

Dear Coast to Coast Rider

5 days to go!!!!!!

Pre-Registration / Collect your Rider ID & optional ride Jersey STARTS THURSDAY!

All riders should collect their unique Ride ID, ride information pack and optional ride jersey from the Bike SA office ([11a Croydon Rd, Keswick](#)) between:

- 9.00am and 5.30pm, **Thursday 11 March**
- 9.00am and 5.30pm, **Friday 12 March**

If you have not collected your Ride ID number, info pack or optional jersey by 5.30pm, Friday 12 March, you must check in at the registration desk at your start location to collect them on the morning of the ride. Your Ride ID number will give you access to all food and refreshment stations en-route and at the finish. Your Rider ID number needs to be attached to the front or back of your jersey or the handlebars. **You may collect on behalf of other riders at their request**

PLEASE NOTE THAT IF YOU COLLECT YOUR RIDE ID PRIOR TO THE EVENT, YOU DO NOT HAVE TO CHECK IN AT THE START.

Cloakroom

If you wish to have a backpack or bag taken to the finish at Victor Harbor – this service will be available at the Stirling start until 8am, or Meadows until 8am. You can also drop your bag in at the Bicycle SA office on Thursday or Friday to collect at Victor Harbor on Sunday when you finish.

Still Time To Register

Got some mates, colleagues or family who haven't signed up yet?? Please encourage them to get their registration in ASAP. It helps with our planning to get everyone registered sooner rather than later. They can register online up until midday Sat 13 March. Or register in person at the start on the day of the ride if it's a last minute decision to ride.

Mini Coast to Coast

If you have family joining you at the finish in Victor Harbor, why not encourage them to take part in the Mini Coast to Coast ride. Starting at 10am from Warland Reserve, it's a great way to enjoy a family friendly ride along the Encounter Bikeway then celebrate together when you cross the finish line. Children 16years and under are free but still need to be registered.

Weather Update For Sunday 14 March

The forecast for Sunday is looking good with a partly cloudy day and a top of 20C forecast for Adelaide and 19C for Victor Harbor. It will be quite a bit cooler at the start in Stirling and Meadows as well as through the hills, so make sure you dress accordingly. A lightweight shower/windproof jacket is always a good idea to help ward off early morning chills. All in all it's shaping up to be a great day of riding but make sure you keep the fluids up throughout the day. You should carry at least 2 x 600ml water bottles with you and make use of the refreshment stations to top up and rehydrate along the way. As always, we recommend the use of bright clothing and front and rear lights to enhance your visibility to other road users.

Ride Information

Make sure you familiarise yourself with all details about the event. You can view all details about the event on the [website](#) including [Participant Information](#).

Main Start in Stirling NOT Glenelg

A reminder that there will be no Glenelg start this year due to the SE Freeway upgrade. The main start will now be in Stirling.

Check in will be on the lawns at the [Stirling Library](#), cnr of Mt Barker Rd and Merrion Tce. Riders will gather in the car park area behind the Council buildings and shopping centre for the start. Make sure you allow plenty of time to arrive and check-in before the start.

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](#).

If you choose to cycle to the start in Stirling please be aware that you will need to use the bike path starting from the Tollgate at the bottom of the SE Freeway and follow the normal 120km route using the bike path via Mt Barker Rd / Eagle on Hill / Crafers. Riders should be aware however, that there may be increased vehicle traffic on Mt Barker Rd via Eagle on the Hill due to diversions from the Freeway up-track. Riders should also take into account the time that it takes to ride to Stirling and should consider being dropped off in Stirling if they feel they will not arrive in Stirling in time for the start. Allow at least 1hr from the bottom of the Freeway. The tail-end Support / Sag vehicle will leave Stirling at 8.30am.

Please note that there is limited parking in Stirling. If you do need to leave a vehicle in Stirling for the day please be aware of local parking restrictions and park away from the main street. You can park at the [Service Women's Memorial Reserve on Pomona Rd](#), just at the end of Merrion Tce or in side streets of Stirling where it is possible to park well off the road. Please be aware that there are parking limits in the shopping centre carpark behind the main street shops. THIS IS THE BEST PLACE TO BE DROPPED OFF or for your friends/family to park just for the duration for the start.

Covid safety

Coast to Coast 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.

There will be a Bike SA 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 double handling. Unfortunately self-service is not allowed. Please follow the directions of the volunteer support crew who are there to assist you.

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.

Please Support Our Event Partners



Riding for a reason - Bikes Palya

Bicycle SA has been working in the Anangu Pitjantjatjara Yankunytjatjara (APY) lands on the Bikes Palya program, which gives children and communities in the APY Lands riding opportunities to build resilience and improved health.

Palya means "great" in Pitjantjatjara. **Bikes Palya = Bikes are Great!** More information; <https://www.bikesa.asn.au/bikes-palya/>

Bikes Palya translates the excitement of cycling into learning opportunities for Aboriginal youth through programs that reinforce values of pride and responsibility while creating a healthy pastime. In schools where attendance can be very low, Bikes Palya aims to drive attendance rates higher and to engage with typically hard to reach youth through the power of the bike. [Click here](#) to make a tax deductible donation to support Bikes Palya.



Big thanks again to our friends at [Ground Effect](#) for offering up some great prize vouchers to give away. All registered participants are running to win one of several \$50 voucher from Ground Effect cycle clothing. If you've already registered, you're in with a chance but make sure you encourage your friends to jump on board too. It'll be a great day out and any of you may just might be a winner!!!



Thanks to [Hammer Nutrition](#) for providing [FIZZ hydration product](#) for the Coast to Coast

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 **BICYCLE SA** in the coupon section, click apply, your discount will be applied, and then proceed to checkout.

Remember **"Fuel Right, Feel GREAT!"** www.hammernutrition.com.au

[Click Here](#) to read about "Hydration - What you need to know"



Need a bike rack??

Got somebody to pick you up after the ride at Victor Harbor but you don't have a bike rack for the car?

Check out the range of bike racks available at [Roof Rack City](#) at 37 Gilbert St, Adelaide.

Ian and the team will be able to advise you on the best bike rack solution for your vehicle.

We look forward to seeing you all at Coast to Coast 2021!

The Event Team

Bicycle SA