



UNITED ENERGY
**AROUND
THE BAY**

YOUR
**300KM
RIDE**
RIDE GUIDE

NAMING RIGHTS PARTNER



CHARITY PARTNER



PARTNERS

Winners



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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

A place in our hearts

What a joy to be celebrating the 30th anniversary of United Energy Around the Bay, Australia's largest single-day, mass-participation bike riding event, and a day that holds a special place in the hearts of many Victorians.

It holds a special place in my heart too. I completed my first Around the Bay ride in 1997. I bought my first bike (it's "Milano red" and is still in my garage) and trained specifically for the event. It started my own passion and love of bike riding. I was so proud of completing the ride. I still have the newspaper clipping proclaiming my achievement; it was such a special feeling to scan through the names and find "Alison McCormack" on the list.

United Energy Around the Bay has collected more than 300,000 entrants in its 30-year history. The event appeals to the 75% of Victorians who are interested in riding a bike but have concerns about safety. It's the ride that stops Melbourne - and it encourages hundreds of people to get on a bike for the first time.

Many people who begin their riding journey on United Energy Around the Bay go on to travel regularly by bike - to work, to school and on errands. Riders new and old also enjoy cycling day trips and holidays and contribute to regional tourism.

Some even become national champions.

Grace Brown, Australia's road race gold medalist at the 2024 Paris Olympics, credited "Around the Bay" as part of her secret training.

We also have nine legends who have ridden in every event, some of them are in their 70s and still riding strong. "It is just the thing you do each year, like watching the grand final," says legend Trevor Spence.

United Energy Around the Bay offers a unique opportunity to ride with others, with options for everyone and experiences that can't be replicated at any other time of year:

- A new family-friendly ride on the safe, closed Albert Park circuit, offering a car-free experience.
- 50km and 100km rides, featuring a rare chance to ride over the Westgate Bridge, which is normally closed to bikes.
- Classic 220km and 300km rides, with Bicycle Network securing a lane closure on the Princes Freeway, sweeping the emergency lanes, and reducing car speeds to 60km.

We thank the thousands of riders who have signed up to ride our 30th lap this year. Bicycle Network is a not-for-profit organisation dedicated to getting more people riding for their health and wellbeing, and this iconic event helps us continue our advocacy work.

A huge thank you to everyone who has participated over the years and to our long-term sponsor, United Energy, without your ongoing support, this event wouldn't be possible.

Alison McCormack
Bicycle Network CEO



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





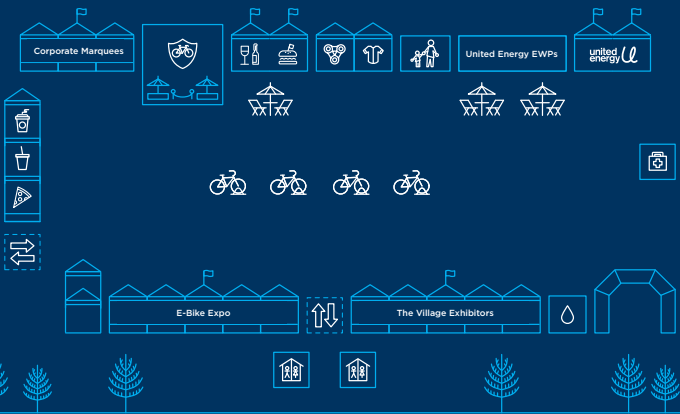
**Ride to create a brighter
future for patients with
Bone Marrow Failure
Syndromes**



**Maddie Riewoldt's Vision is the only
organisation in Australia dedicated to
Bone Marrow Failure Syndrome
research, advocacy, education and
support for patients and families.
#FightLikeMaddie**

**Visit mrv.org.au/aroundthebay to
set up your fundraising page or
donate to Maddie's Vision**

ALBERT PARK VILLAGE



-  Pack Collection
-  Toilets
-  Members Area
-  Kids Zone
-  General entry/exit
-  First Aid
-  Food Vendors
-  Outdoor Seating
-  Valet
-  CBCo Bar
-  Drink Vendors
-  Bike Parking
-  Water
-  CBCo Burgers
-  Coffee Vendor

