

## 2021 Grand Slam Challenge Series

**Bicycle SA's 2021 Grand Slam Challenge Series** of recreational road rides kicks off in a few days' time with a choice of either 40km or 80km distances, commencing at Woodside on Sunday 21 February.

After a year of Covid-enforced "time-out" from our usual calendar of events, we're looking forward to welcoming back all our previous Grand Slam riders as well as meeting those who are participating for the first time. We hope that your summer of cycling has been filled with many enjoyable days turning the pedals and you're looking forward to the challenge of accumulating up to 650km in the saddle over the course of the 5 Grand Slam Challenge rides in 2021.

### Weather

It's warming up again this week, however the temps are forecast to cool off for the weekend with 25C for Adelaide and a little cooler with 22C in the Adelaide Hills. It will be a fresh start with an overnight low of 11C forecast for Woodside so dress accordingly.

As always, we recommend the use of bright clothing and front and rear lights to enhance your visibility to other road users.

### Covid safety

Grand Slam participants can rest assured that we have implemented recommended Covid-Safe procedures for our events and ask that you adhere to the "new normal" practices that we have all been getting used to including; appropriate social distancing, hand sanitising, "checking in" where required, etc. In the interest of public safety, if you are feeling unwell immediately preceding or on the day of Grand Slam, we ask that you do not attend this event. In accordance with Government guidelines, there will be a QR code at the venue to scan when you check-in at the start.

Food and refreshment service at the refreshment stops and at the start/finish will be closely managed to avoid cross contamination. Unfortunately self-service is not allowed. Please follow the directions of the volunteer support crew who are there to assist you.

### Grand Slam Jerseys



If you've ordered one of the new 2021 Grand Slam jerseys, you will be able to collect it when you check in at Woodside on Sunday morning.

If you would still like to buy one, we have a few left in limited sizes so get in quick.

We will also be placing a final additional order next week. Call our office, Tel: 8168 9999, with your credit card details before COB Wed 24 February and they will be available for the next Grand Slam ride on 28 March.

### Venue

Start location is the Mid Hills Netball Association at the Woodside Oval - [10 Onkaparinga Valley Rd, Woodside](#). Woodside is approximately 35km from Adelaide CBD. Travel time is approx 35mins via the SE Freeway and Onkaparinga Valley Rd.

[Click here](#) for directions.

**NOTE: Those travelling to the hills from the CBD should allow extra time to travel safely up the SE Freeway, [where extensive roadworks are underway.](#)**

There is plenty of parking available behind the clubrooms at the southern end of the oval.

Note: Please do not park in front of the clubrooms. This is reserved for event support personnel only.

Make sure you allow plenty of time to arrive and check-in before the start.

## Registration and check-in

Registration and check-in to collect your Rider ID number commences at 7am.

The first **40km loop starts at 8am sharp**, with the **Rider Briefing at 7.45am**.

Remember to carry plenty of water with you – take AT LEAST two bottles and use plenty of sunscreen.

As always, we recommend that you wear bright clothing and have both front and rear lights fitted and working for extra visibility on the roads.

## Final route map and notes

The route map is now available for download from [our website](#). You'll also find links where you can download the route to a GPS device.

The route will be signed with our usual red Bike SA arrows however we encourage you to take a copy of the route map / notes with you just in the case you inadvertently deviate from the course.

Despite our best efforts we can't guarantee that signage won't be tampered with before or during the event.

The route notes also contain emergency contact numbers in case you require assistance along the way.

## Refreshments

Water and juice along with snack bars and bananas will be available at the refreshment stations on both loops.

Take extra water with you – at least 2 x 600ml water bottles or a hydration pack. It's a good idea to drink a bottle of water to ensure that you're fully hydrated before you start.

For those who can't go without a morning espresso hit, Rory from [Let There Be Coffee](#) will be cranking out "freshly squeezed" espresso coffee & cappuccinos before the ride so bring a credit card or some loose change if you want to purchase a coffee from Rory.

## Mechanical support

Don't forget to make sure your bike is in top condition for riding and have it serviced before the ride. Also remember to pack a spare tube, pump and a puncture repair kit including tyre levers and multi-tool. Our usual posse of volunteer support crew will be on hand to assist with breakdowns/mechanical issues throughout the day as well.

## Thanks to our Grand Slam sponsors

We encourage you to support those companies that support our work and our rides.



[Roof Rack City](#) have been fantastic supporters of the Grand Slam Challenge Series and many other Bike SA events. Need a new bike rack or roof rack for your car or trailer? Pop in and see the team at 37 Gilbert Street, Adelaide. They will provide you with expert advice on the type of rack best suited for your vehicle.

If you have signed up for the series and register as a Bike SA member – you're in the draw to win a \$250 Roof Rack City voucher [www.roofracksa.com.au](http://www.roofracksa.com.au)



Hammer Nutrition will be providing [FIZZ hydration product](#) at the start/finish and refreshment stations for each ride.

All Bike SA event supporters can purchase Hammer Nutrition products at a 10% discount at Hammer Nutrition.

Purchase the products online then proceed to the checkout cart. Insert the code **BICYCLESA** in the coupon section, click apply, your discount will be applied, and then proceed to checkout. Remember **"Fuel Right, Feel GREAT!"**

[Click Here](#) to for useful information about "Getting Started with Hammer Nutrition".



Bike SA and [Andersons Solicitors](#) have enjoyed a long-standing relationship. Andersons not only sponsor our community of Bike SA volunteers, but they also offer members a FREE simple Will service and a FREE initial phone conversation with a lawyer in addition to 10% off all legal services.

### **Grand Slam continues.....**

After this weekend, the Grand Slam series continues with rides in Mt Torrens, Williamstown, Echunga and finishes in Mt Pleasant in October.

### **Don't forget .....**

#### **Coast to Coast**

Sunday 14 March

From 10km to 95km there's a distance to suit everyone.

**Note: due to ongoing roadworks on the SE Freeway, the 120km Glenelg start option has been cancelled.**

The 95km Stirling start and 65km Meadows start and the Mini Coast to Coast will continue as normal.

#### **Festival of the Hills**

Bring the whole family to Woodside to enjoy car-free pedalling on the Amy Gillet Bikeway as part of the Festival of the Hills [Discover, Play, Bikeway](#) event which is taking place this Sunday as well.

You can choose to ride Grand Slam first and then take the family on a more leisurely exploration of the Amy Gillett Bikeway.

We look forward to seeing you at Woodside.

The Event Team

**Bicycle SA**