

# Coffs Harbour Bicycle Users Group

## 100 MILES IN ONE DAY!!!!

Brooms Head - Maclean - Lawrence - Grafton - Glenreagh - Coffs Harbour.

Total Distance: 100 Miles / 161km Sunday 17<sup>th</sup> August 2008

Leader: John Gray ph: 6655 4898 / 0422333238

Brooms Head - Coffs Harbour in one day!

And YES, that is 100 MILES! 161 km! \*

### Are you a starter?

Who should attempt this ride? Provided you are experienced and fit this ride is an achievable challenge. Can you meet these criteria?

- You need to have done a ride of 100km+ before (that's km not miles). If you have participated in tours such as the annual NSW Bigride you will have some idea of the challenge involved.
- You need to be able to average at least 23kmh for the day! On the Maclean - Grafton leg we would have a much higher average. The day is planned assuming an overall average of 23kmh on the bike. That is 7 hours in the saddle. Anything slower would make the day too long and tiring. Adding in the ferry crossing and rest stops means a total time of 10 hours start to finish. If you fall behind on the ride plan (see below) a support vehicle will pick you up.
- This ride really requires a road bike but at least you need skinny tyres.

### Preparation

- Your fitness will need to be at a peak before the ride. You need to do as many hard rides as you can (up to 80-100km) in the months leading up to the ride. You need to be finishing these rides with averages of 20+kmh.
- Suggested hard rides would include Bruxner Park to Nana Glen return (or variations on that), the Bellingen - Raleigh loop via South Arm and North Bank roads, the Nambucca Heads - Macksville - Bowraville - Nambucca Heads triangle and the Nambucca - Macksville - Taylors Arm and return ride (although that road may still be in need of repair).
- As well there are the Saturday morning community rides starting from the Coffs City Square -ride with the A or B group.
- Make sure your bike is in good working order! Get a bike service in the days before the ride.

### THE RIDE PLAN -

- This route is almost ideal for a "century" attempt as it has very few serious hills. The Maclean - Grafton section is totally flat. Traffic should be light for most of the route.
- Although this is a social, non-competitive ride it is realistic to expect that there will be a faster and a slower group. Slower riders need to depart first after each stop. We will join up again at the stops and come together again at the finish. We want everyone to embrace the social aspect of the ride as it is a big part of the fun.

- This timetable is based on the minimum average cycling speed stated (plus some time for short stops for water!):-

## Time Schedule:-

### Early Sunday (6:30 am) hit the road.

Brooms Head - Maclean 27km [27]

*Includes a slight detour through Maclean streets.*

*Brief water/toilet stop at riverbank in Maclean -10 min*

Maclean - Lawrence (via the ferry) 12km [39]

*Crossing time for ferry is up to 30 min including probable wait time.*

### Morning Tea at Lawrence in park beside river 8:55am - 9:15am (20min)

Lawrence - Grafton 34km [73]

*via Riverbank Road and Great Marlowe Road -avoids traffic and scenic too.*

### Lunch at Grafton beside river 10:50am - 11:30am (40min)

Grafton - Lanitza 25 km [98]

*Cross Grafton bridge via cycleway -avoids traffic.*

*Refreshment stop at Lanitza service station halfway to Glenreagh -20 min*

Lanitza - Glenreagh 22km [120]

### Afternoon Tea at Glenreagh 2:00pm - 2:30pm (30min)

Glenreagh - Nana Glen 11km [131]

Nana Glen - Coramba 11km [142]

*Refreshment stop at park in Coramba -10 min*

Coramba- Coffs Harbour (Jetty) 19km [161]

### Arrive at the Jetty 4:30pm

*Congratulations! Celebrations! Refreshments! Certificates!*

- We have a map of the route for you.
- Note: 100 miles = 160.9344 km so you will have to do an extra kilometre!

