



BIKE IT TO BALLIDU

Rider Guide

2023



Department of
Local Government, Sport
and Cultural Industries



Shire of
Wongan-Ballidu

BECOME A WESTCYCLE RIDE MEMBER



RIDE COMMUNITY
\$15 PER PERSON



YOU RIDE A BIKE EVERY NOW AND THEN?

- Broad community access, aimed at all who rides bikes from time to time
- Access to WestCycle Member Benefits range including discounts off bike insurance, accessories, apparel, tours, ferry tickets and more...
- Access to bike-riding related information, news and updates via the WestCycle website
- Member discounted pricing to WestCycle social and educational events, seminars and workshops

YOU'RE A REGULAR RIDER OF RACING RIDER?

- For regular riders (with alternate insurance cover) to engage with and support WestCycle
- All inclusions as for Ride Community
- Member discounts off all WestCycle social & educational events AND participation rides
- Access to WestCycle programs (online and live) for participation ride event preparation
- Access to WestCycle member discounts and offers, including Velosure for bike insurance
- PBF Australia membership (applies 24/7 – NOT limited to when riding bikes).
- No insurance cover included



RIDE ACTIVE
\$69 PER PERSON



RIDE SECURE

\$139 PER PERSON **\$109 CONCESSION** **WESTCYCLE**
\$179 FAMILY OF 4 **\$199 FAMILY 5+ ****

YOU'RE A REGULAR RIDER WHO WANTS TO RIDE WITH CONFIDENCE?

- For regular riders to engage with WestCycle & ride with confidence with our Rider PL & PA insurance cover
- All inclusions as for Ride Active
- Rider Public Liability & Personal Accident Insurance cover included
- PBF membership (applies 24/7 – not limited to when riding bikes).

** conditions apply

**CLICK HERE TO FIND OUT MORE INFORMATION
AND SIGN UP TODAY**



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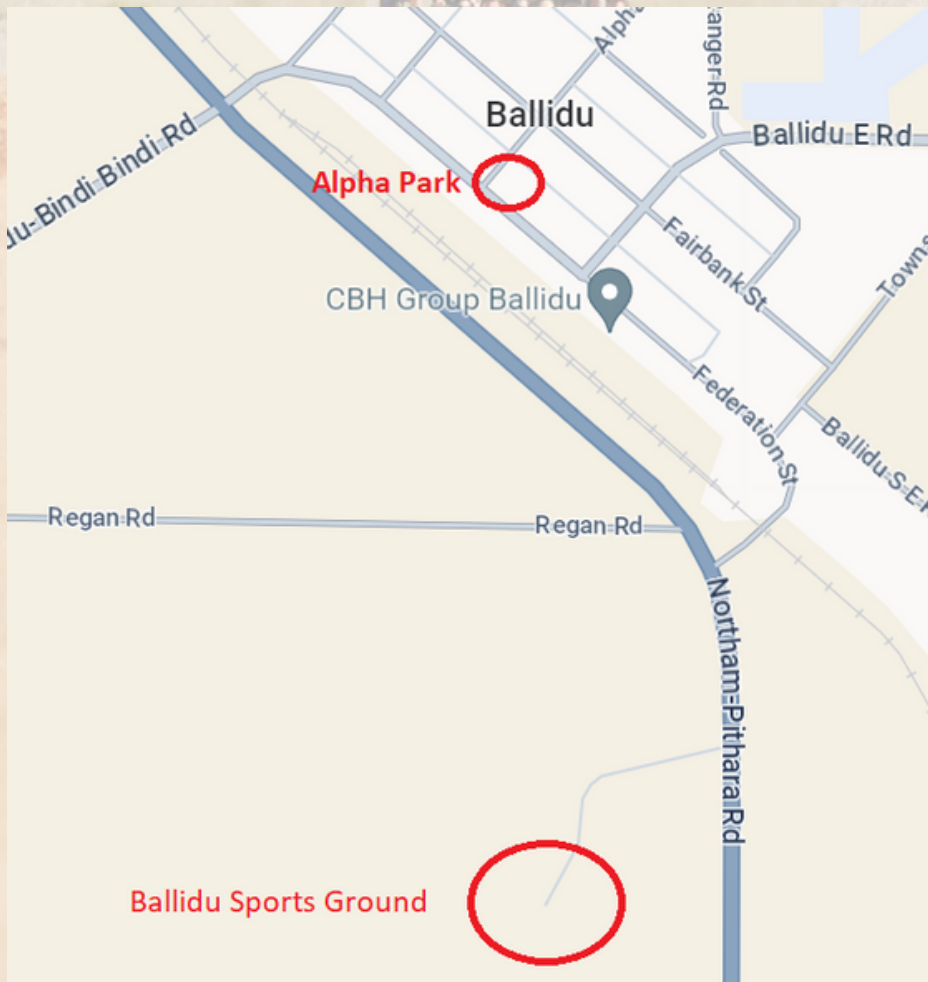
EVENT PROGRAM

