

Nic's Cradle Challenge

Sunday 4th March 2018

Ride Guide

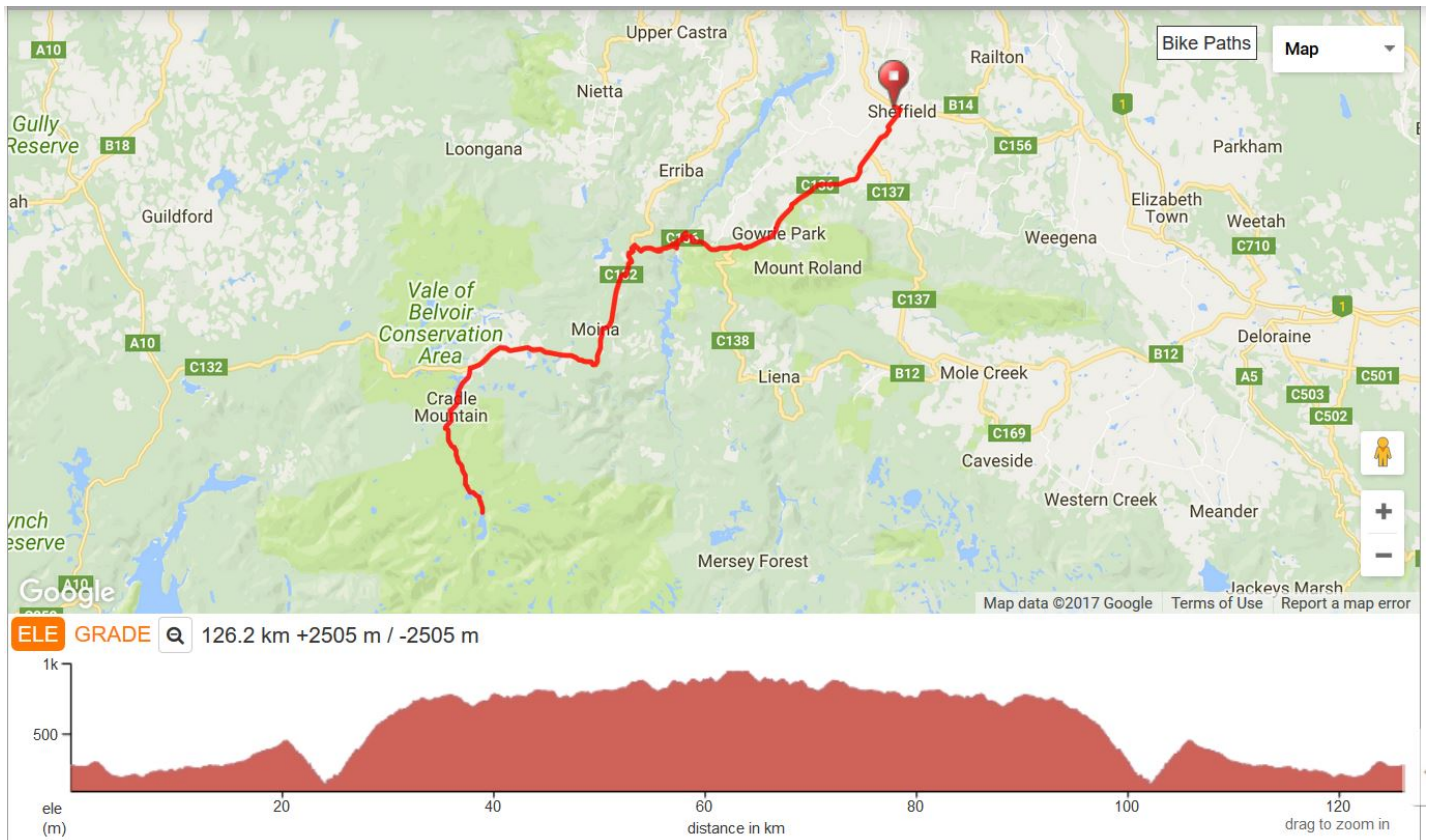
The Course

Sheffield to Cradle Mountain and return via Moina

With over 2500m of climbing, this route is jam packed with big hills and iconic scenery including the world renowned Cradle Mountain. Beautiful forests, wild mountains and stunning lakes make this an inspiring yet challenging ride. Its not all down hill when you reach Dove Lake, you will realise that there are still some challenges awaiting you on your way back to Sheffield.

