

**YOUR**

**135KM**

**RIDE**

**RIDE GUIDE**



UNITED ENERGY  
**AROUND  
THE BAY**

**08.10.2023**

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## [Acknowledgement of Country](#)

Bicycle Network acknowledges the Aboriginal and Torres Strait Islander peoples of Australia. We acknowledge the traditional custodians of the lands on which we travel through and pay our respects to ancestors and elders, past and present. Bicycle Network is committed to honouring Australian Aboriginal and Torres Strait Islander peoples' unique cultural and spiritual relationships to the land, waters and seas, and their rich contribution to society.

# Welcome

Dear United Energy Around the Bay Riders and Friends,

I am delighted to be sharing a very special United Energy Around the Bay with you, my fellow riders.

Bicycle Network's success in achieving a closed lane on the Princes Freeway and having vehicle speeds limited to 60km/h for the first time in 29 years, will make the 2023 ride a truly historic event.

Safety is paramount on all of our events, and I am absolutely thrilled that our Family Ride will take place on closed roads around Albert Park.

We are also very excited to be bringing back the Geelong start for the 135km route. Our members generously shared their thoughts and time with us to let us know the things that were most important to them. We are grateful for their support and advice, and we are proud we have been able to respond and offer many of the changes they requested.

As we all come together around beautiful Port Phillip Bay to share our love of pedalling and the great outdoors, I know you will join me in welcoming newcomers, families, teams and Around the Bay legends, some of them doing their 29th ride.

We know that our seven ride options this year, from just under 20km to 300km, offer something for everyone. So, whether you are riding the Family Ride, joining the 135km route from Geelong, tackling The Classic ride, or facing up to the 300km challenge, we hope you will look out for one another and create wonderful memories together.

United Energy Around the Bay is Australia's biggest bike ride and the 10,000 riders of all ages and abilities who join us today will share in a day of camaraderie, challenge and celebration.

I would like to express my heartfelt thanks to our wonderful volunteers, who generously give us their time and dedication, and our committed, hard-working Bicycle Network team. Together they create a safe, unforgettable experience for us all.

**I look forward to seeing you at the start line!**

**Alison McCormack**  
**CEO of Bicycle Network**



## We're moving energy to bayside Melbourne.

United Energy is your electricity distributor across Melbourne's south-east and Mornington Peninsula. And we're proud to support events that are important to the communities we serve like Around The Bay.

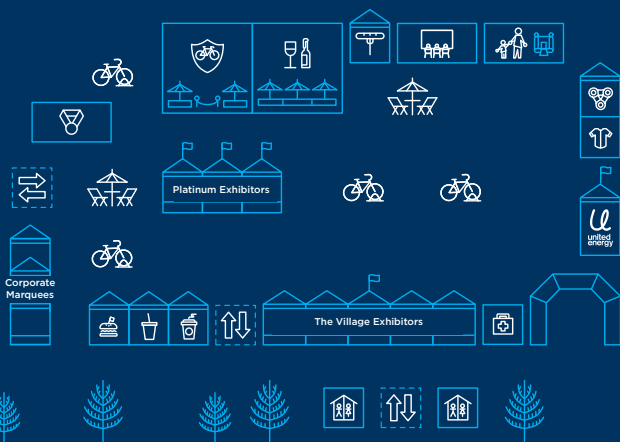
We're also playing a big role in delivering a cleaner energy future. It's all about keeping your power reliable while sharing the electricity produced by large scale solar and wind farms, as well as thousands of our customers' rooftop solar panels. We're moving energy when and where it is needed.

**Now, see you at the finish line!**

For more information, head to [www.unitedenergy.com.au](http://www.unitedenergy.com.au)



# Albert Park Village



- |  |  |   |   |
|--|--|---|---|
|  Bicycle Network HUB |  Toilets     |  Barbecue       |  Kids Zone        |
|  General entry/exit |  First Aid  |  Food Vendors  |  Big Screen      |
|  Valet              |  Spokes Bar |  Drink Vendors |  Outdoor Seating |
|  Stage              |  Clubhouse  |  Coffee Vendor |  Bike Parking    |