PRE-EVENT | RIDER NUMBER PLATE COLLECTION

Rider number plates can be collected from the Ballidu Sports Ground/Bowls Club between 5pm-7pm on Friday 22 September 2023.

For those arriving on event day, rider number plates can be picked up from the WestCycle tent at the Event Village at Alpha Park, Ballidu (opposite Ballidu Tavern) from 8am. Please collect BEFORE your rider briefing.

These number plates possess a timing chip and should be attached to the front of your bike with the zip ties supplied.



EVENT PROGRAM

EVENT DAY RIDES | SATURDAY 23 SEPTEMBER

8:50am Rider Briefing | Wongan Thrills | 155km | Alpha Park, Ballidu

9:00am Wongan Thrills ride departs

10:50am Rider Briefing | The Ballidude | 85km | Alpha Park, Ballidu

11:00am The Ballidude ride departs

12:50pm Rider Briefing | Yes You Canola | 30km | Alpha Park, Ballidu

1:00pm Yes You Canola ride departs

1:50pm Rider Briefing | Just Ballidu It | 12km | Alpha Park, Ballidu

2:00pm Just Ballidu It ride departs

EVENT PROGRAM

THE EVENT VILLAGE | SATURDAY 23 SEPTEMBER

- 7AM** Ballidu Heritage Centre Cafe | Breakfast
- 8AM** Rider plate collection opens
Coffee Van opens
- 8:45AM** Welcome to Country | Tracy DeGrussa
- 9AM** Ballidu Lodge Art Gallery & Ballidu Indigenous Centre opens
- NOON** Vintage Cars, Bouncy Castle, Face Painting, Apex Kiddy Train & Local Performers
- Ballidu Tavern | Rolls and wraps
Kebab Van, Taylor's Food Truck, Ice Cream Van & Donut Truck
- 2PM** Live Music | Georgie Sadler
Rotary Food Stall open
- 4:30PM** Mexican & Thai Food Trucks open
- 5PM** Prize Presentations
Bar Opens Alpha Park
- 6PM** Bucking Bull competition
- 7PM** Live Music | Chelsea Basham Band
- All day/eve** Courtesy buses running between Ballidu and Wongan Hills

EVENT PROGRAM

AFTER-PARTY

The fun does not end when the riding stops!!

Bike it to Ballidu has always thrown a good party...

- ☛ Live music from local legends The Chelsea Basham Band
- ☛ DJ
- ☛ Food vans and stalls
- ☛ Bucking Bull competition
- ☛ Vintage cars
- ☛ Bouncy castle
- ☛ Miniature train ride
- ☛ Face Painting
- ☛ Late licensed bars



EVENT INFORMATION

LOCATION

Ballidu is located 217 kilometres north of Perth. It is 34 kilometres north of Wongan Hills. Please allow three hours to travel, park and register for the event if travelling on Saturday from Perth. **Avoid driving fatigued.**

EVENT PARKING

Parking is located on Federation St in Ballidu - entry is off McNeill St. Alternate parking can be found on Bunyip St, Ballidu.



TIMING

The event is fully timed by Blue Chip Timing. Results will be published on www.ballidugravel.com.au post-event

Bluechip will also post rider times to their website:

www.bluechiptiming.com.au/results/

Avoid tampering with your rider plate as this could compromise the integrity of the timing chip.

A note for 155km riders | The area through Wongan Hills town centre is a non-timed neutral zone. This means you can stop and take refreshment, without time penalty.