Route Information

Distance: 126km, Elevation Gain: 2500+ m



What to Bring

To complete the challenge you will be spending a fair bit of time on the road training. Here are the essential items we suggest you take for your training rides and bring for the day.

1. Water

Whether you take water or a drinks supplement, we highly recommend that you have two water bottles with you. If your bicycle does not currently have two bottle cages, it is relatively cheap to pick a second cage up at a bike shop or perhaps consider a small backpack that contains a hydration pack.

2. Food

Choose food you enjoy, that is easy to consume on the go, provides the energy you need and will easily fit in your jersey pockets. Possible options include bananas, muesli bars or sports bars. Food will be available at the scheduled stops on Nic's Cradle Challenge but we recommend you start with ample food to address your individual needs throughout the ride.

3. Front and rear lights.

Make yourself visible.

4. Pump

Pumps can either be attached to your bicycle frame, slip into your jersey pocket or saddle bag. They are essential for any ride as you never know when you'll get a puncture. Whether you use a traditional pump or CO2 gas, make sure you don't leave home without one! Before you buy one, make sure that it suits your type of bicycle and will fit your valve type, as not all pumps fit all bicycle valves.

5. Spare Inner Tube(s)

Always carry at least one inner tube with you on every ride. Making sure that it's the correct size and valve type for your wheels. If you do puncture on a ride and need to change the inner tube, remember to either take your punctured inner tube with you or place it in a bin. For speed, most riders will replace the inner tube, rather than do a road-side repair.

6. Tyre Levers

If you are unlucky enough to get a puncture, your need to get the tyre off your rim quickly and easily. Tyre levers will do this, they are also handy for getting the final section of the tyre back on the wheel after you've replaced the inner tube. If you have never replaced an inner tube before, check out the many YouTube videos explaining how to do it!

7. Mobile Phone

Ensure it is fully charged before you go. You may want to place it in a zip-lock sandwich bag to protect it from sweat and the elements – or there are a number of neoprene phone pouches available on the market that will perform the same job. Please note, that some of the route on Nic's Cradle Challenge will have no mobile phone coverage.

8. Clothing for Cold and Wet conditions

It's always useful to have a small water proof rain jacket. Some are so small they will easily fit into a jersey pocket. They also keep out the cold wind for those descents that easily chill to the bone. Arm warmers and leg warmers may be required as you get into the high country near Cradle Mountain.

9. Emergency Money

Be prepared, you may have five flat tyres and need a taxi, or run out of food and need to buy something. Or more importantly, you may wish to buy a nice soothing latte when you reach a café. Whatever the reason, it's always handy to have a small amount of cash and/or a bank card with you. In addition, a \$5 note is a handy accessory for a hole in your tyre!

What we provide

- Full Route Marking.
- Rider Accident insurance and Public Liability Insurance for all participants.
- Water and snacks.
- Basic Mechanical Support.
- Emergency Support.
- Medical Support - a St John Ambulance and two volunteers will accompany us for the duration of the event.
- Broom Wagon - to assist with riders who can't complete the course.
- Free Nic's Cradle Challenge drink bottle for Early Bird Registrations.
- BBQ lunch at the Sheffield Mural Park for riders and volunteers.
- Selected photos will be posted on the web site.
- Toilets will be available at Sheffield and public toilets are available at Gowrie Park and at the Dove Lake carpark at Cradle Mountain.

Check-in

The ride starts in Sheffield Tasmania.

To ensure the safety of all riders you will need to check-in where you will receive your wristband ID entitling you to the events services along the route.

