

PROPERTY INDUSTRY FOUNDATION



PROPERTY
INDUSTRY
FOUNDATION

20 YEARS

Rebuilding Young Lives

CORPORATE CYCLING DAY

FRIDAY, 18 NOVEMBER 2016

RACV GOLDFIELDS RESORT, CRESWICK, VIC

CELEBRATING

20 YEARS IN NSW

8 YEARS IN VIC

3 YEARS IN QLD

RIDE GUIDE 2016

EVENT SPONSOR

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your industry's charity rebuilding young lives

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EVENT SPONSOR



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CELEBRATING
20 YEARS IN NSW
8 YEARS IN VIC
3 YEARS IN QLD

WELCOME

FUNDRAISING
TARGET:
\$85K

It is my pleasure to welcome you to the Property Industry Foundation Corporate Cycling Day 2016.

As the charity of choice within the property and construction industry, our mission is to make a tangible difference to the serious and persistent problem of youth homelessness by partnering with respected charities to build safe environments and support charity managed initiatives focused on education, employment and wellbeing. By attending this event you are supporting this cause.

Beyond our online fundraising efforts through GoFundraise via our website, we are also offering product and prizes for raffle and auction. So we ask that you further support the Foundation by 'digging deep' on the day and take up the fundraising challenge among your friends and work colleagues and change at-risk or homeless young person's life for good.

This year we'd like to step-up our fundraising efforts. **I'M SETTING US A TARGET OF \$85K;** a figure I believe is well within our collective means.

Our thanks go to all of our event sponsors, suppliers and partners for helping us realise this event: Secure Parking, Holding Redlich, The GPT Group, Pellicano, Plus Architecture, Vicinity Centres, Montlaur, PFL Spaces, Rothe Lowman and Slattery.

And we must also acknowledge our Corporate Donors, event volunteers and you, the attendee, for taking part in what we hope is a grand experience for all!

Your enjoyment, safety and well-being are our number one priority, so please read this guide carefully and follow the instructions of event staff and marshals on the day.

Once again, we look forward to welcoming you to the Property Industry Foundation Corporate Cycling Day 2016.

Daryl Browning

Chief Executive Officer, ISPT Pty Ltd
Chairman, Property Industry Foundation (Vic)

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OUR CHOSEN BENEFICIARY

**PROPERTY INDUSTRY FOUNDATION'S
SUPPORT OF OPEN FAMILY AUSTRALIA**
Chatterbox Bus Outreach Program.

Over the last 8 years Property Industry Foundation has donated over **\$1,000,000** to Open Family Australia to keep their important youth outreach services running.



You may recall the program launched its new bus a couple of years ago, and the Foundation is continuing to provide ongoing funding for one of the Chatterbox Bus Program's Youth Outreach Workers.

Start fundraising today via our website: www.pifviccharitycyclingday.com.au/

In 2015, the cycling event raised in excess of \$75,000. An amazing result. But this year we are aiming higher. We need to raise even more funds. We encourage you to gain the support of your friends, family and colleagues in an effort to help us raise \$85,000 for us to support the Outreach Program. This funding will ensure that the Chatterbox Bus Program can continue to operate 5 nights a week, reaching out to over 700 at-risk and homeless young people on our streets each month.



Open Family Australia
...know the street.



AUCTIONS AND RAFFLE

Beyond our collective pre-event, online fundraising efforts through GoFundraise, we will be running some auctions and a raffle on the day.

Auctions will be by live bidding. Items may carry a reserve.
Raffle Tickets will be available for purchase.

Items may include, but will not be limited to, bikes, cycling products, experiences, local produce and wine.



SPECIAL GUESTS

We will again be joined by celebrated names of cycling. Special guests to the event, for the ride and lunch, will be announced closer to the event date.

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SAFETY & ETIQUETTE

CYCLING SAFETY

The safety and well-being of all riders is our number one priority.

PLEASE BE AWARE OF THE EVENT GUIDELINES AND BE MINDFUL AND CONSIDERATE OF YOUR FELLOW CYCLISTS & ROAD USERS AT ALL TIMES.

While the ride will be travelling in convoy with roaming escorts, on-course marshals and support vehicles, the roads will still be open to other road users. Please stay to the left and observe all instructions. And remember;

- Roads are open to other road users; obey VicRoads traffic and road rules at all times.
- Wear an approved helmet at all times.
- Follow the marked course and the directions of event staff.
- Follow the instructions from marshals, traffic controllers and event personnel at all times.
- Do not listen to personal music players nor use mobile phones whilst riding.
- A rider safety briefing will be at 8:45am. All riders are expected to attend.

