



2022 Remembrance Bicycle Ride

Supporting NSW Police Legacy

29 April – 1 May 2022 / 3 Days / 340km challenge

INTRODUCTION & BACKGROUND

Welcome to the 2021 Remembrance Bike Ride supporting NSW Police Legacy. Following the grand tradition of the 2020 Olympics being held in 2021, the 2021 Remembrance Bike Ride will be held 29 April - 1 May 2022. (Thank you COVID). This year's ride will take place from the **29 April – 1 May 2022**.

As a bit of a background this will be the **9th** edition of the ride that has now become a significant annual event for NSW Police Legacy. Each year saw riders leave Sydney for Canberra on the 3-day trek, except for 2020 when, due to Covid-19 restrictions, small groups participated in a variety of local challenges.

What hasn't changed is the ride's twofold purpose: remembering our fallen and raising money to support those left behind. And on our weekend, once again we have invited Satellite Riders, they will be spread across the State, and we will be united in our efforts.

The event continues to grow. The last 3-day ride in 2019 saw nearly 90 riders leave the Domain in the early hours to head to Canberra, with stop overs on Day 1 at Mittagong and Day 2 at Goulburn. The three days riding was great fun, and we had the challenge stages for those up for it on Day 2 and Day 3.

Of course, fundraising is an essential component of this event. The support for NSW Police Legacy, and its importance as a fundraising event has also grown over time. By 2015 it was raising a little over \$100,000 and, this time around, we are closer to \$130,000. Our goal is to raise \$150,000 for our NSW Police family (for the 2021 event, held in 2022).

As always at the completion of the ride we all assemble at the National Police Wall of Remembrance in Canberra beside the lake for the official ceremony and some heartfelt speeches. At the completion we all congratulate each other and then make our way home after what all describe is a fantastic event. It is timely to reflect as it seems like every month there is a police funeral which highlights the importance of NSW Police Legacy in ensuring that the families that get left behind by these people's sacrifices are cared for, supported, and not forgotten.

SUPPORT

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 legateses.

NSW Police Legacy

What a fantastic organisation they, and the people who are involved, are. It is the reason we ride these kilometres and put ourselves through the pain to support legacy in supporting our Police family. They have come onboard to support with the planning, marketing, and fundraising aspects of the event. This is one of the biggest fundraising events held by NSW Police Legacy.



Police Association of NSW

The major sponsor for this event. You will find their name on the back of your jersey. The Association comes through as big supporters every year.



Police Bank

Again, a fantastic supporter for the Remembrance bike ride as, year after year, they provide financial assistance and logistical items for the ride.



Dimeo Cleaning Services

A relatively new supporter for NSW Police Legacy and its events. And the first time it has backed the Remembrance bike ride. We even have members of the Dimeo team riding with us this time around.



EML

EML is a long-time supporter of NSW Police Legacy, and they have sponsored this ride many times.



Bicycle NSW

We thank Bicycle NSW for all their help ensuring that our riders are insured for the road, as well as the promotional support.

Blackchrome

For the kit. Great designs and a very supportive crew.

Peleton Events

Thank you for the training advice, and for helping with support vehicle and equipment.

PREPD

Some of you may still have the PREPD hydration packs. We suggest that you use them. When COVID is a distant memory, and continual postponements are a thing of the past, hopefully we can provide these as a regular item.

THE RIDE

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 at least 5 support vans for personal bags rear escort vehicles. The vehicles will stay with their assigned peloton each day. 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.

