

PROPERTY INDUSTRY FOUNDATION



PROPERTY
INDUSTRY
FOUNDATION
YOUR CHARITY

CORPORATE CHARITY CYCLING DAY

FRIDAY, 17 NOVEMBER 2017

RACV CLUB HEALESVILLE, YARRA VALLEY, VICTORIA

RIDE GUIDE 2017



EVENT SPONSOR

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WELCOME

It is my pleasure to welcome you to the 5th annual Property Industry Foundation Corporate Charity Cycling Day. We are pleased and proud this day of cycling, networking and most of all fundraising for the Foundation continues to be a successful major event on the industry's calendar.

Beyond our online fundraising efforts through GoFundraise via our website, our event supporters such as Focus, Zipp and Mercedes-Benz Toorak, are also offering product and prizes for raffle and auction. So we ask that you **further support the Foundation by 'digging deep' on the day** and take up the fundraising challenge among your friends and work colleagues to change someone's life for good.

We are pleased to welcome our event guests, current professionals Koen de Kort (Trek-Segafredo), Nathan Elliott (IsoWhey Sports Swisswellness) and Brendan Canty (Cannondale Drapac). We'll be auctioning off Nathan and Brendan as domestiques for the ride at 8:30am, so be sure to be in on the bidding if you feel the need for a little help!

Our thanks go to all of our event sponsors, suppliers and partners for helping us realise this event: Secure Parking, Holding Redlich, Plus Architecture, The GPT Group, Northrop, Pellicano, Vicinity Centres, Diadem, ISPT, PFL Spaces, Slattery and Montlaur.

And we must also acknowledge our Donors, event volunteers and you, our guest, for taking part in what we hope is yet again a grand experience for all!

Your enjoyment, safety and well-being are our number one priority, so please read this guide carefully and follow the instructions of event staff and marshals on the day.

Daryl Browning

Chair, Board of Advisers (Vic) | Property Industry Foundation

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OUR BENEFICIARIES

We are pleased and proud to be supporting two beneficiaries this year.

OPEN FAMILY AUSTRALIA'S CHATTERBOX STREET OUTREACH PROGRAM

Over the last 9 years Property Industry Foundation has donated over **\$1,000,000** to Open Family Australia to keep their important youth outreach services running.

We are supporting the **Chatterbox Street Outreach Program**, an after-hours assertive outreach program that works with young people aged between 12 and 25, who are street frequenting, homeless, at risk of homelessness and/or engaging in risk taking behaviour.

The funding will ensure that the Chatterbox Bus Program can continue to operate 5 nights a week, reaching out to over 700 at-risk and homeless young people on our streets each month.

PIF HOUSE PROGRAM

Building homes and providing support for at-risk and homeless young people.

Through the national **PIF House Program** we build homes for at-risk and homeless young people across NSW, Victoria and Queensland. In these homes, carers and counsellors provide support and mentoring to rebuild young lives.

The Foundation is enabled to deliver the PIF House Program through generous donations from many of our property industry consultants, builders, suppliers and supporters who provide their time, expertise, goods and services by way of in-kind and cash contributions.

This year we have constructed one home in Sydney with two more to open soon, providing a total 27 young people at a time with a safe place to sleep and start to build independent lives. In Brisbane, the first PIF House was built in Windsor in 2014 and accommodates five young people plus a live-in carer. We have completed two houses in Melbourne, which provide safe, nurturing homes for young people. In the next 5 years, our target is to build 125 bedrooms for at-risk and homeless young people and provide them with counselling and life skills to transition to independent living.

PIF Houses provide a home for young people who are being assisted by our Charity Partners to overcome life challenges. In these homes they are guided to take their place back in the community to either study or to find work and eventually transition to independent living.

AUCTIONS AND RAFFLE

Beyond our collective pre-event, online fundraising efforts through GoFundraise, we will be running live auctions and a raffle.

Raffle Tickets will be available for purchase. \$50.00 per ticket. Limited to 250 tickets.

Auctions will be by live bidding. Items may carry a reserve. Items include:

A Full Day's Use of Foy's Arcade.	Thanks to ISPT.	Value: \$5,000
Focus Mares Force 1 CX Bike.	Thanks to Focus Bikes.	Value: \$4,999
Zipp 302 Carbon Clincher Wheelset.	Thanks to Zipp.	Value: \$2,199
An AMG C 63 S for a Weekend.	Thanks to Mercedes-Benz Toorak.	Value: \$1,500
A Ride with Koen de Kort.	Thanks to Koen de Kort.	Value: Priceless
Team-signed Cannondale Drapac Jersey.	Thanks to Cannondale Drapac.	Value: Priceless

SPECIAL GUESTS

We will again be joined by celebrated names of cycling. Special guests to the event include:



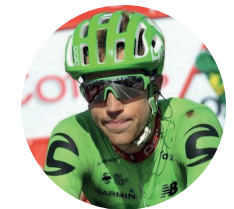
Sophie Smith
Journalist and
Sports Presenter



Koen de Kort
Trek-Segafredo



Nathan Elliott
IsoWhey Sport
Swisswellness



Brendan Canty
Cannondale Drapac
Pro Cycling Team

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SAFETY & ETIQUETTE

CYCLING SAFETY

The safety and well-being of all riders is our number one priority.

