

OFFICIAL 2022 PEAKS CHALLENGE RIDE GUIDE

# PEAKS



THIS IS

YOUR GUIDE



**PEAKS  
CHALLENGE**  
FALLS CREEK



DISTANCE  
**235KM**



ELEVATION  
**4000M**



DEADLINE  
**13HRS**

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EVENT PARTNERS





# WELCOME TO PEAKS CHALLENGE FALLS CREEK

**M**ark Twain said the two most important days in your life are the day you're born and the day you find out why.

I think there's a third day: it's the day you find out how far. How far you can push yourself? How far you will go to help another person? For me 'This is Peaks'.

Since that first day back in 2010 when it rained sideways for 14 hours, I've had the privilege of seeing thousands of people on bikes push themselves to places they never thought possible. I've marveled as they listen to that quiet voice whispering, 'keep going to the next bend,' and ignore that loud voice shouting, 'get in the sag'.

I've also had the privilege of standing alongside an incredible team of people

behind the scenes who leave nothing on the mountain as they make sure your dreams come true. They open another box of Winners bars when their hands are aching. They lift another sack of valet bags when their muscles are screaming. They force down another snack to give them the boost they need to take another phone call to get you back to the top of Falls.

Peaks is a day in your life like no other. It's one of those days when by finding out how far you can go, you actually find out who you are.

**Craig Richards (CEO)**  
**Bicycle Network**

We acknowledge the Traditional Owners of Victoria's High Country as the original custodians of these lands. We acknowledge their unique ability to care for Country and deep spiritual connection to it, and pay our respects to their Elders past, present and emerging.





# WELCOME FROM FALLS CREEK RESORT

**T**he unprecedented times of the past two years have been extraordinary. Nonetheless, the Peaks Challenge is an extraordinary event and Falls Creek is incredibly proud to be able to host this iconic ride right here in the heart of the Victorian High Country. Despite the challenges, the disruption and the frustration that we have all faced, your determination and dedicated training has brought you to the start line and to Australia's premier all season resort. On behalf of the resort management board,

our stakeholders and community, we are thrilled to have you here. Falls Creek and the high plains are nothing, if not spectacular, our mountain adventure activities are world class and our hospitality well renowned. Our Alpine Community looks forward to welcoming you today, and in the future; Summer or Winter!

Good luck and enjoy the ride!

**Stuart Smythe (CEO)**  
Falls Creek Resort Management



Visit us this summer! Experience the Gravel Trails in the resort and into the Alpine National Park, venture out on the endless hiking trails, beat the heat during the hot summer months by enjoying a range of water activities on Rocky Valley Lake, or test your lungs road cycling the winding roads, all with an alpine view.

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### MEG MASTERS THE MOUNTAINS

This is Meg; she's 29 and loves riding bikes. Over the past two years Meg has taken part in plenty of cyclo-cross, trail and road riding, but it wasn't until Meg was supporting her partner at his second Peaks in 2020 that the idea popped into her mind to tackle Peaks.

While Meg was in Bright with her partner and his mates, there wasn't an expectation that Meg was taking part... which started to fuel the fire.

"I wanted to prove to myself that I could do it, I wanted to prove to others that I belonged in this space, and could do it, and I wanted to feel strong enough in my own cycling to know that I could accomplish a challenge like that".

It wasn't until the end of 2020 that Meg bought a ticket and began her training three months out from Peaks 2021. But she still had doubts in her mind: "maybe it is too big of a challenge for me?" Being the type of rider that simply enjoyed getting out on the bike for the occasional 50km adventure on weekends, it was a big jump to begin the weekly training required to have the best chance at finishing Peaks.

Keep in mind that Meg had only owned her road bike for a year. So she started setting small goals for herself. First it was

riding 200km in a single ride, next it was buying an indoor trainer and spending more consistent 30–45-minute chunks increasing and cementing her fitness level. Then she found a challenge organised by a group of women that saw her ride (virtually) to the base of Mt Everest – one that she said she did slowly, but ultimately built her confidence in her own capability. It was at this point that Meg had completed two major rides; one that tested her endurance, and another that tested her strength... now she just had to combine the two.

Being the logical, and very measured person that Meg is, balancing the art of nutrition, time management and physical fitness came naturally to her. Her approach was always to control the controllable, and leave the rest up to fate.

"I suppose for me planning made me a lot more comfortable with the effort – so if you're somebody that's feeling a little bit unsure and want to have all your ducks lined up definitely consider making a spreadsheet of where all the stops are, what you're going to put in your valet bags for each stop, what your food is going to be; that gave me a sense of control in a very uncontrollable event. Outside of my training I couldn't control

how my body was going to react on the day, I couldn't control how other people were going to ride around me, I couldn't control the weather, but I could control my nutrition, I could control my equipment."

Meg's preparation didn't stop there. She came along to Bicycle Network Women's Community information sessions and heard from female wave leaders like Shel and Fats about their experience, which Meg described as helpful and empowering for her preparation.

As the three months passed Meg spent her time riding 200 - 300km a week, and giving her body the necessary breaks inbetween to account for the increased load in training. Meg recruited the help of an app called 'Sufferfest' that complimented Meg's physical training by adding yoga to the mix to improve her core, but also her mental training; goal setting, visualisation practise, and meditation.

She felt physically and mentally ready for the big day, but knew it wasn't going to be a cakewalk.

The ride itself was far from easy and Meg describes that there were moments of panic when she didn't think she would finish within the 13-hour time limit. It was during the last third of Hotham that Meg saw the dreaded red jersey of the lantern rouge passing by meaning that Meg was going to have to push hard, or risk being pulled from the course.

Whilst climbing isn't her strength, Meg is lucky that descending is on her side, and the adrenaline of the 15-minute warning at Dinner Plain spurred her on to do the fastest 40km distance in her life to make-up the time. Having ridden Hotham and Tawonga Gap 5 weeks before the event, and the back of Falls a few years earlier, Meg was in familiar territory, but this didn't make any of it any easier.

Meg powered on and managed to not

walk a single step up the final peak. As she rode slowly but surely past some walkers, people were spurring her on and encouraging her up the mountain to reach the finish - "it was really inspiring to see" Meg describes. But nothing is as quite as inspiring as the feeling of coming up the back of Falls and seeing the lake appear in the distance; Meg was almost home.

"Coming around the lake when you know you're going to make it is a really good feeling - oh my gosh it's done, I'm going to do this and then you're right, you come on down and into the finish line, it's quite surreal, all the hours you put into it, and the whole days efforts really finishes in this one moment - I felt a real sense of accomplishment and pride and then also just camaraderie with everybody else around. We did this, we did this huge thing, and there's people that you saw out the back of Falls that you didn't have the energy to talk to, but you're there with them at that time".

All in all everyone's Peaks experience is going to tell a different story, with different obstacles to overcome, and different outcomes, but at the end of the day Meg suggests playing to your strengths, balancing your training with adequate rest, and learning the crucial skills that you need to feel more comfortable and capable. Whether that be learning to eat and ride, practicing descending or climbing, getting accustomed to riding in a larger group or improving your mental endurance. It won't all be easy, but Meg promises it is all worth it.

