



# 2023 RIDE FOR REMEMBRANCE

8 Sept to 10 Sept 2023  
Sydney to Canberra



RIDE PACKAGE





# EVENT BACKGROUND & INDIGENOUS DESIGN



This year's event celebrates the 10<sup>th</sup> Anniversary of the initial 'Police Legacy Ride' conducted way back in 2012. That year 29 hardy riders set off in the early hours of the morning through the city and out onto the highway. They were met by 60kph southerly winds on the first day alone had about 60 punctures. They ultimately got to their destination and raised around \$30K for legacy. We now consistently have over 120 riders and raise over \$100,000+ each year for Legacy and importantly our legates and have raised over \$750K for legacy in total since that time.

The Ride will once again depart from the 'Wall of Remembrance' at the Domain in the early hours of Friday morning to head to Mittagong. Day 2 has us heading from Mittagong through some beautiful scenery before reaching Goulburn and a night at the NSW Police Academy. Day 3 sees us departing from Goulburn along the highway to Canberra, where we all assemble at the 'National Wall of Remembrance' for a moving service to acknowledge those who have fallen in the line of duty and thank those who have taken to time out to undertake the ride and raise funds on behalf of legacy. So welcome aboard.



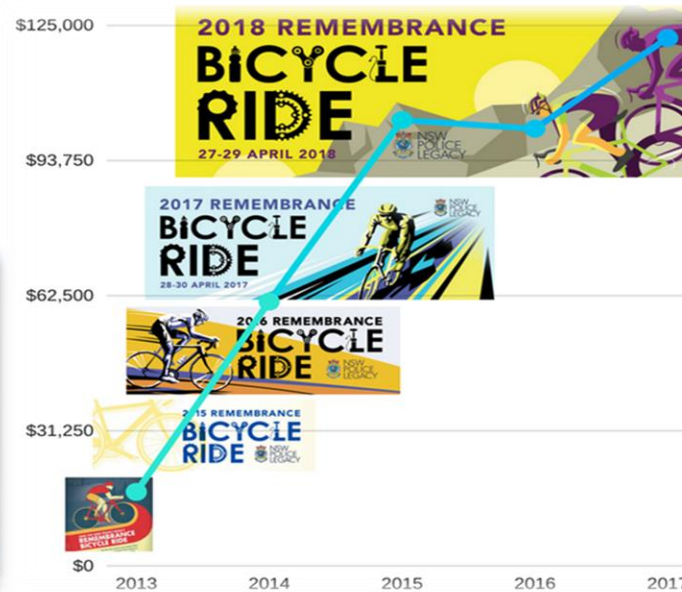
This year's ride has some significant milestones. As you are aware it is our 10<sup>th</sup> Anniversary. It is also the year of the referendum for an indigenous voice to parliament and the *Ride for Remembrance Committee* resolved to acknowledge first nations peoples in this important year by adding some artwork to our kit. An approved artist *Zachary Bennett Brook* was commissioned and given the brief to develop a design that embraces the legacy ride and its link to *First Nations Peoples*. Below is Zach's explanation on the design;

*"The artwork is called 'Travelling'. It features a number of circular sections in White which are symbolic of groupings of people. These could be different stops on the ride as well as people involved and impacted with NSW Police Legacy. These groupings are all connected to those around showing the journey and travelling aspect. Around these I added a number of Blues working in with NSW Police colours, and these sections are made up of both dot and line work."*





# VISUAL HISTORY





# SPONSORS



A complex ride like this cannot survive without significant support and we have some great organisations and people supporting us in riding for our Police Legacy. Below are our 2023 Sponsors that include our Gold sponsor IOH, Silver sponsors Motorola, DIMEO and EML and our other sponsors as always PANSW, Police Bank, Bicycle NSW another new sponsor, NSW First Aid. Thank you all for supporting us and making the event possible.



**GOLD SPONSOR**



**SILVER SPONSOR**



# RIDE DETAILS

For this year's ride again like last year we will have 5 pelotons heading south. Pelotons 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 front and rear vehicle escorts as well as support & logistical vans. The vehicles will stay with their assigned peloton each day and will be marked accordingly. Each peloton should have a marked 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 our 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, if there is a puncture, the entire peloton stops and waits 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) to be worn each day:

## Day 1



**2023**  
**Ride for Remembrance Kit**

## Day 2



**NON Uniform Day**  
**where what you want**

## Day 3



**2023**  
**Ride for Remembrance Kit**

Now you would have noted on the background of every year's ride that weather can be, 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 & Mittagong. Additionally wearing skins to bed is a great way to recharge those legs.





# 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 several 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 Major Events Group. Additionally, we have asked riders to be members of a cycling body so that they will have insurance cover.

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. We would advise reading through [the Tour de Cure 'bunch riding' etiquette document](#). This document can also be found by visiting the Cycling Support section of the Tour de Cure website

<https://www.tourdecure.com.au/events-and-tours/tours/tour-resources-and-support/cycling-support>.

Some key standard messaging includes:

- ☐ *In pairs ride handlebar to handlebar, 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 & vice 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 must single up, be directly behind the rider in front.*
- ☐ *Show your biddon when you're about to take a drink while riding.*



# SAFETY

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**. He will oversight safety for all participants including daily briefings and debriefs. Additionally, each peloton will have **Ride Captains** 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.

There will be a first-aid kit with each peloton's support vehicle & we will also have first provider with us this year

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 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 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, there may be 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, rightly or wrongly, laws relating to bike riders are in place. In this regard we will abide by these laws by ensuring all riders have drivers licence on them when riding, all must have a bell and 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 on Day 1 and Day 2.





# 2023 RIDE FOR REMEMBRANCE KIT

For the 2023 event the *Ride for Remembrance* organising committee have teamed up with **Champion System** to provide the 2023 kit. Champion Systems have developed a portal whereby riders & support staff can go online to purchase their bundle including postage for kit that forms part of the registration fee. There are further items available within the range to be purchased individually as needed.

## 2023 Rider Pack

[ORDER HERE](#)



2023 Ride Clothing Bundle

\$248.00

## 2023 Volunteer Pack

[ORDER HERE](#)



2023 Volunteer Bundle

\$139.00



2023 Ride Jersey - TECH Lite

\$52.00



2023 Ride Premium Bib Short

\$111.00



2023 Ride TECH+ Wind Vest

\$70.00



2023 Ride Winter Jacket

\$144.00



2023 Technical Tee

\$45.00



PERFORMANCE Pullover Hoodie

\$79.00





# LOGISTICS

As you are aware there will be a number of vehicles as part of the contingent. We aim to have 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. 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 – if you need to try this option get in touch with Teegan at the NSW Police Legacy office.

## 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 & Sunscreen*
- ☐ *Resealable bag to put mobile phone in*
- ☐ *Charge board to charge lights/Garmin etc*
- ☐ *Gels / bars / GU's*
- ☐ *Spare tubes, o2 cannisters,*
- ☐ *2x Bidons*
- ☐ *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.

# ACCOMMODATION, DINNERS & ENTERTAINMENT

## Day 1 – Springs Resort, Mittagong



ALL riders will stay at *Springs Resort* again this year. For dinner a quick walk across the carpark to the RSL is the best option to have a lovely roast or choose from a large variety of meals. The deserts are also awesome at the café inside.

**NOT GUILTY**



## Day 2 – NSW Police Academy, Goulburn



Once again a massive thanks to the Police College who always generously provide accommodation on campus that includes a meal.

**GUILTY**



For the second night at Goulburn Court will be in session, or should I say **Kangaroo Court**. a mandatory attendance at this hearing. Fines will apply for non-attendance and late arrivals. Dinner will be from 6pm to 7pm. By 7.30pm we will start the social activity/Court Session (which will include the offences from Day 1. I ask the Ride Captains to collate these from witnesses and 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. The court session is always a good laugh and also raises additional funds for legacy. *I've heard the judge is harsh but fair!*



# DAY 1 – FORM UP & START SCHEDULE

From previous experience it is important we roll out of The Domain as early as possible so we are not being impacted or impacting the non event vehicular community. To achieve this we have organised a range of strategies. Firstly we are starting a bit earlier this year

4.30am

Meet at Art Gallery Rod outside the Art Gallery, near the Wall of Remembrance. Event vehicles to park in formation provided pre event.

