

INFORMATION

BIKE FOR BIBLES

COWRA500
October 2022



Thanks for your interest in the “Bike for Bibles – Cowra500” cycling event, a fantastic 5 days of enjoyable road riding around the beautiful Cowra region in Central NSW 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 Mozambique, 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!

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BIKE FOR BIBLES



EVENT DATES

Arrival Sunday 2nd October – we'll kick off with 6:30pm dinner and a briefing session.
5 days of riding from Monday 3rd to Friday 7th October (finishing with lunch).
You can choose to stay an extra night on-site if you prefer to travel home on Saturday.

EVENT BASE

Our base is Cowra Baptist Church at 2 Bourke Street Cowra, located 2.5km west of the town centre in an industrial area.

Inside it is a spacious and modern building with multiple meeting spaces, an industrial size kitchen, non-unisex showers and toilets, secure bike storage and street parking.
It's where all home-based meals are served (except some eat-out dinners) and where our nightly briefing sessions are held.

It's also where we sleep – unless you choose to stay off-site.
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 (no gravel) 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 - 140 kms most days, with the faster group averaging 30+/-kph and the slower group averaging 25+/-kph. Total distance 624kms over 5 days.
- The B Team will cover 60 - 80 kms each day, with the faster group averaging 25+/-kph and the slower group averaging 20+/-kph. Total distance 363kms 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.

The terrain overall is flat to moderately hilly – there are no “category climbs”.
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 - 45 kms 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.

Cowra is full of a prickly grass called Cat Head. They are quick to puncture a tyre and are hard to remove. Don't put your tyres on anything that is, was or ever could be green!

BIKE FOR BIBLES



COSTS FOR RIDERS AND ROADIES

\$10 Registration (not refundable unless the event is cancelled).

\$300 Event Fee (refundable if the event is cancelled or you need to pull out).

- \$60 per day if you can only join us for part of the event.

Note that this cost is the same even if you choose to stay off-site at your own additional expense. No extra cost for any family members joining you (except when we dine out).

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

There are a number of large carpeted rooms that can each fit up to 10 people. To provide adequate privacy we will have separate rooms for women and men, as well as for multiple couples to share if wanted. All sleeping is on the floor and you need to bring your own bedding (mattress, blanket, pillow, linen) and towels.

Limited on-site accommodation in your own caravan or campervan (but not camping) may also be possible – please contact Chris to check.

Alternatively, you can book local accommodation (Caravan Park, Motel, Airbnb, etc) at your own cost – please let Chris know if you choose this option.

REGISTRATION

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

Registrations close on 31st August, 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 Cowra500 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 BfB ride then you can order one with your registration.

BIKE FOR BIBLES



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

12pm - 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

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 country roads.
- You need to bring whatever parts you think you may need, especially spare tubes and tyres but also consider cables, chain, etc.

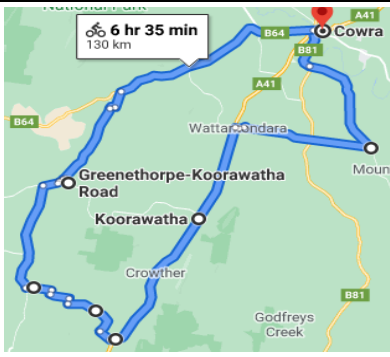
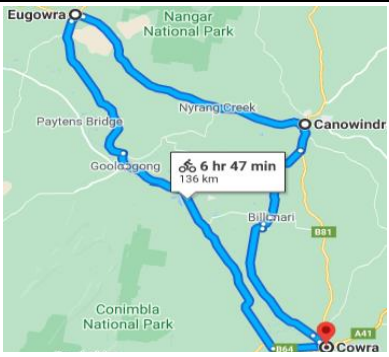
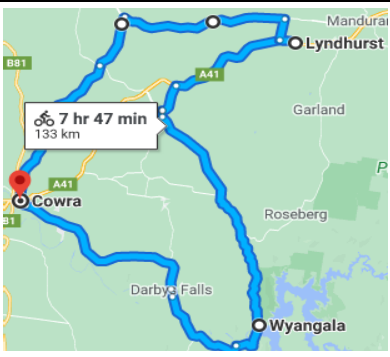
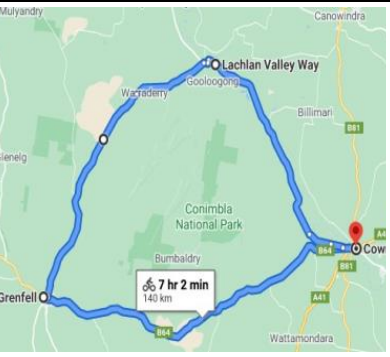
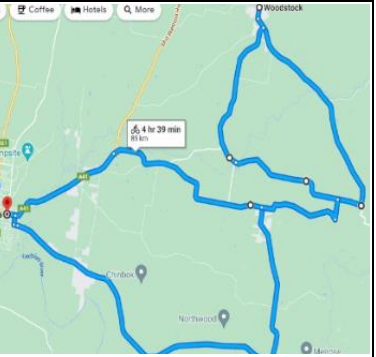