"Everyone is there to support each other to get to the finish line - a huge part of what made it possible for me; knowing that my partner was supporting me, the women's community was supporting me, but just everyone at Peaks was supporting me - it's not a race, it's an achievement."



### CORRY'S CREDIT CARD RIDE

We all know you have to be a little bit crazy to take on Peaks Challenge Falls Creek ... but what about riding a 1,200km warm up the week of the 235km loop through the Victorian Alps?

That is exactly what Evan Corry from [Corry Cycles](#) and his troop of mates did before Peaks Challenge Falls Creek 2021 – with nothing but one saddle bag, a pair of thongs and a credit card each.

Labelled “The Credit Card Ride”, the six riders took off from under Sydney Harbour Bridge on 1 March and rode 225 kilometres to Culburra Beach before calling it a night. They proceeded to do this for the next 5 days until arriving at Falls Creek on 6 March, just in time to ride one of the most gruelling one-day bike challenges on the calendar the next day.

Did we mention they didn't book any accommodation along the way? Another stipulation of the adventure.

When we asked Evan if he had any

trouble finding accommodation, he said: “Braidwood was a challenge with every option booked out, but a few beers with locals had it all sorted and we stayed at a lovely lady's house who was a friend of a friend of someone at the pub that afternoon. It always seemed to work out ... despite a few nervous moments.”

He told us he has done a few of these rides before, including a lap of Tassie, Auckland to Queenstown, Hawaii and others.

“We had previously ridden this route back in 2014 through to Melbourne. The Corryong to Omeo road is certainly the roughest/toughest and tested the Maxxis Refuse. A bloke on an excavator pulled us up and had a chat cause he thought he was hallucinating, and not possible for a road bike to get through there.”

But these blokes proved impossible is nothing. Not only did Corry take on the infamous WTF Corner twice in two days, he also finished Peaks Challenge Falls

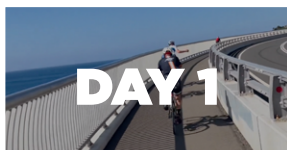


Creek in under 9 hours.

“This was my third Peaks, but definitely the first one I’ve had trouble walking down the stairs before the ride! Legs were a mess going into the ride, but the body is pretty amazing and can adapt to anything with the right mindset,” said Corry.

And they didn’t miss an opportunity to team up with Camp Quality’s ‘Big Ride’, [managing to raise over \\$2000 for kids facing cancer](#), something they are extremely proud of.

And they should be proud! Check out the details of the incredible ride below...



### Sydney to Culburra beach

d. 225km

e. 1920m



### Culburra beach to Braidwood

d. 145km (40km dirt)

e. 1370m



### Braidwood to Jindabyne

d. 200km (60km dirt)

e. 1830m



### Jindabyne to Corryong

d. 145km

e. 2360m



### Corryong to Omeo

d. 145k (80km dirt)

e. 1700m



### Omeo to Falls Creek

d. 80km

e. 1420m



### Peaks Challenge Falls Creek

d. 235km

e. 4500m

# TEAM BICYCLE NETWORK TOP TIPS

Team Bicycle Network will have your back out on the road, helping you get through the ride and reach your goal. While a lot of the work they do is out on the road, they also have plenty of insider info to share before the ride. Here are some top tips from some Team Bicycle Network riders.

## **JAMES GARRIOCK**

### **9-HOUR RIDER**

If you're new to Peaks and don't know what sort of power numbers equate to what time, Strava is your friend.

Use Strava to look up athletes in the same weight class as you, and review their w/kg on the three main climbs. You'll quickly see who has paced themselves well and who has blown up! You'll also be able to review their total time and stopped time.

My advice is to start with Team Bicycle Network riders. For example, if you look at the 9-hour pace group you'll see my numbers, plus those of Iain (a bit heavier) and Josh (heavier again). If you're around 70kg you'll find it useful that I do 3.5w/kg on Tawonga Gap and the first third of Hotham, then 3.3w/kg on the rest of Hotham and the back of Falls. With this knowledge it can be easier to tackle the task.

## **SHEL HYDE**

### **12-HOUR RIDER**

Carbs are king on endurance rides. I like dried fruit bars like Blue Dinosaur and Winners. They're easy to eat and easy to track how many calories you're getting down.

## **JUSTIN BENSON**

### **11-HOUR RIDER**

Keep your breaks short - too much time is lost by riders sitting/standing in rest stops. Bank the time and use it on the back of Falls instead.

## **GLEN JANETZKI**

### **LANTERNE ROUGE**

- Pace yourself
- Eat as soon as you get into a rest stop and then do anything else you need to do. Get the fuel in first!
- Don't get crazy trying to make up time on the descents

# A COVID SAFE EVENT

**B**icycle Network is excited to be able to host Peaks Challenge Falls Creek and welcome you to Victoria's High Country.

As we continue to navigate the current environment, Bicycle Network ensures you we have processes in place to make Peaks Challenge Falls Creek to make sure the event is COVID safe.

We have planned key operations to help you maintain social distancing while making sure that the event still runs smoothly and feels and looks like Peaks.

Please familiarise yourself with the below guidelines and keep up to date with information provided by state and federal governments about COVID-19 and any restrictions that might apply to you.



## SOCIAL DISTANCING

Please remember to keep at least 1.5 metres from other people. To avoid congestion, start line procedures will be spread out in waves.



## HAND SANITISER

All event sites will have hand sanitiser, including on the route. All surfaces will also be regularly cleaned.



## FOLLOW THE SIGNS

Event sites have been designed to prioritise safety and keep everyone moving in the right direction. Please look out for directional signs and follow our team's instructions.



## SUPPORT STAFF

Our support crews will always have your back, but some things may look a little different or take a little longer than you're used to. Thank you for your patience.



## VACCINATION

All riders over the age of 12-years-old will need to be fully vaccinated against COVID-19 to attend this event.



# HELP US KEEP THE HIGH COUNTRY CLEAN

**W**e're lucky enough to be able to enjoy some pretty incredible scenery at Peaks Challenge Falls Creek, and it is important that we keep it the way we found it.