You will be back on the clock once you pass through a timing gate on the other side of town.

RIDER NUMBER PLATE

Each rider will receive a number plate to be attached to the front of your bike with provided zip ties.

Please do not cross the start line prior to your event as this may result in an incorrect time being recorded.



EVENT INFORMATION

RIDER ETIQUETTE

- Please use the toilets provided at the Event Village and at the Pit Stops.
- Follow the road rules and ride no more than two abreast. Please move to single file where appropriate such as when overtaking, crossing rail lines or on bitumen roads.
- Follow the instructions from all event staff and officials.
- Slow down when approaching intersections and level crossings. Traffic management will be present at main intersections however the roads will still be open to traffic.
- Feel free to thank our hardy volunteers who have given up their time to support the event. These events simply don't happen without our super vollies!
- Although the roads are likely to be quiet they are **OPEN**, so please be aware of other road users and overtake other riders in **SINGLE-FILE** only.



SHARE THE ROAD

BE AWARE THAT YOU ARE RIDING ON
OPEN ROADS

RIDE in the **GREEN ZONE**
OVERTAKE in the **ORANGE ZONE**
STAY OUT of the **RED ZONE**

EVENT INFORMATION

CUT-OFF TIMES

- We impose cut-off times to ensure the integrity of the event, and safety and health of riders.
- Riders not meeting cut-off times are welcome to ride in the broom wagon to be transported back to the Event Village (at the end of the event). Alternatively, once notified by event staff, riders can make their own way back to the finish via a shorter route.
- Wongan Thrills | 155km riders will need to be through pit stop 3 (114 km) by 3:15pm

RAIL SAFETY

- All participants shall be aware of rail safety when traversing a level crossing and shall observe all rail and road rules. All participants shall only traverse a level crossing in single file, must keep left at all times and watch for any vehicles who are on the approach, or traversing the level crossing. In addition, the participants must listen to guidance.
- With respect to any areas of the event routes that have the potential to impact, or directly impact the rail corridor, the riders shall adhere to the marshals instructions and pass through the rail corridor as quickly as possible.
- All other areas of the rail corridor are strictly prohibited to be accessed by any participants.

EVENT INFORMATION

COURSE SIGNAGE

The rides will be sign-posted in the following way...

Green | Route direction

Yellow | Upcoming turn

Red | Wrong Way



EVENT PREPARATION

BIKE PREPARATION

A well-maintained bike means a better ride. We recommend giving your bike a good service before the event. This is especially important for gravel events that can place extra strain on tyres.

Punctures do happen. Ensure you carry spare tubes, gas cylinders or a bike pump, and repair kit. You should also know how to change a flat tyre prior to riding the event. Pit Stops and motorbike marshals will carry limited spares.

Vault Cycle Services will provide on-course support as well as free bike check-ups in the Event Village.

BIKE CARE

🔧 Punctures can be minimised by running suitable tyres in good condition at the right tyre pressure. If you are running tubeless wheels, make sure your sealant is topped up the week before the event and ridden on to ensure the sealant is doing its job. Adding sealant or changing to tubeless tyres the day before the event is not recommended.

🔧 If you're running tubulars, make sure you carry a spare tube or two in the right size.

🔧 Make sure your drive train is clean and well lubed.

🔧 Check your brakes are in good working order.

🔧 Performing this kind of bike care ahead of time can give you peace of mind on the day.

EVENT PREPARATION

NUTRITION

Nutrition/hydration is vital on longer rides, not only for performance, but to ensure you complete the ride in a healthy state.

On an endurance ride it is recommended you consume around 30-60 grams of carbohydrates per hour, this is equivalent to 1-2 gels per hour.

Pure Sports Nutrition electrolyte drinks and gels will be available at our on-course Pit Stops. These products are free of artificial ingredients or colours.

Try to stay ahead of your hunger and thirst. If you can, drink before you feel thirsty and eat before you feel hungry.

**IT IS ADVISED TO CARRY
ADDITIONAL FOOD AND WATER.
THERE WILL BE REMOTE
SECTIONS OF THE LONGER RIDES
WITH NO/LIMITED PHONE
RECEPTION.**

CLOTHING

Please come prepared in case it is hot. Along with the usual cycling kit or official event jersey, you might want to consider additional methods of keeping cool and protected such as a cycling cap, light coloured clothes, sunglasses and sunscreen.