What's on in the Village

Saturday 5th October 2024

E Bike Expo	10am - 4pm
Pack Collection	10am - 4pm
CBCo Bar	12pm - 4pm

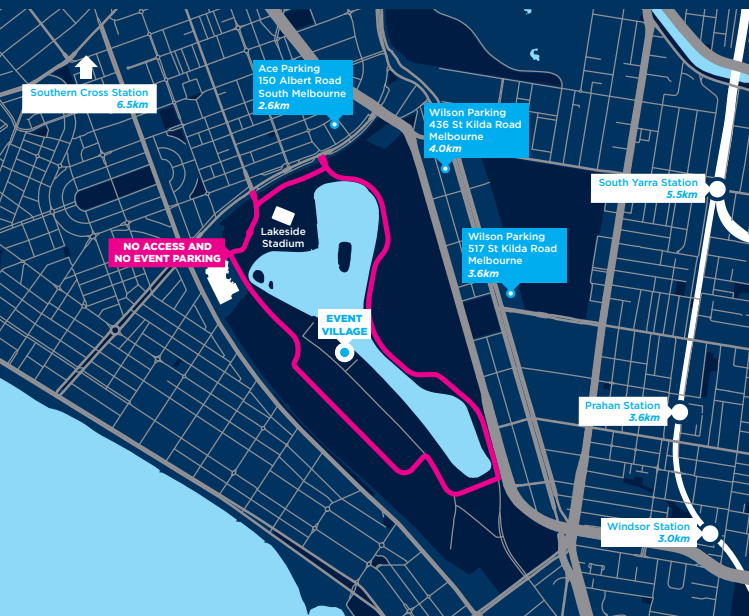
Sunday 6th October 2024

Event Village	10am - 7pm
All Day Entertainment	
Exhibitors and Vendors	
Bar	
Recovery Zone	

The E-Bike Expo

We're thrilled to announce the inclusion of the E-Bike Expo as part of the United Energy Around the Bay event village this year! With over 15 top e-bike brands and businesses joining us on Saturday including Tern, Specialized, Trek, Cargo Cycles and more, you'll get to explore the latest in e-bike technology. Don't miss the chance to experience the latest and greatest of e-bikes firsthand—take one for a spin on our test track and feel the power for yourself!

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

Ace Parking	150 Albert Rd, South Melbourne
Wilson Parking	517 St Kilda Road, Melbourne
Wilson Parking	436 St Kilda Road, Melbourne

YOUR
RIDE
DETAILS

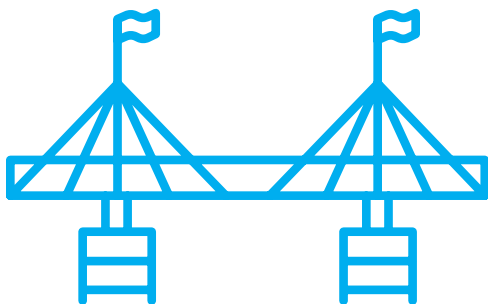
United Energy Around the Bay 300km

Start Location	Aughtie Walk, Albert Park
Start Time	5:25am (All riders must have started and be cleared of the start line by 5:30am)
Estimated Ride Time	9:45h (riding at 35km/h) - 12:45h (riding at 26km/h)
Elevation	2358m
Rider Briefing	Listen for announcements over the PA at the start line and event village.

Key Notes:

- When riding on the Princess Freeway, we have closed a “buffer” lane. Please stick to the emergency lane and be considerate of other riders, avoid riding more than two abreast and allow faster riders to pass.
- All on and off ramps remain active. Please use caution when crossing these and be mindful of other traffic.
- When exiting the ferry please in Sorrento, please ensure to clear the road as soon as possible. Valet drop off will be available shortly after disembarking.
- When exiting the Sorrento rest site, you will turn right towards Point Nepean before looping back past the site Melbourne-bound.
- Please always keep left while riding in Point Nepean Park and be aware the road will be shared with other park users. The speed limit in Point Nepean Park is 30km/h and you must stick to this at all times.
- The Dromana rest site closes at 1.30pm. If you do not reach this point in time, you will be asked to continue straight towards Safety Beach. This cut-off is calculated to ensure you can meet our 7pm event finish.

WEST GATE BRIDGE



Access Times

5:40am – 9:45am outbound and 7:45am – 11:15am.

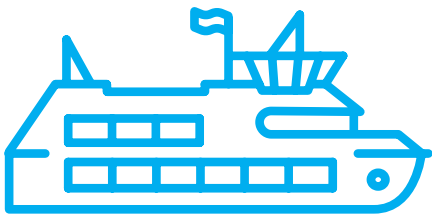
If you are unable to ride over the bridge within these times, we will give you a lift in a SAG (support and gear) wagon.

We will take you to either the next rest stop, drop you off at a suitable location or return to Albert Park.

Please remember that:

- Normal road rules apply on the West Gate Bridge.
- Stopping is not allowed on the West Gate Bridge at any time unless it's for an emergency.
- It is illegal to ride on the West Gate Bridge outside of the specified access times.