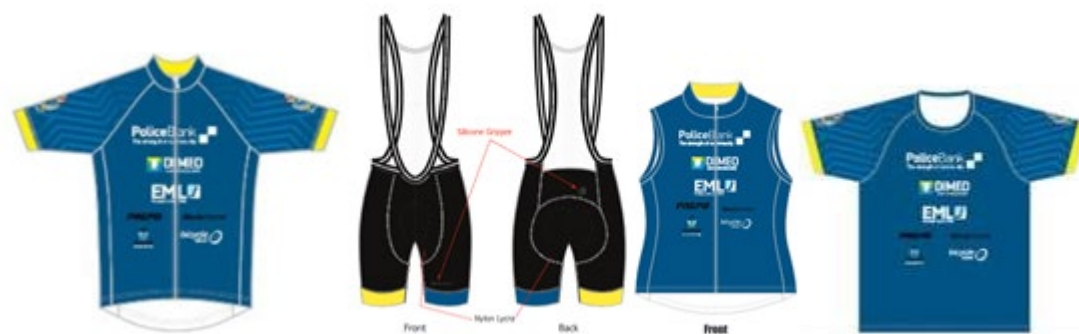
In relation to riding gear (kit) worn each day:

- **Day 1 – The Official Remembrance Ride Kit will be compulsory***
- **Day 2 – 'Non-Uniform day' - Wear what you want. No birthday suits, however, it would be nice for those who have ridden in the event previously to wear one of the previous year's NSW Police Legacy kits!!! (Probably only chance you get these days).**
- **Day 3 – The Official Remembrance Ride Kit will be compulsory***

*Due to the many stops and starts of this event due to COVID restrictions, we realise everyone may not have had the opportunity to get the official 2021 kit. If that is the case, kit from previous years is acceptable. Contact Teegan at the NSW Police Legacy office if you are stuck – Teegan@policelegacynsw.org.au or 02 9060 0718.

The official kit which, for most, was shipped directly to your nominated address from registration, includes:

- 1 jersey
- 1 bib knicks
- 1 wind vest
- 1 event t-shirt.



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.

For our riders we have set up a **STRAVA** group – <https://www.strava.com/clubs/74818>

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 State Planning Unit. 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](https://tourdecure.com.au/tours/cycling-support/). This document can also be found by visiting the Cycling Support section of the Tour de Cure website <https://tourdecure.com.au/tours/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 have to single up, be directly behind the rider in front.**
- **Show your biddon when you're about to take a drink while riding**



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, NSWPL Chair Det Supt Gary Merryweather. He will oversee 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.

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:

- All must have drivers licence on them when riding
- All must have a bell
- 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.

Finally, as mentioned above, all riders are required to have public liability insurance through membership with either Bicycle NSW or Cycling Australia as a condition of entry.

HYDRATION / NUTRITION

Maintaining fluid intake and nutrition throughout any ride is critical but more so for long rides around 100+ ks.

It is recommended that two biddons are used with;

1. one containing water
2. the other with some form of sports drink, i.e., Gatorade, Powerade etc.

As a basic rule having a drink every ten kilometres is a good guide. Even if you don't feel like a drink you should stick to a schedule, because the moment you do feel like a drink you are already dehydrated and that will affect your capability & concentration. Similar applies for food, but with food look to eat something every twenty kilometres. Have on you enough gels; bars to cover the distance each day and there will be additional supplies available with the support vehicles. Finally, for those who may have tender rear, the good old butt cream always comes in handy...Some of the riders have arranged various types of gels, bars etc and they will be in the support vehicles for each peloton as we travel. We will have regular stops along the way.

ACCOMMODATION

Day 1. Springs Resort - Mittagong RSL.

Have come onboard this year. All of us will stay at the Springs resort.

Day 2. NSW Police College, Goulburn.

Once again, a massive thanks to the Police College who always generously provide the accommodation on campus for all riders and support staff on the Saturday night that included meals.

DINNER

Day 1 - Mittagong

For the first night, as we are staying at the RSL accommodation, the best option will be to simply wander across the carpark to the RSL for a lovely roast! There are plenty of options available in town.

This year, due to staffing issues, the RSL has asked us to book beforehand if you plan to eat there. The phone number is 02 4872 6700.

Day 2 - Goulburn

For the second night at Goulburn there will be a mandatory attendance at events. 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.

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.

It won't matter what vehicle the luggage is on the second day as we are all at Goulburn Academy.

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 biddons
- 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.

ALERT / THREAT ENVIRONMENT – WHAT THIS MEANS

We are all aware of events in recent times and the resultant change to the National Terrorism Threat Advisory System now rated as **PROBABLE**. We will continue to monitor intelligence through our internal and external partners and assess if any intelligence comes in that may have an impact on our ride.

