



TEAMS GUIDE

THIS IS

YOUR

RIDE



UNITED ENERGY
**AROUND
THE BAY**

united energy 

 Maddie
Riewoldt's
Vision.



INTRODUCTION

Are your workmates, cycling club or riding buddies looking for a challenge? Get them together and join hundreds of other teams who saddle up together on United Energy Around the Bay - Australia's biggest bike ride. With ride options to suit all ages and abilities, you can set and smash your goals together!

Inside this guide, you'll find some handy tips and tricks to take your United Energy Around the Bay team experience to the next level while also enjoying the many health and wellbeing benefits that riding United Energy Around the Bay together brings.

So what are you waiting for? Pick your challenge and take on this year's United Energy Around the Bay together - this is your ride!

WHY HAVE A TEAM?

The benefits to entering a team in United Energy Around the Bay are numerous but here is a quick snapshot:

- Support mental and physical health and wellbeing
- Challenge yourself with a riding goal alongside your teammates
- Compete for the Corporate Cup – awarded to the team with the most riders
- Support patients living with Bone Marrow Failure Syndromes and their families by fundraising for Maddie Riewoldt's Vision #FightLikeMaddie
- Celebrate back at the event village with your team, family and friends after you cross the finish line
- Take advantage of our Corporate Team marquees and exhibitor opportunities at the event village. Teams with over 40 participants receive a free 3mx3m marquee with personalised signage
- Enjoy easy invoicing options and free pack postage to team captains when you enter a team of 20 or more riders
- Free event jersey for all fully registered team members who have entered by Sunday 30th July
- Receive team captain rewards at registration milestones

Don't just take our word for it though...

"Around the Bay is the premier event on the Crown Staff Club's calendar. Eagerly awaited and passionately participated in, this ever growing event – in stature and riders – the Crown Staff Clubs own engagement continues to evolve with Around the Bay itself."

*Wayne Pearn
Crown Staff Club Manager*

"The Toyota TACT team started after I completed the 210km event back in 2004. After an incredible day on the bike, I wanted to share this experience with my colleagues and chatted with management about my idea to start an official Toyota team the following year. The Toyota TACT is proud to be the largest corporate team in Around the Bay for the last five years running."

*Carlo D'Angelo
Team Lexus TACT (formally Toyota TACT)*



MAKE YOUR TEAM BIGGER THAN EVER

Taking on the role of Team Captain may seem a little daunting at first, but we're here to help make it as easy as possible. Simply follow these four steps and you'll have the best team (and day) at United Energy Around the Bay 2023!

Step 1: Get the word out

The best way to recruit other passionate riders is simply by getting the word out! Talk to your cycling club, regular riding friends and all your colleagues in your office. Send out a team invite and put a poster in the staff room and end of trip facilities area to start getting everyone excited!

Step 2: Organise training rides

A team that trains together, crosses the line together.

It is important that your team trains regularly to help push those longer distances and stay committed during the cooler months. Set up a Slack or Teams channel, SMS group chat or even good old email – stay in constant communication and accountability from the team will never waver.

Step 3: Set-up your team's fundraising page

United Energy Around the Bay is proud to support Maddie Riewoldt's Vision #FightLikeMaddie. Help us fund research for Bone Marrow Failure Syndromes by setting up a fundraising page for your team!

Step 4: Look the part – design your own kit

Let's be honest, teams wear uniforms. While it's definitely not compulsory, we invite you to chat with our friends at HUB Cycling who have made it easier than ever to have your own custom team kits for United Energy Around the Bay, see page 7 for details.

LET'S TALK TRAINING

United Energy Around the Bay is the bike ride for everybody. Whether your team members are taking on the Family Ride or 300km, we recommend putting some kilometres in the legs before the event.

Training plans

We know the right training is key to achieving your goals and we are here to help your team smash them on the event. Simply follow our tailored 12-week training plans and your team will roll up to the start line feeling fit, fresh and ready to ride. It's never too early (or late!) to start training, but mark your calendars for Monday 17 July 2023 to get started and download your training plans here: [aroundthebay.com.au/tips-and-training](https://www.aroundthebay.com.au/tips-and-training)

Routes

Thanks to the online bike community it's never been easier to find some well-tested training routes. Join Team Bicycle Network on Strava to stay up to date with training rides or download our favourite routes. www.strava.com/clubs/bicycle-network

You can also use Strava to find popular training routes near you - wherever you are in Australia.

While riding the route itself is not key to your success in October, riding regularly as a team is. Include climbs where you can and most of all, have a good time! Doing this will add to the experience; especially for those pushing the larger distances for the first time.

United Energy Around the Bay Ambassador

Get your team set and train with Simon Gerrans

A former Australian cyclist on the world stage, Simon Gerrans holds the unique position of being the first Australian to have won a stage in all three Grand Tours - the Tour de France, Giro d'Italia and Vuelta a Espana. Let Simon set you and your team up for United Energy Around the Bay with some world class preparation.

Training ride and breakfast

Simon will take you and your team on a 40km training ride, followed by a Q&A over breakfast.

Training program.

Simon will develop a training program for you and your team. This will involve weekly programs for you to follow, and one ride a month with Simon for the two months leading into the event.



For more information and to book, please contact:

Shannon Beck

sbeck@tlaworldwide.com

M: +61 408 132 790



RIDE AND FUNDRAISE FOR PATIENTS IN NEED

Ride to create a brighter future for patients living with Bone Marrow Failure Syndromes

Maddie Riewoldt's Vision is thrilled to be the official charity partner of United Energy Around the Bay.