PHOTOGRAPHY

Look out for our on-course photographers and give them a smile as you ride by. 😊 Photos will be available for purchase after the event.

EVENT PREPARATION

WHAT TO PACK

COMPULSORY ITEMS

- Australian Standards bike helmet
- Drink bottle(s)
- Spare Tube(s), Co2 cannister or pump
- Puncture repair kit
- Nutrition: Food, snacks, bars, gels etc
- Mobile Phone
- Cash/Card
- Number Plate/Timing chip
- Photo ID

RECOMMENDED ITEMS

- Gloves
- Rear light
- Sunscreen
- Sunglasses
- Wind jacket
- Multi-tool or allen keys
- Change of clothes for after the event
- Mosquito repellent
- Portable phone power bank

EMERGENCY INFORMATION

EVENT CONTROL - PHONE NUMBER

0484 053 923

Please save this number in your phone.

In the event of a life-threatening emergency dial 000.

For non-life-threatening events (medical, mechanical issues) call the event control number or alert one of the support vehicles, course marshals or Pit Stop attendants.

FIRST AID

St John's have a fixed medical station in Ballidu. There will also be a mobile medical crew on course.

IS IT AN EMERGENCY?

Does it require Ambulance, Fire or Police?

YES

Contact Emergency Services

000

Contact Event Control

0484 053 923

NO

Contact Event Control

0484 053 923

In the event of an accident or incident.

Please contact Event Control 0484 053 923

Dial 000 for life threatening Emergencies only

RIDER SUPPORT

ROUTE SUPPORT

Bike it to Ballidu Gravel is an open road event and volunteer marshals will be on course to direct riders. Please pay close attention to the directional signage along the route. Motorbike marshals will follow and support riders where required.

Motorbike marshals and Pit Stops will have limited mechanical supplies.

To flag down a marshal or sweep vehicle pull over and signal that you need assistance. Alternatively call or text Event Control on 0484 053 923 and a marshal will be directed to assist you.

RIDER WITHDRAWAL

If you need to withdraw, please SMS Event Control on 0484 053 923 with your rider number and location.

Alternatively, you may choose to wait for the sweep vehicle that will take you and your bike to the next Pit Stop for assistance.

DRIVE SAFE

Please remember you may be fatigued after your ride. Consider travelling the next day, or organising someone else to drive.

VOLUNTEERS

THE VOLLY ARMY

Events like the Bike it to Ballidu Gravel don't run without the support of a large team of volunteers. Please take a second to thank them for giving up their time and expertise to make this event a success.

We are still seeking a couple of volunteers for the day. If you have any family or friends not riding, ask them to support you by volunteering at the event! Some roles are only for a couple of hours.

Contact info@westcycle.org.au to register as a volunteer.

**ALL VOLUNTEERS WILL RECEIVE A 1-YEAR WESTCYCLE ESSENTIAL MEMBERSHIP
+ BIKE IT TO BALLIDU GRAVEL TSHIRT.**

RUBBISH DISPOSAL

Bike it to Ballidu Gravel traverses some beautiful wheatbelt scenery, and we want to keep it that way.

Please respect the natural environment and local residents and farmers that allow our event to happen. Riders caught littering may be removed from the event.

It is your responsibility to dispose of your rubbish. There will be bins at each Pit Stop location and in the Event Village. Hold on to gel wrappers and other waste until you reach some bins. Please don't throw food waste onto the roadside.

The Shire of Wongan-Ballidu has recycling facilities and we encourage riders and spectators to separate waste for recycling.