**We're trying to make this as easy as possible for you by following these tips:**



**Look for the rubbish bins at all rest and lunch areas out on the route**



**Remind your friends to empty rubbish out of their pockets**



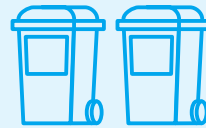
**Remember to check all your pockets before leaving a rest area and use the bins available**



**Compostable items also need to go in bins, not thrown out on course - bikes slip on banana peels!**



**If eating out on the road, secure all rubbish in your back jersey pockets or under your knicks**



**Use the bins provided on-site**

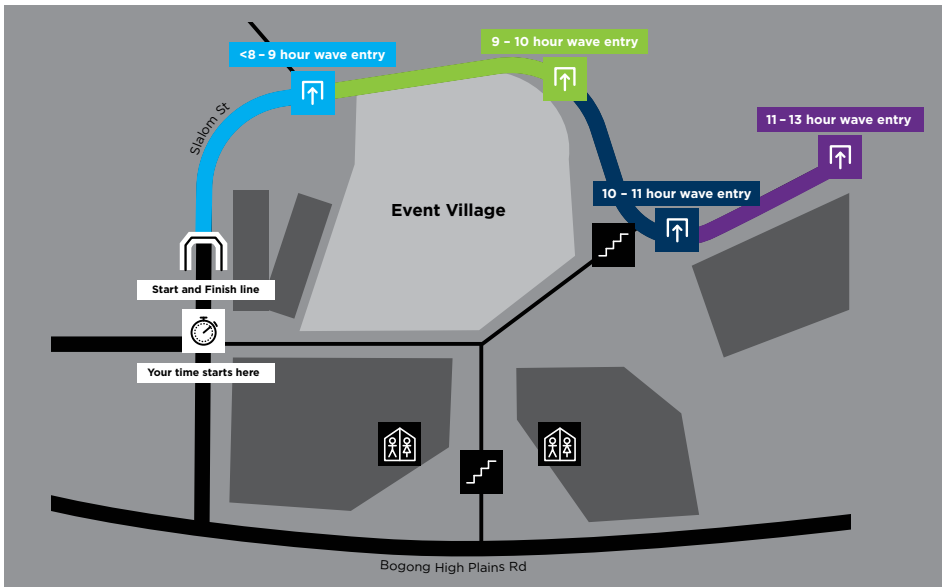
Our volunteers will all be working hard to make sure this runs smoothly and greatly appreciate you doing your bit!

# START PROCEDURE

The Peaks Challenge Falls Creek start line returns to the Slalom Street in 2022.

Your official ride time is measured as elapsed time (cycling computers often display your 'moving time' by default). We recommend updating your device to display elapsed time from when you cross the start line for an accurate measure of how you're tracking

Please observe the diagram below to understand how the start procedure works. Remember your time only starts when you cross the first timing point after the start line (your time doesn't start on the word 'go').



Riders will be released in controlled waves based on your estimated finish time.

- <8-9 hour.
- 9-10 hour.
- 10-11hour.
- 11-13 hours.

## FINISH LINE

The finish line is the same as the start line on Slalom Street. After crossing the finish line, you will be asked to follow signage and the direction of the Bicycle Network team.

Please [view this video](#) to know what to expect at the finish line.

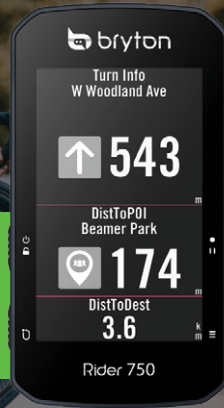
At the finish line you will receive your official Peaks Challenge Falls Creek finish time, finishers jersey, and some food and drink to top up the tank after an exhausting day in the saddle. Please move through the finish shoot in a timely manner to avoid queuing and delays.

## RIDER ONLY AREAS

The Event Village will have several riders only areas. These areas will be signed and are in place to reduce congestion. Friends, family, and supporters are asked to wait until you've left the finishers area before giving their congratulations.



# RIDER 750



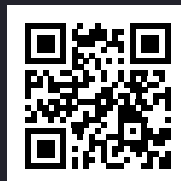
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**WOMEN'S COMMUNITY**

Bicycle Network is hosting a special information session for female riders on Saturday at 4:00pm at Frying Pan Inn near the event village. As well as getting some insider information from female members of Team Bicycle Network, you will be able to meet others riding on the day.

Our women's community is all about support and Team Bicycle Network will talk you through the ups and downs of riding Peaks Challenge Falls Creek and let you in on their top tips and tricks for tackling the ride.

While you're busting a gut on the bike, our incredible volunteer team will have your back, keeping you fed, watered and supported. You'll see our team at rest areas, on motorbikes, driving SAG wagons and marshalling along the route.

Peaks Challenge Falls Creek would not be possible without the dedication and incredible work of these volunteers, so please take the opportunity to thank them on the day. It is their commitment which helps give you the opportunity to enjoy riding 235km around Victoria's spectacular High Country!

The ongoing success of Peaks Challenge Falls Creek is due to long-standing partnerships with local community groups, including the Mount Beauty Rotary Club, Rotary Club of Bright and the Dinner Plain Riders. We would also like to thank the individual volunteers who help every year, adding to the community atmosphere of the event and playing much needed roles in the event team.

A big thank you also goes to all partners and contractors who help each year.





**P**eaks Challenge Falls Creek is one of the toughest one-day rides you can do. It deserves respect and the correct preparation. After all your training, you want to make sure you are fully prepared, so you don't let yourself down on the ride.

**BIKE**

Before taking on the Peaks Challenge Falls Creek circuit, you need to ensure that your gear is in perfect working order. Your bike should be serviced and in a roadworthy state prior to the ride.

Don't leave this to the last minute. You need to be riding the bike a week or so prior to the event to ensure all the fine adjustments are done correctly. Pay particular attention to brakes, chain, tyres and gear ratio selection.

A big potential issue with your bike

could be punctures, so make sure your tyres are correctly inflated on the day - mechanics and pumps will be on site to assist you with this if needed. You should also carry at least two spare tubes and know how to change a tube quickly.

The event encounters some steep descents, we highly recommend having disc brakes fitted to your bike. When descending, remember this event is not a race, to position yourself for success take these downhill within your comfort zones and be mindful of others around you.

We recommend having two bidon cages fitted to your bike to carry enough fluid, one bottle of electrolyte drink and the other with water to rinse your mouth after carbohydrate gels/bars which are particularly sweet.



**YOUR CLOTHING**

Do not underestimate the variability of the weather in the Victorian High Country – be prepared for rain, sun, wind and everything else.

Layers are a good way keep warm and dry or cool down. A base layer, jersey, gilet (wind vest) and rain jacket can all come in handy on descents and as the weather changes.

These items should be compact enough to fit in your pockets. If adverse conditions set in, Team Bicycle Network’s essential clothing items include:

- Arm warmers
- Knee or leg warmers
- Waterproof gloves
- Waterproof shoe covers
- Waterproof rain jacket

**MOUNT BEAUTY CLOTHING DROP**

The early morning descent from Falls Creek to Mount Beauty can be chilly, but you also don’t want to have to carry bulky clothing all day.

We have set-up a clothing drop zone in Mount Beauty run by the local Uniting Church op shop. You will be able to wear a jacket or piece of clothing during the start of the ride then leave it at the drop zone. Clothing will then be donated to local op shops.

Please make sure you are happy to depart with your extra clothing, but also that it is of an acceptable quality for someone else to buy from an op shop. We don’t want to leave dirty and unsaleable clothing with the op shop.

Note: for our regular riders, this location has moved about 750m down the road (closer to the start of the Tawonga Gap climb).

