



From the Social Committee



Hi All,

There is only one week to go before the Tour so we hope that everyone has their riding legs in check.

Please read the information below carefully as this is what you need to know prior to the ride.

Prior to Ride Day

Louise Mills our ride captain will be collecting **ALL** Lakers rider kits including wrist bands, official ride guide and jerseys this Sunday the 17th of January.

Your Jersey and Wrist Band will be able to be collected at either Nigel's running session on Tuesday 19th and/or Grants swimming session on Wednesday 20th January. If you can not make it to these sessions contact LOUISE on 0419 304 282 to work out other arrangements.

Actual Ride Day

This year the Lakers will be meeting outside the front of Pembroke School at 342 The Parade, Kensington Park which is a bit further up The Parade where there should be plenty of parking available. We will meet at 6am and will aim to leave a bit before 6.30am (official start time) as this will ensure that we are not blocked by the 7000 other riders and can get a slightly clearer run before the pack advances. Those that have collected wrist bands and jerseys there will be no reason for you to travel to the start if you don't wish to as the ride goes straight past on The Parade. For those who want to start directly at the start line, you could head back down the Parade as we depart to cross the official start line. We are not aware that there will be any toilets available so it might be worthwhile going before you leave home as the toilets at the start line will generally have a massive queue.

A list has been attached of the Lakers group so that you can arrange to ride with others of similar ability or people completing the same distance. Most people will have "Lakers" printed on their jerseys, or will be wearing their knicks. So keep an eye out for the Lakers attire to spur other on, or simply have a chat, on the ride.



With 7000+ participants here are a few tips,

- It is advisable to make a few groups up with those who will ride at the same pace start organising this now with your fellow members.
- Wear your Lakers knicks to help stand out during the day.
- Make sure you start with a minimum of 2 x bidons of fluid, anything less and you are asking for trouble.
- Take at least 2 spare tubes with you and anything else you may need, tool, pump, CO2 canisters etc, don't rely on anyone else.
- Take some snacks, although there will be food provided these types of rides can have a tendency to run out of some food.
- Drink during the ride, even if your water/drink is warm, get it in to you or you will regret it later.
- Be careful riding in the pack, there will be a lot of inexperienced riders riding these roads for the first time, especially take care cornering at speed.

Heat/Extreme Weather Policy

The event now has a heat/extreme weather policy which we suggest everyone reads. [Download](#) your copy. If the temperature is forecast to be 40 degrees plus at 6pm the day prior, the event will be immediately cancelled. For temperatures forecast to be between 36-39 degrees the Tour Management will determine if the event is to be modified or cancelled.

Official Ride Guide

For the latest information about the Mutual Community Challenge Tour including maps, directions, parking instructions and refreshment station locations, download the [Official Ride Guide](#).

Take care for now and if you have any queries please do not hesitate to contact either Louise (0419 304 282) or Sarah (0423 044 872) or on the following email louise.mills@sa.gov.au or sarah.calton@unisa.edu.au

Thanks from the Social Committee (Lou, Sarah, Sam & Amy)