## What's on in the Village

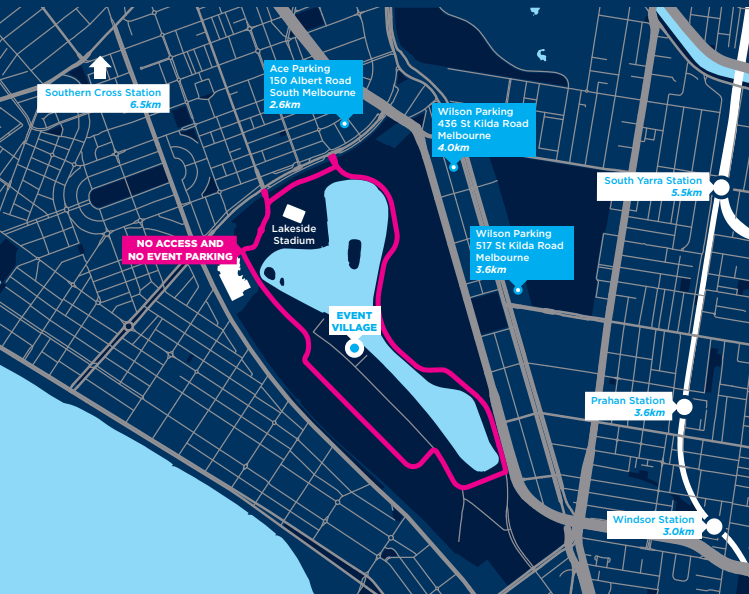
### Saturday 7th October 2023

Event Village	10am - 4pm
Pack Collection	10am - 4pm
Spokes Bar	12pm - 4pm

### Sunday 8th October 2023

Event Village	10am - 7pm
Spokes Bar	11am - 7pm
Clubhouse & Members Lounge	11am - 7pm
Kids Zone	10am - 5pm
Hourly Awards	
All Day Entertainment	

# Getting There



The main event site for United Energy Around the Bay is Albert Park. With thousands of riders, family, friends, and supporters expected, it will be a hive of activity.

When entering Albert Park, we ask you to be mindful of other riders, keep left when using the internal roads and where possible use the bike paths to avoid the rider route, as this may confuse our traffic and marshalling teams.

Please take a moment to plan your travel arrangements. There is no car parking available in Albert Park. We recommend using Melbourne's 24-hour public transport system to nearby railway stations, or parking in nearby areas and warming up your legs with a short ride to Albert Park.

## 24-hour car parking facilities nearby

<b>Ace Parking</b>	150 Albert Rd, South Melbourne
<b>Wilson Parking</b>	517 St Kilda Road, Melbourne
<b>Wilson Parking</b>	436 St Kilda Road, Melbourne

**YOUR**

**RIDE**

**DETAILS**

# United Energy Around the Bay **135km Geelong Start**

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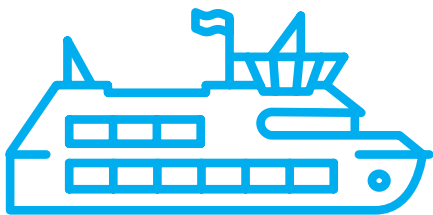
<b>Start Location</b>	Cunningham Pier, Geelong
<b>Start Time</b>	7:00am
<b>Estimated Ride Time</b>	6:10h (riding at 26km/h) - 9:45h (riding at 16km/h)
<b>Elevation</b>	645m
<b>Rider Briefing</b>	Listen for announcements over the PA at the start line and event village.

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## **Key Notes:**

- Follow the directions of our traffic controllers and route marshals, especially at the intersection of Eastern Beach Rd and Bellarine St.
- When exiting the ferry in Sorrento please ensure to clear the road as soon as possible.
- The section of the Esplanade in Mount Martha between Bruce Rd and Dominion Rd will be closed to northbound traffic, however southbound vehicles will still have access. Please keep in the left lane at all times while you enjoy the view.

# Ferry Information



Ferry tickets will be issued on arrival at the Queenscliff rest area and are colour matched to available spaces on each ferry.

Tickets will be allocated on a first-come first served basis. You cannot collect tickets for other riders. Only riders with a valid ticket will be allowed to board each ferry.

The ferry table is provided as a guide. Ferry departure times are set, and the average speed required is set from Geelong start line.

Scheduled Ferry Time Queenscliff	Average minimum speed (kph) required to reach Ferry departing at	
	7:00 Geelong	7:15 Geelong
8:30	24	29
9:00	18	21
10:00	12	13

All 135km riders must be on the 10:00am ferry at the latest. After disembarking this ferry, a minimum average speed of 13kph is required to finish the ride within the route time limitations.

\*Boarding of these ferries will commence 20min prior to departure. The ferry will depart on time unless full, in which case it will depart earlier.

All other ferries depart as noted.