PLEASE BE AWARE OF THE EVENT GUIDELINES AND BE MINDFUL AND CONSIDERATE OF YOUR FELLOW CYCLISTS & ROAD USERS AT ALL TIMES.

While the ride will be travelling in convoy with roaming escorts, on-course marshals and support vehicles, the roads will still be open to other road users. Please stay to the left and observe all instructions. And remember;

- Roads are open to other road users; obey VicRoads traffic and road rules at all times.
- Wear an approved helmet at all times.
- Follow the marked course and the directions of event staff.
- Follow the instructions from marshals, traffic controllers and event personnel at all times.
- Do not listen to personal music players nor use mobile phones whilst riding.
- A rider safety briefing will be at 8:45am. All riders are expected to attend.

Your personal printed Waiver will be provided at Event Registration on the day for you to sign.

GENERAL ETIQUETTE

RACV Club Healesville provides a warm and friendly environment for members and guests.

Dress Code: Smart casual (with collar) is the minimum dress code. Polo shirts are acceptable. Footwear is required at all times.

LOCATION AND SCHEDULE

Friday, 17 November 2017

RACV Club Healesville, Yarra Valley, Victoria.

122 Healesville-Kinglake Rd, Healesville VIC 3777

Event Village (Coffee and Pastries) Open	7:30am - 8:45am
Check-In / Registration and Bag Minding Open	7:45am - 8:45am
'Buy a Pro' Auction; Nathan Elliott & Brendan Canty	8:30am
Rider Safety Briefing	8:45am
Ride Start	9:00am
Event Village (Post-Recovery and Hydration) Open	11:30am
Bag Minding / Collection Open	11:30am - 4:00pm
Lunch	1:00pm onwards
Auctions, Panel Discussion, Presentations and Raffle	2:00pm onwards
Event Close	3:15pm

Reminder that attendance is by exclusive invitation only.

ACCOMMODATION AVAILABLE

Keen to extend your day? Accommodation is available for either the (Thursday) night before, and / or the (Friday) night of the event.

Simply contact the RACV Club Healesville directly to book. Call: (03) 5962 4899

Simply mention your attendance of the Corporate Cycling event for special rates.

PREPARATION AND CHECKLIST

Prior preparation allows you to have the best possible experience, so here are a few key points to consider to make the day as simple and enjoyable as possible.

Pre-Event:

- Read this ride guide carefully.
- Get your bike serviced and ready to go. Pay particular attention to gearing. Depending on your fitness level, a 36 x 28 or similar gear / ratio is recommended (especially for climb).
- Spare tubes and / or repair kit. There is mechanical support on course but you are advised to carry these as there may be a wait for mechanical support vehicle.
- Clothing. The average temperature in and around the Yarra Valley in November varies from a minimum of 11 degrees average and a maximum 21 degrees average. Very pleasant riding conditions, although you may potentially want a windbreaker (vest) and arm / knee warmers to start out the day. And a rain cape if precipitation is forecast.
- We recommend 2 bidons (water bottles), which allows for about 2 hours of drinking in the expected conditions. This will comfortably see you through to the Feed Station and the finish line.

On the Day:

- Register in the Event Village.
- Timing 'Seat Post Sticker' Transponder applied.
- Mobile phone in back pocket and water bottles filled.
- Nutrition and hydration will be available at the Event Village, on-course at the Feed Station and again at the ride's end.
- Take it slow in the beginning. Conserve some energy for later in the ride, especially if you are participating in the 75km option; the early 'undulations' are not too cruel but can be taxing if pushed too hard. Save yourself for Don Road and the timed KOM/QOM challenge). You will be home free when you arrive at the top – it is literally almost downhill from there on!
- If you are feeling tired, be sure to rehydrate, and eat something. The aid station is at ~35km.
- Mechanical issues – pull over to the left out of the way of the peloton and see if it is something you can fix on your own. If so, fix the problem and do your best to catch up to the group. If not, signal for help – the ride is supported and someone will be by in a short time. Please be patient with yourself and the support team.
- Health issues – don't be a hero or heroine; if you start to have difficulties like cramps, dizziness, nausea, serious pain, etc – please pull over to the left and either call the emergency contact number **(0402 255 727)** or signal for help with the universally known 'slump over with your elbows on your knees and your head hanging down'; someone will help you or find someone for you.
- Throwing your rubbish anywhere on the roads leaves a negative imprint of the event on the local communities, and your litter can prevent the event from utilising the beautiful roads you will ride on during the ride in the years to come. Use your jersey's pockets to store your rubbish, and discard the rubbish at the Feed Station or at the finish area.