Your personal printed Statement of Waiver will be provided at Event Registration on the day for you to sign - waiver will be located on the website for review before the event.

GENERAL ETIQUETTE

RACV Goldfields Resort provides a warm and friendly environment for members and guests and a neat tidy appearance is required at all times.

Dress Code: Smart casual (shirt with collar) is the minimum dress code. Polo shirts are acceptable. Footwear is required at all times.



LOCATION AND SCHEDULE

Friday, 18 November 2016

RACV Goldfields Resort, Victoria.
1500 Midland Hwy, Creswick VIC 3363

Event Village (Coffee, Fruit & Pastries) Open	7:30am - 8:45am
Check-In / Registration and Bag Minding Open	7:45am - 8:45am
Rider Safety Briefing (Mandatory)	8:45am
Short (57.5km) Ride Option	9:00am - 12:00pm onwards
Long (102.5)km Ride Option	9:00am - 12:30pm onwards
Event Village (Post-Recovery and Hydration) Open	12:00pm onwards
Bag Minding / Collection Open	12:00pm - 4:00pm
Lunch, Panel Discussion and Presentations	1:30pm onwards
Raffle and Auctions	2:30pm onwards
Event Close	4:00pm

Reminder that attendance is by exclusive invitation only.

ACCOMMODATION AVAILABLE

Keen to extend your day? Accommodation is available for either the (Thursday) night before, and / or the (Friday) night of the event.

Simply contact the RACV Goldfields Resort directly to book. Call: (03) 5345 9600

PREPARATION AND CHECKLIST

Prior preparation allows you to have the best possible experience, so here is a checklist of key things to consider to make the day as simple and enjoyable as possible.

Pre-Event:

- Read this ride guide carefully.
- Get your bike serviced and ready to go. Pay particular attention to gearing. Depending on your fitness level, a 39 x 27 or similar gear / ratio is recommended.
- Spare tubes and / or repair kit. There is mechanical support on course but you are advised to carry these as there may be a wait for mechanical support.
- Clothing. The average temperature in and around the Goldfields in November varies from a minimum of **7°C** average and a maximum **20°C** average. Very pleasant riding conditions, although you may potentially want a windbreaker (vest) and arm / knee warmers to start out the day.
- We recommend 2 bidons (water bottles), which allows for about 2 hours of drinking in the expected conditions. This will comfortably see you through to the Feed Station and the finish line. Water will be available at the start, Feed Station and finish line.
- Don't make any drastic changes to training or diet in the last week before the event, and remember rest is as important as training.

On the Day:

- Register in the Event Village.
- Timing 'Seat Post Sticker' Transponder applied.
- Mobile phone in back pocket and water bottles filled.
- Nutrition and hydration will be available at the Event Village, on-course at the Feed Station and at the ride's end.
- Take it slow in the beginning. Conserve some energy for later in the ride, especially if you are participating in the 100km option; the 'undulations' are not too cruel but can be taxing if pushed too hard. You will be home free when you arrive at the dirt section – it is almost literally downhill from there on!
- If you are feeling tired, be sure to rehydrate, and eat something. The initial feed station is at the 25km mark. With a second station located with 22.5km to go.
- Mechanical issues – pull over to the left out of the way of the thundering herd and see if it is something you can fix on your own. If so, fix the problem and do your best to catch up to the group. If not, signal for help – the ride is supported and someone will be by in a short time. Please be patient with yourself and the support team.
- Health issues – don't be a hero or heroine; if you start to have difficulties like cramps, dizziness, nausea, serious pain, etc – please pull over to the left and either call the emergency contact number **(0402 255 727)** or signal for help with the universally known 'slump over with your elbows on your knees and your head hanging down'; someone will help you or find someone for you.
- Throwing your rubbish anywhere on the roads leaves a negative imprint of the event on the local communities, and your litter can prevent the event from utilising the beautiful roads you will ride on during the ride in the years to come. Use your jersey's pockets to store your rubbish, and discard the rubbish at the Feed Station or at the finish area.

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CHECK-IN

All riders must 'Check-In' at the Registration table in the Event Village (follow the signs from the carpark). Check-In can only be done in person.

At Check-In you will receive:

Your personal Timing 'Seat Post Sticker' Transponder and ride information.

Checking-In:

Your materials are organized by your surname in alphabetical order. At the registration stand, check for letter sequences; A-K and L-Z. You'll be required to sign an event Statement of Waiver. You'll then receive your registration materials.

Bag Minding is available

You can drop-in a standard-sized bag or suitcase for whilst you are riding. Ensure your bag is closed properly. Don't leave any valuables in the bag. The Property Industry Foundation, and the organisers, are not responsible for any wet, lost or stolen items.

Check-In (Registration and Information) Hours:

7:45am - 8:45am, Friday, 18 November 2016



ELECTRONIC TIMING

The Property Industry Foundation Corporate Cycling Day 2016 is a quality ride, rather than a race.

Should riders wish to test their form, there will be a chance to stretch their legs with a timed section in the latter half of the 102.5km ride. The fastest male and female climber (excluding the professional riders!) shall be crowned the Property Industry Foundation King and Queen of the Mountain (KOM / QOM), and receive the coveted KOM / QOM jersey.

At Check-In all participants will receive a 'bike sticker', which is to be applied around your seat post. This 'sticker' has the electronic timing transponder within it so that you will receive an accurate time for your completion of the course and the KOM / QOM (for the long course riders).

It is mandatory for each entrant to attach the transponder sticker to their bike – this is highly important for each rider to be accounted.

If you have any queries about how to apply your bike transponder, do not hesitate to ask Corporate Cycling's event staff who will gladly be able to assist you.

FEED STATION

An initial Feed Station is provided for all riders on course at the 25km mark. With a second station located with 22.5km to go.

A further feed station will also be later in the ride, as well as at the finish line with refreshments and sports nutrition. There is no 'feeding on the fly'.

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THE RIDE

With pre-ride coffees, fruit and pastries from 7:30am in the Event Village, and rider briefing at 8:45am, it's at 9:00am when we really get down to business. The chosen courses are incredibly scenic!

There are 2 ride options; the shorter **57.5km** course or the full **102.5km** course (the latter demanding respect with some 1,265 metres of vertical).

Simply decide which ride you'd like to do on the day.

Whichever ride you choose, you'll be riding with your peers enjoying a mostly comfortable conversational pace. There will be rolling support; both nutritional and mechanical.

A moto-scout-mounted photographer will be there to capture all of the moments along the way.

And there will be an initial feed-station at the 25km mark, with a second station with 22.5km to go. Each offering hydration and refreshments.

All said, for those on the 102.5km course it won't all be easy, a challenging, timed KOM /QOM jersey is there to be awarded; what could be better than 8%+ for a short and sharp 1.1km (see course map aside).