Maddie Riewoldt was just 26 years old when she died of a Bone Marrow Failure Syndrome called Aplastic Anaemia. Maddie fought for five years and wanted to ensure nobody else went through what she did. Maddie Riewoldt's Vision is her legacy.

Every 3 days an Australian is diagnosed with a Bone Marrow Failure Syndrome. Distressingly, most are children and young adults, and 50% will not survive. Thousands more are living with complex medical issues and ongoing risks to their health.

When our bone marrow fails, our body is unable to produce healthy blood cells, causing fundamental disruptions to our health. Sadly, treatments are inadequate and the only potential cure is a bone marrow transplantation which has serious risks.

Patients diagnosed with Bone Marrow Failure Syndromes and their families find there are limited treatment and support options available. **That's why Maddie Riewoldt's Vision is here.** We are leading the fight against Bone Marrow Failure Syndromes by funding research into better treatments and cures and providing patients and families with vital support along their journey.

Your team's fundraising will help us fund vital research and provide patients and families with the support they so desperately need.

As part of your team's entry, you will receive your very own fundraising page to share your ride and training with friends, family and colleagues. Your fundraising page can be as creative and unique as your team is – we can't wait to see your team's training, photos and updates!

Thank you for helping us to #FightLikeMaddie.



Amy Cooate
CEO
Maddie Riewoldt's Vision

Need a hand with your fundraising page? Email us at aroundthebay@mrv.org.au.

LOOK THE PART IN 2023

Bicycle Network is proud to continue their partnership with HUB Cycling for United Energy Around the Bay 2023.

HUB Cycling are known for their passion and dedication to producing high quality cycling gear for teams and organisations across Australia.

Deck out your team head to toe in a custom kit with this special United Energy Around the Bay team deal from HUB:

- Custom design jersey, knicks and sun sleeves for \$250 plus gst - design included*
- Add a custom cycling cap, gilet (windvest) and socks for the full package

*minimum order of 10 kits in the same design

For more info contact

Liam Harris

p 0418 100 366

e liam@hubcycling.cc



CELEBRATE AND RELAX IN YOUR EXCLUSIVE TEAM MARQUEE

The celebrations continue in the event village at Albert Park where you can soak in all those feel-good post-ride vibes with your family, friends or colleagues.

Exclusive to teams only, having your own marquee is a fantastic opportunity to set up a dedicated space for your team's bag-drop pre-ride, while also coming together after the ride to celebrate.

Hot Tip: If you enter a team of 40 or more riders, you get a complimentary single site package!

Conditions:

**To have your logo on the website, the package must be purchased by 1 August 2023.*

Team marquee packages must be purchased through registration by Sunday 24 September 2023.

Check out our team marquee packages below:

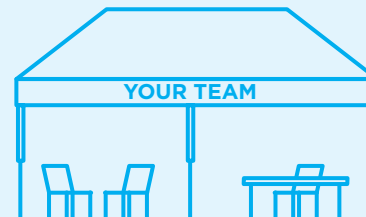


SINGLE SITE PACKAGE

- + 3x3 Marquee
- + Team logo on website*
- + 1 x Personalised team corflute sign
- + 1 x Trestle table
- + 10 x Chairs

\$1,200 incl GST

Suitable for teams of 10 riders



DOUBLE SITE PACKAGE

- + 6x3 Marquee
- + Team logo on website*
- + 1 x Personalised team corflute sign
- + 2 x Trestle tables
- + 20 x Chairs

\$1,800 incl GST

Suitable for teams of 20 riders

EARLY BIRDS GET THE JERSEY

Enter during the early bird period to receive the United Energy Around the Bay 2023 event jersey.

Key dates and information

- Enter before midnight Sunday 30 July 2023 and receive a bonus jersey.
- Event Day: Sunday 8 October 2023

Enter 20 or more riders and receive the below benefits

- Early bird jersey (enter before midnight 30 July 2023)
- Ability to pay on invoice
- Free postage to team captain

Enter 40 or more riders and receive the below benefits:

- Early bird jersey (enter before midnight 30 July 2023)
- Ability to pay on invoice
- Free postage to team captain
- Complimentary Team Marquee (Single Site Package RRP: \$1,200 incl GST)

Ride options	Standard adult
Family Ride	\$45
50km	\$85
100km	\$159
135km - Geelong start	\$175
200km	\$189
220km - The Classic	\$210
300km	\$279

Team Captain Rewards

In 2023, we want to reward you as team captain for all the hard work you put into building and managing your team.

Build a team of 20+ riders and receive:

- \$50 x 99Bikes voucher

Build a team of 40+ riders and receive:

- \$100 x 99Bikes voucher

Build a team of 60+ riders and receive:

- \$150 x 99Bikes voucher

For further info and assistance please contact

Chelsea de Ruyter

p (03) 8376 8828

e ATBteams@bicyclenetwork.com.au

THE ROUTES

Family Ride

Three laps of Albert Park.

50km

Albert Park – Williamstown –
Elwood – Albert Park.

100km

Albert Park – Williamstown –
Mordialloc – Albert Park.

135km - Geelong start

Geelong – Queenscliff – Albert Park.

200km

Albert Park – Sorrento return.

220km - The Classic

Albert Park – Geelong – Queenscliff –
Albert Park.

300km

Albert Park – Geelong – Queenscliff –
Flinders – Albert Park.





UNITED ENERGY
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THE BAY**

MAJOR PARTNER



CHARITY PARTNER



PARTNERS



aroundthebay.com.au