



# 2019 Ride for Remembrance supporting NSW Police Legacy

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26-28 April 2019 / 3 Days / 300km / 340km challenge



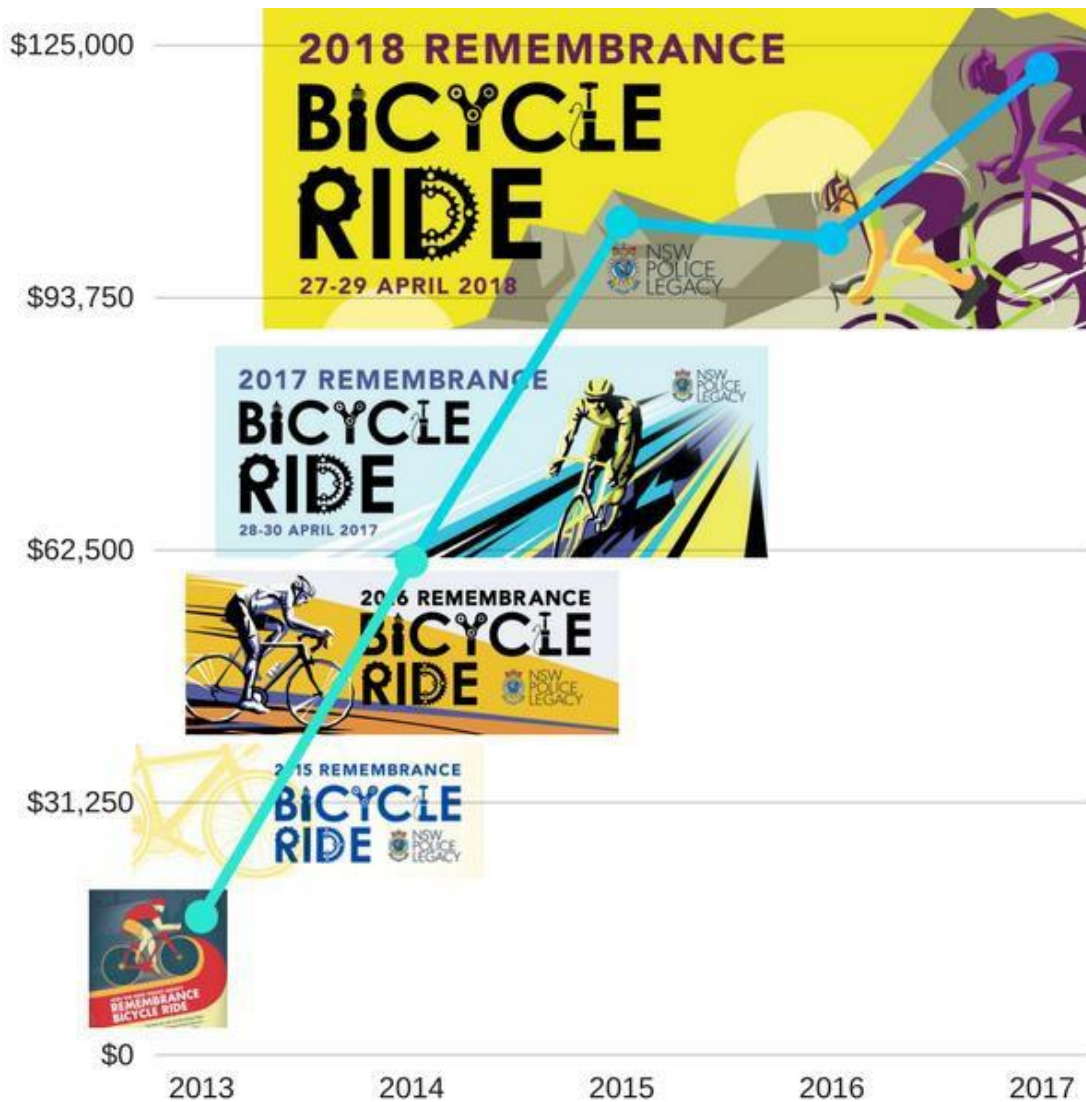
# Introduction & Background

On behalf of the organiser Craig Tonks, welcome to the 2019 Remembrance Bike Ride supporting NSW Police Legacy. This year's ride will take place from the **26-28<sup>th</sup> of April 2018**.

As a bit of a background this will be the **7<sup>th</sup> time** edition of the ride that has now become a significant annual event for NSW Police Legacy.

The event continues to grow. Last year 120 **riders** again left the Royal Botanical Gardens in the early hours to head to Canberra, with stop overs on day 1 at Mittagong and day two at Goulburn. The three days riding was great fun and last year we had the challenge stages for those up for it on day 2 and day 3.

The below graph provides a clear update on how the event has grown and where we now sit relative to funds raised to support NSW Police Legacy. This year our goal is to raise \$120,000 for our NSW Police family.



As always at the completion of the ride we all assemble at the National Police Wall of Remembrance in Canberra beside the lake for the official ceremony and some heartfelt speeches. At the completion we all congratulate each other and then make our way home after what all describe is a fantastic event. It is timely to reflect as it seems like every month there is a police funeral which highlights the importance of this great charity organisation in ensuring that the families that get left behind by these people's sacrifices are cared for, supported and not forgotten. We have again hooked up with our great partner Gofundraise to manage the charity donations.

## SUPPORT

**Ride likes these cannot survive without significant support and we have some great organisations and people supporting us in riding for our Police legates.**

### **NSW Police**

#### **Legacy.**

What a fantastic organisation they and the people who are involved are. It is the reason we ride these kilometres and put ourselves through the pain to support legacy in supporting our Police family. They have come onboard to support with the planning, marketing and fundraising aspects of the event. This is one of the biggest fundraising events held by NSW Police Legacy.



### **Hillbrick Cycles.**

They have provided the riding gear since the events inception. Through consultation with our uniform committee, they have listened to the riders and the quality of this year kit is much improved, with an even better design.

## **HILLBRICK**

### **Police Bank**

Again a fantastic supporter for the Remembrance bike ride as year after year they provide financial assistance and logistical items for the ride.



## THE RIDE

For this year's ride again like last year we will have 5 pelotons heading south. Peloton 1 & 2 will be for those more experienced riders who can sustain a reasonable pace or have a fair bit of riding

experience. The remaining pelotons are for those who are happy to take their time and enjoy the scenery. There will be 5 support vans for personal bags rear escort vehicles. The vehicles will stay with their assigned peloton each day. Each peloton should have a marked 80 style vehicle as rear escort.

The ride will not always be on the operating lanes and sometimes we will be on the shoulder or on emergency lanes. In that regard as we all know that debris tends to gather there and punctures may again stifle out momentum. It is suggested that durable tyres are organised to mitigate the chance of punctures. We certainly don't want to have anywhere near the 60 odd we had in 2012! Importantly, it will be a situation that if there is a puncture the entire peloton stops and waits ensuring they stop in a safe location & under the protection of the escort vehicles. In this regard those who are mechanics or experienced in bike related issues please make yourself known to your respective ride captain.