- ☐ Ensure appropriate ride kit is on
- ☐ Load your large bag into the Logistics vehicle
- ☐ Load your day bag into the escort vehicle
- ☐ Organise own nutrition for first leg of ride
- ☐ Final bike checks, last minute inquiries

5am

ALL form up outside of gallery for briefing. Including:

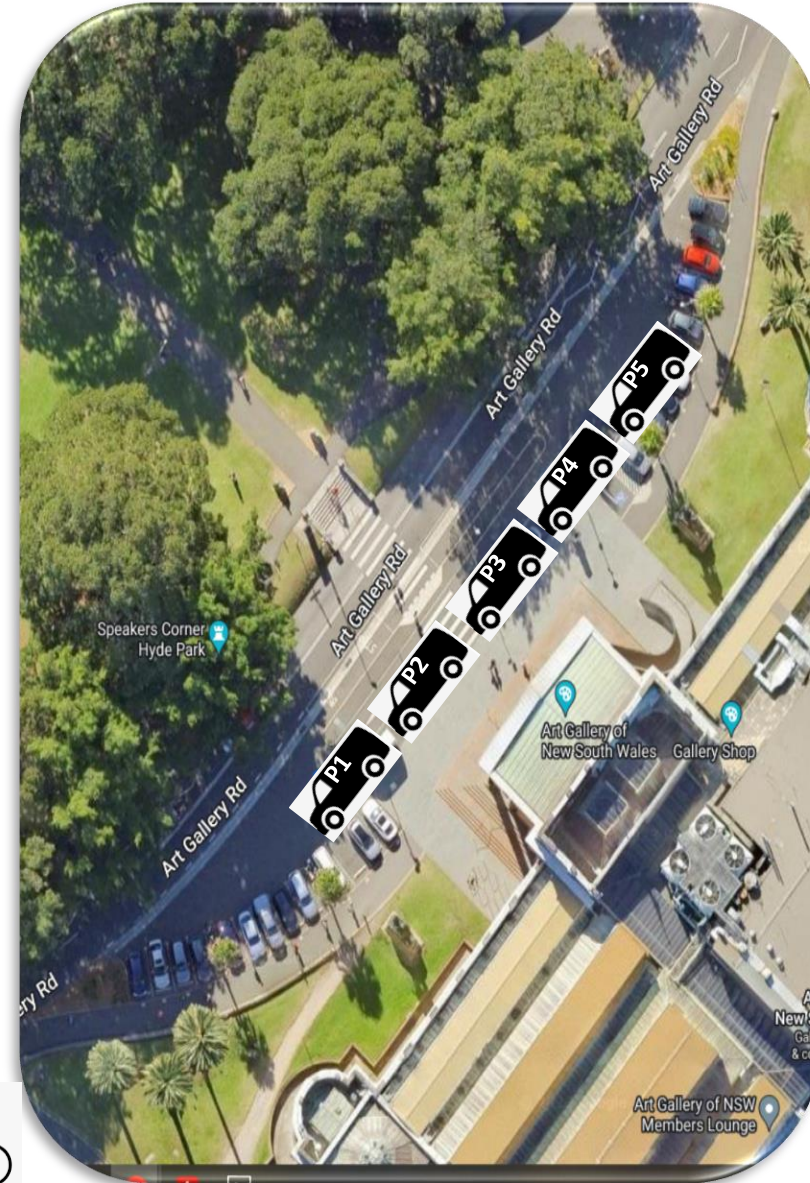
- ☐ Introduction by event organiser Police Legacy
- ☐ Ride Ambassador – Deputy Commissioner Lanyon APM
- ☐ Safety briefing