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CHECK-IN

All riders must 'Check-In' at the Registration table in the Event Village (follow the signs from the carpark). Check-In can only be done in person.

At Check-In you will receive:

- Your personal Timing 'Seat Post Sticker' Transponder

Checking-In:

Your materials are organized by your surname in alphabetical order. At the registration stand, check for letter sequences; A-K and L-Z. You'll be required to sign an event Statement of Waiver. You'll then receive your registration materials.

Bag Minding is available

You can drop-in a standard-sized bag or suitcase whilst you are riding. Ensure your bag is closed properly. Don't leave any valuables in the bag. The Property Industry Foundation, and the organisers, are not responsible for any wet, lost or stolen items.

Check-In (Registration and Information) Hours:

- Friday, 17 November: 7:45am - 8:45am

ELECTRONIC TIMING

The Property Industry Foundation Corporate Cycling Day 2017 is a quality ride, rather than a race.

Should riders wish to test their form, there will be a chance to stretch their legs with a timed 8km timed section in the latter half of the 75km ride. The fastest male and female climber (excluding the professional riders!) shall be crowned the Property Industry Foundation King and Queen of the Mountain (KOM / QOM), and receive the coveted KOM / QOM jersey.

At Check-In all participants will receive a 'timing sticker', which is to be applied around your seat post. This 'sticker' has the electronic timing transponder within it so that you will receive an accurate time for your completion of the course and the KOM / QOM (for the 75km riders).

If you have any queries about how to apply your bike transponder, do not hesitate to ask Corporate Cycling's event staff who will gladly be able to assist you.

FEED STATION

A Feed Station is provided for all riders on course at the ~35km mark.

Further feed stations will also be at the top of the KOM / QOM and at the finish line with refreshments and sports nutrition.

There is no 'feeding on the fly'.

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THE RIDE

With pre-ride coffees and pastries from 7:30am in the Event Village, and rider briefing at 8:45am, it's at 9:00am when we roll out that we really get down to business. The chosen courses are incredibly scenic!

There are 2 ride options; the shorter 50km course or the full 75km course (the latter demanding respect with some 1,250 metres of vertical). **Simply decide which ride you'd like to do on the day.**

Whichever ride you choose, you'll be riding with your peers enjoying a mostly comfortable conversational pace. There will be rolling support; both nutritional and mechanical.

A moto-scout-mounted photographer will be there to capture all of the moments along the way.

And there will be a feed-station at the ~35km mark offering hydration and refreshments.

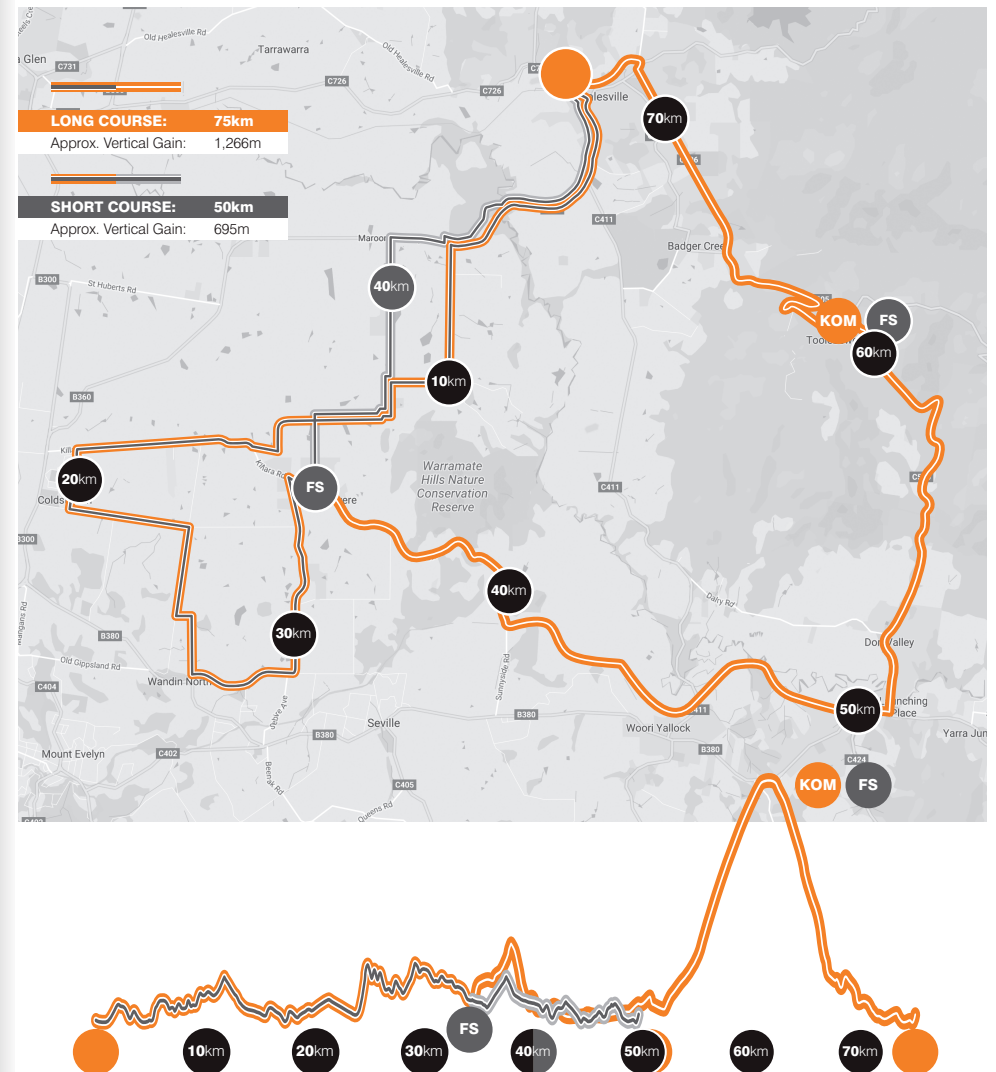
All said, for those on the 75km course it won't all be easy, a challenging, timed KOM /QOM jersey is there to be awarded; what could be better than 4%+ for 8km. **There will be a quality dirt surface for the final 3km of the climb.** Standard road bikes, wheels and tyres will all suffice.

The ride is followed by a delicious and hearty sit-down lunch, beverages, panel discussion, fundraising and presentations all whilst allowing further networking opportunities with the industry's decision makers.

Full shower and change facilities are available post-ride.

A reminder smart casual is the minimum requirement for entry to the lunch. And footwear is required at all times at the club.

COURSE MAPS



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ON COURSE SUPPORT

All riders will be assisted by on course mechanical (and medical) support if needed. To be eligible to receive medical or mechanical support you MUST have your bike 'sticker' attached.

Mechanical support will be on course to assist registered riders. Whilst we will endeavour to get assistance to you as soon as possible, due to the length of the courses, this may take some time. All riders should be prepared to change / repair their own punctures.

Bring two spare tubes, tyre levers and a pump with you to be self-sufficient in case you get a flat. Mechanics will be at the start area in case you need assistance with a mechanical problem before the ride.

Select Official Vehicles are offering the rolling mechanical support along the routes. If you need help, wait on the side of the road and wave to a mechanic vehicle to get their attention when they drive by.

Emergencies

If you are involved in or witness a bike crash or other emergency, DIAL 000. There will also be medical personnel traveling in the event convoy. If you require medical support on behalf of yourself or another registered participant call the emergency number **(0402 255 727)** and our event management team will coordinate a response for you.

FINISH LINE AND RECOVERY

The ride is over, the challenge met. It's a sweet thing to spend a morning on the bike and it is equally as sweet to enjoy the sense of achievement and celebration afterwards.

Upon completion of the rides, there is a 'feed station' in the Event Village where you can obtain refreshments and nutrition for immediate recovery. Riders are encouraged to relax and reflect on their achievement.

With the sit-down lunch, discussion panel and presentations at 1:00pm onwards, then fundraising efforts (**raffle and auctions**) at 2:30pm onwards, **there is time to shower** / freshen up, get changed and settle in. **Towels are supplied.** Bring your own personal toiletries, etc.

LUNCH

The ride is followed by a delicious and hearty sit-down lunch, beverages, panel discussion, fundraising and presentations all whilst allowing further networking opportunities with the industry's decision makers.

The hearty table-served lunch will be held inside the Club's Ballroom. Event staff will usher people to the space. Way finding signage will also be onsite.

A fine selection of wines and premium beers will also be available. Unless directed, seating is non-allocated, inviting attendees to sit where they wish.

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