For the riders, it will be vitally important as risk mitigation that each peloton always stays together within the security of the support vehicles. That means that if one rider has a puncture or mechanical then the whole peloton will stop in a safe location protected by the vehicles both front and rear and wait collectively until the bike is repaired. Additionally, cyclists when stopped will do so at a safe location away from the roadway, preferably in a rest area where possible. Listen to the ride captain.

Portable radios will be utilised this year to assist in providing timely information to the peloton of issues that may be up ahead or coming from behind. This ensures effective communications between the riders / Support vehicles of that peloton and between each peloton.

COVID

The COVID pandemic is not over. Unfortunately, there is still a risk of infection in the community. We request riders carry out at least a Rapid Antigen Test in the 24-hour period before the ride start. Of course, if there is a positive result, you will need to sit this one out and follow the current State Health guidelines to remain isolated for seven days.

Tough. But we can't have the virus spreading through the whole group.

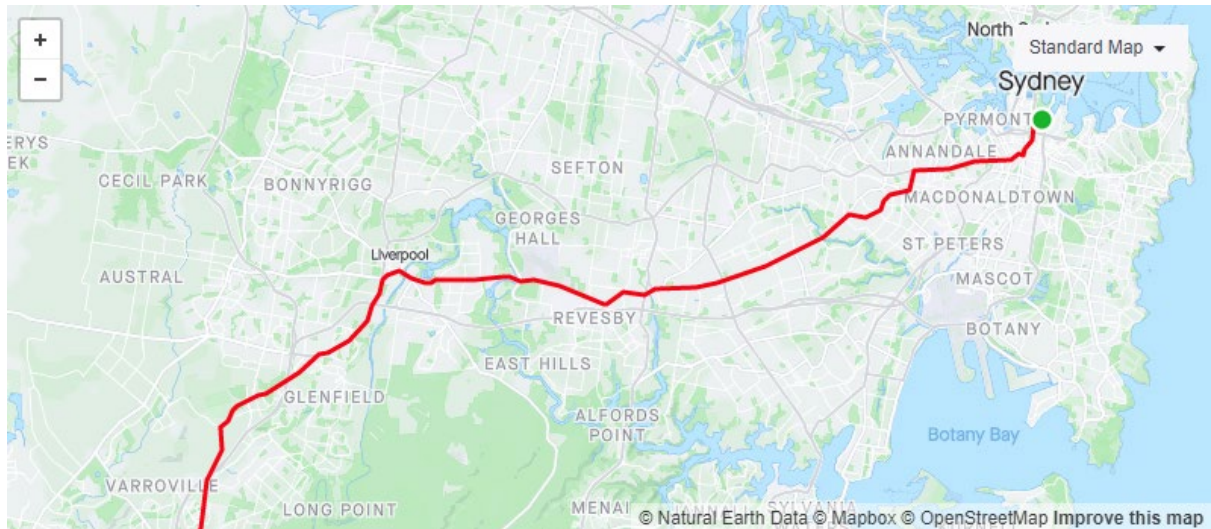
Further, this year the Police Academy has asked us to follow their COVID rules. We will be taking another Rapid Antigen Test before we leave Mittagong and, both inside and outside of the Academy, we are to wear face masks at all times.

To facilitate this requirement, the ride organisers will provide a COVID pack to all riders, containing the RAT and masks, in Mittagong.