FERRY INFORMATION



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

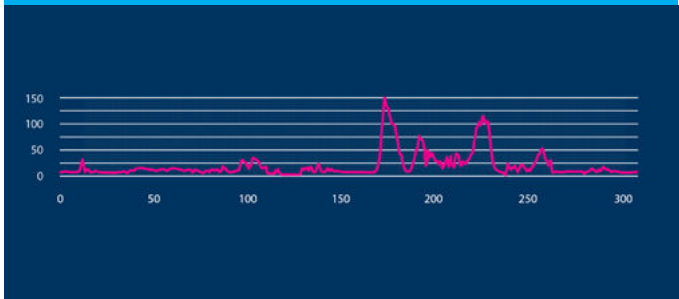
Tickets will be allocated on a first-come first served basis. You cannot collect tickets for other riders. Only riders with a valid ticket will be allowed to board each ferry.

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

Scheduled Ferry Time Queenscliff	Average minimum speed (km/h) required to reach Ferry departing at	
	5:25	5:40
9:00	35	38
10:00	28	29
10:30	25	27

All 300km riders need to be on the 10:30 ferry at the latest. After disembarking this ferry, a minimum average speed of 25kph would be required to finish the ride within the route time limitations.

All other ferries depart as noted.



Rest Area	Times	Km completed	Nutrition & Hydration
Altona	6:10am - 6:45am	28km	Electrolytes
Little River	7:10am - 8:05am	63km	Electrolytes
Geelong	7:50am - 9:00am	86km	Lollies & Fruit
Queenscliff	8:45am - 10:15am	118km	Lunch Pack & Winners Bars
Sorrento	9:45am - 11:45am	119km	Electrolytes
Dromana	10:55am - 1:30pm	162km	Winners Bars
Flinders	12:00pm - 1:45pm	198km	Salty snack & snakes
Safety Beach	1:00pm - 4:10pm	232km	Electrolytes
Frankston	1:45pm - 5:10pm	260km	Fruit, Winners Chews & Winners Gels
Mordialloc	2:15pm - 5:45pm	276km	Salty snack & Soft Drink
Albert Park	3:00pm - 7:00pm	306km	Recovery drink

WOMEN'S COMMUNITY

Bicycle Network's Womens 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 Ride Leaders. 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. Make your way to the Bicycle Network marquee and meet the ride leaders at the Women's Community flag 30 minutes prior before your ride start time:

Route Distance	Meeting Time	Women's Community Ride Ambassadors
50km	7:15am	Alison Raaymakers Carol Cooke Jen Sandri
100km	6:15am	Kath Simpson Helen Johnson
The Classic (220km)	5:00am	Michelle Hyde Fats Tajbhai Marie-Louise Fitzgerald Kirsty Fergie

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 Tuesday 1st October - Thursday 4th October and Saturday 5th 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
Tuesday	10am - 4pm	Bicycle Network Office
Wednesday	10am - 4pm	Bicycle Network Office
Thursday	10am - 7pm	Bicycle Network Office
	N/A	
Saturday	10am - 4pm	The Village, Albert Park

Bag drop

You are welcome to store a bag with us at the event village while you ride. The drop-off and pick-up point will be at the Bicycle Network Hub at Albert Park and will be open 5am - 7pm on Sunday.

Timing

We will not be using timing chips and recording a time for riders this year. If timing is important to you, we suggest that you utilise a personal timing device like a bike computer or an app on your phone.

Participant ID

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

Wear a United Energy Around the Bay 2023 wristband.



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



Ride Smart

Please remember the following while you ride:

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.

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

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

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

SHOULDER

GREEN ZONE



ORANGE ZONE

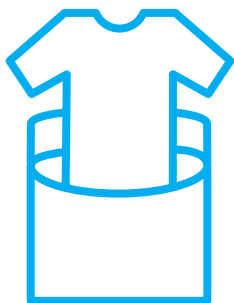
Overtaking area when safe

RED ZONE

Stay out - oncoming traffic

Be aware that you are riding on the road

VALET SERVICE



As part of your ticket entry, you receive complimentary use of our valet service.

This means you can leave a bag of fresh cycling kit or extra nutritional supplies with us to pick up midway through your ride, and we can carry any unwanted items back to the finish line. It's a great way to make sure you have the most comfortable ride on United Energy Around the Bay.

Your on-event valet pick up location is Queenscliff, where you may also drop any unwanted items to be taken back to Albert Park.

Valet drop-off

- Pop into the Bicycle Network office or Albert Park during pack collection times with the items you would like to put in your valet satchel.
- We'll have bags and stickers ready to go - A4 in size 32cm x 40cm.
- Pack your bag, label it up and we will do the rest!

What to pack

- Fresh kit, extra nutrition supplies (nothing frozen or requiring refrigeration) or spare tubes. Don't forget to check the weather!