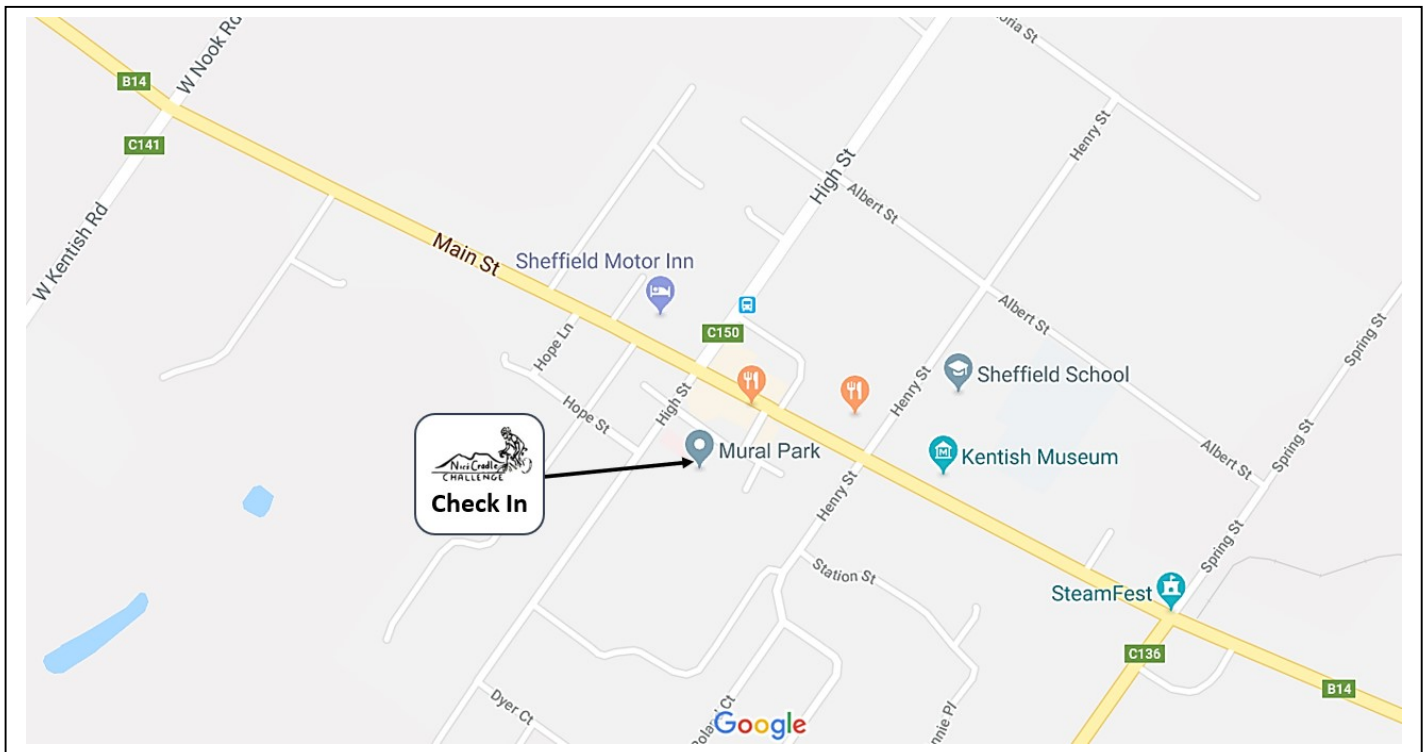
On arrival please report to registration desk - either in Mural Park or the adjacent Senior Citizens Hall – depending on the weather.

Mural Park is behind the Post Office with access off Pioneer Crescent

Check-in opens: 6:15am (Closes 06:50am)

Pre-Ride Briefing: 6.55am

Roll off: 7.00am



Bunch organisation

This event is not a race and riders can go at their own pace from the start. Please select the bunch suitable for your ability and ride at a speed that you know you can maintain for the full distance.

If a rider can't keep up with the bunch they start with they will be able to drop back to the next bunch or continue riding alone. If a rider from the slowest bunch is dropped the tail vehicle will check with them that they are all right and able to continue by themselves and then pass them to stay with the bunch.

After passing through Moina and reaching the top of the plateau on the way to Cradle Mountain, you might like to wait for slower riders and form a bunch - it is quite a long way from there to Cradle Mountain.

We will have a broom wagon that will come along behind the slowest rider and if it is obvious that rider is not going to make the next check point by the cut off time that rider will be given the option of being picked up and taken to the next check point or if they don't want to be picked up they will be de-registered from the ride and will then continue by themselves without support.

Cut-off times

We need to have riders complete the different sections of the ride within a time frame that allows us to complete the event in a timely manner.

We also need to be clear of the Cradle Mountain National Park as early as possible as we are riding during the peak tourist season.

Dropping Out: A sweep system will be in place to collect any riders who cannot continue due to either fatigue, mechanical failure, or who fall behind the cut-off time schedule. Vehicles will be travelling the route to collect participants where required and will operate more regularly at the tail end of the event.

Important: If you withdraw from the event it is vital that you give your name to a steward or marshal so that you can be accounted for.