### **In relation to riding gear (kit) worn each day:**

- **Day 1 - The Official Remembrance Ride Kit will be compulsory**
- **Day 2 – ‘Non Uniform day’ - Wear what you want. No birthday suits, however it would be nice for those who have ridden in the event previously to wear one of the previous year’s NSW Police Legacy kits!!! (Probably only chance you get these days).**
- **Day 3 – The Official Remembrance Ride Kit will be compulsory.**

Included in this year’s kit under the registration fee:

- 1 wind vest
- 1 classic cut jersey
- 1 bib shorts
- 1 cycling buff

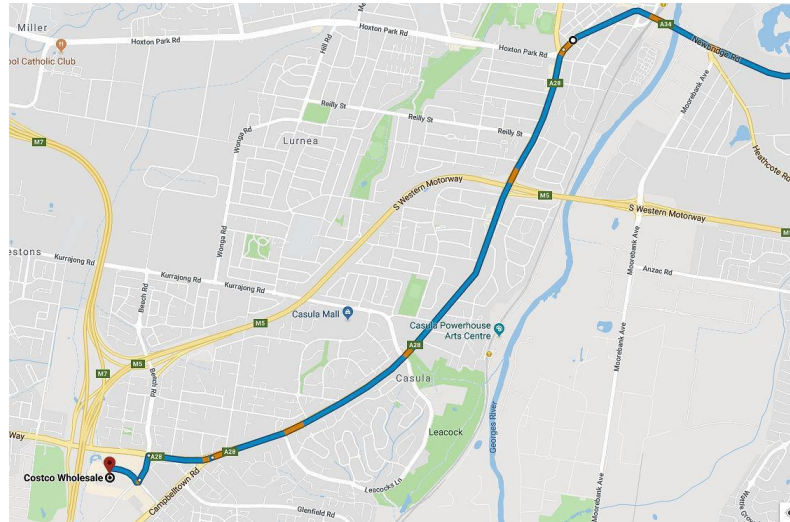
If you would like more than one of each of these items above, you will be charged for the second item. A thermal jacket, cycling socks and a cycling cap are also available at an additional cost. Please see the cycling kit info package for more information. If you have already registered and want to order/purchase another item please contact [caitlin@policelegacynsw.org.au](mailto:caitlin@policelegacynsw.org.au)

Now you would have noted on the background of every years ride that weather can and is a factor. I **strongly suggest** that you bring your full array of wet & winter gear just in case. There will be cleaning opportunities at Goulburn & at Mittagong. Additionally wearing skins to bed is a great way to recharge those legs.

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## FRI – MORNING TEA

Thanks to work of Superintendent Gary Merryweather & others, the Police Association will put on a morning tea which has been organised at Cosco on Friday on the journey.



## SAFETY

We will continue to focus on safety for all participants, support staff and the non-event community. Cycling is an inherently dangerous sport as seen by recent events. It is imperative that every attempt is made to make the ride as safe as possible. In that regard we have implemented a number of strategies that will assist in maximising the safety of us all. We have gone through the normal on road event approval process as the first step which has been approved by the Traffic and Transport Section of the State Planning Unit. We have obtained **insurance through Cycling Australia** and asked riders to be members of a cycling body.

As per last year we will adopt the safe group riding etiquette used by the Tour De Cure which is a well-known and well respected charity riding group. Safety at the end of the day is paramount and having a consistent methodology of group riding is critical while we ride in large groups on live roads. Every participant will be provided a softcopy version of the document, along with this package. Additionally Tour de Cure 'bunch riding' etiquette document can be located at [www.tourdecure.com.au](http://www.tourdecure.com.au) - Group Rides – then select riding etiquette that will bring up the attachment.

Some key standard messaging includes:

- **In pairs ride handlebar to handle bar, NO half wheeling**
- **Hands always covering the breaks, only exception is climbing**
- **1-1.5m gap between pairs and increase to 3/4m in wet conditions.**
- **Do not focus down on wheel in front, but the rider & ahead looking through the line so you see hazards as early as possible**
- **Early and clear calls from front all the way to the back & visa versa**
- **Rear of peloton controls movement of peloton from one lane to another. DO not move across until call given from rear**
- **Be conversant with all the calls & hand signals**
- **If we have to single up, be directly behind the rider in front.**
- **Show your biddon when your about to take a drink while riding**





It is suggested that you have your 'steeds' serviced just prior to the ride to ensure it is as prepared as you are. This would include getting new tyres and more durable ones such as gator skins etc.

This year we will have a Ride Safety Officer **nominated** who will oversight safety for all participants including daily briefings & debriefs. Additionally each Peloton will also have a **Ride Captain** nominated, who will be identified closer to the ride.

The ride captains will be responsible for the management / safety of each peloton. Riders will be instructed to comply with the directions of the ride captains. Ride captains will nominate experienced riders within their group to assist them. The experienced riders are to be placed throughout the peloton (front, middle & rear) to assist with communications.

Each day there will be a detailed safety briefing (by the Safety Officer) to discuss issues from the previous day, intentions for the day and to go over key safety aspects which may include information on the topography, stop locations, expected weather impacts and challenges that may be experienced that day.

This year we will again have radio communications through portables for a nominated rider in each peloton, to have communications link between the peloton and the escort vehicles, as well as between each peloton to give timely advice/warning etc.

For the most of the time we will be riding on the main roads, but there will be periods where we may have to move onto the emergency / breakdown lanes, so communications between the support vehicles and peloton will be crucial. Additionally we have an obligation to where possible reduce the impact on the non-event community, specifically the traffic. So in that regard their maybe periods where the peloton will be directed to pull over or stop temporarily to allow traffic to pass especially if it is getting built up. The rear escort vehicle will monitor and control this action.

As you would all know by now, rightly or wrongly the news laws relating to bike riders are in place. In this regard we will abide by these laws so things such as;

- All must have drivers licence on them when riding
- All must have a bell
- All must when stopped at lights/signs etc must unclip pedals

The last thing we want to do is bring undue attention upon us that failure to comply with some of these simple measures may cause. As you know we regularly each year receive not a lot but some negative social media about our perceived impact upon vehicular traffic during the event, in particular

day 1 and day 2. Finally, as per last year all riders as a condition of entry are required to have public liability insurance through membership with either Bicycle NSW or Cycling Australia.

## HYDRATION / NUTRITION

Maintaining fluid intake and nutrition throughout any ride is critical but more so for long rides around 100+ ks.

It is recommended that two biddons are used with;

1. one containing water
2. the other with some form of sports drink, i.e. Gatorade, Powerade etc.

As a basic rule having a drink every ten kilometres is a good guide. Even if you don't feel like a drink you should stick to a schedule, because the moment you do feel like a drink you are already dehydrated and that will affect your capability & concentration. Similar applies for food, but with food look to eat something every twenty kilometres. Have on you enough gels; bars to cover the distance each day and there will be additional supplies available with the support vehicles. Finally for those who may have tender rear, the good old butt cream always comes in handy...Some of the riders including Belly have arranged various types of gels, bars etc & they will be in the support vehicles for each peloton as we travel. We will have regular stops along the way.