THE ROUTE

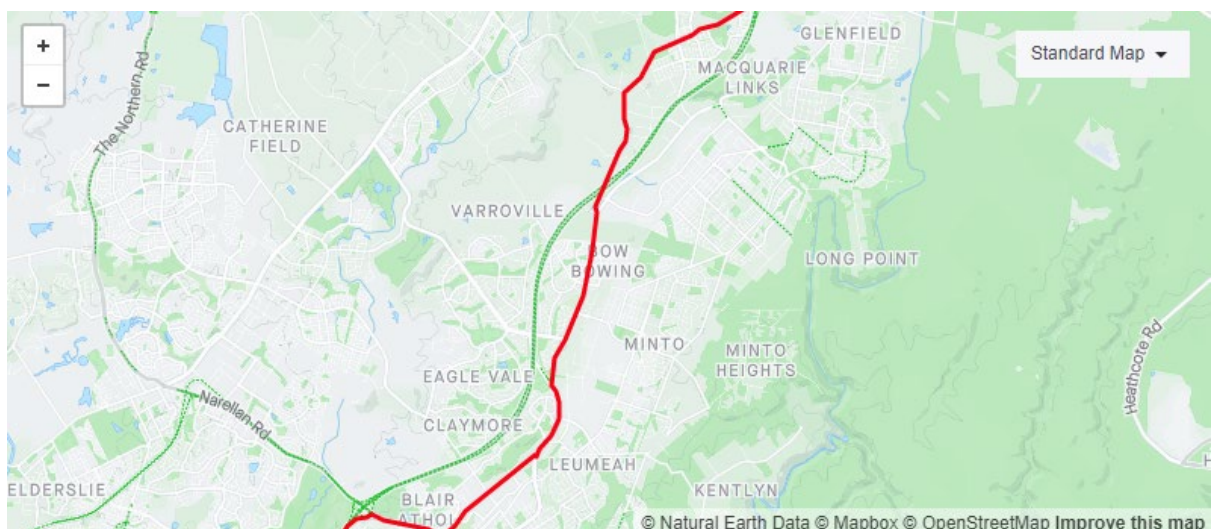
Friday Day 1

The Ride will commence at 5.30am on Friday 29 April from the NSW Police Wall of Remembrance on Art Gallery Road. Please be there by 5.00am.



- 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.

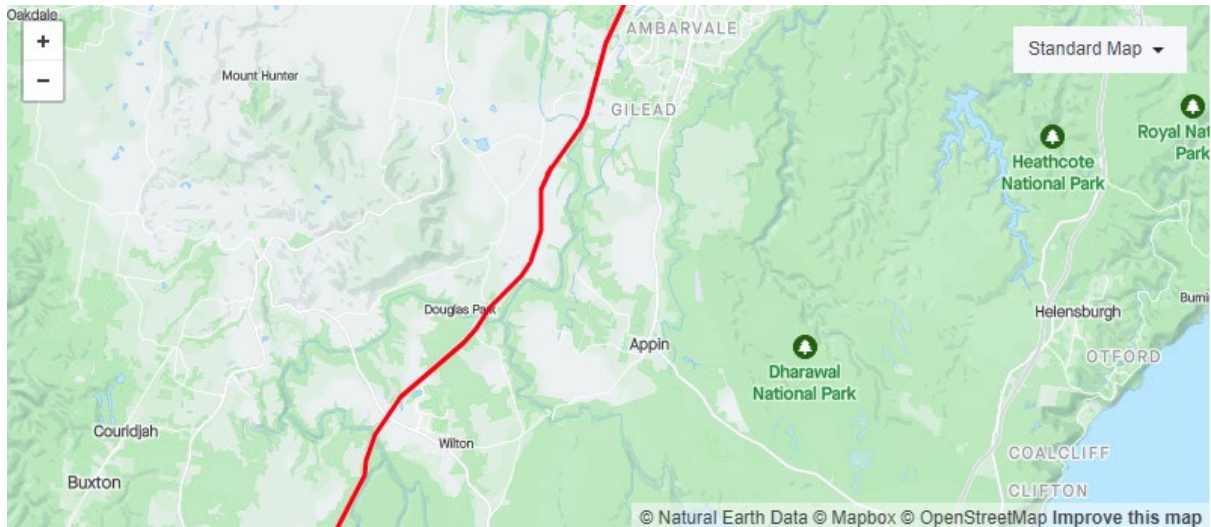
Morning Tea at Uncle Leo's Caltex Service Stn on Campbelltown Road. Distance approx.. 40Km



- 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.



- Travel along the Motorway a distance of 30 km stopping at the **Twin Service Stns 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.

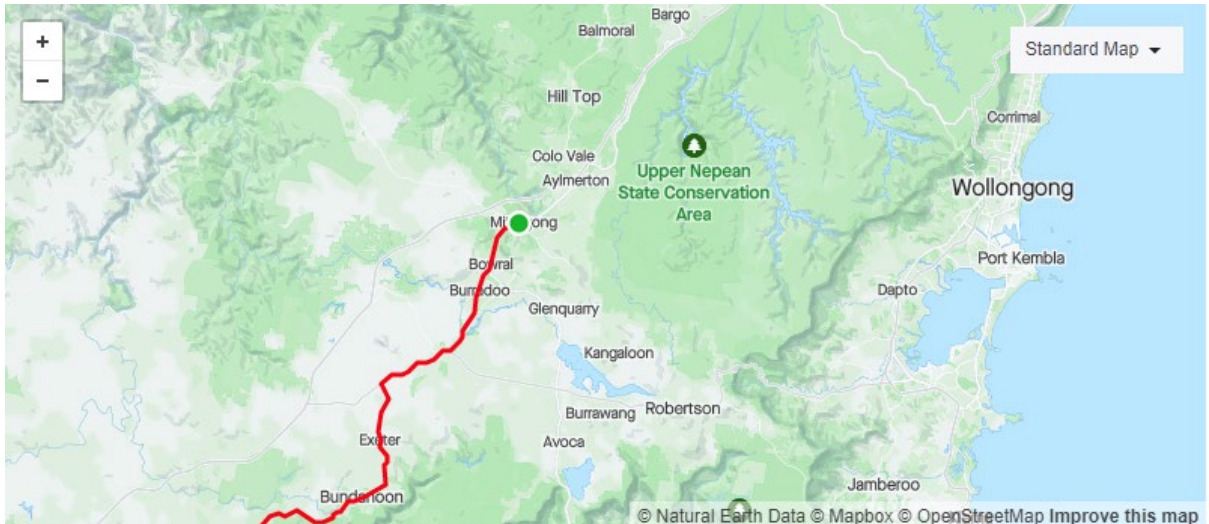
Covering a distance of approx. 35km

Expected finish 1600 hrs

Total distance approx. 120km

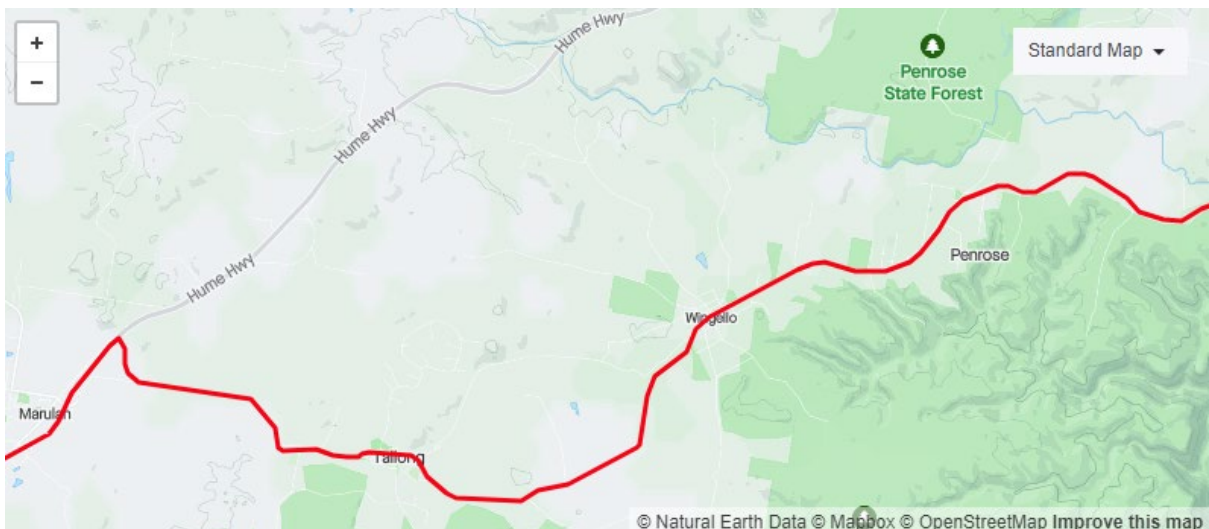
Overnight at the Mittagong Springs Resort (RSL Club) Cnr of Old Hume Highway and Bessemer Street, just behind the McDonalds.

Saturday Day 2



- 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

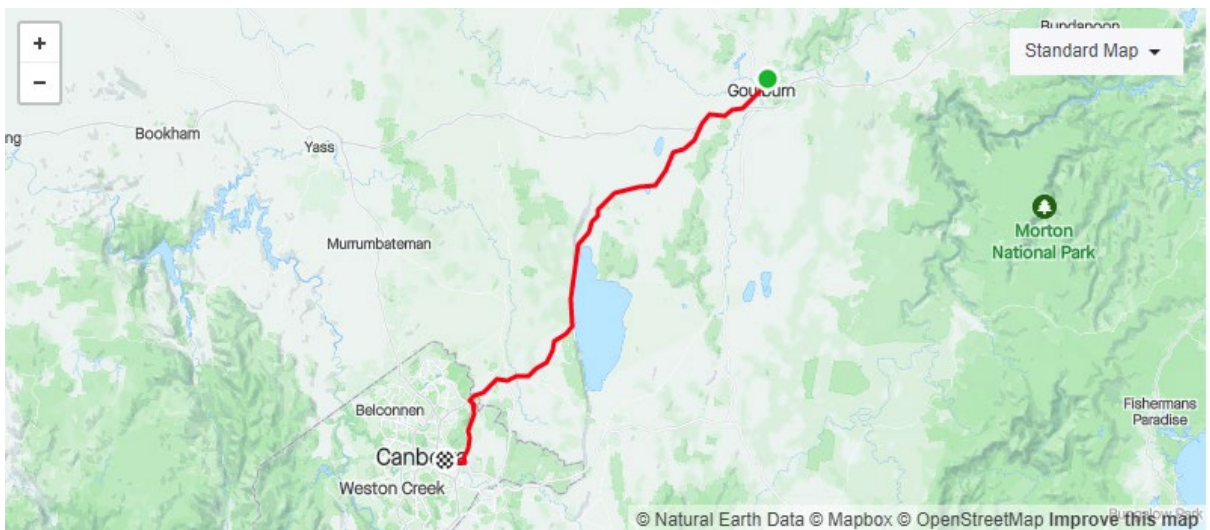


- Continue to travel south on the Motorway to the Goulburn exit
- travelling to the NSW Police College on Mc Dermott Drive.

Approx. distance 30km

Covering approx. 90km in total. Expected Finish 1600hrs

Sunday Day 3



- 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

Detailed Maps

Detailed maps are saved to Strava.