5.20am

Form up in pelotons

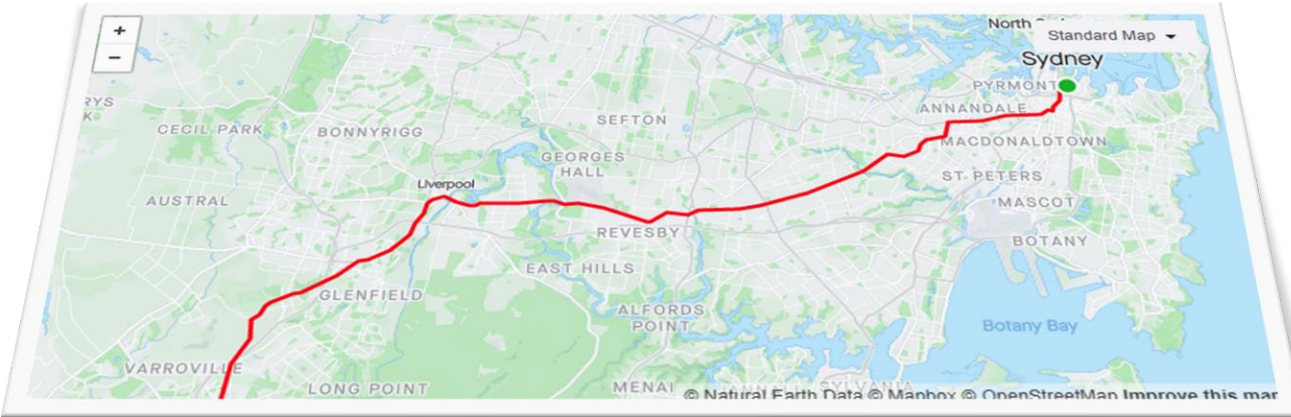
5.30am

ROLL OUT



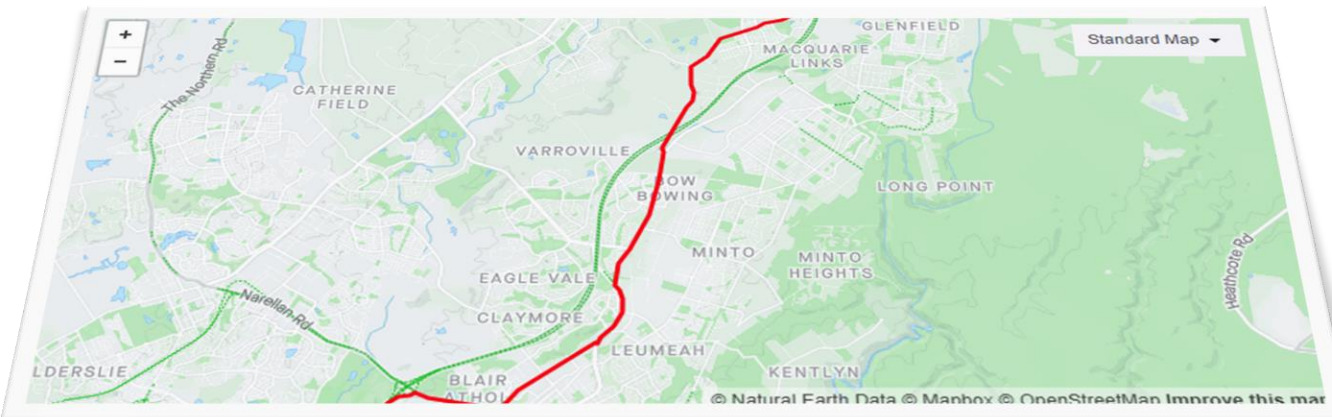


# THE ROUTE – DAY 1 - FRIDAY



- ❑ NSW Police Wall of Remembrance Art Gallery Road and travel along College Street heading south onto Wentworth Street leading -
- ❑ left onto Hay Street -
- ❑ right onto Pitt Street heading towards Central Railway Stn onto George Street then Broadway heading west leading onto Parramatta Road
- ❑ Turning left into Crystal Street at Petersham.
- ❑ Then right into New Canterbury Road heading south turning left into Canterbury Road at Hurlstone Park leading into Milperra Road at Bankstown then leading into Newbridge Road heading southwest.
- ❑ Turning left onto the Hume Hwy down to the Cross Roads.

Morning Tea at Uncle Leo's Caltex Service Station on Campbelltown Road. Distance approx. 40Km



- ❑ At the Crossroads following onto Campbelltown Road towards Campbelltown where the riders -
- ❑ turn right onto Blaxland Road to Narellan.
- ❑ Turning right onto Narellan Road then entering the Hume Motorway heading south following the motorway.

Distance of 18km Peloton should stop just prior to entering the Motorway.





# THE ROUTE – DAY 1 - FRIDAY



- ❑ Travel along the Motorway a distance of 30km stopping at the **Twin Service Stations at Pheasants Nest for lunch.**



- ❑ Re-enter the Motorway for a short distance and exit at the Avon Dam exit at Bargo exiting the Motorway onto Avon Dam Road.
- ❑ Then right onto Lupton Road and -
- ❑ right onto Remembrance Drive heading south onto the Old Hume Hwy to Church Ave
- ❑ Then left onto the Hume Motorway exiting at the Mittagong exit following the Old Hume Hwy into Mittagong.