Valet pick-up

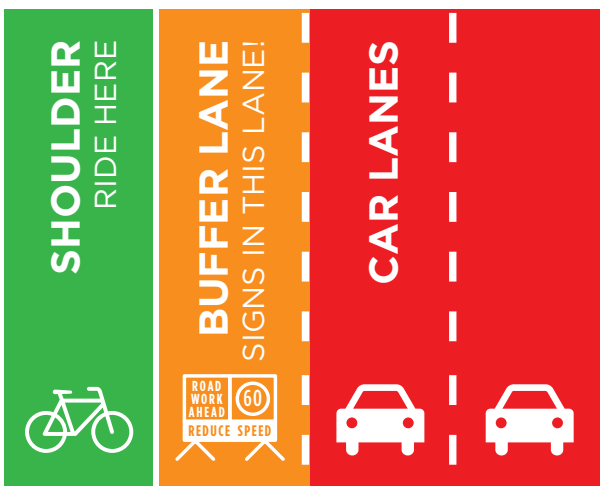
- Bicycle Network works hard to have your valet bags back at Albert Park by 3.30pm, however sometimes it can be later than this and we appreciate your patience.
- Alternatively, all items can be collected from the Bicycle Network office from Tuesday 8 October during normal office hours.
- Items not collected by Friday 11 October will be disposed of thoughtfully.

Princess Freeway Lane closure

We have partnered with the Department of Transport and Planning to ensure you have the best ride towards the ferry. We have a partial road closure to create a buffer lane between you and motor vehicles while you ride in the shoulder that has been swept by DPT.

It is important to NOT ride in the buffer lane as there is signage and other infrastructure there to keep you safe. This is particularly relevant near on ramps and off ramps - particular care needs to be taken in those areas

SAFE RIDING ON THE FREEWAY



It is also important that you always give way to motorists that are exiting or entering the freeway



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 2:

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 as a mobile response. Please use the event assistance phone number on your rider plate and they will arrange assistance.

There will be first aid at the event village at all times.

Mechanical Support

Mechanical support will be available at the following rest areas:

- Albert Park
- Queenscliff
- Frankston
- Geelong
- Sorrento
- Mordialloc

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 30th anniversary medal to celebrate your achievement on the bike! Snap your [@bicycle_network](#) medal moment & show it off via socials. [#aroundthebay2024](#)



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 - Make sure your numberplate is clearly visible so that you can find your photos.

BICYCLE NETWORK MEMBER'S CELEBRATION

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

We're excited to provide our Members with the following VIP experiences at the United Energy Around the Bay Event Village.

Members Show & Save

Visit the Event Village on Saturday 5 October and Sunday 6 October and visit participating vendors for exclusive member deals.

Look out for vendors displaying our Members Show & Save signs, show your digital Bicycle Network membership card and score a great deal.

Not a Member, yet?

As a Member, not only do you get the best price to our world-class events including United Energy Around the Bay and access to special offers at the Event Village - you'll also be covered by Australia's best bike riding insurance every time you ride.

Come and roll with us from just \$12.49 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
\$12.49
a month.



**BICYCLE
NETWORK**

We've got your back

VOLUNTEERS

For 30 years, 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:



Volunteer on the Great Vic Bike Ride!

Explore regional Victoria by volunteering on Australia's most iconic bike riding holiday!



WODONGA TO HEALESVILLE
23 NOV ——— 1 DEC 2024



10% OFF

code: ATB24

winnersbars.com.au



Bike Insurance by Bike People

Enter United Energy Around the Bay and get a quote by **2pm AEST Sunday 6 October 2024** to go in the draw to win a BMC Road machine X TWO Gravel Bike Yellow, Size MD (2023)

Let us protect your ride



Accidental damage



Bicycle rack cover



Theft away from home



Theft from home



Transit cover



Personal gear cover

Plus optional coverage for Worldwide travel, accessories, and racing cover



BIKE INSURE

Get a quote 

*Terms & Conditions apply, Australian residents only. Competition closes 2pm AEST on 6 Oct 2024. For full terms and conditions, please refer to www.bikeinsure.com.au/terms/around-the-bay

Issued by Hollard Insurance Company Pty Ltd (Hollard), AFSL 241436. Consider the PDS and TMD on bikeinsure.com.au. General advice only.



Get covered

by Australia's best bike riding insurance.

We've got your back

As a Bicycle Network member, you'll pedal worry-free with our comprehensive bike riding insurance, offering coverage beyond most private health insurance policies.



Medical coverage
85% of costs up to \$10,000



Income protection
85% of income to \$1000/week



Third-party coverage
\$5m for bodily injury and property damage

You'll also get access to Riders' Rights & legal support if you need help understanding your rights.

Plus, join a community of nearly 50,000 members who:

- Support our advocacy efforts for better bike riding conditions
- Enjoy the best price at our events
- Get access to exclusive partner offers & discounts

[Join now](#)



BICYCLE NETWORK[®]

We've got your back