## ACCOMMODATION

### **Day 1. Springs Resort - Mittagong RSL.**

Have come onboard this year. All of us will stay at the Springs resort.

### **Day 2. NSW Police College, Goulburn.**

Once again a massive thanks to the Police College who always generously provide the accommodation on campus for all riders and support staff on the Saturday night that included meals.

## DINNER

### **Day 1 - Mittagong**

For the first night most will be staying at the RSL Accom, so gather best option will be to simply wonder across the carpark to the RSL for a lovely roast! There are plenty of options available in town.

### **Day 2 - Goulburn**

For the second night at Goulburn there will be a mandatory attendance at 'The Bar' at the Academy after dinner. Fines will apply for non-attendance and late arrivals. Dinner will be from 6pm to 7pm. By 7.30pm all MUST be at the bar for Social activity/Court Session (which will include the offences from day 1, that I ask the Ride captains to collate from witnesses & accusers) so bring some money and anything else that needs to be discussed. The bar will remain open until 9.30pm. Dress standards will apply.

## LOGISTICS

As you are aware there will be a number of vehicles as part of the contingent, this includes a front and rear escort vehicle for each peloton. We have also arranged a couple of other vehicles including a large Iveco to store luggage along the way. In that regard please reduce the amount of gear you bring. For the first night most will be at the Mittagong RSL 'Springs Resort'.

It won't matter what vehicle the luggage is on the second day as we are all at Goulburn Academy.

You will have to organise your own arrangements back to your homes from Canberra. We should get there by mid afternoon for the ceremony and then bug out. The train station is not far from the wall of remembrance and there should be some vehicles able to take some people to the station if need be. There may also be room in some vehicles to get back to Sydney somewhere.

#### **What to bring for the ride:**

- **NSW Police Legacy Cycle Kit**
- **Spare kit of choice for day 2**
- **Leg warmers, arm warmers, extra socks**
- **Summer and winter gloves**
- **Bootie covers / toe covers**
- **Rain jacket or two**
- **Extra undergarments**
- **Skins (for bed)**
- **Butt cream**
- **Sun screen**
- **Resealable bag to put mobile phone in**
- **Charge board to charge lights/garmin etc**
- **Gels / bars / gu's**
- **Spare tubes, o2 cannisters,**
- **2x biddons**
- **Cycling caps**
- **Sunnies (for heat and rain)**
- **Runners (to take off cleats when stopping for long periods to rest the calves).**
- **Approved helmet**

**IMPORTANT:** Bring a small bag that you will put the extra stuff you may wear, take on/off during the days ride. That bag will be placed in the support vehicle for your peloton each day as you won't get access to your luggage bag while riding.

For our riders we have set up a **STRAVA** group – <https://www.strava.com/clubs/74818>

## **ALERT / THREAT ENVIRONMENT –** **WHAT THIS MEANS**

We are all aware of events in recent times and the resultant change to the National Terrorism Threat Advisory System now rated as **PROBABLE** .

As you are aware, if you are in the public area and in uniform you must have appointments on. The Planning Committee have discussed the issue of marked police vehicles being involved in the ride as support. In this regard given they are clearly marked as police vehicles, those who operate them will need to wear uniform and hence have appointments on and hence be on duty. This is not an issue in terms of security as we will arrange storage at the local police station at Mittagong/Bowral on Friday night and at Goulburn Academy on Saturday. This provides a level of protection & response capability.

For the riders, it will be vitally important as risk mitigation that each peloton stays together at all times within the security of the support vehicles. That means that if one riders has a puncture or mechanical then the whole peloton will stop in a safe location protected by the vehicles both front and rear and wait collectively until bike is repaired. Additionally cyclists when stopped will do so at a safe location away from the roadway, preferably in a rest area where possible. Listen to the ride captain.

Portable radios will be utilised this year to assist in providing timely information to the peloton of issues that may be up ahead or coming from behind. This ensures effective communications between the riders / Support vehicles of that peloton and also between each peloton.



We will continue to monitor intelligence through our internal and external partners and assess if any intelligence comes in that may have an impact on our ride. We have engaged with our CT&ST TIU as to the threat Assessment to this event and its participants. As of receiving this package there are no holdings of any threats or leads directly relevant to this event. Affected LAC's including Traffic and Highway patrol have been provided an update on routes of travel for situational awareness. Riders and support staff will be required to remain vigilant and alert at all times whilst the event is on. POLAIR may also provide fly over's during the course of the ride particularly on the first day leaving the city limits.

## 2019 Ride Kit....

The **cutoff date for ordering** your kit is 15/03/19.

This year you will individually need to pick up your cycle gear from Parramatta Police Headquarters.

*NSW Police Headquarters*

*1 Charles Street*

*Parramatta NSW*

*2150*

For those that are unable to make it to Parramatta, a backup option will be organised (details to be announced).

DEPARTURE DAY FORM UP SCHEDULE FRIDAY 27/4/19	
Bet 4.30am & 5.15am	Meet Art Gallery Road, The Domain near Wall to Wall Memorial to: <ul style="list-style-type: none"> <li>• Receive and put on the Official riding kit</li> <li>• Load gear into support vehicles.</li> <li>• Organise own nutrition/sun block etc for ride</li> <li>• Quick breaky from BBQ supplied</li> <li>• Final bike checks, tyres/lights/tubes/c02</li> <li>• Last minute inquiries</li> </ul>
5.15am	Introduction from Event organisers – <ul style="list-style-type: none"> <li>• Tonksy,</li> <li>• Yatesy</li> <li>• Danny Sullivan</li> </ul> <p>Words from the Highest Ranking Officer</p>
5.30am	Words from Police Legacy
5.35am	Rider briefing and last minute information including: <ul style="list-style-type: none"> <li>• Safety Brief sign off</li> <li>• Last minute check</li> </ul>
5.50am	Blessing of the riding group by Police Chaplin
5.52am	Form up in Pelotons along with support vehicles
6.00am	<b>ROLL OUT!</b>

## RULES

- Rule No1 - OBEY THE RULES!
- Rule No 5 - Harden the F' up!
- Rule No 12 - The correct number of bikes to own is n + 1
- Rule No 62 - You shall not ride with ear phones
- Rule No 77 - Respect the earth, do not litter
- Rule No 72 - Legs speak louder than words
- Rule No 56 - Espresso and Machiato only...And Mocha!
- Rule No 37 - The arms for eye wear should always be placed over helmet straps