Rest Area	Times	Km completed	Nutrition & Hydration
Queenscliff	8:10am - 9:15am	32km	Lollies & Winners Bars
Sorrento	9:15am - 10:45am	33km	Electrolytes
Safety Beach	10:15am - 12:30pm	60km	Electrolytes
Frankston	11:20am - 2:10pm	88km	Lunch Pack, fruit, Winners Chews & Winners Gels
Mordialloc	12:00pm - 3:15pm	104km	Salty snack & Soft Drink
Albert Park	1:00pm - 5:00pm	135km	Recovery drink

# Women's Community

Bicycle Network's Women's Community is here to help encourage, empower, and inspire more women and gender diverse people to unlock the many benefits of bike riding in a welcoming and supportive environment. You can ride United Energy Around the Bay with the support and encouragement of our Women's Community ambassadors from St Kilda Cycling Club and Geelong Cycling Club.

They'll be committed to riding at a steady and comfortable pace throughout the event and will be identified by a women's community bib on the back of their event jersey. Meet up before your ride and roll out together. Post-ride, swing back to The Clubhouse to celebrate your amazing day on the bike and check-out the latest offerings at our Women's Community Marquee.

Meet up spot: Women's Community Marquee (30 minutes before your ride start time).

Route Distance	Meeting Time	Women's Community Ride Ambassadors
50km	7:15am	Anna Scott Megan Meredith
100km	6:15am	Nicky Woods Eva Besser Guin Cleminson
135km Geelong Start	6:30am	Susie Beretta Di Gunn Patti Dunhill
200km	6:00am	Amanda Inglis Tammy Carr
The Classic (220km)	5:00am	Marion Leeke Alex Hailstone Mandy McDonald
300km	4:55am	Rose Palmer Trish Bursil Hannah Morgan

Get involved today by joining the Bicycle Network Women's Community Facebook group.



Stay up to date with the latest Women's Community news at United Energy Around the Bay.



**READY TO**

**RIDE**

# Pack Collection

If you have not paid for postage, you will need to collect your rider pack from the Bicycle Network Office or Albert Park Village. Pack collection will be available between Monday 2nd October - Thursday 5th October and Saturday 7th October.

## **Bicycle Network Office:**

Level 4, 246 Bourke Street, Melbourne VIC 3000

## **The Village, Albert Park:**

22 Aughtie Dr, Albert Park VIC 3205

If you have paid for postage, your rider pack will arrive from mid-September.

Date	Time	Location
Monday 2nd October	9am - 5pm	Bicycle Network Office
Tuesday 3rd October	9am - 5pm	Bicycle Network Office
Wednesday 4th October	9am - 7pm	Bicycle Network Office
Thursday 5th October	9am - 7pm	Bicycle Network Office
Saturday 7th October	10am - 4pm	The Village, Albert Park

Please note, pack collection will not be available on Friday 6th October.

## **Bag drop**

You are welcome to drop an A4 sized bag with us at the Geelong start line before your ride starts. Your bag will be available for pick up from 3:30pm from the Bicycle Network Valet pick up marquee at Albert Park. Don't forget your fresh change of clothes.

## Timing

All rides will be timed so you can have an official record of your achievement. A special timing chip is inside your number plate. You will need to attach this to the front of your bike to record a time.

To receive an official time, your bike must cross all timing points, including at the start and finish of the ride. Official results will be published online as you pass each timing point. You will also be notified of your time in a post-ride email.

[Click here to see how to install your timing plate correctly!](#)



## Medal Engraving

Want to memorialise your best day on the bike? You can purchase a personalised plaque to attach to the back of your finishers medal. Add it to your ticket in Register Now or purchase it on the day from the event village.

Cost: \$19 - includes engraving (year, name, time) and postage. Engraved plaques will be posted to you the week after the event.

## Participant ID

To help identify all participants during the event you are required to:

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**Wear a United Energy Around the Bay 2023 wristband.**

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**Display your bike number plate on the front of your bike.**

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## Ride Smart

Please remember the following while you ride:

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Road rules apply at all times. This includes all traffic signals, stop signs, give way signs and pedestrian crossings, including on roads closed to other traffic.

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You must obey all instructions from on-route marshals, traffic controllers and the Bicycle Network event team.

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Signage will be placed on the route. Please follow these to make sure you remain on the official route.

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Please communicate appropriately with other riders and call out 'passing' or 'stopping' to give warning.

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**SHOULDER**

**GREEN ZONE**



**ORANGE ZONE**

Overtaking area when safe

**RED ZONE**

Stay out - oncoming traffic

Be aware that you are riding on the road

# Emergency Procedure

## IS IT AN EMERGENCY?

Does it require Ambulance, Fire or Police?

**NO**

**CALL  
EVENT  
ASSISTANCE**

0425 381 816

or

0425 777 484

**YES**

**STEP 1:**

Call  
EMERGENCY  
SERVICE  
**000**

**STEP 1:**

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.