**YOUR EQUIPMENT**

You will need to wear a helmet and cycling shoes, sunglasses. Money and a mobile phone are also vital. A front and rear light is mandatory for when it is dark during the morning and possibly other times during the day.

A zip-lock bag can be used to make sure your valuables are protected from sweat or rain.

As well as your spare tubes, a patch kit can be handy in case you are unfortunate enough to get more punctures than you have tubes.

**YOUR NUTRITION**

As a general rule, you should consume around 30 to 60 grams of carbohydrates per riding hour. This is equivalent to one Winners bar and 750ml of electrolyte drink, two Winners bars or two Winners gels. Everyone has their personal nutritional preferences when riding, so practice yours during training rides before the event.

Make a nutrition plan for the day and take advantage of the valet service so you can access fresh supplies mid-ride. Before the ride, make sure you eat a good, low-GI carbohydrate breakfast like porridge or muesli. It is best to consume a meal high in carbs such as pasta the evening before the ride.

Winners have a handy guide with further nutrition information at [peakschallenge.com.au](http://peakschallenge.com.au).

**YOUR HYDRATION**

The amount of fluid you need to drink is mostly dependent on the temperature. If you are using a sports drink as part of your nutritional plan, mix up the concentration based on the amount of fluid you will be drinking.

For the cooler part of the day, your drink should be more concentrated as you will be drinking less. During the

hotter parts of the day, it should be less concentrated as you will be drinking more. Always ensure that you start with two full 750ml bottles and stop at every rest stop to fill them up. Don't wait to feel thirsty before you drink.

**“DON'T FORGET TO TUCK ANY USED WRAPPERS INTO YOUR KNICKS OR BACK POCKET TO BE DISPOSED OF IN A BIN WHEN YOU PULL INTO A REST AREA.”**

**AFTER THE RIDE**

- Remember to collect your valet bag. Valet bags will return from Dinner Plain and be available to collect at the event village between 6:30pm and 8:30pm after the ride.
- It's important to rehydrate and refuel as soon as possible once you have finished riding. It's good to have a high-quality, low-GI carbohydrate meal within two hours of finishing and then another evening meal high in protein.
- The day after the main event you can go for a recovery ride. Spin out the legs at around 100rpm on a flat course at an easy pace for about one hour to help ride out any soreness. If you need to travel and are unable to ride you can go for an easy walk when you get home.
- Find your official Peaks Challenge Falls Creek photos and ride times at [peakschallenge.com.au](http://peakschallenge.com.au). Your nominated contact will also have received text messages with your ride times sent after each climb was completed.





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Falls Creek, Victoria's High Country

RIDE  
HIGH  
COUNTRY

Allez, Allez!  
Enjoy Peaks Challenge 2022!

# IMPORTANT INFORMATION

**T**here are a few things you will need to do at the Peaks Challenge Falls Creek event village on Saturday to get ready for ride day. The event village will be open from 10:00am to 7:30pm.

## 1. Scan your QR code

Please scan the QR code on your arrival to the Event Village. You are required to show proof of COVID vaccination once you collect your rider pack in step 3

## 2. Get your bike checked

Bring your bike to the event village for inspection of working front white and rear red lights, operational brakes and general condition. Your bike must pass the inspection before you can pick up your rider pack. The inspection is a condition of entry and anyone attempting the ride should easily pass our basic inspection. Bike mechanics will be on hand for advice or last-minute tune-ups.

## 3. Collect your rider pack

Once your bike is ticked off you can collect your rider pack. It will include valet bags, your wristband, timing chip and more.

At pack collection, you will be asked to provide proof of COVID vaccination.

When collecting your pack, you can also pick up a top tube sticker with timing information to help you work towards your finishing target.

## 4. Organise your valet bags

You will receive four valet bags:

- 2 x valet bags for food (bound for Harrietville and Anglers Rest)

- 1 x valet bag for food and clothing (for Dinner Plain)
- 1 x return valet bag (to be placed inside Dinner Plain valet bag)

Fit your rider number stickers to your valet bags, fill your valet bags with food, clothing and other things you might want to access on the ride.

Remember that only the Dinner Plain valet bag will return to the event village. Place the return valet bag inside the Dinner Plain bag so you can repack your items.

Only put food and things you don't want to keep in the Harrietville and Anglers Rest valet bags.

Once packed, you can drop off your bags at the event village before 7:30pm. If your accommodation is not at Falls Creek, make sure you bring everything to pack in your valet bags to the village on the Saturday. You will not be able to pack or drop off valet bags on the ride day.

Bicycle Network is continuing to support 100% compostable valet bags. [Click here to read more.](#)

## 5. Attend the mandatory rider briefing

The rider briefing will be held in the Event Village at 6pm on Saturday. It is **compulsory to attend** and will include important information about the start procedure, route and safety messages.

### By Saturday evening you should have:

- Had your bike inspected
- Picked up your rider pack
- Packed & dropped off your valet bags
- Viewed the rider briefing

# EVENT DAY

1. Arrive at Falls Creek and jump in your correct wave. Refer to page 10 to better understand how the start procedure works. Remember, your time does not start until after you pass through the start line gantry..
2. Make sure you're wearing your wristband, your seat post sticker with timing chip is attached to your bike and your lights are on. Also remember your helmet, full drink bottles, food, clothing, spare tubes and puncture repair kit.

To complete the event within the 13-hour time limit you must be past these locations by these times:

LOCATION	TIME
Harrietville rest stop	10:30am
Dinner Plain lunch stop	1:30pm
Omeo rest stop	3:15pm
Back of Falls	5:30pm
Trapyard Gap	7:00pm

3. Lantern Rouge riders, identified by their red kit, will ride on the 13-hour mark. They will depart the start line at 7:15am, and along with other Team Bicycle Network members, they will do everything possible to help you finish. However, you should not drop behind them on the ride. If you do fall behind the Lantern Rouge and arrive at rest areas after the cut-off times you will be asked to retire gracefully. If this happens Bicycle Network will transport you and your bike back to the event village.
4. Treat the rest areas as quick pit stops. Use the toilets, grab some food, dispose of rubbish, fill your bottles and go. Use the medical team and mechanics on route if need be and listen to the marshals and authorities. They are there to help us so please respect their instructions.
5. Usual road rules apply at all times during Peaks Challenge Falls Creek. Stick to the left, do not cross double lines, use caution when passing and talk to each other. This is also important on roads closed to other traffic as there will be event and emergency services vehicles on the route.
6. Be aware that changing conditions, fatigue, traffic and average speed can directly affect your ability to finish the event.
7. Be prepared to react to changed weather conditions, turn your lights on and use your Dinner Plain valet to dispose of additional riding gear or collect new riding gear.
8. Event team and volunteers will support you and give you every opportunity to finish, but if you do fall behind the cut-off times, please retire gracefully.
9. You will be photographed as you ride across the finish line, be presented with your finishers jersey and given a post-ride snack. Park your bike and find friends, family and fellow riders to celebrate your achievement.