## Support

- We will have some vehicles providing support. They will take all your gear and will be able to assist if any riders are unable to continue. They will also have food organised for all the stops.
- We will have a roster for good riders to lead and tail for each leg of the trip. (7 legs between stops).

## Time

It is a big day so we need to keep in mind time factors:-

- We need to have a margin of time for the unexpected and also changes in the weather so it is necessary to keep to the time schedule. Arrival times will vary but departure times are bottom line -we have to depart from the main stops by the time planned.
- We need to depart Brooms Head on time at 6 30am. Be sure you have checked your bike the night before and first thing in the morning.
- At the ferry support vehicles should not wait for riders. They should proceed and wait at the rest stop.

## Stops

- Suggested rest stop times in minutes:-

1. Maclean 10
2. Lawrence 20 (riders will also have rested on the ferry)
3. Grafton 40 Lunch
4. Lanitza 20
5. Glenreagh 30
6. Coramba 10

## Accommodation

- To get an early start we will camp at Brooms Head the night before. Drive to Brooms Head near Maclean on Saturday (or Friday if you like) and have a beach day and camp overnight. Brooms Head is a great place to camp. We can book as a group and pay a small amount per head and reserve a number of adjoining sites. Cabins on the hill above the campsites are also available.

You might like to check this website:-

<http://www.totaltravel.com.au/travel/nsw/northernrivers/maclean/accommodation/caravan/brooms-head-caravan--9>

## Transport

- We will need non-rider drivers who can provide transport to Brooms Head for bikes and riders or to drive vehicles back from Brooms Head. We can't run the ride without their assistance. So if you can help come and enjoy the beach / camping / social experience!
- Travelling time to Brooms Head from Coffs Harbour is maybe 2 & 1/4 hours via the Pacific Highway. Turn left off the highway at Maclean sign and then turn right to Brooms Head after about 1km. Be aware that mobs of kangaroos are present along the Brooms Head Road. Coastal emus may also be on the road.

## Food

- Food is extremely important: for this weekend it's fuel. You must have a substantial meal the night before, a proper breakfast and "refuel" at all stops along the way.
- There are these eating out options at Brooms Head: The Pacific Star Chinese restaurant at the Brooms Head Bowling club provides lunch, dinner and take-aways. The Snakky fast food take-away right at the beach in the caravan park is open for lunch and if it isn't holiday time they will open up from 5:00 pm to 6:30 pm just for us. There is also a general store open from 8-6 daily which sells "gourmet" pizzas! There are of course BBQ facilities and you could always bring your own cooking gear.
- Food during the ride: You can choose to take care of this yourself or put in \$10 for fresh food purchases by support vehicles ahead of our arrival at stops. They will have snacks and the makings of sandwiches ready for us to attack on arrival at each stop. We can't risk getting behind schedule because we are waiting in shops for service. Let us know your choice beforehand to make it easier for the support crew and we will collect money on the Saturday afternoon.
- At Glenreagh we may organise to have afternoon tea at a café by phoning ahead.

- Water of course is also very important. It may be a hot, dry day. There should be water available at each of the stops and the support vehicles will carry water too. If you have two water bottles you might choose to have one in a support vehicle to lighten your bike load.
- The following is the advice from Bicycle Victoria: Eat and drink small amounts regularly. Drink every 10-15 minutes and eat every 20-30 minutes. Don't consume large meals whilst cycling. Bananas, apples, sultanas, dried apricots, fruitcake, sandwiches, vanilla slices and meat pies keep the legs turning! Too much fluid can increase your chance of developing hyponatremia or depleted salt levels in the blood. Good fluids are water, Gatorade, milkshakes and vegetable juice.