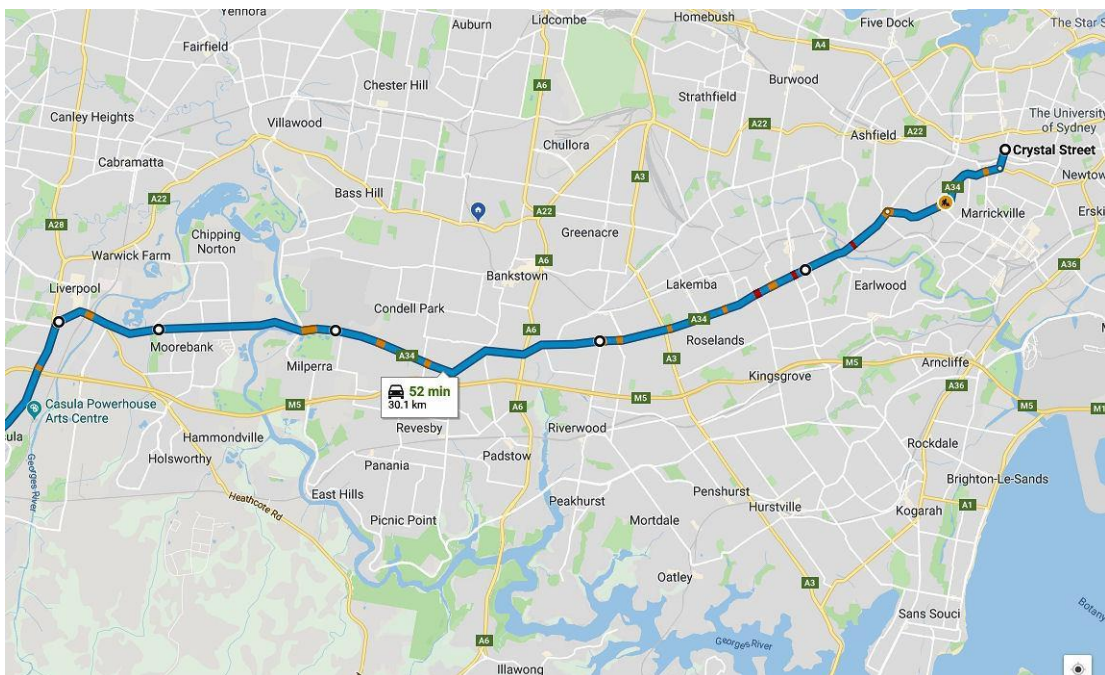
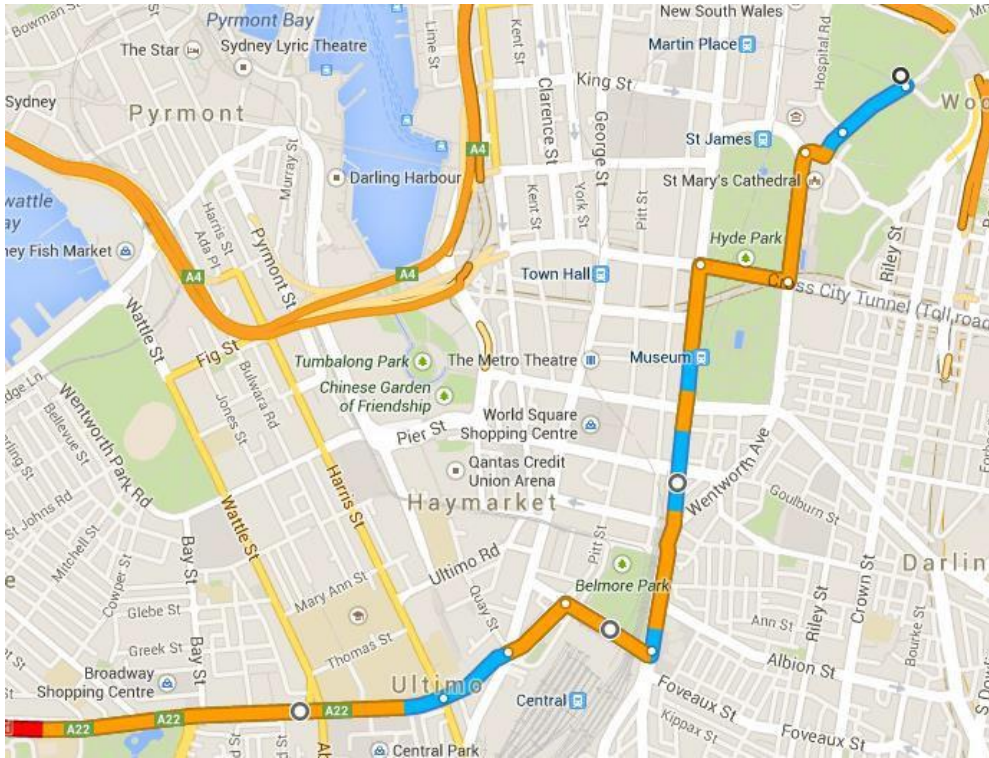
## 2019 Police Legacy Ride Route Sydney to Canberra

DATE	START POINT	PROPOSED ROUTE	FINISH POINT
26/4/19 Friday Day 1	NSW Police Memorial Dep 6.00am	<b>Start Art Gallery Rd, The Domain</b> Wentworth Ave >> Eddy Rd>> Broadway>> Crystal St>>  Canterbury Rd>> <b>Hume Highway&gt;&gt;</b> Campbelltown Rd>> Old Hume Hwy>>	<b>Mittagong</b>  <b>110km</b> <b>3.00pm</b>
27/4/19 Saturday Day 2	Mittagong Dep: 8:00am	Bowral Way >> Mittagong Rd >> Argyle St >> Bundanoon Rd >> Penrose Rd >> Hume Hwy >> Union St >> Tarlo St >> Academy Dr >>	<b>Goulburn</b> <b>96km</b> <b>3.00pm</b>
28/4/19 Sunday Day 3	Goulburn Dep 8.00am	McDermott Dr >> Bourke St >> Cowper St >> Hume Hwy >> Federal Hwy >> Cooyong St >> Constitution Ave >>  <b>Arrive Canberra</b>	<b>Canberra</b>  <b>90km</b> <b>Arr: 2:00pm</b>