**All Bicycle Network event spaces are smoke-free and vape-free.**

# Route Support

## First Aid

First Aid will be available at the following rest areas:

- Geelong Pier
- Sorrento
- Mordialloc
- Queenscliff
- Frankston
- Elwood

## Mechanical Support

Mechanical support will be available at the following rest areas:

- Geelong
- Mordialloc
- Sorrento
- Elwood

Basic tools for self-servicing will be available at other rest areas.

## Route and Motorcycle Marshals

Volunteer route marshals and motorcycle marshals provide directions and assistance along the ride. If required, they can also communicate with event assistance. Motorcycle marshals are also qualified to administer first aid.

## SAG Wagons

SAG (support and gear) wagons are our on-road support vehicles and can help if you are unable to continue riding. Please follow these instructions if you require assistance:

- Turn your bike upside down on the side of the road at a safe distance from the road and other road users.
- Call event assistance.
- Let the team on the phone know where you are, and the next available SAG wagon will head your way.
- Be patient as you may have to wait for the SAG wagon to reach you.
- The SAG wagon will transport you to either a local railway station, the next rest area or Albert Park. Don't forget to pack your Myki card just in case!
- Remember our SAG wagons support all riders, it is not a taxi service, so please use only if necessary.
- Private support vehicles are not permitted on the route.

# You've Made It!

## What do I do when I get to the finish?



### Medals

Once you cross the finish line, you will receive a 2023 United Energy Around the Bay medal to celebrate your achievement on the bike! Snap your [@bicycle\\_network](#) medal moment & show it off via socials. [#aroundthebay](#)



### Results

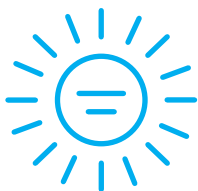
Your United Energy Around the Bay timings will be published after you cross each timing point on your ride.

Check out [event timing](#) to view yours. You will also be notified of your time in a post-ride email.



### Photos

Race Atlas will be out on course snapping photos all day long! Photos will be available to view and purchase via the Race Atlas website after the event. You will also be able to download your Finishers Certificate.



### Medal Engraving

Want to remember your [#aroundthebay](#) experience for a lifetime? You can purchase a personalised plaque to attach to the back of your finishers medal. Add it to your ticket in Register Now or purchase it on the day from the event village.

# Bicycle Network Member's Celebration

Our Members are the lifeblood of our organisation. Their support is vital to the ongoing success of our advocacy initiatives and behaviour change campaigns that help us make bike riding easier for everyone, every day.

We're excited to provide our valuable Members with the following VIP experiences at the United Energy Around the Bay event village:

## Members Lounge @ The Clubhouse 11am - 7pm Sunday 8 October

Roll up to the Members Lounge after your ride and receive:

- Exclusive valet bike parking
- Exclusive access (for you and one friend) into The Clubhouse Members Lounge

## Members Show & Save

Show your Bicycle Network membership card and take advantage of exclusive deals from participating vendors at the event village.

**Not a Member?**  
Roll with us from just \$11.99 a month.

# Come roll with us

We've got your back with:



Personal injury coverage



Up to \$5 million liability cover



Access to legal support



Advocacy initiatives



10% off Bicycle Network events



Exclusive partner discounts



from just  
**\$11.99**  
a month.



**BICYCLE  
NETWORK®**

*We've got your back*



# **The Clubhouse**

The Clubhouse is an exclusive outdoor area for teams and individuals at the United Energy Around the Bay event village. Clubhouse ticket holders have access to the following:



**Drink on arrival  
at The Clubhouse**



**Exclusive  
Private Bar**



**Post Ride Meal  
Voucher**



**Valet Bike Parking**



**Deluxe Seating**

For more information and to add Clubhouse access to your entry, please visit:

**[aroundthebay.com.au/event-info/](https://aroundthebay.com.au/event-info/)**

*\*Entry is restricted to participants over 18 years of age and must be pre-booked. If you've already purchased your entry to United Energy Around the Bay, please contact Bicycle Network to secure your spot in the Clubhouse.*

# Volunteers

The ongoing success of United Energy Around the Bay relies heavily on the dedication of over 350 volunteers from across Victoria.

Please take the opportunity to wave and say thank you to the team on the day - your ride would not be possible without their phenomenal support!

Know someone who would like to get involved?

**Contact us at:**



**SAVE 10%**

**CODE: ATB23**



**Winners**

winnersbars.com.au

# TAKE A ROAD TRIP.



## FROM \$138 A DAY YOU GET



Camping spot



Luggage transfers



Entertainment



Campsite facilities



All meals\*



Comprehensive on-route support

[BOOK NOW](#)



**GREAT VIC  
BIKE RIDE**

THREE, FIVE  
& NINE DAY  
GETAWAYS

SAT 25 NOV — SUN 3 DEC 2023