Note that Cowra does not have a bike shop, and we are not providing a dedicated bike mechanic. We also do not carry spare parts for others.

WHAT TO BRING

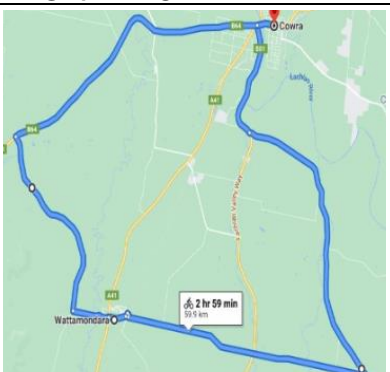


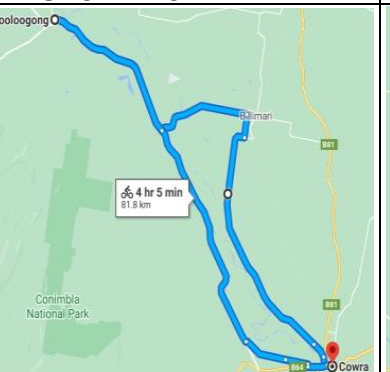






- Bike & Helmet
 - Spare Parts
 - Lights
 - Sunscreen
 - Bedding (we have pumps for air beds)
 - Toiletries
 - Towel
 - Rain & Wind Jackets.
 - Rain Gear
 - Regular Clothing
 - Undergarments
 - 'Bikes for Bible' Jerseys & Other Jerseys
 - Respectable & conservative sleepwear
 - Shoes & Socks
 - Gloves
 - Hat
 - Sunnies
- And don't forget the Chamois Cream for your butt!

BIKE FOR BIBLES 2022 COWRA500 Routes

A TEAM (Totals: Length 624km, Rise 3716m)

DAY	MONDAY 3RD	TUESDAY 4TH	WEDNESDAY 5TH	THURSDAY 6TH	FRIDAY 7TH
ROUTE					
LEVELS	↑ 542 m · ↓ 541 m 	↑ 318 m · ↓ 319 m 	↑ 1,516 m · ↓ 1,517 m 	↑ 577 m · ↓ 577 m 	↑ 763 m · ↓ 764 m 
LENGTH	130km	136km	133km	140km	85km
RISE	542m	318m	1516m	577m	763m

B TEAM (Totals: Length 363km, Rise 2063m)

DAY	MONDAY 3RD	TUESDAY 4TH	WEDNESDAY 5TH	THURSDAY 6TH	FRIDAY 7TH
ROUTE					
LEVELS	↑ 198 m · ↓ 198 m 	↑ 470 m · ↓ 471 m 	↑ 730 m · ↓ 731 m 	↑ 154 m · ↓ 154 m 	↑ 511 m · ↓ 512 m 
LENGTH	60km	82km	76km	82km	63km
RISE	198m	470m	730m	154m	511m