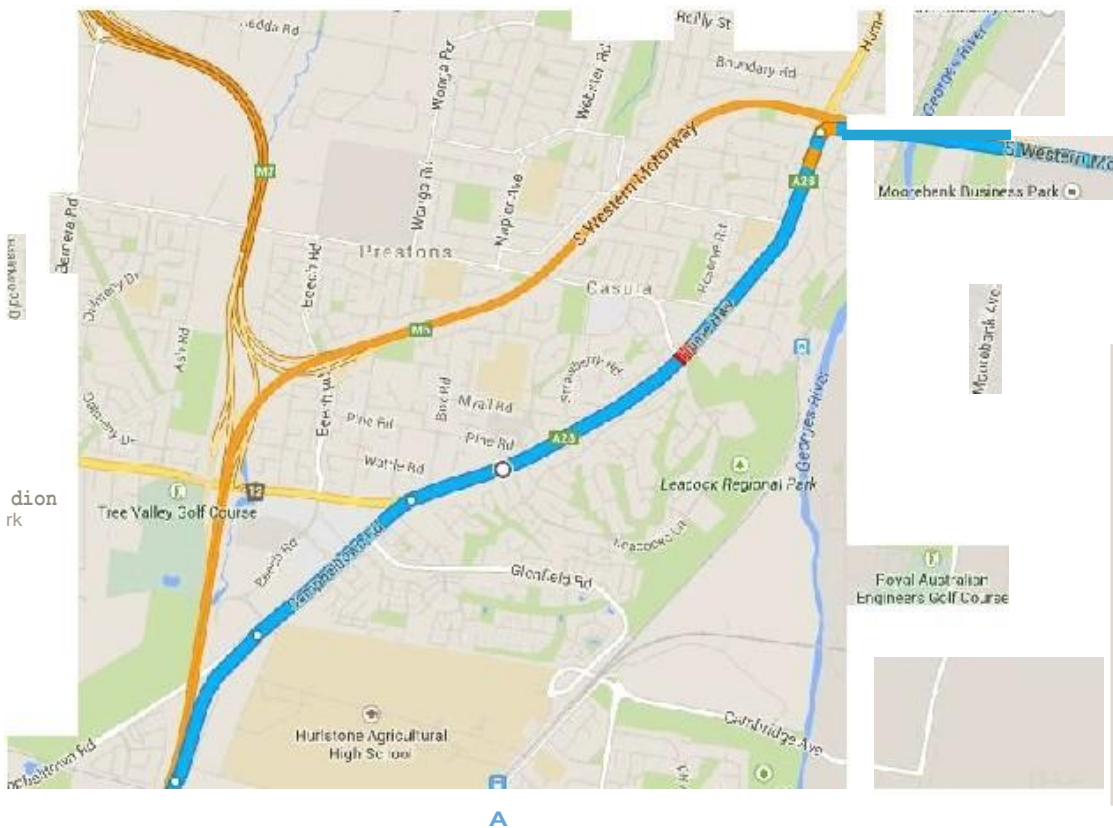
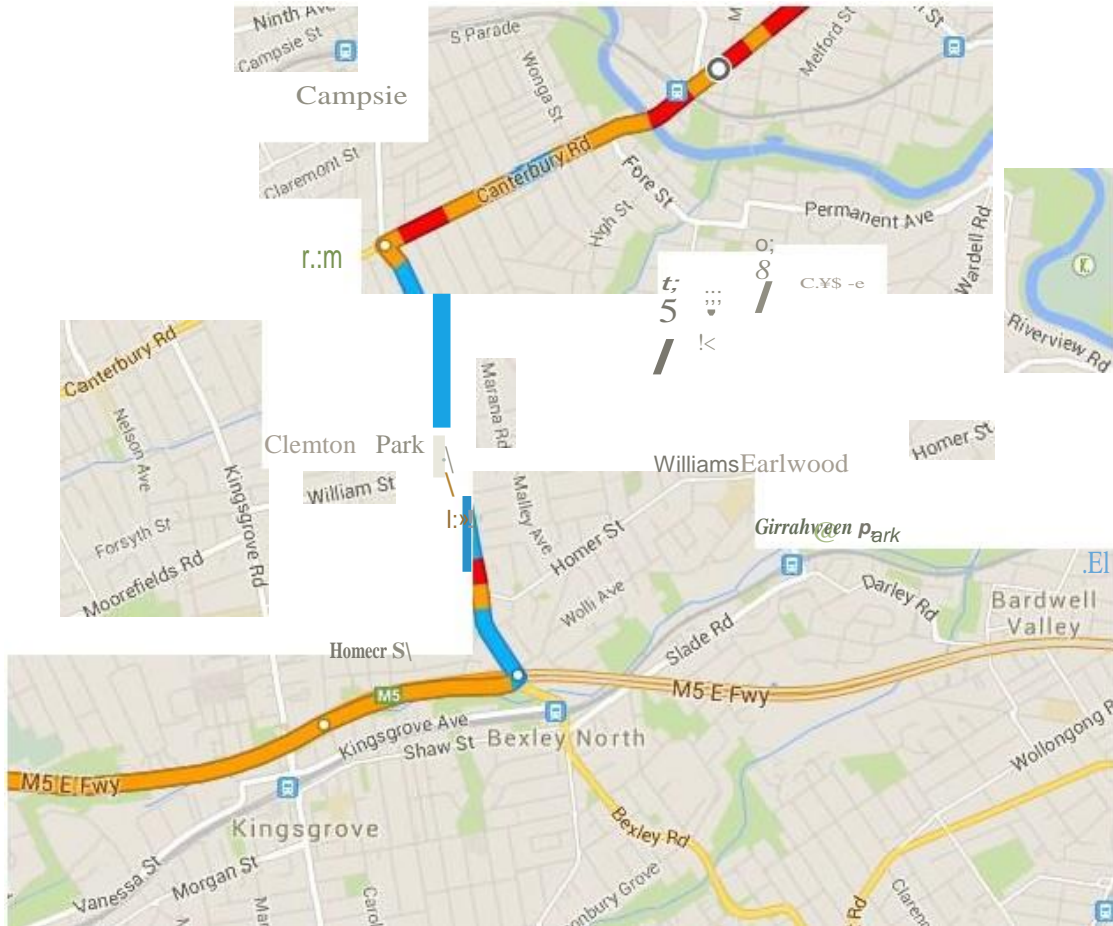