❑ **Covering a distance of approx. 35km**

❑ **Expected finish 1600 hrs**

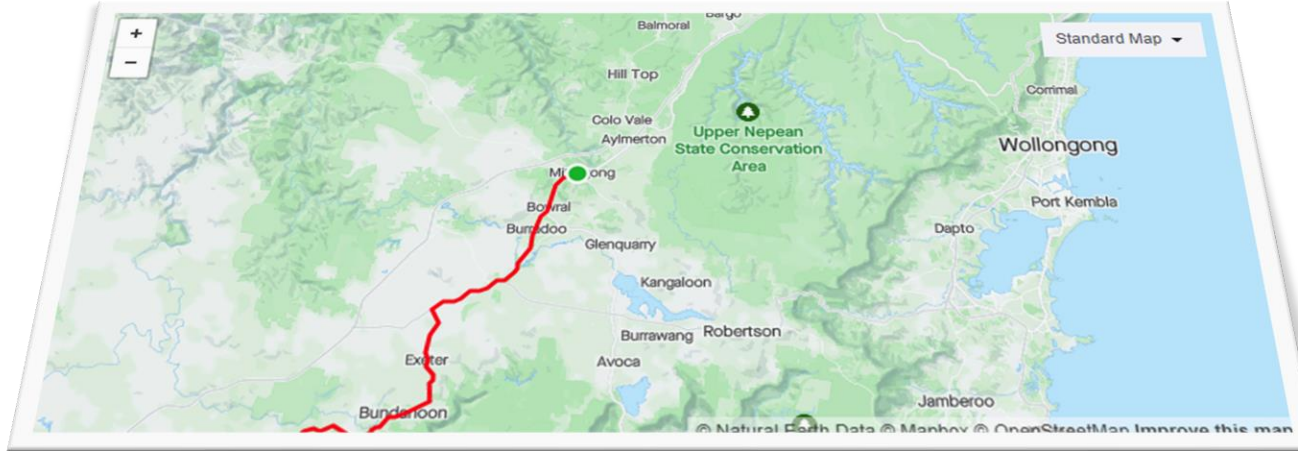
❑ **Total distance approx. 120km**

❑ **Overnight at the Mittagong Springs Resort (RSL Club) Cnr of Old Hume Highway and Bessemer Street, just behind the McDonalds.**



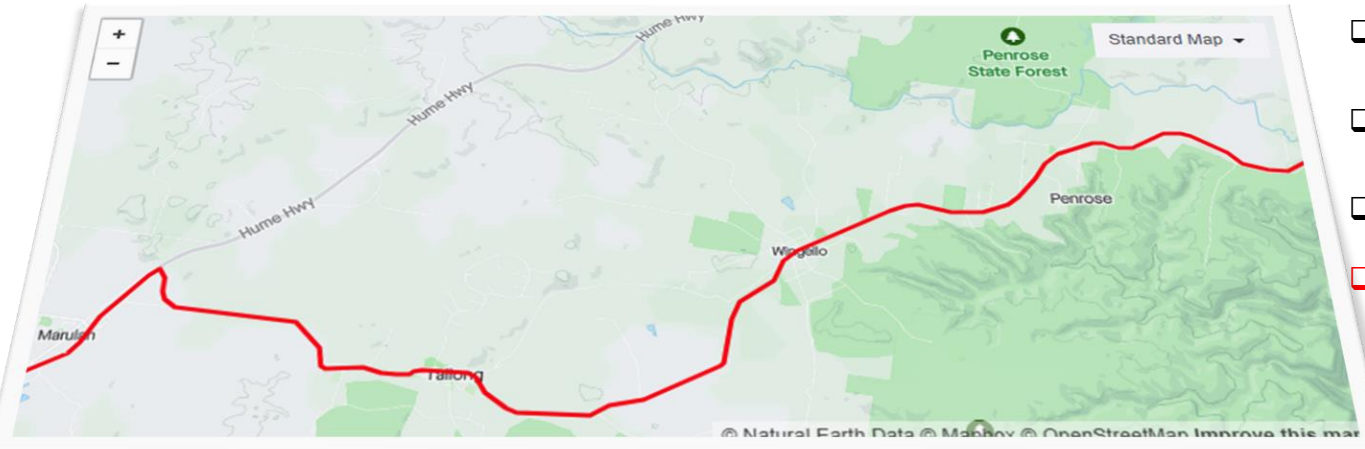


# THE ROUTE – DAY 2 - SATURDAY



- ❑ Commencing 0800hrs at the Springs Resort Bessemer Street Mittagong
- ❑ Turning right onto Bowral Road heading south leading onto Mittagong Road Station Street
- ❑ Then onto Moss Vale Road heading south travelling through Moss Vale onto the Illawarra Hwy to Exeter Road where they -
- ❑ Turn right travelling along Exeter Road onto Bundanoon Road onto Railway Ave.
- ❑ Stop here for morning tea at one of the local coffee shops.