# WEEKEND PROGRAM

## SATURDAY

TIME	WHAT'S ON
10:00am	Event village opens
2:00pm– 4:30pm	Bicycle Network members lounge open
4:30pm	Women's Community information session
6:00pm	Rider briefing live in the event village
7:30pm	Rider village closes

## SUNDAY

5:30am	Bogong High Plains Rd closes (from Mount Beauty to Falls Creek)
6:45am	235km ride starts
7:15am	Lantern Rouge departs
8:00am	Friends and family social ride starts
10:00am	Junior Peaks starts
6:30pm*	Valet bags return from Dinner Plain
7:00pm*	SAG bikes return
8:15pm	Lantern Rouge returns
8:30pm	Valet collection closes
9:00pm	Village closes

## MONDAY

8:30 – 9:30am	Jersey swap**
---------------	---------------

\*This time may change, depending on conditions on the day

\*\*Limited sizes are available. Please check the [men's jersey size guide](#) and [women's jersey size guide](#).



### FRIENDS AND FAMILY RIDE

Do you have family and friends cheering you on at the start and finish? They can bring their bike along too, because we've organised a 47km social ride open to anyone who can confidently ride a road bike. Leaving at 8:00am from the event village we will ride out to Trapyard Gap then back to the event village for coffee.

### BICYCLE NETWORK MARQUEE

Want to know where your dad, mum, son, daughter or friend is out on course? From 10am on Sunday, check in with the Bicycle Network staff under the Bicycle Network marquee, and we can give you a near live update of their location on course.

### JUNIOR PEAKS

Peaks Challenge Falls Creek may be the ultimate test for a cyclist, but there is nothing more rewarding than watching the next generation take on the mountain!

Junior Peaks is a fun filled event for the little tackers who will one day become Peaks Challenge Falls Creek riders. The ride includes a 6km loop around the village with a lead and tail rider who will support and encourage the kids to achieve their personal best.

Entry is \$10 per rider and all ages are welcome, although we do recommend children under 8 years old should be accompanied by a support person. Registration for Junior Peaks occurs on Saturday at the Falls Creek marquee in the event village.

### LEAVE A MESSAGE FOR YOUR LOVED ONES

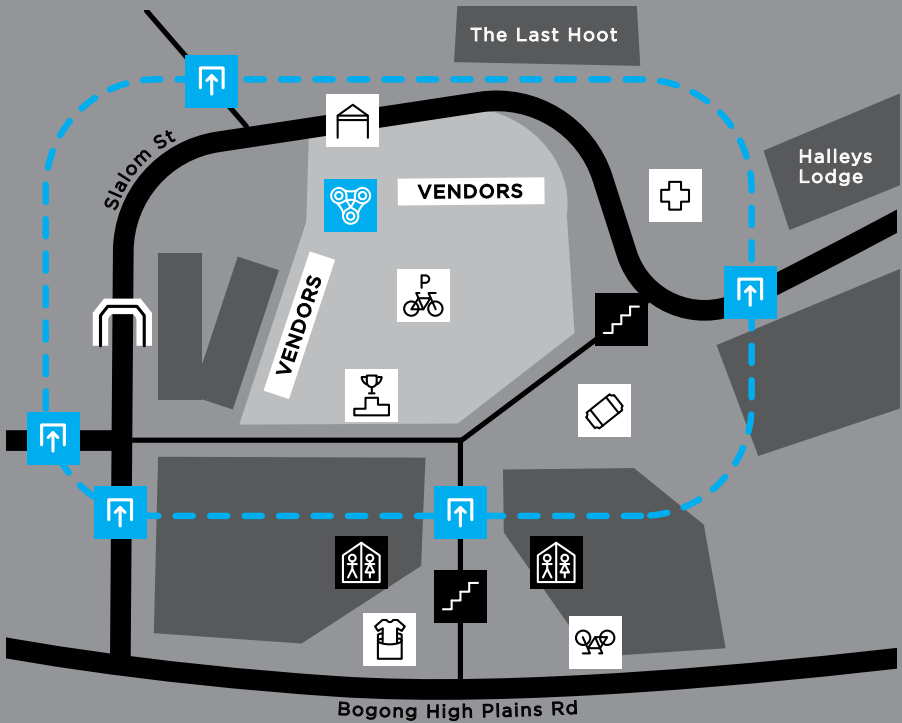
Want to show some love out on the road? We have a sign making station in the village on Saturday for you to create a message of support which will be displayed on the final climb up the back of Falls Creek on the ride day. You can also grab a bit of chalk and leave a message on the start/finish line surface.

### FALLS CREEK MARQUEE

The team at Falls Creek All Season Resort have plenty of fun activities to do throughout the weekend. Swing by their marquee in the event village for more details about what's on offer across the mountain.



# Peaks Challenge Falls Creek Event Village



## Map Key



Start and Finish line



Event village entry and exit, and QR code check-in



Bicycle Network information hub



Registration



Marquee: Bike check



First aid



Valet



Stage and big screen



Bike parking



SAG pick up



Toilets



Stairs



Road



Path

# THE CLIMBS

Peaks Challenge Falls Creek is a 235km loop ride from Falls Creek via Tawonga Gap, Mount Hotham, Omeo and Anglers Rest.

## CLIMB 1

### TAWONGA GAP

7.5km

476m elevation

6% average gradient

The first of the peaks to climb—Tawonga Gap—is the smallest, but shouldn't be underestimated. The climb is of a consistent gradient, but has some tight hairpins.

Consider the amount of effort you expel and keep an eye on your riding time with two peaks still to come.

After we reach the top of Tawonga we have our most challenging and technical descent. Take extreme care while descending – you don't want your day to be over after climb one.

## CLIMB 2

### MOUNT HOTHAM

29.9km

1,303m elevation

4% average gradient

Look at the Mount Hotham climb as a marathon, not a sprint. It is our longest climb and has an inconsistent elevation.

The best way to pace yourself for this climb is to mentally divide it into thirds: steep, false flat, steep.

Taken as a whole, it's a long tough climb, eased a little by a relatively gentle middle third, and punctuated by a few very steep sections. Push through the pain and you'll be rewarded with spectacular views of Mount Feathertop and the Victorian Alps.

When you hit the summit you'll be on the highest piece of sealed road in Victoria!

## CLIMB 3

### FALLS CREEK

22.6km

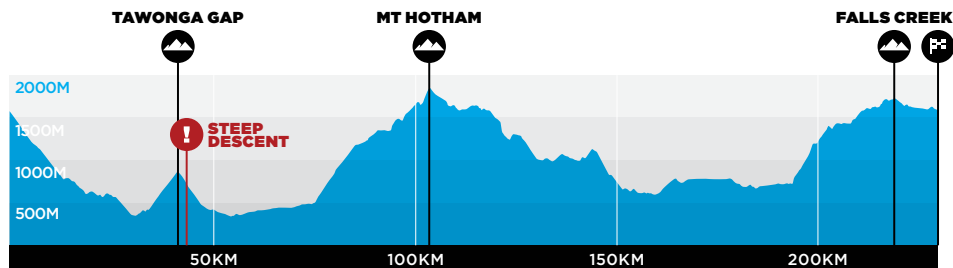
980m elevation

4% average gradient

The final climb up the back of Falls Creek is known as The Beast. It's a gruelling challenge to wrap up the day.