# NSW Police Legacy Ride 2019 Route / Maps

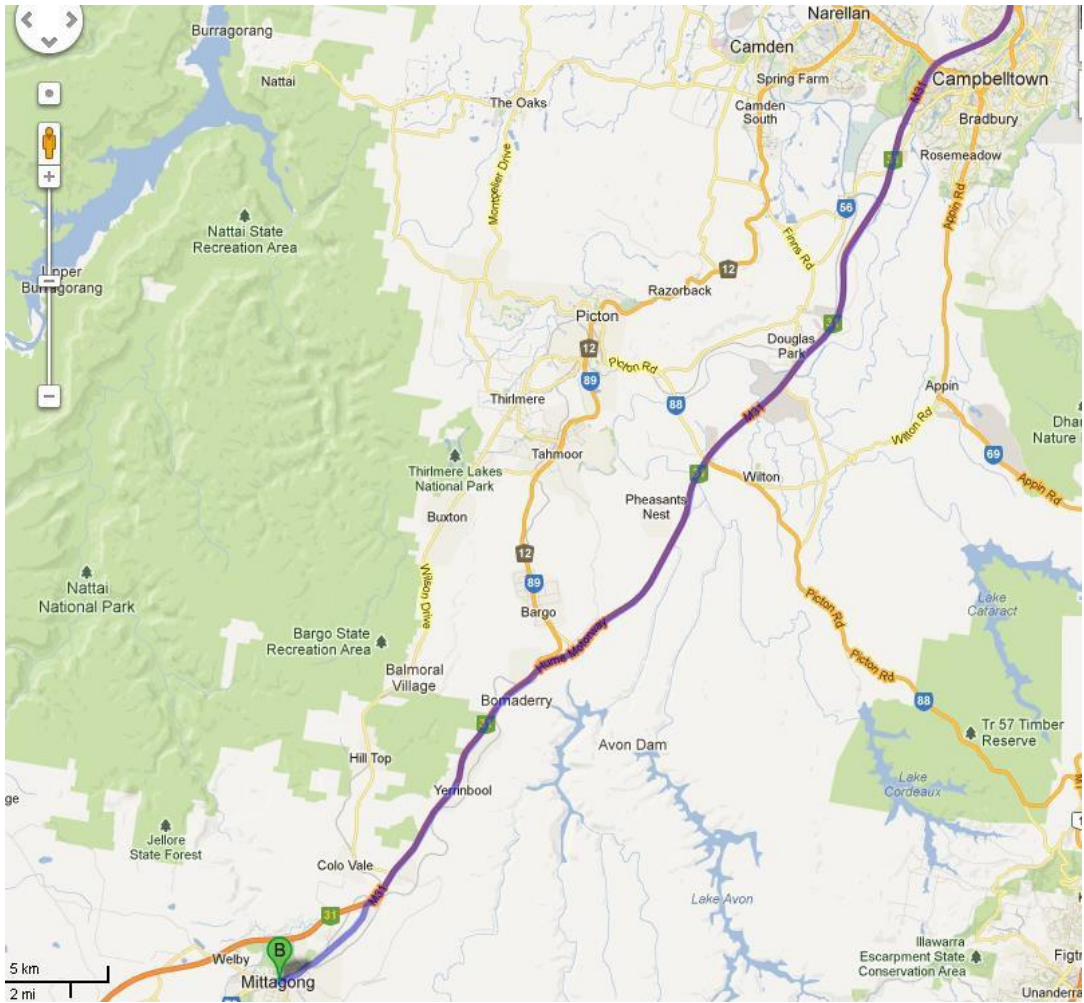
## Day 1.