COURSE DETAILS

JUST BALLIDU IT | 12KM

Download GPX file from the Strava link below



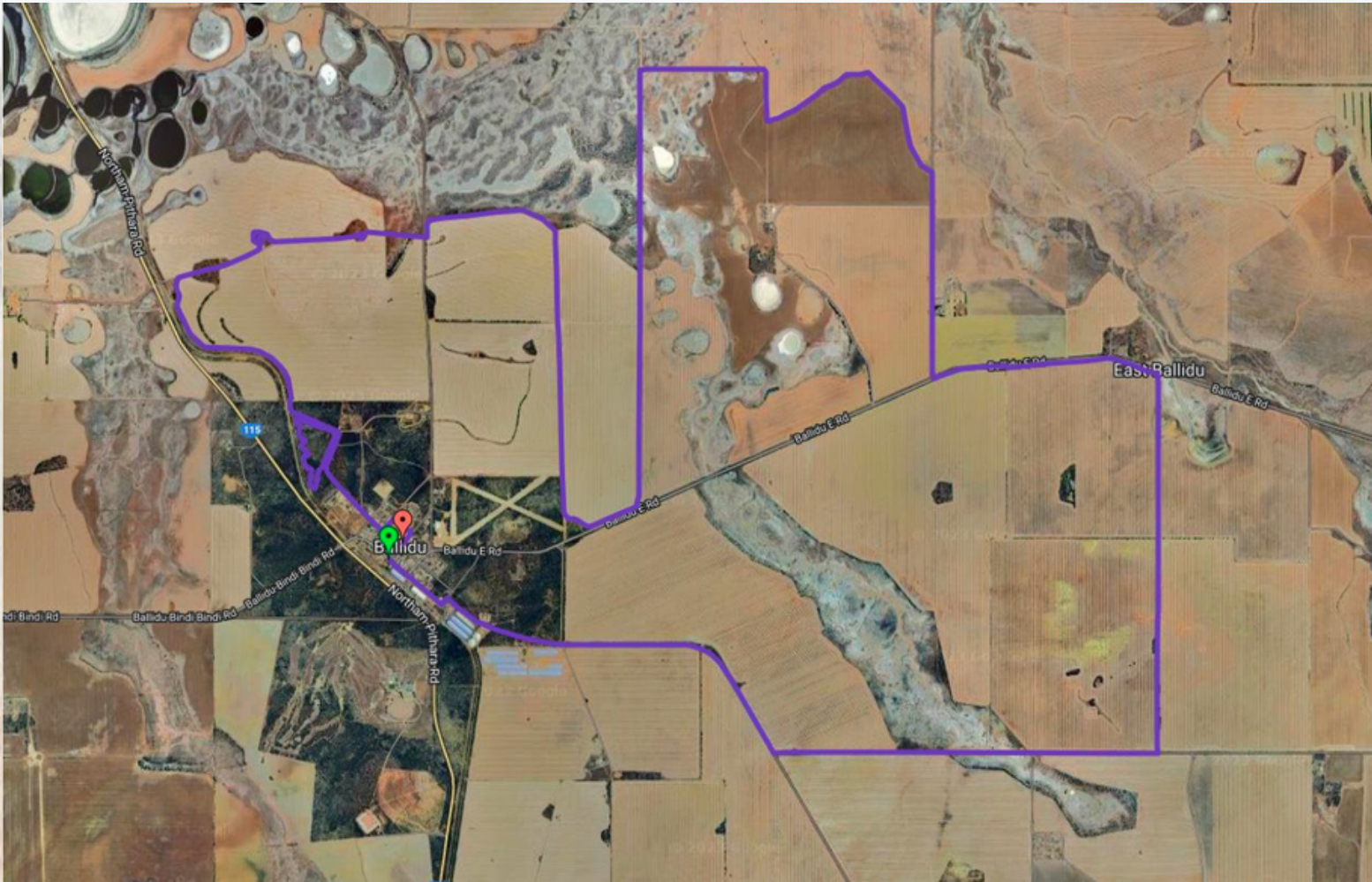
<https://www.strava.com/routes/3128590682906876516>



