

BRISSIE EXPLORER – INFO GUIDE

14th - 19th July 2024

Thanks for your interest in the 'Bike for Bibles – Brissie Explorer' cycling event, a fantastic 5 days of enjoyable road riding around beautiful Brisbane and hanging out with a nice bunch of like-minded souls.

The main objective is to raise at least \$40,000 for the Bible Society's work in Sri Lanka, so every participant is encouraged to drum up as much personal sponsorship as possible to help us reach that target.

Below you can find lots of information about the event to help you decide and prepare, but feel free to contact any of us if you have any more questions. We look forward to riding with you!

Chris Girvan **0401 864 467**
Event Organiser chris_girvan@hotmail.com

Paul Beckmann **0407 345 313**
Rides Organiser paul.beckmann@ozemail.com.au

William Hood **0418 479 781**
Catering whood@whood.org

EVENT DATES

Arrival Sunday 14th July – we'll kick off with 6:30pm dinner and a briefing session.

5 days of riding from Monday 15th to Friday 19th July (finishing with lunch).

Optional extra ride on Saturday 20th to the Gold Coast – details to come later.

EVENT BASE

Our base is Ashgrove Baptist Church at 7 Firhill Street Ashgrove, located 7km west of the Brisbane CBD.

Inside it is a spacious building with multiple meeting and sleeping spaces, an industrial size kitchen, secure bike storage and off-street parking. There are two showers on-site and access to additional showers at a nearby club.

It's where all home-based meals are served (except some eat-out dinners) and where our nightly briefing sessions are held.

Note that alcohol is not to be consumed anywhere on the Church premises.

There are no laundry facilities but we provide everything for hand-washing clothes.

RIDES

The schedule below summarises the 5 days of planned routes for each Team. All rides are on-road (just one gravel section) and will start and finish at the Church.

We will have two teams to cater for different levels of ability and, depending on numbers on the day, we will split each team into a faster group and a slower group:

- The A Team will cover 130-140kms most days, with the faster group averaging 30+/-kph and the slower group averaging 25+/-kph. Total distance 600kms over 5 days.
- The B Team will cover 60-80kms each day, with the faster group averaging 25+/-kph and the slower group averaging 20+/-kph. Total distance 400kms over 5 days.

Each day you can choose a group to reflect your fitness and confidence. Some days the teams meet up at the meal stops, which also lets you change up or down if needed. And if riding 5 days in a row proves too much for you then you can just take a rest day.

While the terrain overall is flat to moderately hilly, we'll incur a fair amount of climbing on some days. Riding is on sealed roads, and we'll make use of Brisbane's extensive network of dedicated bike paths where possible.

We mostly ride together in packs (we'll teach you if you're new to riding in formation), and we have a no-drop policy. We stop every 35-45kms for morning tea and lunch.

Every group will have a leader as well as a support vehicle behind (or at call as needed). The support vehicle will carry a floor pump, water, fruit and snacks, as well as your "Day Bag" – for anything you may need on the ride (eg raincoat, extra clothing, spare parts). It can also transport you and your bike if you need to abort for any mechanical or personal reason.

COSTS FOR RIDERS AND ROADIES

\$20 Registration (not refundable unless the event is cancelled).

\$350 Event Fee (refundable if the event is cancelled or you need to pull out). \$70 per day if you can only join us for part of the event.

No extra cost for any family members joining you (except when we dine out).

FUNDRAISING

We are aiming to raise \$40,000 to support Literacy Development in Sri Lanka. You are encouraged to fundraise as best you reasonably can to help us reach that goal. Donations are tax-deductible.

When you register you will be given a link to your own online fundraising page, ready for you to personalise and to share with your family, friends and colleagues.

EVENT FEE INCLUSIONS

- Accommodation at the Church.
- All meals from Sunday dinner to Friday lunch (including Church-based, on-road and when we dine out). Please contact William for any dietary requirements.
- All non-alcoholic drinks EXCEPT on-road purchases (eg coffees) and when we dine out.
- On-road booster snacks and fruit (but you need to BYO any special energy snacks or drinks).
- Daily Yoga sessions to warm up before each ride and to wind down afterwards.