❑ Distance approx.. 36km.



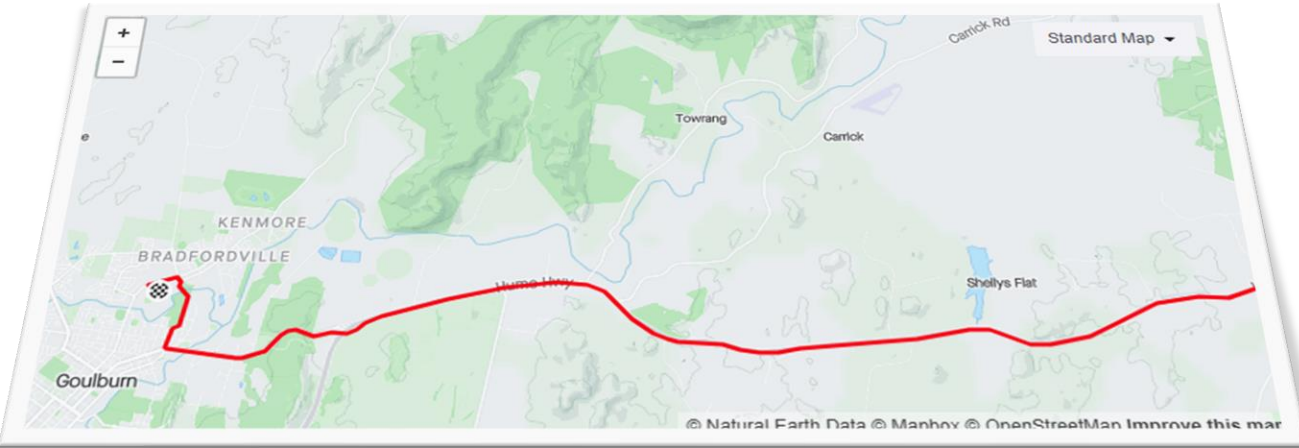
- ❑ Keep riding through Bundanoon onto Penrose Road via Wingello
- ❑ onto Highland Way via Tallong onto the Hume Motorway at Marulan
- ❑ Stop at the Service Station at Marulan for lunch