COURSE DETAILS

YES YOU CANOLA | 30KM

Download GPX file from the Strava link below



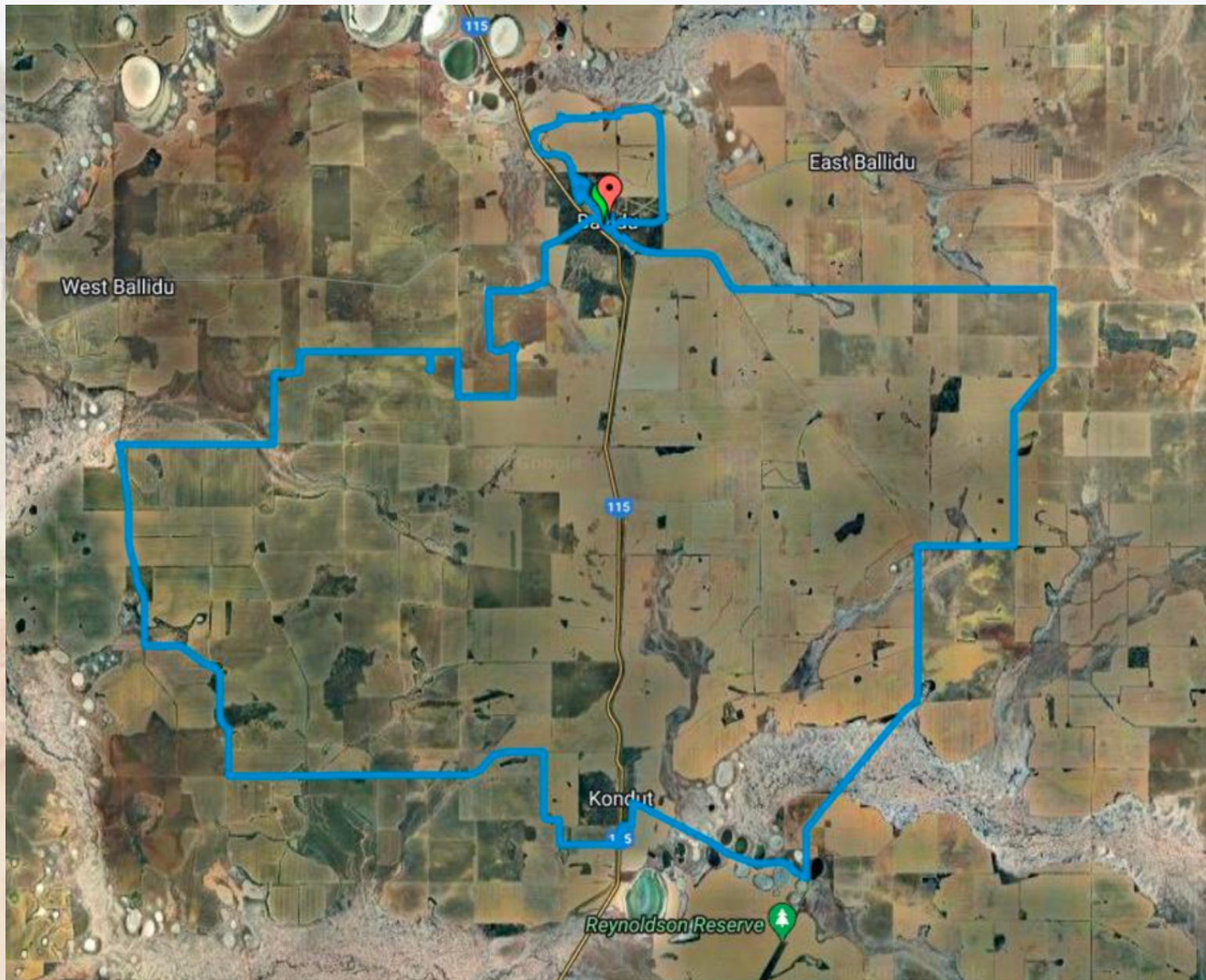
<https://www.strava.com/routes/3128588518782551484>