ACCOMMODATION

The Church building has a large auditorium and a number of meeting rooms for sleeping. To provide adequate privacy we will have separate areas for women and men, as well as for multiple couples to share if wanted. All sleeping is on carpeted flooring and you need to bring your own bedding (mattress or air bed, blanket, pillow, linen) and towels.

On-site accommodation in your own caravan or campervan (but not camping) is also possible. You could also book off-site accommodation (Caravan Park, Motel, Airbnb, etc) at your own cost, but nearby options are very limited. Please contact Paul for details on these alternatives.

REGISTRATION

You can register online at www.biblesociety.org.au/bike-for-bibles/

Registrations close on 15th June, or earlier if we reach capacity – so don't wait too long.

Riders under 18 years of age are welcome if capable to ride the distances, but they should be accompanied by a responsible adult throughout the event.

Once registered, we will add you to our 'Brissie Explorer' WhatsApp group – so please make sure that you have WhatsApp installed on your mobile phone. We will be using this WhatsApp group extensively leading up to and during the event to keep everyone in close touch with all the latest news and any last-minute changes.

JERSEYS

All riders are encouraged to wear a Bike for Bibles jersey. If you don't yet own one from a previous Bike for Bibles ride then you can order one after your registration closer to the ride.

A TYPICAL DAY

6 am

Rise (Helpers always wanted to set up for brekkie).

6:30 am

Breakfast together.

Ride start

7-7:30 am A Team

7:30 - 8 am B Team.

Optional Yoga session.

Ride end

12 pm - Early Afternoon

Lunch on the road or back home.

Showers. Yoga.

Afternoon

Free time to recover, relax, fix the bike, go for coffee or shopping, explore.

6:30 pm

Dinner together at the Church or local club.

8 - 9 pm

Nightly session at the Church. Review the day gone and the next day. Brief sharing and devotional time.

9 - 10 pm

More relaxing. Lights out at 10 pm.

YOUR BIKE









- Most riders use a road bike, but other bikes (eg hybrids or e-bikes) can also be used provided you can maintain the group's speed (please no heavy mountain bikes).
- Make sure your bike has been fully serviced recently and is in good condition (eg tyres).
- Your bike must have front and rear lights that you turn on for every ride – this is a safety requirement to maximize each group's visibility on the city roads.
- You need to bring spare tubes and tyres to have on hand. There are two good bike shops near the Church for other emergency parts and repairs. Note that we are not providing a dedicated bike mechanic and we do not carry spare parts for others.

WHAT TO BRING

- Bike
- Spare parts
- Lights
- 'Bike for Bibles' Jersey and other Jerseys
- Knicks
- Cycling helmet shoes, socks, gloves & sunnies
- Rain & Wind jackets
- Bedding (we have pumps for air beds)
- Respectable and conservative sleepwear
- Toiletries
- Towel
- Sunscreen & hat
- Regular clothing

And don't forget the Chamois Cream for your butt!!!

BIKE FOR BIBLES – BRISSIE EXPLORER (JULY 2024)

DAY	MONDAY 15TH	TUESDAY 16TH	WEDNESDAY 17TH	THURSDAY 18TH	FRIDAY 19TH
NAME	Bay Views and Wetlands	Goat Track up the Mountain	Bridges and Points	Three Fingers and a Ferry	Climb and Loop
Maps shown are only indicative					
LEVELS					

A TEAM (Totals: Length 600 kms, Rise 6,000 m)

ROUTE	Scarborough	Samford & Mt Glorious	Cleveland via Gateway	Brookfield & Moggill Ferry	Mt Coot-tha & River Loop
LENGTH	130 kms	90 kms	130 kms	140 kms	80 kms
RISE	400 m	2,000 m	1,200 m	1,600 m	800 m
DINNER		Brissie Lights Tour (30 kms)			

B TEAM (Totals: Length 400 kms, Rise 4,000 m)

ROUTE	Woody Point	Samford & Mt Nebo	Wellington Point	Brookfield & Fig Tree Pocket	Mt Coot-Tha & River Loop
LENGTH	80 kms	70 kms	90 kms	70 kms	60 kms
RISE	300 m	1,500 m	800 m	800 m	600 m
DINNER		Brissie Lights Tour (30 kms)			