❑ Approx. distance 34 Kms





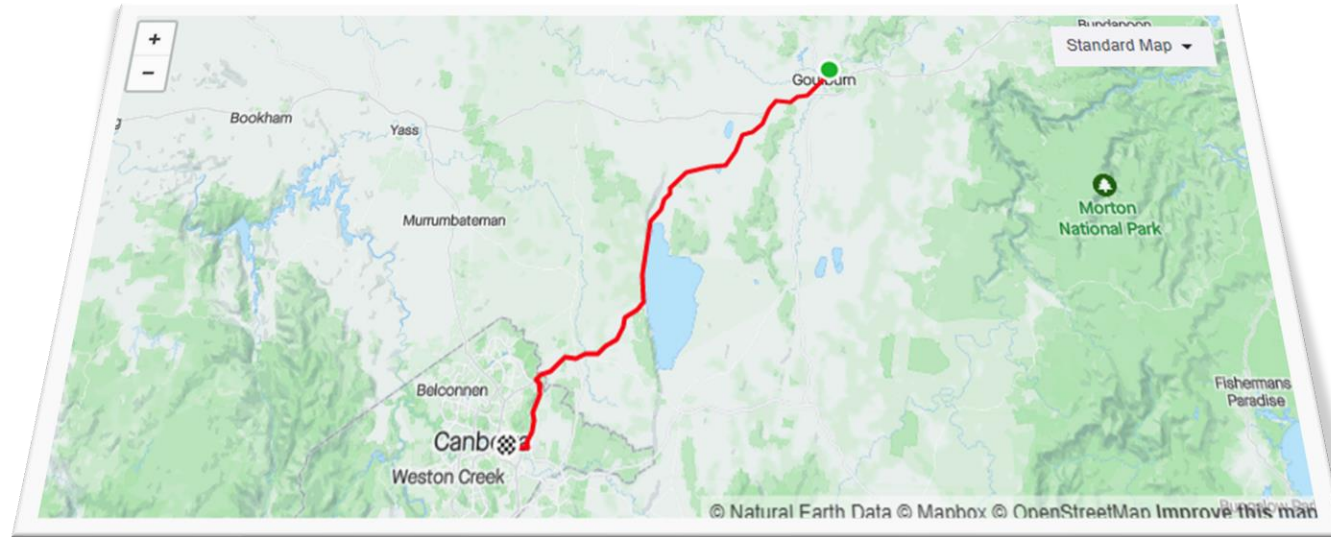
# THE ROUTE – DAY 2 - SATURDAY



- ❑ Continue to travel south on the Motorway to the Goulburn exit
- ❑ travelling to the NSW Police College on Mc Dermott Drive.
- ❑ **Approx. distance 30km**
- ❑ Covering approx. 90km in total. **Expected Finish 1600hrs**



# THE ROUTE – DAY 3 - SUNDAY



Detailed maps are saved to Strava.

## Day 1

<https://www.strava.com/routes/2842318666627308412>

**STRAVA**

## Day 2

<https://www.strava.com/routes/2842283619407994748>

**STRAVA**

## Day 3

<https://www.strava.com/routes/2842300454773185276>

**STRAVA**

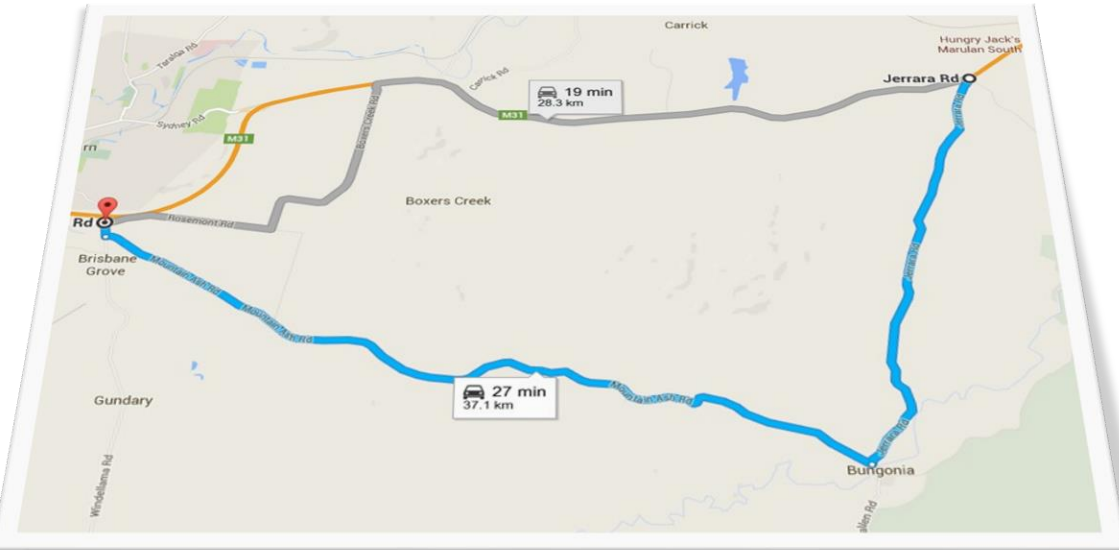
- ☐ Commencing 0800hrs at the Police College McDermott Drive travelling south onto Victoria St onto Bourke St
- ☐ Turning right into Clinton St
- ☐ then left into Cowper Street
- ☐ onto Hume St leading onto the Hume Motorway heading south onto the Federal Hwy to Canberra
- ☐ Then veering left onto Majura Pkwy
- ☐ left onto Fairbairn Ave
- ☐ right onto Pialligo Ave into Morshead Drive
- ☐ Then left into Menindee Drive and follow through until the bike path at the end
- ☐ Take the bike path under the Kings Ave bridge
- ☐ Then join Wendouree Ave to the National Police Memorial, Kings Park ACT.
- ☒ **Covering approx. 90km.**
- ☐ Expected finish 1300hrs