## Safety

- Think safety throughout the whole ride.
- You will of course make sure you are wearing highly visible clothing -your brightest shirt.
- Bike lights are needed for reduced visibility if it rains.
- Traffic should be light but for most of the route the road lacks a road shoulder. Be prepared to form a single file when cars approach.
- Coramba Road, from Coramba to Coffs Harbour, is not a good road for cyclists - Winding, little shoulder, continuous double lines.
- Stay alert during the last part of the ride when tiredness and increased traffic become risk factors.
- Please sign the sign on sheet on the day of the ride. The usual disclaimer applies to this ride. Joining Bicycle NSW will give you insurance cover.

## Health

- A long day in the sun means skin protection is important. Pack that sunscreen.
- Water dehydration can lead to cramps which as well as being painful could mean you are unable to finish. Stop every 20 minutes for a long drink from your bottle.
- Heat exhaustion is also possible if it is unseasonally hot. Symptoms include headaches, rapid heart rate, dizziness and mental confusion.
- At all stops do a variety of stretches. Upper body stretches including stretches for your spine and neck are also important on a very long ride.
- Recovery after the ride: You need to consume protein and carbohydrate after a hard ride and of course keep drinking water. You need to do some stretching too. Plan a few days of light exercise rather than no exercise. Maybe a different form of exercise. A massage and or cold water wading will help your muscles recover.

## Communication

- Taking your mobile phone will aid communication. Exchange numbers before the ride.

## Weather

- The end of **August** is usually when we get the first warmer spring weather. The climate statistics indicate we can expect low humidity, a maximum temperature of about 23 degrees in Grafton, a one in seven chance of rain and a high chance of a sunny day.

- It is also pre-daylight saving time so it will be easier to make an early start. The sun will rise at 6:20am. The sun will set at 5:30pm.
- Should the weather be bad that weekend we would postpone it. We want to be able to enjoy the experience - we don't have to be heroes.
- These internet sites will help you keep an eye on the weather:-

Yamba (North of Brooms Head) weather

<http://www.weatherzone.com.au/local/local.jsp?lt=aploc&lc=2905&fc=53320>:-

Grafton weather

<http://www.weatherzone.com.au/local/local.jsp?lt=aploc&lc=2820&cuc=58161&rc=58130&clc=58130&fc=53320> :-

Coffs Harbour weather

<http://www.weatherzone.com.au/local/local.jsp?lt=aploc&lc=2705&fc=8964> :-

## Previous "Centurions" -the pioneers.

- These riders all completed the inaugural 2007 ride: Brendon Scott, Cameron Scott, Marc Schmidt, Tracey Schmidt, Jo Davidson, Ian Scott, Ian Hogbin, Lucy Maguire, Bill Vloedmans, David Ellis, April van Bladel, Sally Curtis, John Gray.
- It was 36 degrees and we had a thunderstorm and headwinds!

## Checklist -See below

Ring me if you want to take on this challenge, provide support or just come for the camping. We need to book camping so don't delay. If anyone else expresses an interest in the ride it is important that they contact me.

John Gray

Coffs Harbour Bicycle UG

ph: 6655 4898 / 0422333238

## Checklist

This basic ride / camping checklist might be useful. Suggested is an overnight bag for camping gear plus a daypack for things you might want to access during the day but which would be carried in a support car. Take the bare minimum you need on the bike. Have everything as ready as possible the night before.

### CYCLING

bicycle!  
helmet  
water bottle  
sunscreen  
computer  
pump  
toolbag  
spare tube  
repair kit  
tyre levers  
tools  
oil  
bike lock  
lights?

### CAMPING

pack/bag  
tent  
airbed  
sleeping bag  
pillow  
torch  
plate  
bowl  
knife  
fork  
spoon  
mug  
teatowel  
food

### CLOTHING

ride shirts  
cycling shorts  
cycling shoes  
cycling gloves  
raincoat

shirts  
shorts  
socks  
underwear  
long pants  
jumper  
hat  
shoes walking  
thongs  
towel  
swimmers

### OTHER

toothbrush  
toothpaste  
razor  
soap  
first aid

glasses  
sunglasses  
camera  
mobile phone  
snacks  
wallet  
sunscreen