Day 1

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

Day 2

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

Day 3

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

DAY 1 START SCHEDULE

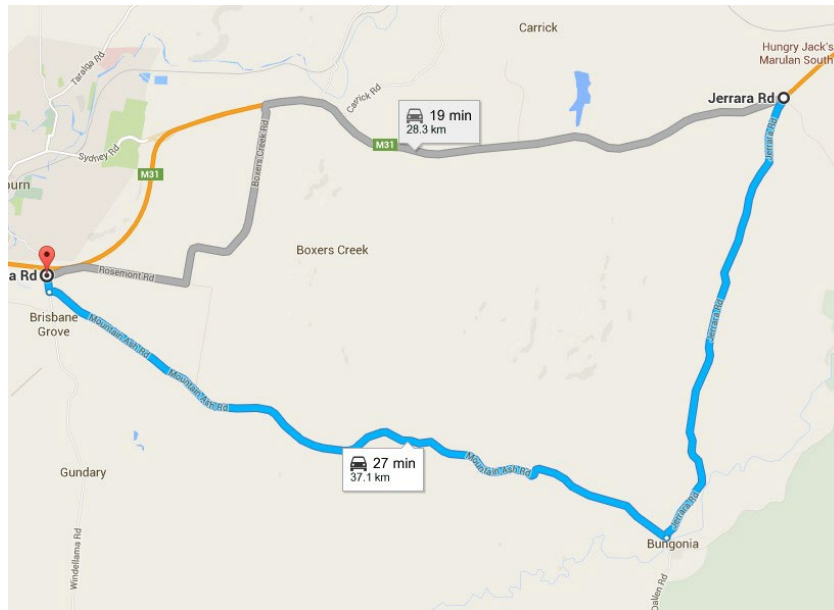
DEPARTURE DAY FORM UP SCHEDULE FRIDAY 29/04/22	
5am	Meet Art Gallery Road, The Domain near Wall to Wall Memorial to: <ul style="list-style-type: none">• Receive and put on the Official riding kit• Load gear into support vehicles.• Organise own nutrition/sun block etc for ride• Final bike checks, tyres/lights/tubes/c02• Last minute inquiries
5.10am	Introduction from Event organisers – <ul style="list-style-type: none">• Yatesy Words from highest ranking officer <ul style="list-style-type: none">• Ride Ambassador Dep Comm Mal Lanyon
5.15am	Words from Police Legacy – Det Supt Gary Merryweather Rider briefing and last minute information including: <ul style="list-style-type: none">• Safety Brief sign off• Last minute check
5.20am	Form up in Pelotons along with support vehicles
5.30am	ROLL OUT!

RULES

Rule No1	-	OBEY THE RULES!
Rule No 5	-	Harden the F' up!
Rule No 12	-	The correct number of bikes to own is $n + 1$
Rule No 62	-	You shall not ride with ear phones
Rule No 77	-	Respect the earth, do not litter
Rule No 72	-	Legs speak louder than words
Rule No 56	-	Espresso and macchiato only...and mocha!
Rule No 37	-	The arms for eye wear should always be placed over helmet straps

DAY 2 CHALLENGE STAGE

37km along Jerrara Rd & Mountain Ash Rd



via Jerrara Rd and Mountain Ash Rd 2 h 8 min

↑ 334 m · ↓ 356 m

37.2 km

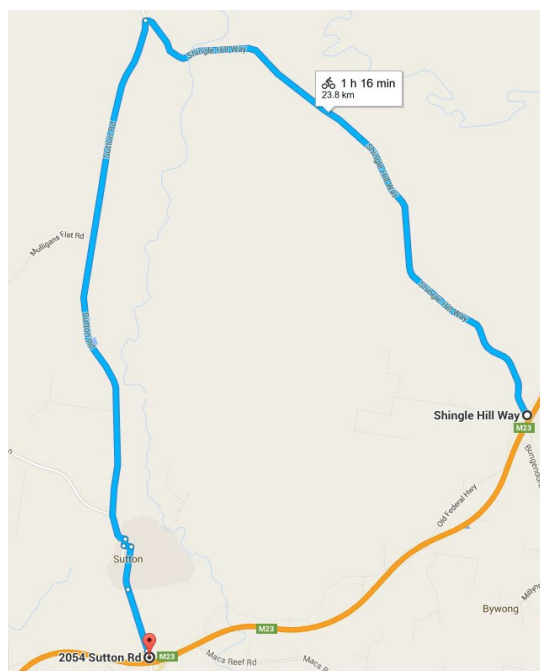
787 m



[DETAILS](#)

DAY 3 CHALLENGE STAGE

Hingle Hill Hwy & Sutton Rd



FINALLY...

... on behalf of the event organisers, everyone that has assisted, raised monies, or gone that bit extra, thank you all for becoming involved whether as a rider, or support staff. We hope you all have a fantastic and safe event and look forward to seeing you in Canberra.

Regards,
Yoda!

CONTACTS

For logistics, safety, preparation

Ch/Inspector Brian Yates

Mob: 0413 523 607

yate1bri@police.nsw.gov.au

Ride Safety Officer

Det Supt Gary Merryweather

Mob: 0458 055 533

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For accommodation, registration issues

Pre-ride

Teegan Hazell

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During ride

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