

Grand Slam Challenge #5 100/200km at Mt Pleasant, Sunday 17 October – 6.30am

We cap off the 2021 Grand Slam Challenge Series this Sunday with the ultimate 100km/200km challenge ride at Mt Pleasant. For those Series riders, this final chapter is the culmination of your efforts over the last nine months and will be cause for celebration as you reach your personal challenge milestones for the series. If you have yet to register for this Sunday, online registration will close Saturday at noon or you can register on the morning. EFTPOS facilities are available at the registration desk.

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” and wearing of face masks 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.

Weather Forecast

The weather forecast for the Mt Pleasant area indicates 17 degrees and partly cloudy with light winds. Just about perfect for a day on the pedals!! It will be a quite a fresh start however, with a low of around 5 degrees overnight. With a 6.30am start you'll need to wear appropriate clothing for the conditions.

Venue

The start venue is at the Mt Pleasant Memorial Hall, 61 Melrose St, Mt Pleasant. It is located approximately halfway along the main street just opposite the Mt Pleasant Bakery and Library.

Mt Pleasant is located 55km northeast of Adelaide. Travel time is approximately 1hr 5min via North East Road. Alternatively, you can travel via the SE Freeway and Onkaparinga Valley Rd. The distance is 64km however the travel time is also approximately 1hr 5 min.

Parking

We recommend that you park along the main street on either side of the hall as there is limited parking available behind the Hall. This area will be reserved for rider marshalling and event support vehicles.

[Click here](#) to view a map of the start location on Google Maps

[Click here](#) for directions from Adelaide via North East Rd [Click here](#) for directions from Adelaide via SE Freeway and Onkaparinga

Registration, Check-in and Start Time

For those who have yet to register - online registrations close at midday on Saturday 16 October. However, to assist us in planning for catering requirements, we ask that you register before 5pm on Thursday 14 October. You can also register on the day via hard copy. EFTPOS (or cash) facilities will be available.

Kick off will be at **the earlier time of 6.30am** with check-in from 5.45am – please arrive well before 6.30am to complete check-in and be ready for the pre-ride briefing at 6.20am. Please don't be late for the start as the SAG wagon will not hang around too long for late comers on the first loop.

If you're planning on only riding just one loop and prefer a later start you can start the second loop from 9am but **no later than 10.00am**

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

The usual refreshment stations with water, juice, [Fizz hydration product](#) hydration product and fruit cake will be located approximately half way around each loop and lunch will also be available at the Hall in Mt Pleasant. In addition, we highly recommend that you pop a couple of gels, muesli bars or sweets in your pockets just in case you need an extra bit of fuel along the way. Make sure you have at least 2 x 700ml drink bottles to carry with you as well. A Camelback-style water bladder is also useful.

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, puncture repair kit including tyre levers and multi-tool. Our usual posse of volunteer support crew will on hand to assist with and breakdowns/mechanical issues throughout the day as well.

Many thanks to our Grand Slam sponsors for their generous support.



We are pleased to welcome new sponsor, [Adelaide Superb Chauffeurs](#). They can provide passenger and cycle transport to/ from your home to any of our cycling events including Grand Slam. If you're heading off on holidays, they can arrange transfers between Adelaide Airport and your home or hotel. They can also assist with sightseeing & winery tours or any other situation where you need someone to transport you and/or your bike. Your bicycles and luggage will be well looked after in their fully enclosed lockable trailer so there is plenty of room.

You can download an Adelaide Superb Chauffeurs flyer [HERE](#)

Adelaide Superb Chauffeurs will be providing vehicle support at Grand Slam #5 and will also be offering a \$100 gift voucher to one lucky Grand Slam rider this Sunday.



Roof Rack City in Gilbert St, Adelaide have been fantastic supporters of the Grand Slam Challenge Series and many other Bike SA events.

They have a wide variety of bike racks to suit all types of vehicles.

At the conclusion of this ride we will be drawing the winner of \$250 Roof Rack City voucher www.roofracksa.com.au



The final ride of the Grand Slam Challenge is not going to be an easy feat. Nutrition will play a vital role in the successful competition of this ride. Click on the adjacent banner for important hydration information to help prepare for your ride.

We'll be giving away some \$50 Hammer Nutrition vouchers to 8 lucky riders this Sunday.

There is also a special offer for all Grand Slam riders of **10% discount** on ALL Hammer products. To get this discount [go to the products page](#), select the products and proceed to the shopping cart checkout. In the Checkout cart you will see a coupon section, place the coupon code **BIKESA** in the coupon section, click apply and checkout. The discount will be applied.

Remember **"Fuel Right, Feel GREAT!"**.



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.

Don't forget to mark the following upcoming events in your diary now as well:

Sunday 7 November - [La Grande Gita](#)

Sunday 21 November - [Gear Up Girl SA](#)

We look forward to seeing you this Sunday 17 October at Mt Pleasant

Happy pedalling

The Bike SA Team