	Moina	Dove Lake	Moina	Sheffield
Cut off Time	8:45am	10:45am	12:30pm	2:15pm
Cumulative Distance	30 km	63 km	96 km	126 km
Cumulative Time	1hr 45min	3hr 45min	5hr 30min	7hr 15min

Etiquette & Safety

General Etiquette

We want you to have a wonderful time and enjoy the challenge. While we will endeavour to make the event as enjoyable as possible, there are a few little things you can do that will promote your own enjoyment and that of others. Please ensure that you arrive a little before the start time so that we can get going at the allotted time.

- Ensure you check your gear and have everything ready to go the night before.
- When we meet please ensure that you leave a clear path for pedestrians to use the footpaths and cars on the roads, as we are not fortunate enough to have road closures.

General Advice

- Keep hydrated
- Keep sun☐safe. You will be out in the elements for long periods. Sunscreen is a must and items like arm covers are real valid options
- Remember that we are riding into the mountains and that the weather can turn quite cold and wet so take some warm clothing as well - a spray jacket, arm warmers and leg warmers my be welcome additions to your kit for the day.

Ride Safety

The safety of every rider and volunteer is of paramount importance. While we endeavour to make the event as safe as possible, each individual is responsible for their own safety. Riding in and around other cyclists requires care and attention. To make sure you don't cause a crash, consider the following when riding:

- Descending on unknown roads has inherent danger. Take it steady and descend at your own pace.
- Generally while riding, we will ride as a bunch with riders two abreast. Once we hit the climbs it will generally become single file. Also ride single file to the left of the road when a vehicle is wanting to pass – if there is an escort vehicle behind you, it will give three short toots to alert riders.
- Be aware that we will be riding through open countryside and the national park where vehicles and buses also use the roads. You will encounter some of these during the challenge.
- Ride with a buddy always. If dropping off, make sure someone knows.
- Riding in the 'aero position' of triathlon bars is very unsafe in a group setting hence bicycles with aero-bars (TT-bars) are strictly prohibited.
- Mobile phones while cycling – you must pull to the roadside and stop if you wish to use your mobile phone.
- Please refrain from using any other item that could potentially inhibit the flow or safety of other participants or which we, in our reasonable opinion, deem may cause danger or risk of danger to you or other participants.
- Be aware of other cyclists around you and how close they may be to you. Their safety is often in your hands and they will trust you to ride sensibly and safely
- Don't do anything that the person riding behind you would not expect – for example stopping suddenly, braking sharply unless absolutely necessary, or swerving to avoid something at short notice
- Constantly be aware of what is coming up ahead of you and adjust your position in the road in advance. Hold your position in the road when cornering and don't cut from one side to the other unexpectedly
- Please slow down for the hair-pin turns on the main descents from Cethana and Moina to the Forth River. These corners are signposted with speed restriction signs (25km/hr or 15km/hr). Pay particular attention to the hair pin corner after the long, straight downhill section coming from Moina. It is more than 180 degrees and very tight. After the long, fast, downhill section immediately before this corner it is easy to misjudge your speed, so slow right down as you approach this corner.

If you take a little bit of extra care during the challenge, this will enhance your safety and of those riding with you.

Nutrition Basics

It's as important to eat and drink before and after the event, as during the event. Without fuel, your body will struggle with long distance cycling and the event will become more of an ordeal than a challenge.

To ride far and to finish strong you need to:

- Maximise carbohydrate intake during the event
- Minimise dehydration
- Load with an exact dose of caffeine

Carbohydrate is the fuel that lets you ride fast and far. 70% of the effort required for any endurance event is fuelled by carbohydrate and not fat. Unfortunately, your body can only store a limited amount of carbohydrate – typically 400g for a 75km rider when rested. Ride anything over 90 minutes and your carbohydrate store will be depleted. Any carbohydrate that you can consume during the event (drinks, gels, etc.) adds to your body's store of carbohydrate.

Particularly in warm conditions it's hard to drink enough to keep up with sweat loss. You can easily sweat 1.5 litres, which is enough sweat to fill two large drinks bottles every hour! While water is often an ideal thirst-quencher, sweating while exercising will deplete electrolytes and other minerals in your body which are not replenished by water. We recommend you use one of the many available sports drinks to aid you through the event.