# THE ROUTE – CHALLENGE STAGES

## DAY 2



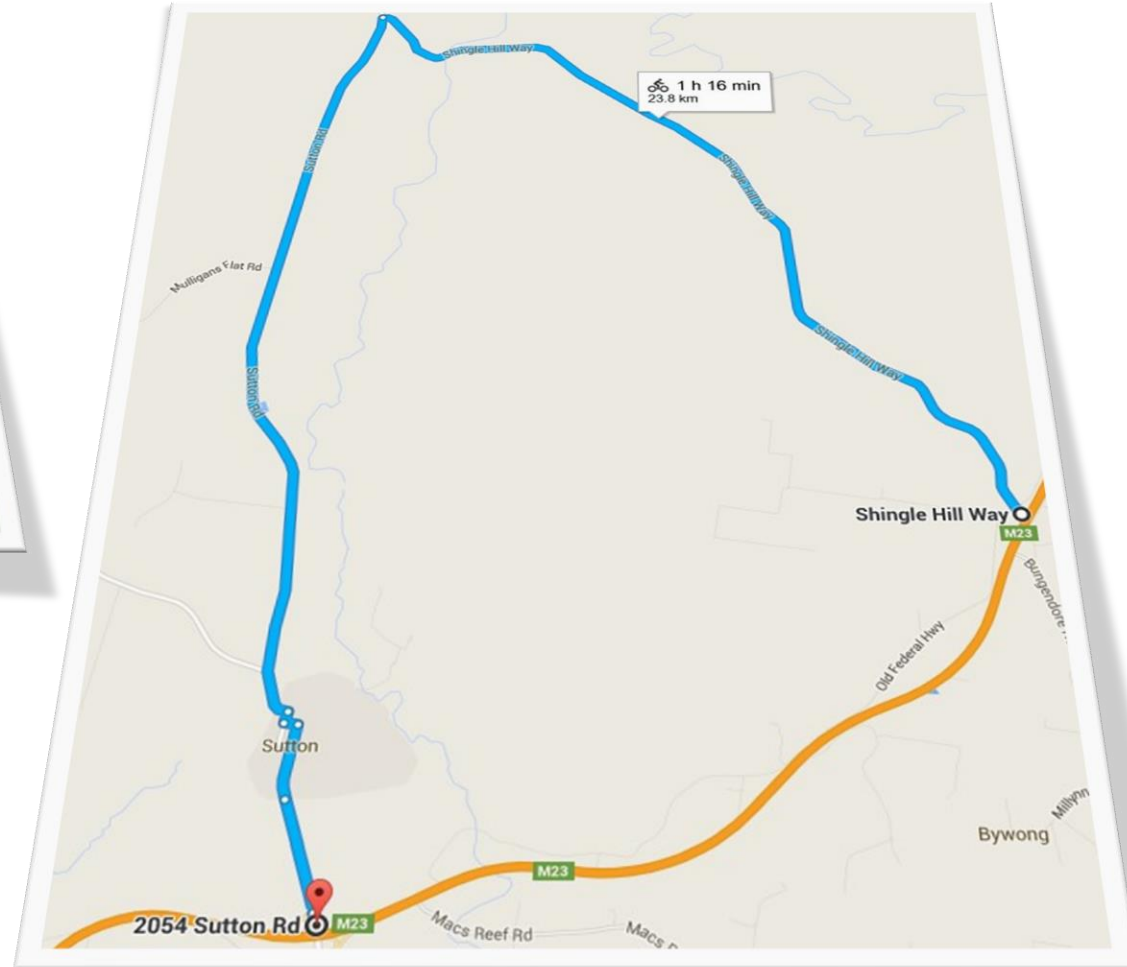
via Jerrara Rd and Mountain Ash Rd 2 h 8 min  
↑ 334 m · ↓ 356 m

37.2 km  
787 m



DETAILS

## DAY 3



# FINAL MESSAGE FROM THE COMMITTEE

Acting Inspector craig Partridge  
Acting Chair NSW Police Legacy

“On behalf of all the Police Legatees that you support by taking part in this ride, we thank you. On behalf of NSW Police Legacy, who rely on the work of outstanding individuals such as yourself to put up your hands and put your best wheel forward, we thank you. And finally, on behalf of the event organisers, thank you to everybody who is helping this great event roll forward - whether as a rider, a volunteer, a driver, or as support staff.

We hope you have a safe and enjoyable event, and we look forward to seeing you all gathered at the National Police Memorial in Canberra.”



*Committee*  
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Event /Support  
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*Committee*  
**Donna McCarthy**  
Chair  
NSW Police Legacy

*Committee*  
**Tim Sinclair**  
Event