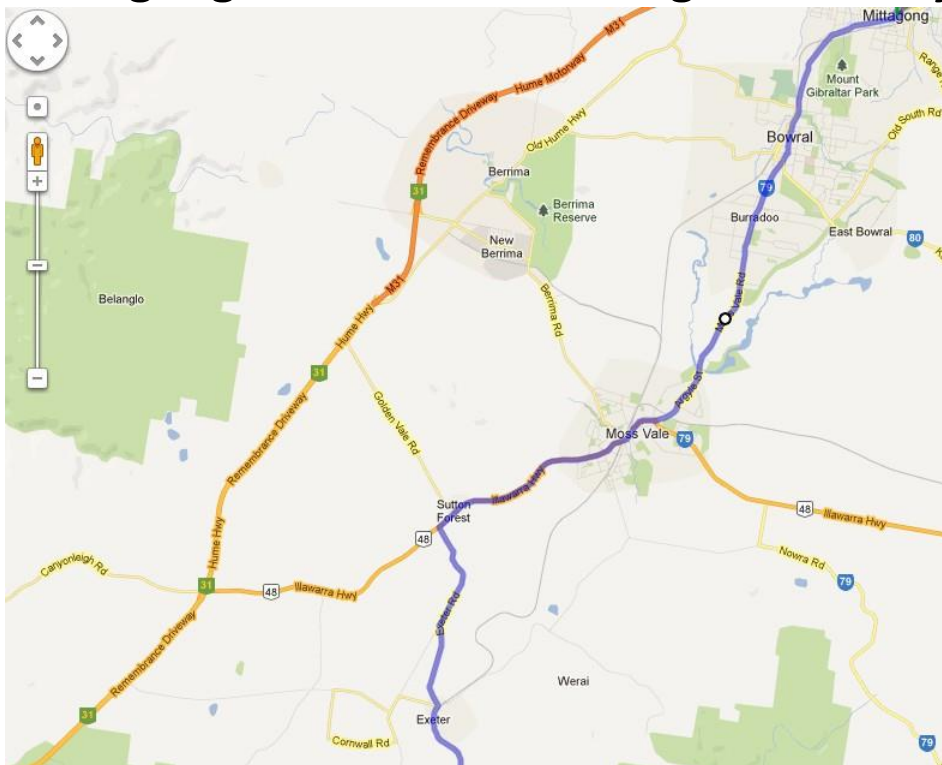


**MS to Mittagong**



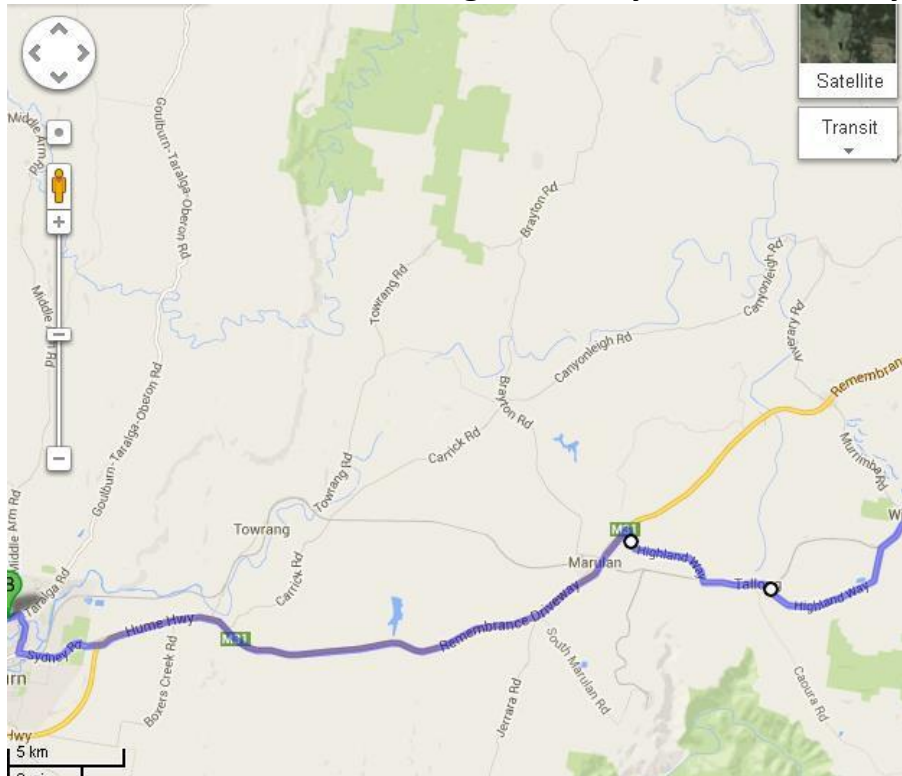
## Day 2

# Mittagong to Exeter via the Highlands Way

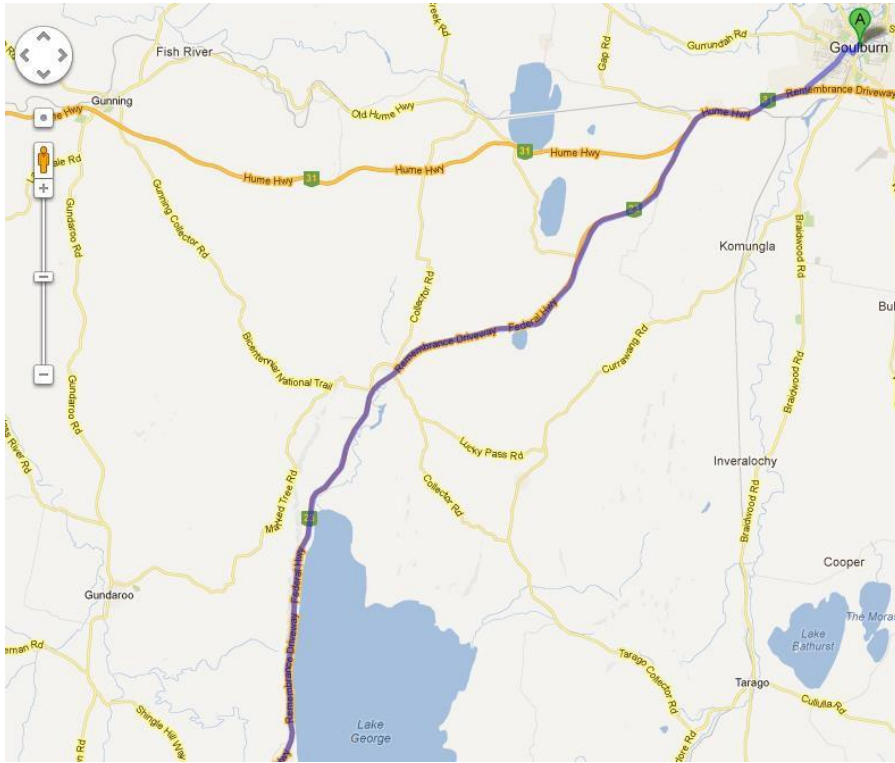




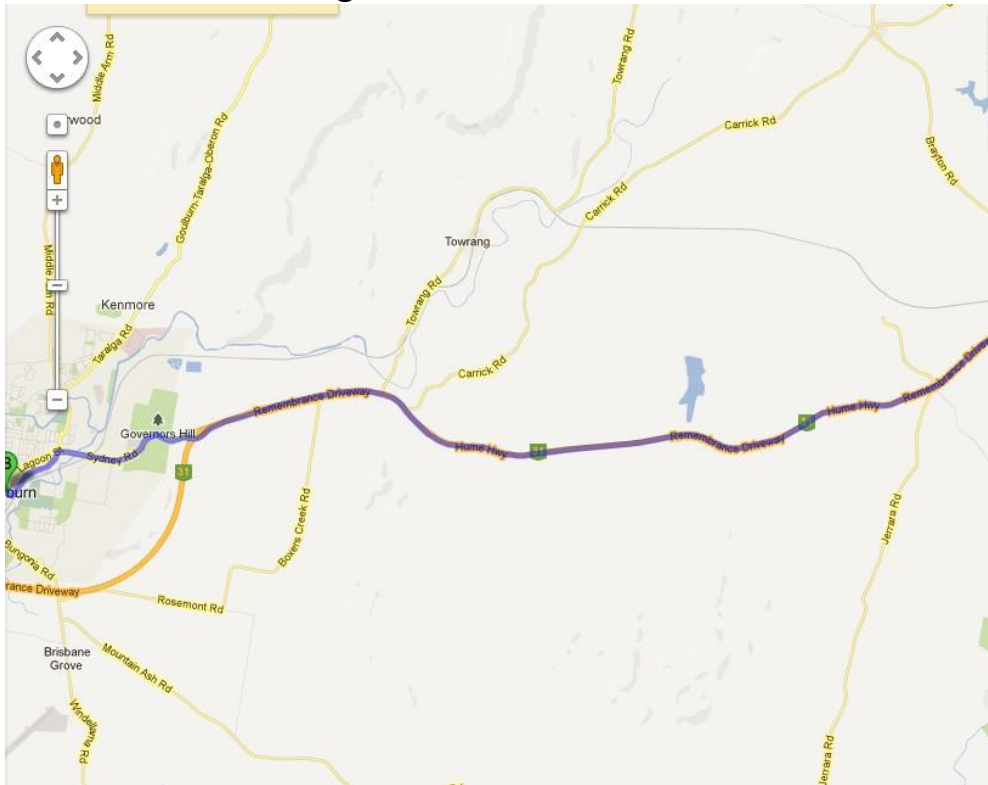
## Exeter to Goulburn via The Highland Way then Hume Hwy