Caffeine in moderate doses can substantially increase the absorption of carbohydrate and fluids. Caffeine also stimulates the body's nervous system: reducing fatigue, making you more alert, increasing your concentration and reducing the feeling of effort during sport. In the right amount (3mg to 6mg caffeine per kg of body weight), caffeine is an affective performance enhancer. A moderate dose of caffeine has not shown to significantly increase dehydration during sport.

If you are sensitive to caffeine and experience symptoms such as tremors, palpitations, etc., then stop using it immediately. If you have a heart condition do not use caffeine, instead switch to a caffeine alternative.

Seven Principles for Nutrition

1. The Night Before

This is your last chance to top-up your body's energy reserves. LOAD-UP on carbohydrates and fluids and enjoy your dessert tonight! Suggestions: Rice, potatoes, cooked veggies, protein, and hydrate. AVOID oily/spicy food and get a good night's rest (7+ hrs)

2. The Morning of the Challenge

Eat a light breakfast, 1hr+ before the ride. Suggestions: white toast, cornflakes, oats, juice, coffee, are all good (but not all together!). Hydrate, by drinking one 750ml of sports drink or water with a spoonful of sugar. Do NOT start the ride on an empty stomach!

3. During the ride: Eat

Eating CONSISTENTLY is essential to finishing. Take in 200-300 Calories/hr in mainly carbohydrates. As a rule of thumb, that's a fistful size portion of food. If you are using energy gels, try to use these in the latter part of the ride for quick absorption. Suggestions: Energy bars, energy gels, dried fruit and nuts (in a zip lock bag), peanut butter-jam sandwiches are magic!

4. During the ride: Drink

Drinking CONSISTENTLY is also essential to finishing. It is recommended that you drink 600ml - 1 litre/hr of water with a little sugar or a sports-hydration drink, which will include electrolytes, potassium and magnesium. The latter being very useful to reduce muscle cramping.

5. Maintaining Electrolytes

Muscle CRAMPS are associated with dehydration, electrolyte deficit and muscle fatigue. It is essential that you replace electrolytes lost through sweat. Suggestions: Bananas, Sports-hydration drinks and energy gels work well.

6. Mid-ride Meal

This is a great chance to reboot your energy systems. Take this opportunity to HYDRATE! Drink at least 600ml of water or a sports drink while you have some food. Eat carbs, fruit, coffee (for a caffeine boost), and something sweet isn't going to hurt. AVOID spicy/oily food. Do NOT eat too much, as this will draw blood flow to your stomach and away from your legs. Do NOT stop for too long as you do not want your muscles to cool down too much, or you will find it harder to get started again!

7. Post-ride Nutrition

Recovering after a ride is very important, you've used up a lot of your carbohydrate store, minerals and vitamins by riding Nic's Cradle Challenge. To rehydrate and refuel, to develop lean muscle faster and improve fitness drink a protein based drink as soon as you finish and eat a balanced protein-based meal within 30 minutes of finishing. Suggestions: Tuna sandwiches, dried mango or my favourite a tuna-cheese melt toastie.

Insurance

All riders at the event will be insured for personal accidents and public liability through Cycling Australia (CA) .

Any riders who are already members of a CA affiliated club will be automatically covered and everyone else will receive cover for the day. If you are already a CA member please indicate in the appropriate section of the registration form as we will not be required to pay again for your insurance.

For more information on the insurance cover please [visit the Cycling Australia website](#).

Guidelines for Friends and Family

Friends and family are welcome to be part of Nic's Cradle Challenge but we ask that they do not drive along with the riders so as to minimise the disruption to the normal flow of traffic.

We suggest that if friends and family want to support you and the other riders that they can go ahead to the next rest point and wait for the riders. It is great as a rider to have wildly cheering fans greeting you along the way.

Event Rules

- You must be at least 18 years of age on the day of the Challenge to participate
- All participants must be in good health and have suitable mental and physical fitness to meet the requirements of this ride
- An AS 2063 approved helmet is compulsory and must be worn at all times.
- Your bicycle must be in sound mechanical order paying special attention to brakes, cables and tyres
- Aero-bars (TT-bars) and the use of them is not allowed during the event
- You must not deviate from the official routes, unless instructed by an Event Marshall or Organiser and/or special circumstances dictate otherwise
- You must obey all traffic laws, abide by the directions of police and event volunteers
- You must ride in a safe manner being respectful of other riders and traffic
- You must not exceed 40km/h inside the National Park
- You must not overtake or go in front of the lead car
- You must wear your official wrist band during the event