



Amy's Ride

CANBERRA – SUNDAY 14TH MARCH 2010

Amy's Ride, presented by the Amy Gillett Foundation, and managed by Triathlon ACT, is proudly supported by **Continental Tyres, Cyclecover Insurance and Stromlo Forest Park**. Our focus for the ride is to promote harmony and respect between all road users to reduce the incidence of injury and death to cyclists. We're looking forward to a great day of cycling and here are a few reminders:

START TIMES

The ride Start/Finish is at Federation Mall in front of Parliament House

8:15am - Rider briefing.

8:30am - 110 km riders start

8:50am - 65 km riders start

9:00am - 30km riders start

9:00 am – 1:00pm - Face Painting

DRINK STATIONS

Stromlo Forest Park and Cotter Rd between Uriarra Rd and Streeton Drive. As the weather can be variable please pay attention to your hydration and wear sunglasses and have sunscreen to reapply.

ROUTE DETAILS

There will be signage on the course in the way of 40cm x 40cm red directional arrows on white corflute. Please familiarise yourself with the course you have chosen, maps can be found online at www.amygillett.org.au.

ROAD CLOSURE

There is traffic management in place but the only road closure is at Federation Mall Start/Finish area. Please pay attention to all police and traffic marshal directions.

EMERGENCY

We recommend you have a mobile phone with you. In the event of an emergency, dial 000. If you are requiring basic first aid, there is a phone number on your rider bib and a mobile St John Ambulance will attend you. Please ensure that you have completed the emergency contact details on the reverse side of your rider bib.

BIKE ASSISTANCE

Bike assistance will be at the start/finish area; the contact number is on your rider bib. If you have overestimated your capability for the day the SAG wagon will pick you up and return you to Federation Mall – you will need to be patient as the SAG wagon follows the last riders.

RIDER GOODY BAGS

Available for collection at the Finish area and will include a Winners bar and a Powerade drink. A piece of fruit courtesy of Woolworths will also be available at the finish.

IT'S NOT TOO LATE TO REGISTER

If you have friends/family who want to sign up for Amy's Ride, there is still time. Online registrations are open until 5pm Friday 12th March. Registrations will also be accepted on Saturday afternoon at Federation Mall from 3:00pm to 6:00pm and also on the morning of the ride. Anyone registering on the day must ensure they leave adequate time prior to the ride start and note that late registrations may not receive a jersey if the allocation has been filled (cost to register remains the same).

START/FINISH AREA FEDERATION MALL

There will be food and drink, toilets, massage by Clinic88, face painters, Winners bars, A'qto t shirts. We look forward to seeing you on your safe return and relaxing for the afternoon, enjoying what is on offer at the Start/Finish area. Don't forget to visit the AGF tent and familiarise yourself with our programs, initiatives, events and staff.

FUNDRAISING CHALLENGE

Join the Amy's Ride Fundraising challenge by getting your family and friends to sponsor you for the ride. All money raised will go to supporting the Amy Gillett Foundation's road safety initiatives, such as the new 'a metre matters' campaign.

Sign up <http://www.amygillett.org.au/amys-ride-victoria>

Thanks for your support and have a great ride.



Amy Gillett FOUNDATION
Safe together



TRIATHLON
Australian Capital Territory

Sponsored by:

