

Tour of the Blackwood Tips for a Safe and Happy Ride

- We are sharing the roads with traffic. Please be aware of the potential for oncoming vehicles at all times, even if the roads seem quiet.
 - We recommend you carry your mobile phone with you. Please store our Ride Director's number in your phone: 0400 187 992.
 - Most of the course has good mobile range. Please call for help if you or another rider is injured.
 - We also recommend you download the Emergency+ App to your mobile phone.
 - Please look out for fellow riders, help out a rider in need, and relay information to moto-scouts if mobile phone coverage is not adequate.
 - If you are feeling unwell, please contact a moto-scout who will escort you to the nearest first aid.
- Water bottles can be filled at the following water points:
 - o Full Tour:
 - Balingup Cheese Factory
 - Nannup at Holberry House
 - Karri Gully (only if it is a hot day)
 - Blackboy Flat Road - Brockman Highway int intersection
 - o Half and Best:
 - Greenbushes
 - Blackboy Flat Road - Brockman Highway intersection
 - o Not-So-Cozy:
 - Blackboy Flat Road - Brockman Highway intersection

There will be lollies at the water points and bananas at Nannup. Please bring any other food you will require.

If you hear an ambulance approaching, please move to the side of the road to allow it to pass.

There are some very steep descents in all three rides. Please descend with caution.

Keep left and ride in single file on blind corners and fast descents.

Be aware that you may encounter animals on the roads - kangaroos, emus, wild pigs, sheep, cows and ducks.

NOT TOO SERIOUS? If you come across a rider who is stopped, conscious, walking and talking, but unable to ride to the nearest checkpoint due to injury or illness, please call Brendan, our Ride Director on 0400187992

SERIOUS? If you come across a rider who is seriously injured, use the Emergency+ App or dial 000 to call an ambulance. St John Ambulance Service is providing medical support for the ride and will dispatch an ambulance immediately. If you have no mobile range, please wait for a motoscout who will ensure the provision of emergency assistance....

HAZARDS ON COURSE? If you come across any hazards or obstacles on the course, please call our Ride Director Brendan Punch on 0400187 992.

COVID Safety:

The Tour Committee is taking all precautions against the COVID-19 virus:

- Please make sure you register on arrival at the event. Use your phone to scan the Safe WA App QR code or enter your details in one of our manual registers located throughout the venue.
- Alcohol-based sanitiser will be provided throughout the venue.
- Please maintain social distancing.
- If you have cold or flu symptoms, have recently returned from overseas or have been in contact with someone from a COVID-19 hotspot, please stay at home.
- If you have a disability or any special requirements, please let a member of our Registration Team know so we can support you.

Acknowledgement: Brendon and Bec, Tour of Margaret River

RIDE TO SUPPORT YOUTH MENTAL HEALTH 2021

 *The Rotary Tour of The Blackwood*



Proudly Supports



Thank you to our sponsors and supporters



Background information about the Tour

The Rotary Tour of the Blackwood (The Tour) was the brainchild of a group of local cyclists who shared a passion for their community and the future of its youth. The cyclists collaborated with Bridgetown's vibrant Rotary Club, with 40 years experience running the Blackwood Marathon, and the 'Tour of the Blackwood' was born.

The Tour is now in its fifth year, attracting cyclists from all over the State. It is ride, not a race, through the picturesque Blackwood River Valley. There are three courses to suit all abilities. The 'Not-So-Cozy' is a 30km ride aimed at families and youth. It's a great introductory road ride, designed to encourage participation and fit beginners to take on their first road ride. The 'Half and Best' is a 65km circuit, through the beautiful countryside, with challenging hills. This is an ideal ride for the not-so-novice wanting to push themselves a little further.

The 'Full Tour' is 135km. The ride passes through Balingup and Nannup, before finishing in Bridgetown. Participants who have completed this ride have described it as 'WA's most challenging ride', with over 2000m of climbing and a category 4 ascent. The ride takes cyclists through diverse environments, arguably the best of the Blackwood region, encompassing rich farmland, Jarrah woodland and magnificent Karri forest.

The Tour is thrilled to welcome Steele Bishop OAM to the event as a Ride Ambassador. Steele is a world cycling champion and current Masters world record holder. Cyclists will have the opportunity to ride alongside this incredibly successful world champion.

The Tour aims to raise community awareness regarding youth mental health, allowing for education and de-stigmatisation of mental illness. Funds raised from the ride go to Blackwood Youth Action Inc, a local Charity, to provide counselling and other mental health services to young people across the Warren Blackwood region. To date, over \$120,000 has been raised by participation in The Tour!

Blackwood Youth Action Inc (BYA) is a registered charity that was established in 2013 by community members concerned about the lack of support for marginalised and at-risk youth in the Blackwood region. BYA identified that, as in many rural communities, there were significant barriers to youth accessing mental health services. BYA is involved in running a range of programs to provide mental health education and early intervention for all young people across the Warren Blackwood region. Funds raised from The Tour provide BYA with resources to support a registered psychologist who provides face-to-face counselling to young people across the region suffering mental health problems, as well as a number of other services for young people.

The Tour is honoured to have as our Patron Professor Fiona Stanley AC, a highly respected researcher and advocate for child and adolescent health. Fiona's passion for the wellbeing of children and young people reflects the reason the Tour exists. Professor Stanley said: "Across Australia, one in four young people will suffer a mental illness this year, with only a quarter of these receiving professional help. Young people in rural Australia do not have access to the same services that their regional and city counterparts do.