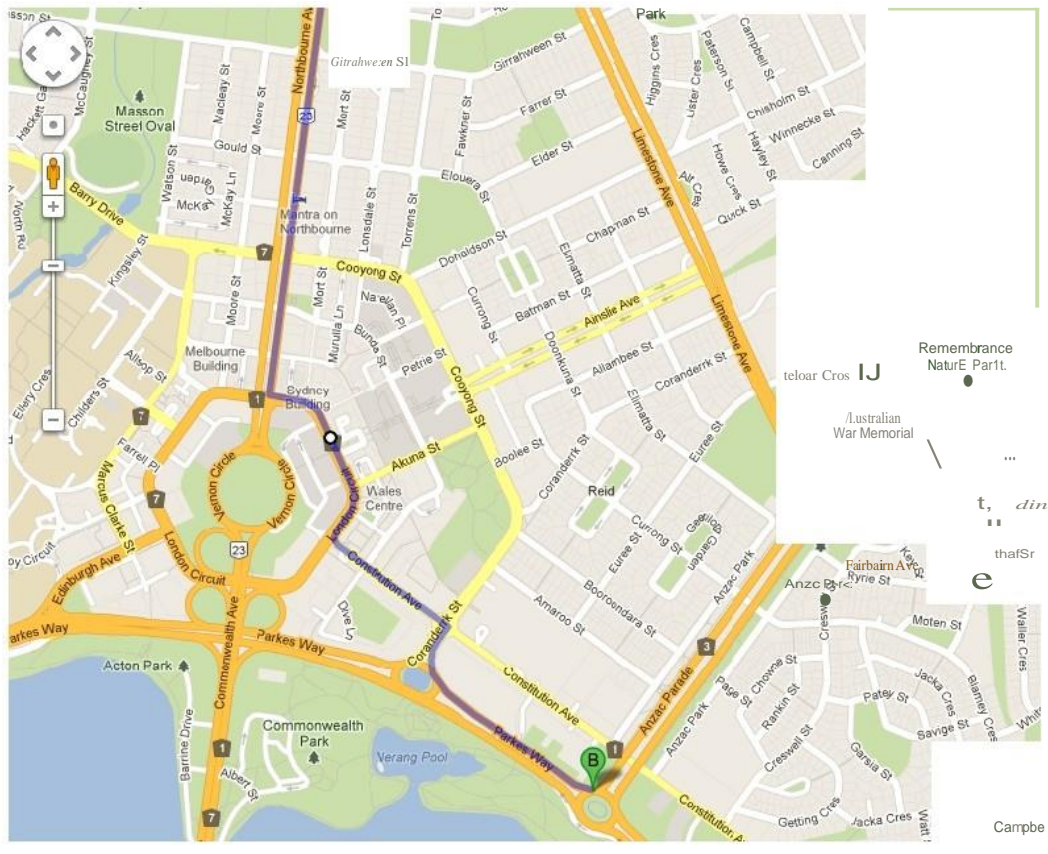
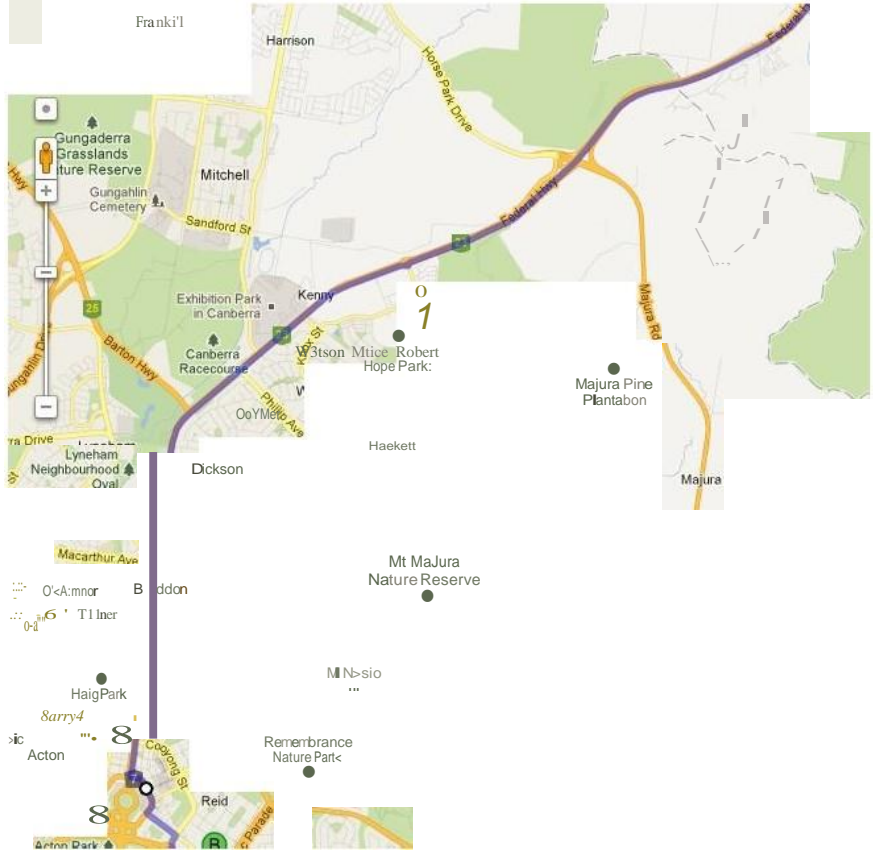


## Day 3 – Goulburn to Canberra via Federal Hwy Section one – Goulburn to Lake George



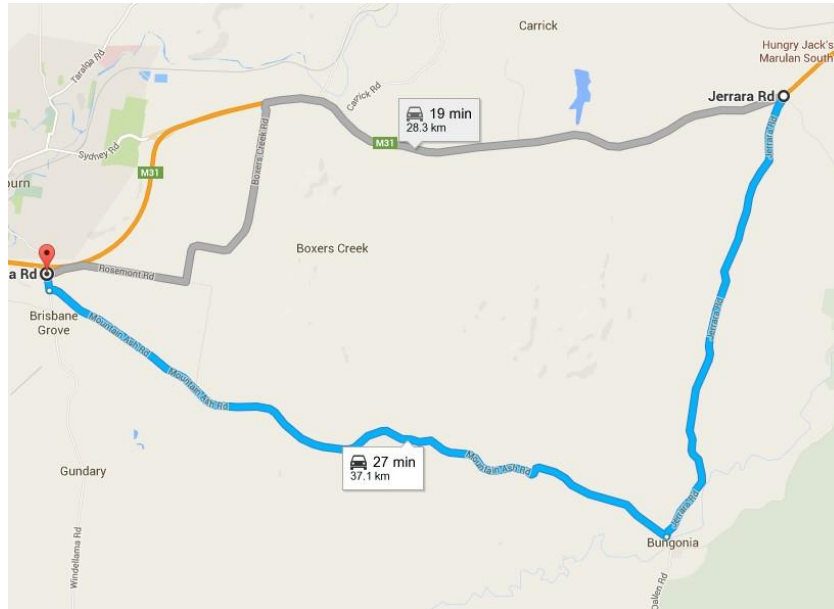
## Section 2 – Lake George to Canberra CBD





# Day 2 Challenge Stage

37km along Jerrara Rd & Mountain Ash Rd



via Jerrara Rd and Mountain Ash Rd 2 h 8 min

↑ 334 m · ↓ 356 m

37.2 km

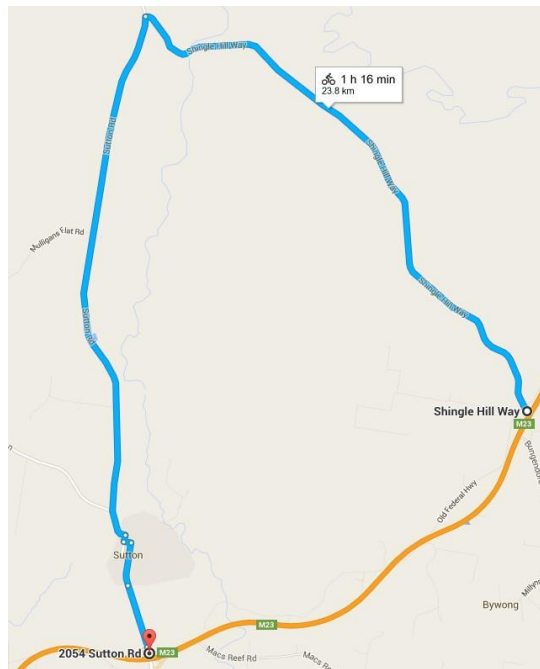
787 m

567 m

[DETAILS](#)

# Day 3 Challenge Stage

## Hingle Hill Hwy & Sutton Rd





Finally, on behalf of the event organisers, everyone that has assisted, raised monies or gone that bit extra, thank you all for becoming involved whether as a rider, or support staff. We hope you all have a fantastic and safe event and look forward to seeing you in Canberra.

Regards,  
Yoda!

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**HILLBRICK**