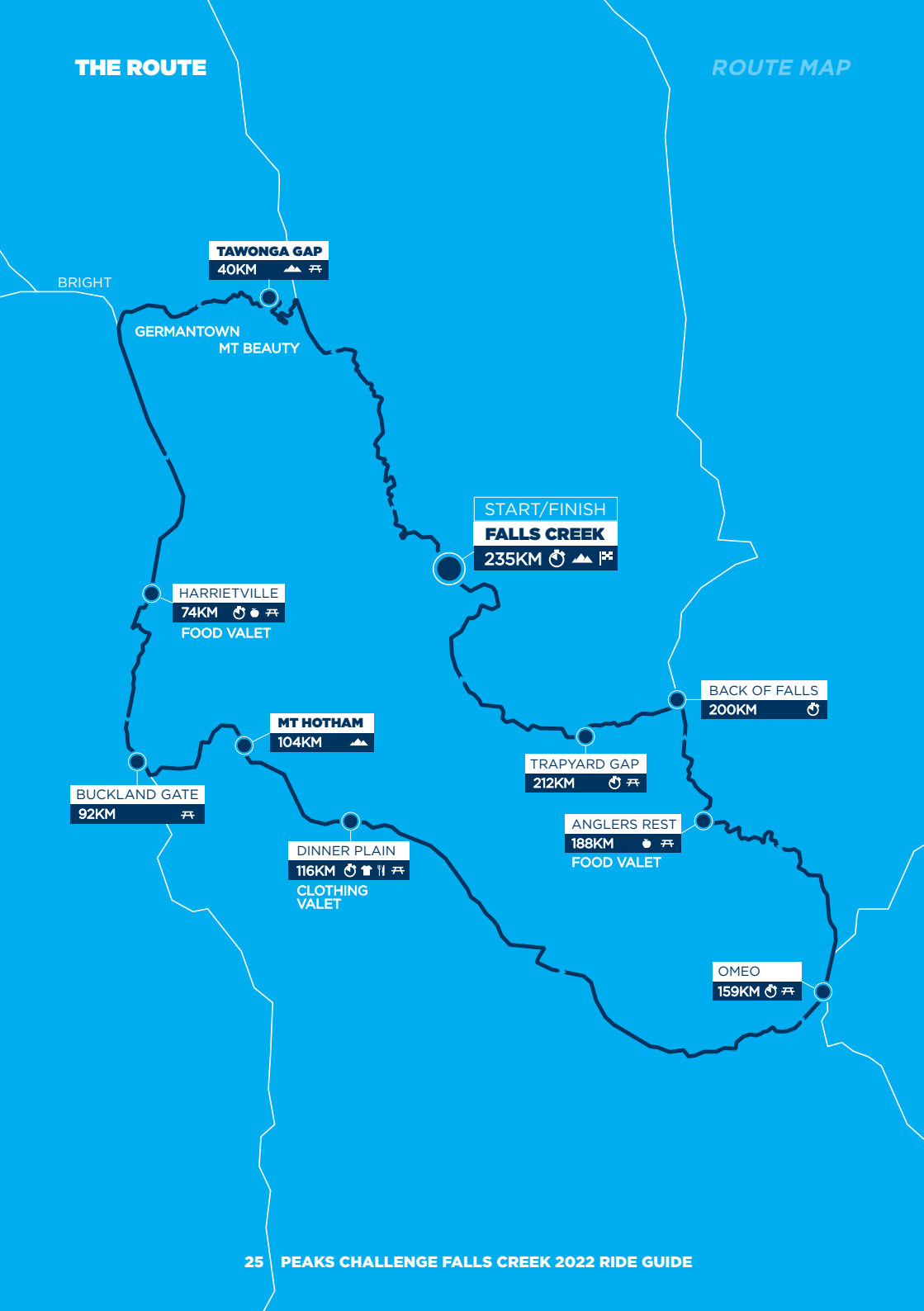
With the first eight kilometres averaging a 10% gradient, it has been known to push many a cyclist to their breaking point.

The key to beating the back of Falls Creek is by riding within your limits and pacing yourself throughout the day to leave enough juice in the tank for one final effort.



# THE ROUTE

# ROUTE MAP







**P**eaks Challenge Falls Creek is not a race; however you do need to finish within your deadline. Participants are timed and rewarded with one of two commemorative jerseys:

- [Sub 10-hours finishers jersey](#)
- [Sub 13-hours finishers jersey](#)

This is a tough event in rugged and remote country. Bicycle Network works closely with Victoria Police and Ambulance Victoria to give all registered participants the support required to attempt such an epic ride.

It is important that you do not take any risks that could put yourself or other riders in a life-threatening situation. Respect your fellow riders and other road users and obey event officials at all times.

<p><b>SHARE THE ROAD</b> Be aware that you are riding on the road with other riders and traffic.</p> <p>Ride in the <b>Green Zone</b>. Overtake in the <b>Orange Zone</b>. Stay out of the <b>Red Zone</b>.</p>	<p>Shoulder</p>	<p>Green Zone</p>	<p>Orange Zone Overtaking Area</p>	<p>Red Zone Oncoming Traffic</p>
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**PLEASE OBSERVE THE FOLLOWING GUIDELINES**

- When descending you should ride within your limits. Do not take any risks and keep left at all times. Do not cross the white line in the centre of the road, do not overtake other riders on their left and limit your speed to 50km/h.
- When climbing you should not zig-zag and not cross the white line in the centre of the road.
- As per Victorian road rules you must use a white front light and red rear light that is clearly visible from at least 200 metres away when it is dark.

**DO NOT TAKE ANY RISKS THAT COULD PUT YOURSELF OR OTHER RIDERS IN A LIFE-THREATENING**

- Obey all road rules, traffic signals, signs and directions from marshals, police and traffic controllers. Whether you are riding on a closed or open road, the road rules do not change.
- Do not ride on the wrong side of the road.
- Ride as near as possible to the left side of the road.
- Verbally communicate all changes in your direction and tell other riders if you are slowing or stopping.
- Do not ride more than two abreast and no more than 1.5m apart unless overtaking other riders.
- Do not ride within 2 metres of the rear of a moving vehicle for more than 200 metres. Do not hold onto a moving vehicle.

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# ROUTE SUPPORT

## REST AREAS

There are eight separate rest areas where you will be able to stop, refuel, check your bike, dispose of rubbish, go to the toilet or receive first aid treatment. Please see to the chart for a list of rest area locations.

All rest areas will be stocked with **Winners** product, electrolytes and hydration and water.

The below stops also offer the following:

### 235KM

<b>Harrietville</b>	Banana bread
<b>Dinner Plain</b>	Chicken wraps by The Hub Dinner Plain ( <i>see below</i> ), ANZAC biscuits and bananas.
<b>Omeo</b>	Lollies and fruit
<b>Traynard Gap</b>	Coca Cola, bananas, and salty chips.