It is pleasing to see innovative, community driven projects to support young people to get the care that they need." The Tour tackles mental illness on many levels. It builds community awareness, creates conversations around mental illness, and improves mental health literacy across the region. It encourages community ownership of an insidious problem, which can so easily be brushed under the carpet. In an era when funding for community projects is getting more difficult to access, The Tour provides funds to ensure the youth of our community have access to professional support when they are struggling.

**Thank you for
being a part of
The Tour!**

Event Program

Friday 12th March

5.00pm – 7.00pm Rider Registration at the Bridgetown Hotel, 157 Hampton Street, Bridgetown
7.00pm Tour Dinner. Live music, address by Steele Bishop OAM, delicious food and good company!
Friday 12th March, 2021
If you haven't already registered your interest, please email support@blackwoodtour.info

Saturday 13th March

6.00am Final registration at Blackwood River Park
6.45am Full Tour riders to present at start line at Blackwood River Park
6.50am Start line briefing
7.00am Full Tour riders depart
8.45am Half and Best riders to present at start line at Blackwood River Park
8.50am Start line briefing
9.00am Half and Best riders depart
9.45am Not-So-Cozy riders to present at start line at Greenbushes Primary School, Blackwood Road
9.50am Start line briefing
10.00am (approximately) Not-So-Cozy riders depart with lead of Half and Best
11.00am-1.30pm Riders start returning. Tour Festival with food, drinks, music and activities for children
1.30pm Presentations. Prizes for top individual and group fundraisers and announcement of ride winners



Full Tour Briefing Notes



We recommend you carry your mobile phone with you. Please store our Ride Director's number in your phone: Brendan Punch 0400187992. Most of the course has good mobile range. Please call for help if you or another rider is injured.

We also recommend you download the Emergency+ App to your mobile phone.

The ride will start as a neutral zone peloton behind the lead vehicle through Bridgetown, right up Steere Street, until the Boyup Brook turn off at the Recreation centre

Signs are **ORANGE for the Full Tour**. There will also be marshalls at intersections to assist with directions. There will be six motoscouts supporting cyclists along the course.

Water Points at:

- Balingup at The Old Cheese Factory
- Nannup at Holberry House, Grange Road
- Karri Gully on Brockman Highway (if it is hot day)
- Blackboy Flat Road - Brockman Highway intersection.

There is no longer a timed stop in Nannup.

Please carry spare tubes; If you have used your spare tube, all motoscouts will be carrying additional tubes and CO2.

Beware of kangaroos and stray sheep on the road.

If you are a less experienced cyclist, please be aware of the following:

Follow road rules at all times;

There are some steep descents on the ride, so please use caution; In particular, the final descent down Brockman Highway into Bridgetown is very steep and winding. PLEASE TAKE CARE.

Please ride in single file on crests of hills or sharp bends.

Most importantly: Please beware of the speed hump in the road just past the start. It will still be there when you get back, unfortunately. So please proceed with caution.

Half Tour Briefing Notes



We recommend you carry your mobile phone with you. Please store our Ride Director's number in your phone: Brendan Punch 0400187992. Most of the course has good mobile range. Please call for help if you or another rider is injured.

We also recommend you download the Emergency+ App to your mobile phone.

The ride will start as a neutral zone peloton behind the lead vehicle through Bridgetown, right up Steere Street, until the Boyup Brook turn off at the Recreation centre

Signs are **GREEN for Half Tour**. There will also be marshalls at intersections to assist with directions.

Motoscouts will ride the course to assist cyclists.

Water Points at:

- Greenbushes at the Brockman Highway intersection
- Blackboy Flat Road – Brockman Highway intersection

There is no longer a timed stop in Nannup.

Please carry spare tubes; If you have used your spare tube, all motoscouts will be carrying additional tubes and CO2.

Beware of kangaroos and stray sheep on the road.

If you are a less experienced cyclist, please be aware of the following:

Follow road rules at all times;

There are some steep descents on the ride, so please use caution; In particular, the descent at **KANDALEE HILL** and the final descent down Brockman Highway into Bridgetown is very steep and winding. PLEASE TAKE CARE.

Please ride in single file on crests of hills or sharp bends.

Most importantly: Please beware of the speed hump in the road just past the start. It will still be there when you get back, unfortunately. So please proceed with caution.

Not-So-Cozy Briefing Notes



We recommend you carry your mobile phone with you. Please store our Ride Director's number in your phone: Brendan Punch 0400 187 992. Most of the course has good mobile range. Please call for help if you or another rider is injured.

We also recommend you download the Emergency+ App to your mobile phone.

The Not-So-Cozy will start at approximately 10am. Cyclists will join the lead riders of the Half Tour as they pass through Greenbushes. This is to minimise any traffic congestion with support vehicles.

Signs are **BLUE for the Not-So-Cozy**.

Water point is at the intersection of Blackboy Flat Road with Brockman Highway

Please carry spare tubes; If you have used your spare tube, all moto scouts will be carrying additional tubes and CO2

Beware of kangaroos and stray sheep on the road

If you are a less experienced cyclist, please be aware of the following:

Follow road rules at all times;

There are some steep descents on the ride, so please use caution; In particular, the descent at **KANDALEE HILL** and the final descent down Brockman Highway into Bridgetown is very steep and winding. PLEASE TAKE CARE.

Please ride in single file on crests of hills or sharp bends.

Most importantly: Please beware of the speed hump in the road as you approach the finish. It is approximately 5 metres from the finish line. Please proceed with caution.

You will need to find your own way back to Greenbushes from Bridgetown. If you need a lift, please let one of the Tour Team know and we will give you a hand to get back.