COURSE DETAILS

THE BALLIDUDE | 85KM

Download GPX file from the Strava link below



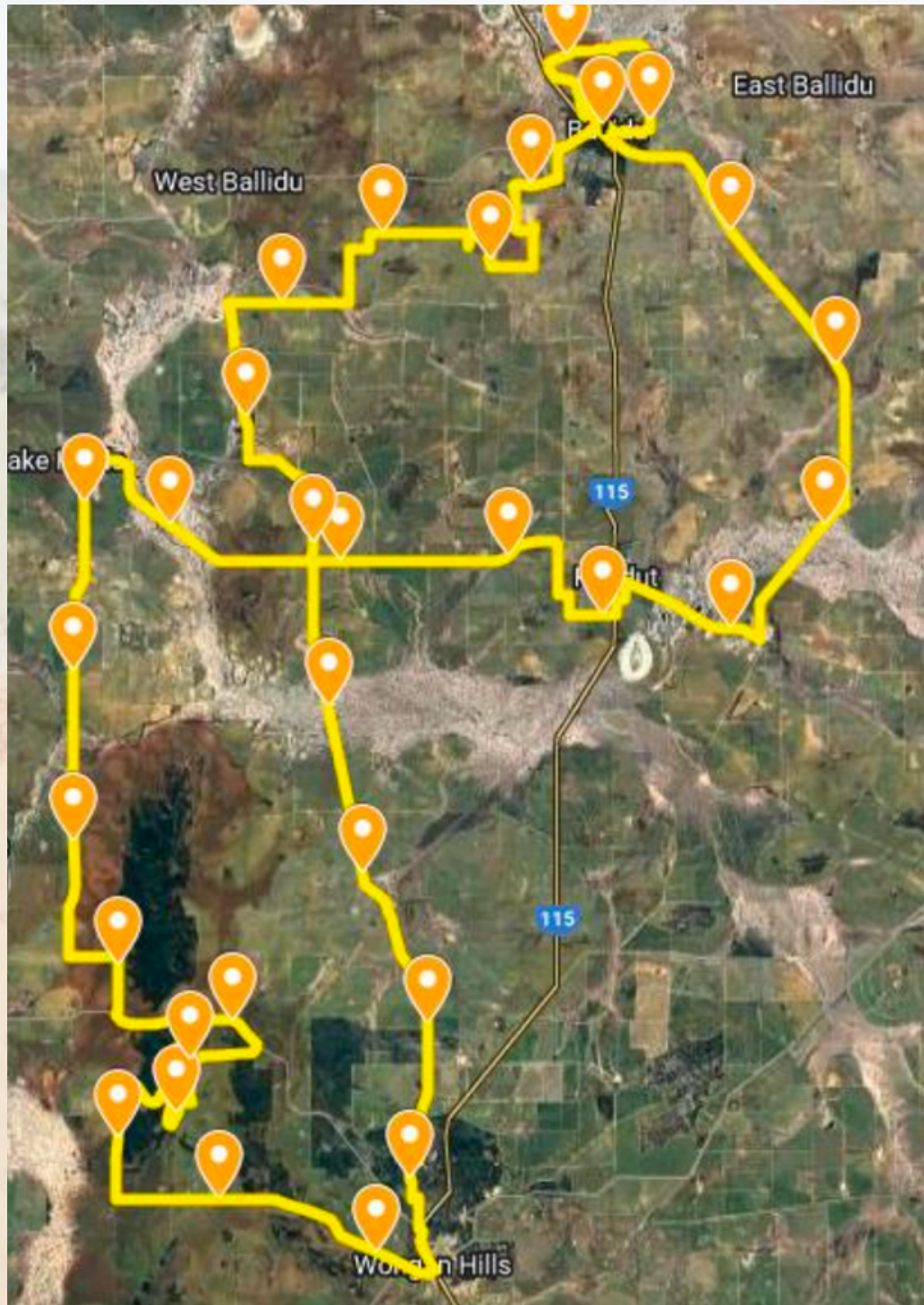
<https://www.strava.com/routes/3128906265661099226>



COURSE DETAILS

WONGAN THRILLS | 155KM

Download GPX file from the Strava link below



<https://www.strava.com/routes/3128906434704258492>



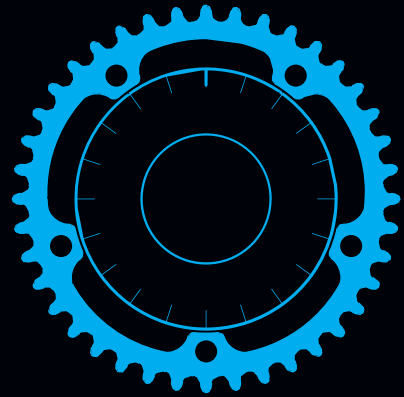
ENJOY YOUR RIDE!



*Trusted by Tour de France Stage winners
and AIS athletes*

VAULT

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