Peaks Challenge rest sites have gluten free and vegan alternatives available. If you are unsure, please ask the Bicycle Network rest site team as you arrive.

### Lunch options include:

- Wheaten wrap, chicken, avocado, semi dried tomato, shredded lettuce and mayo.
- GF wrap, chicken, avocado, semi dried tomato, shredded lettuce and mayo.
- GF wrap chargrilled vegetables, sun dried tomato & relish.
- GF wrap falafel, tabouli, hummus, relish and salad.

**WASTE DISPOSAL**

Peaks Challenge Falls Creek takes you through one of the most beautiful national parks in Australia. Being 'too tired' is not an excuse for not disposing of your rubbish correctly.

There will be many bins at rest areas to make disposal easy. If you find yourself with rubbish while out on the road please hang on to it until the next stop.

We suggest tucking empty wrappers into the leg of your knicks or in a jersey pocket. Your cooperation with this is essential to reducing the impact on locals and the environment, as well as ensuring the continuation of Peaks Challenge Falls Creek in the future.

**FIRST AID AND MEDICAL**

Your safety is paramount, so we have put in place the best care plan to respond to any problems or complications that

may occur during the ride. The following identifies our medical setup:

- A first aid clinic will operate at the event village
- All rest areas will have first aid and medical supplies
- Mobile first aid motorcycle marshals will be on the riding route
- Ambulances will be stationed along the route to respond to any emergencies, however don't expect them to be looking out for you.
- Always call 000 in the event of an emergency. While there are dedicated ambulances stationed along the route, standard Ambulance Victoria fees and charges apply if you do require transport. We recommend taking out Ambulance Victoria membership prior to the event.

<b>IS IT AN EMERGENCY?</b> Does it require Ambulance, Fire or Police?	
<b>NO</b>	<b>YES</b>
<p><b>CALL EVENT ASSISTANCE</b></p> <p>0425 381 816 or 0425 777 484</p>	<p><b>STEP 1:</b> Call <b>EMERGENCY SERVICES</b> <b>000</b> or <b>112</b></p> <p><b>STEP 2:</b> Call <b>EVENT ASSISTANCE</b> 0425 381 816 or 0425 777 484</p>
<p>In case of an emergency it is always recommended to call <b>000</b> first. Calling event assistance <b>after</b> calling 000 is essential so that, where possible, Bicycle Network can work with the Emergency Services to facilitate the appropriate response.</p>	

**CUT-OFF TIMES**

If you retire from the ride please notify event assistance on 0425 381 816 or 0425 777 484 (save these numbers in your phone). SAG wagons and coaches will then transport you back to the finish site. Private vehicles are not permitted to assist riders on the route.

To complete the 235km event within 13-hours you must be past the following points by these times:

LOCATION	TIME
Harrietville	10:30am
Dinner Plain	1:30pm
Omeo	3:15pm
Back of Falls (Bogong High Plains Rd turnoff)	5:30pm
Trapyard Gap	7:00pm

Stationary route and motorcycle marshals  
Motorcycle marshals are there to help, and most will be trained in first aid. To seek assistance from a motorcycle marshal, wait on the side of the road.

**SAG WAGONS**

SAG (support and gear) wagons will be operating all day to support riders who are unable to continue riding. SAG trailers and coaches will patrol the ride and sweep the tail end. They will pick you up and take you to retired rider points for transport back to Falls Creek. Please be patient if you need to be picked up and follow marshal instructions.

The best way to access the SAG wagon is to go to the next rest area and notify the marshals. If you cannot make it to the next rest area, pull off the road, turn your bike upside down and wait for a motorcycle marshal to assist you.



**PRIVATE SUPPORT VEHICLES**

Private support vehicles are not permitted on the Peaks Challenge Falls Creek route under any circumstances. Support is provided along the entire route, including emergency medical assistance, mechanical assistance, food, drink, valet services and transport for riders who retire. Any riders found to be supported by private vehicles risk being excluded from the event.

**MECHANICAL SUPPORT**

We've got your back at Peaks Challenge Falls Creek, including with on-route mechanical assistance.

Pedal Power Garage are on board to support you at the village before the ride and will be out on the road to help you get through with minimal fuss. They will be set up at the village on the Saturday for

all your last-minute servicing, repairs and sales of products to help get you through.

Plenty of tyres, tubes, tyre levers, and CO2 canisters will be available to minimise puncture issues, while everything else from cables to cassettes will be available.

There will be a range of clothing including helmets, gloves, jackets and vests to make the day more comfortable if the weather is not what is expected. A fully quipped workshop will be able to make last minute repairs, servicing and adjustments.

**SUPPORT IS PROVIDED ALONG THE ENTIRE ROUTE, INCLUDING EMERGENCY MEDICAL ASSISTANCE, MECHANICAL ASSISTANCE.**





# CUT-OFF TIMES

The 13-hour time limit is a key component of Peaks Challenge Falls Creek. The time limit is in place to guarantee riders full on-route support, and to ensure the Peaks Challenge finishers jersey maintains its revered reputation within the bike riding community.

This is how Peaks Challenge Falls Creek event timing works:

Each rider has 13 hours to complete Peaks Challenge Falls Creek. **Your individual 13-hour clock does not start ticking until you have crossed the start line.** This means that no matter what wave you depart in, your 13-hour limit starts from the moment your bike crosses under the start line gantry. This is when you should start your personal timer or take note of your watch.

Our lantern rouge team will leave shortly after the last rider crosses the start line, and ride at the pace of the last rider who is still able to finish within 13 hours. The cut-off times are set according to when the last rider can leave a particular point in the race and still finish within 13 hours, so if the lantern rouge is in front of you at a cut-off point, you're in trouble.

Location	Location Name	Sector Cut Off
1	Harrierville Rest Area	10.30am
2	Dinner Plain Lunch Stop	1.30pm
3	Omeo Rest Area	3.15pm
4	Bogong High Plains Turnoff	5.30pm
5	Trapyard Gap Rest Area	7.00pm

Even if you don't see our lantern rouge riders on your tail during the ride, you may still finish outside of the 13-hour time limit because you crossed the start line before the lantern rouge, so it is important to track your own time if you want to claim your finishers jersey.

### For example:

If Amy crosses the start line at 6:45am, she will need to finish the ride before 7:45pm to be within the 13-hour time limit and receive a finishers jersey.

If John crosses the start line at 7:00am and the lantern rouge starts at 7:15am, John will need to cross the finish line by 8:00pm, even though the lantern rouge is not due until 8:15pm.

If the lantern rouge passes Amy or John during the ride, they will need to pick up the pace urgently or be asked to retire gracefully and be driven back to the village in the SAG wagon.

Peaks Challenge Falls Creek starts in waves according to how long you think it will take you to finish (8 hours, 9 hours, 10 hours, etc.). Team Bicycle Network wave leaders will help keep pace to achieve the time goal of each wave (not the cut-off time), and there are also top tube stickers available to download or stick to your bike for reference during the ride.

