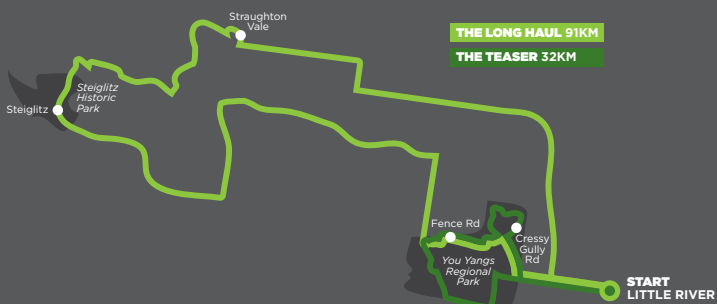
Education

Benefits

**Event
Rewards**

Community

2018 RIDE GUIDE



THE LONG HAUL

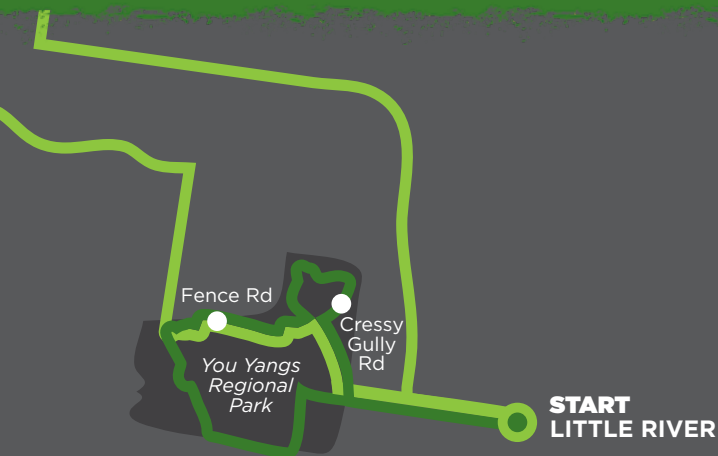
A perfect Mix between tarmac and gravel, this ride delivers all the thrills, challenges and exploration a gravel bike is made for. Starting out on fast tarmac the route lulls you into a false of security as you ride out from Little River. Watch out though, from Staughton Vale the route delivers steep pitches, technical switchback descents and incredible views - it's sure to be a challenging ride. Incorporating unexplored terrain, two fantastic Parks and an abandoned gold mining town; what's not to like?

REST STOPS

All rest stops are stocked with plenty of water & electrolytes, first aid, toilets and mechanics.

Staughton Vale	9am - 11:30am
Food:	N/A
Steiglitz Historic Park	9:30am - 1:00pm
Food:	Snacks
Fence Rd	9am - 15:30pm
Food:	Snacks

2018 RIDE GUIDE



THE TEASER

This route takes in the very best of the You Yangs Regional Park and really showcases why this area is one of Victoria's best off road riding destinations. A gentle introduction will ease you into the ride by negotiating mellow climbs and flowing singletrack. A challenging mid way climb after the first water stop will put your lungs to the test but the view from the top is worth it! A quick pit stop will hopefully leave you feeling energized before tackling the final singletrack climb before descending back to Little River.

REST STOPS

All rest stops are stocked with plenty of water & electrolytes, first aid, toilets and mechanics.

Fence Rd

Food:

9am - 11:30pm

N/A

Cressy Gully Rd

Food:

9:15am - 12:15pm

Snacks

ON ROUTE ASSISTANCE

MEDICAL

All event vehicles, including motorcycle and Bicycle Network Cycle Marshalls are equipped with first aid kits. All rest and water stops will be staffed and equipped with first aid kits. First aid officers from event aid will be present at the Little River start/finish site as well as at the super rest stops on both the short and long routes.

IS IT AN EMERGENCY? Does it require Ambulance, Fire or Police?	
NO	YES
CALL EVENT ASSISTANCE 0425 381 816 or 0425 777 484	STEP 1: Call EMERGENCY SERVICES 000 STEP 2: Call EVENT ASSISTANCE 0425 381 816 or 0425 777 484
In case of an emergency it is always recommended to call 000 first. Calling event assistance after calling 000 is essential so that, where possible, Bicycle Network can work with the Emergency Services to facilitate the appropriate response.	

MOTO/CYCLE MARSHALS

Moto and cycle marshals will be on course patrolling the routes to provide assistance - from motivational, directional, basic first aid and mechanical support, these guys have got you covered!

SAG WAGON

Support and Gear (SAG) wagons will be on course to help you get back home if all else fails (equipment or 'motor'). Should you be unable to continue riding please turn your bike upside down and either wave down a passing event vehicle or moto marshal or call Event Assistance and note your issue and location. Please be patient as you may have to wait some time or potentially stroll to the nearest access point a vehicle can collect you from.

MECHANICAL

First stop – your fellow riders: if it's a quick fix they may be able to help! If they're no good, mechanical support will be available on route. Our Friends Pedal Power Garage are on hand in their mobile mechanic motor to come and do their best to get you back on the dirt! Often, your best option is to try and make it to the next rest stop where help can be more easily provided. Should you be unable to continue riding due to mechanical failure, please turn your bike upside down and either wave down a passing event vehicle or marshal: alternatively call Event Assistance and note your issue and location. Please be patient as you may have to wait sometime or potentially stroll to the nearest access point a vehicle can collect you from.



Please note: *all route signage includes a reference number which can be used as a location identifier when speaking with Event Assistance.*



GRAVEL GRIT Q&A: DOWN AND DIRTY WITH OVER YONDER

Seeking adventure along gravel tracks and across surroundings rarely explored on two wheels, the crew at Over Yonder know all the tricks for conquering the great outdoors. Cyclist rolled alongside Simon 'Esjay' James to pick his brain around how to best tackle a ride like Gravel Grit.

Read the story and get some tips at cyclist.com.au/gravel-grit-over-yonder

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From bike set-up to advice on gravel riding, all you need to know to prepare can be found here: gravelgrit.com.au/tips-and-training/



The following apply to all riders on this event:

- Common sense and all road rules apply e.g. riders must not ride more than two abreast unless overtaking when safe to do so.
- Riders must obey event route marshal directions and event signage on route, and must also obey all traffic control signs and signals including red lights, stop and give way signs.
- Riders must call 'passing' and 'stopping' to alert riders around you when applicable.

Gravel Grit takes place on public roads that are open to public vehicles. Road rules apply at all times. It's also important that you don't take any risks that could put yourself or other road users in danger. Always ride with respect and obey the directions of our Event Team officials at all time.

THE ENVIRONMENT

We are very lucky to have some stunning landscapes as the backdrop for Gravel Grit as we travel through You Yangs Regional Park, Brisbane Ranges National Park and Steiglitz Historic Park. Home to incredible native flora and fauna, we have a huge responsibility to look after these environments.

We've been welcomed kindly into these areas, so please treat the environment respectfully and:

- Keep all rubbish with you or dispose of it in the bins at the rest areas
- Be mindful of the wildlife (they were there first)
- Ride only on the designated route
- Use the toilets provided at the rest areas

Your cooperation with this is essential to reduce the impact on the local environment and community.



THANK YOU

Bicycle Network and Cyclist would like to extend a huge thank you to the councils, agencies, stakeholders, contractors and communities who have supported us in getting Gravel Grit You Yangs off the ground over the past six months.

In particular, we'd like to recognise Parks Victoria, Wyndham City Council, Geelong City Council and Golden Plains Shire Council.

We're also incredibly grateful for the assistance, time and skill provided by our dedicated volunteers. Please take the opportunity to thank them on the day.





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