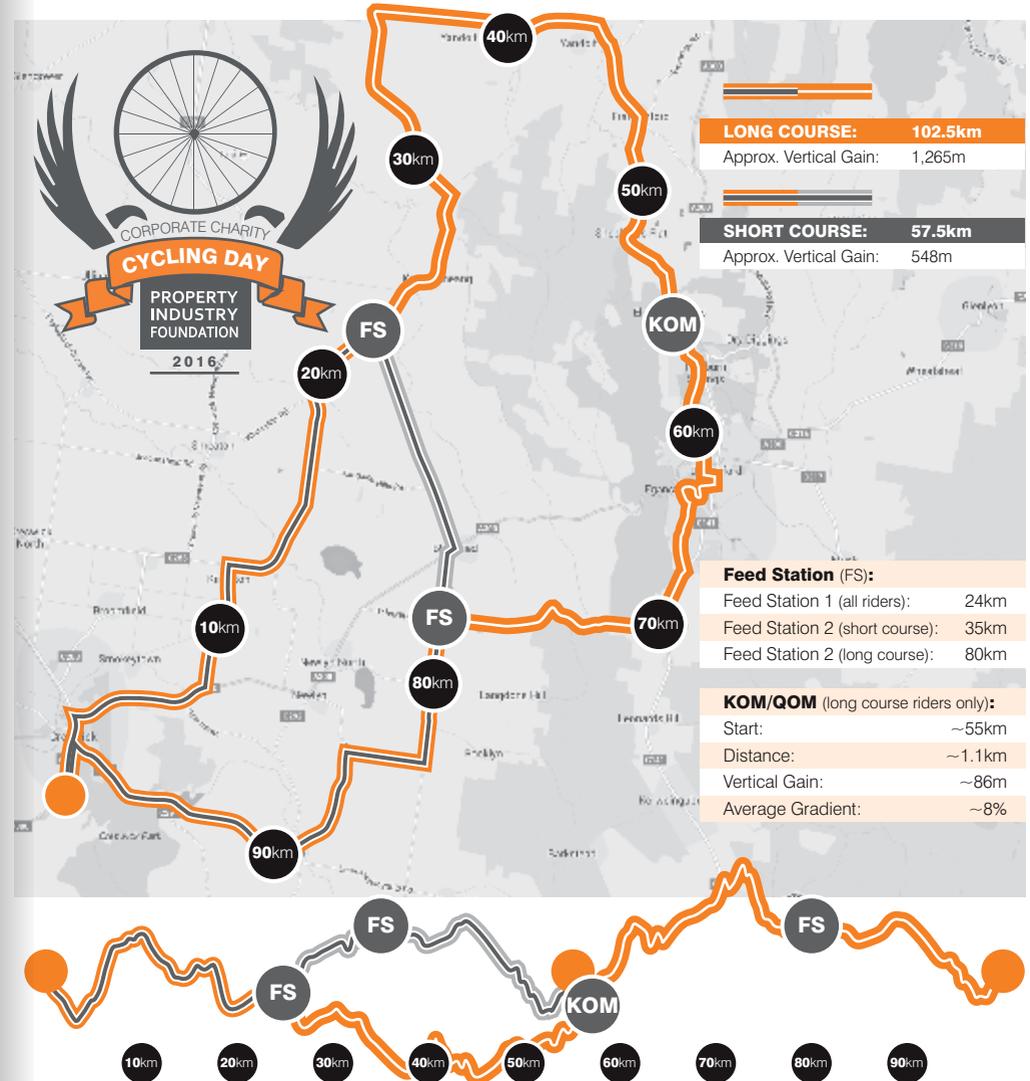
The ride is followed by a delicious and hearty sit-down lunch, beverages, panel discussion, fundraising and presentations all whilst allowing further networking opportunities with the industry's decision makers.

Full shower and change facilities are available post-ride.

A reminder smart casual is the minimum requirement for entry to the lunch. And footwear is required at all times at the club.



COURSE MAPS



ON COURSE SUPPORT

All riders will be assisted by on course mechanical (and medical) support if needed. To be eligible to receive medical or mechanical support you MUST have your bike 'sticker' attached.

Mechanical support will be on course to assist registered riders. Whilst we will endeavour to get assistance to you as soon as possible, due to the length of the courses, this may take some time. All riders should be prepared to change / repair their own punctures.

Bring two spare tubes, tyre levers and a pump with you to be self-sufficient in case you get a flat. Mechanics will be at the start area in case you need assistance with a mechanical problem before the ride.

Select Official Vehicles are offering the rolling mechanical support along the routes. If you need help, wait on the side of the road and wave to a mechanic vehicle to get their attention when they drive by.

Emergencies

If you are involved in or witness a bike crash or other emergency, DIAL 000. There will also be medical personnel traveling in the event convoy. If you require medical support on behalf of yourself or another registered participant call the emergency number **(0402 255 727)** and our event management team will coordinate a response for you.

FINISH LINE AND RECOVERY

The ride is over, the challenge met. It's a sweet thing to spend a morning on the bike and it is equally as sweet to enjoy the sense of achievement and celebration afterwards.

Upon completion of the rides, there is a 'feed station' in the Event Village where you can obtain refreshments and nutrition for immediate recovery. Riders are encouraged to relax and reflect on their achievement.

With the sit-down lunch, discussion panel and presentations at 1:30pm onwards, then fundraising efforts (**raffle and auctions**) at 2:30pm onwards, **there is time to shower / freshen up, get changed** and settle in. Towels are supplied. Bring your own personal toiletries, etc.

LUNCH

The ride is followed by a delicious and hearty sit-down lunch, beverages, panel discussion, fundraising and presentations all whilst allowing further networking opportunities with the industry's decision makers.

There will be a hearty table-served lunch. Event staff will usher people to the space. Way finding signage will also be onsite.

A fine selection of wines and premium beers will also be available. Unless directed, seating is non-allocated, inviting attendees to sit where they wish.

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