### Peaks Timing Preparation:

1. Start in the right wave for your ability
2. Download several different top-tube timing stickers
3. Set your bike computer to elapsed time, instead of moving time (or just use a stopwatch)

It's our role to help get as many of you across the line in under 13 hours, but this isn't always possible. It is important to the event that if you do slip behind these sector cut-off times that you respectfully withdraw from the event when asked and jump into one of our friendly SAGs to be driven back to the village. The SAG drivers will take your name and ride number, and alert event control that you're no longer out on the route.

If you refuse to call it a day, our event assistance team will record your rider number and you will ride on unsupported, no longer part of the event. This is because Bicycle Network needs to focus on supporting the majority of riders across the finish line within the designated time.

Ultimately our priority is your safety, and having riders out on the route without support as the sun starts setting, the temperature drops, and visibility worsens is not a situation we want you to be in.

We ask all riders to please remember that everyone supporting your ride out on the road is there to make your day better and has got your back, so please be respectful of our team and the job they are trying to do while you enjoy your ride!

# MEET THE TEAM

## TEAM BICYCLE NETWORK

They come from a range of different backgrounds, but have each come to see cycling as a defining passion that can challenge themselves, increase their fitness and demonstrate leadership in the bunch as ambassadors for Bicycle Network.

Whether they're leading training rides to keep your preparation on track, or setting the pace at Peaks Challenge, they'll be your domestique.

We're thrilled to have them as a part of the team, and we look forward to a great ride at Peaks Challenge 2022.

8 HOUR	9 HOUR	10 HOUR	11 HOUR	12 HOUR	LANTERN ROUGE
 CAM CLAMP	 JAMES GARRICK	 ALISON MCCORMACK	 KATE KELLET	 SHEL HYDE	 GLEN JANETZKI
 STEVE LANE	 IAIN MATHERSON	 LEE TURNER	 JUSTIN BENSON	 RICHARD CROSS	 BEN GOVE
 CLINT PERRET	 JOSH MCELLEN	 LEWIS BULL	 GEOFF WHITE	 FATS TAIBHAI	 SAM BUTCHER
	 LISA JACOBS	 CHRIS PAKAKOSTA		 BLAIR FREEMAN	 RICH MARTIN



# BICYCLE NETWORK MEMBERS

## WARM UP SPIN, COFFEE AND CHAT.

Head out for a pre-event spin with coach Stephen Lane and Richard Cross from Team Bicycle Network to Trapyard Gap.

It's the perfect opportunity to connect with other Bicycle Network members, warm up those legs before event day and ask any burning questions.

<b>When</b>	Friday 11 March, gather from 2:50pm for a 3:00pm rollout
<b>Meeting</b>	Event village at the Bicycle Network membership marquee
<b>Location</b>	Falls Creek to Trapyard Gap return
<b>Distance</b>	48km

## BICYCLE NETWORK EVENT VILLAGE HUB

Make sure you come and visit the Bicycle Network membership marquee in the Event Village to receive your very show bag packed with lots of goodies and to receive your raffle ticket to go into the draw to win a fabulous prize (to be drawn at the rider briefing).

## BICYCLE NETWORK MEMBERS Q&A SESSIONS WITH TEAM BICYCLE NETWORK

Join us at the Bicycle Network members lounge in Frying Pan Inn for exclusive Q&A sessions with Team Bicycle Network.

Team Bicycle Network riders will host five separate Q&A sessions based on aimed finishing times.

Choose your session, enjoy a free beer or soft drink, ask your burning questions and get last minute tips for your big day in the saddle.

### Q&A SESSIONS

#### Saturday at Frying Pan Inn

<b>8 and 9-hour</b>	2:00–2:30pm
<b>10-hour</b>	2:30–3:00pm
<b>11-hour</b>	3:00–3:30pm
<b>12 and 13-hour</b>	3:30–4:00pm
<b>Women's Community</b>	4:00–4:30pm

### NOT A MEMBER?

Make sure you don't miss out – join now at: [bicyclenetwork.com.au/membership](https://bicyclenetwork.com.au/membership)



Sign up at  
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# QUEEN & KING OF PEAKS

## Have you got what it takes to be crowned the Queen or King of Peaks?

Queen and King of Peaks is back for 2022 with prize money available for QOMs and KOMs. Are you up for the extra challenge?

There are QOMs and KOMs for each of the three main climbs. There are timing points at the start and finish of each climb and \$500 available for the female and male

rider who gets the fastest time up a climb.

There's a total of \$3,000 prize money available. Will you be taking home the crown and the cash?

In 2021, Justine Barrow was the fastest female in Peaks Challenge history – what might 2022 bring?

### 2021 PEAKS CHALLENGE QOM AND KOM



#### Tawonga Gap

Justine Barrow 22:50  
Mark O'Brien 18:37



#### Mount Hotham

Justine Barrow 1h20:04  
Mark O'Brien 1hr08:17



#### Falls Creek

Justine Barrow 1hr23:05  
Mark O'Brien 1hr00:46

### NEW FASTEST FINISHERS

In 2022 we're bringing in some big changes and increasing the amount of cash we're giving out at the end of the ride! You will be able to see how you rank against others in your age bracket for the 2022 event. If you're looking to top the overall finish time in your age bracket you will receive \$200 cash in hand both for the fastest male and female finishers. That's an extra \$2,000 we're putting up for grabs on top of the existing KoP and QoP prizes!

### PEOPLE RIDING

What are the age brackets?

#### 18-30 year age bracket

\$200 up for grabs for both fastest male and female finishers

#### 31-40 year age bracket

\$200 up for grabs for both fastest male and female finishers

#### 41-50 year age bracket

\$200 up for grabs for both fastest male and female finishers

#### 51-59 year age bracket

\$200 up for grabs for both fastest male and female finishers

#### 60+ year age bracket

\$200 up for grabs for both fastest male and female finishers

\*The timing of climbs will be measured solely through the official event timing and will be measured off your age at the time of the event to determine.



King and Queen and Peaks and all KOM and QOM winners will be announced at the Event Village on Sunday evening.

\*Terms and Conditions apply.



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## BIKE INSURE

All product information displayed on this website is subject to policy terms and conditions (including eligibility criteria, exclusions and limitations). Any advice provided is general only and may not be right for you. You should carefully read the relevant combined Product Disclosure Statement and Financial Services Guide (PDS) to ensure the product is right for you. A copy of each PDS is available on this website or by contacting us. The product issuer for bicycle insurance products is The Holland Insurance Company Pty Ltd ABN 78 090 584 473, AFSL 241436 (Holland). Bike Insure insurance is administered by Velosure Pty Ltd ABN 81 151 706 697 trading as BIKEINSURE (AR 410026). Bike Insure Insurance is promoted by Bicycle Network Incorporated ARBN 054 009 871 (AR 1284571) and administered by Velosure. Bicycle Network and Velosure are both Holland's authorised representatives.



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