



Challenge

South Australia

Rider Handbook

2024 Challenge South Australia

19 – 23 March 2024

Key contacts

Smiddy Team Members

Christian Killeen
Fundraising Manager & Ride Director
0401 126 814
Christian.Killeen@mater.org.au

Krista Page
Fundraising Manager & Asst. Ride Director
0413 215 642
Krista.Page@mater.org.au

To stay up to date on activities, ride schedules and daily reminders during Challenge South Australia, **download the Stack Team App** to your smartphone via the App Store or Google Play.



Mater Smiling for Smiddy would like to acknowledge our wonderful partners for their loyal and generous support.

Thanks to our Mater Smiling for Smiddy major partners

Russells

Thank you Stephen and the Russells team for nine years of dedicated support to Mater Smiling for Smiddy.

Russells Law – a formidable team to have in your corner.



Professional Cleaning Services

Thank you to Zane and the PCS team for your ongoing and dedicated support of cancer research at Mater.

PCS are a leader in property cleaning and maintenance solutions to cater to all your high rise office needs.



Bottlemart

Mater Smiling for Smiddy Major Partner since 2008. Bottlemart, are a community of independently owned and operated hotels, servicing their communities and supporting many community fundraising events.

Bottlemart has been a constant supporter of cancer research at Mater.



Thank you Challenge South Australia event partners

Alpha Sport

For all your training & recovery needs, visit Alpha Sport.



Powerade

Thank you to Powerade and Coca Cola for ensuring the Smiddy Team are well hydrated throughout Challenge South Australia.



ES Logistics

Thank you to Matt and the team for ensuring our vital event equipment arrives on time. To discuss your business logistics needs contact Matt at ES Logistics and solve your transport needs.



Allsports Physiotherapy

To ensure your body is ready to roll for Challenge South Australia, check in with the team at Allsports. With locations across Australia there's an Allsports near you.

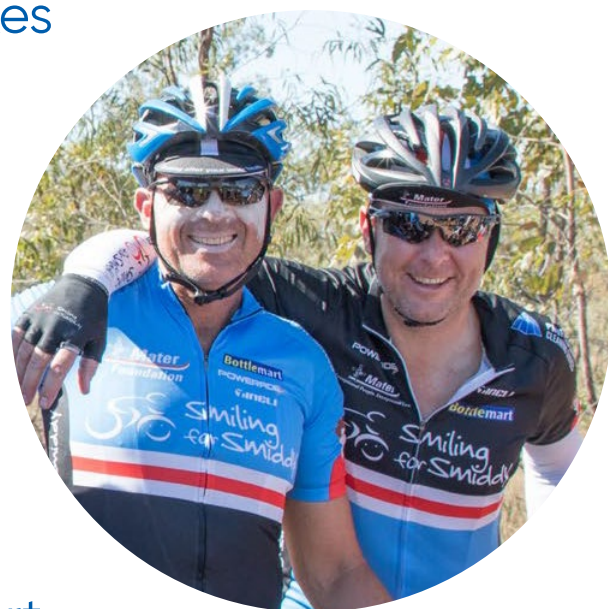


Overview of a Smiling for Smiddy event

What makes a Mater Smiling for Smiddy ride so incredible? You do! It's the special group of people who have given their time and support to a wonderful cause—raising money for cancer research.

But there are a few other things that makes each event so amazing:

The Huddle – started by Sharky in the very beginning, it brings all the riders and Road Crew together at the end of each ride in a big circle, linking arms where we recognise the achievements and successes of the day. We do this by giving three cheers to both the riders and the Road Crew for their efforts and support given. Then we do the all-important Smiddy chant, 'SMIDDY! SMIDDY! SMIDDY!'



Sharky did this to remind him he was riding for Adam and now we also remember Adam's beloved mum, Maria. It's also a chance for you to think of those in your life that give you a reason and purpose to ride.

Speeches and presentations each night at dinner – this is where a chosen speaker shares their story and what made them join a Mater Smiling for Smiddy ride. We will also share the stats from the day's ride; recount some of the action and funny happenings from the day.

Saos, cheese and tomatoes for morning tea – we have Maria Smiddy to thank for this delicious tradition. Maria's gift to the riders has always been her food (and big warm hugs). Maria is of Italian descent, and this has always been reflected in the generous offerings provided by our wonderful volunteer Road Crew.

We have many more little traditions which you will see in action throughout the ride.



Road Crew

The Road Crew is a combination of a dedicated group of volunteers, who give up their time and energy to support the riders and the Mater Smiling for Smiddy team. Each member of the Road Crew has an important role to play on the tour and we couldn't deliver the high level of safety, catering or event management without them.

Your Road Crew for the 2024 Challenge South Australia are:

Peloton Support Crew

Garath	Thomas	#1 Lead Vehicle Driver
Cheryl	Patchett	#1 Lead Vehicle Navigator / Massage
Christian	Killeen	#1 Rear Vehicle
TBA		#1 Mechanic Vehicle Driver / Mechanic
Nickky	Nation	#1 Medic
Sandra	Klingberg	#2 Lead Vehicle Driver
Maddy	Clarke	#2 Lead Vehicle Navigator / Physio Student
Kevvy	Enchelmaier	#2 Rear Vehicle
David	Smiddy	#2 Mechanic Driver
Mark	Victor	#2 Mechanic
Bart	Flower	#2 Medic

Photographer Brooke Falvey

Catering Road Crew

Jamie	Rennell	Catering / Road Crew Manager 2IC
Andrew	Thomas	Mater Foundation CEO
Laura	Kittela	Catering
Prue	Mowry	Catering
Luisa	Patel	Catering

End of Day Crew

Tayla	Barkhuysen	Logistics/Road Crew Manager
Ryleigh	Dowd	Luggage/End of Day
Ra	Briggs	Luggage/End of Day
Neil	Brown	Luggage/End of Day
Sara	Merry	Luggage/End of Day

Your exclusive Smiddy kit

Your exclusive Smiddy kit has arrived and is being packed ready for you to collect. You will receive the following items as part of your Challenge South Australia kit:

- 2 x cycling jerseys
- 2 x bib knicks or cycling shorts
- Wind vest
- Undershirt
- 1 pair cycling gloves
- 1 pair sun arms
- 1 pair of cycling socks
- 2 x water bottles
- I ♥ Smiddy t-shirt
- Black luggage bag – numbered
- String backpack (red or blue)
- Plus, any additional items you ordered

Packing tip

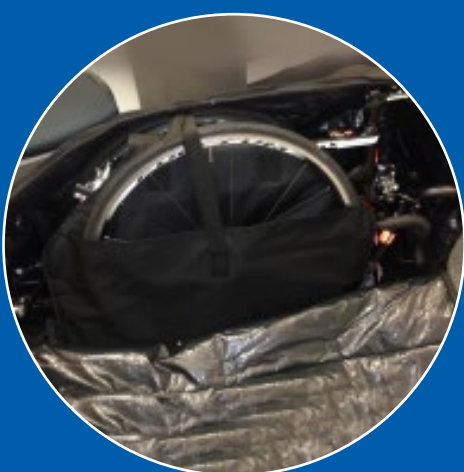
We recommend you label your kit for easy identification as it is hard to distinguish one large blue wind vest from another.

Packing list

Bike transport bags & boxes

We will store bike bags during the ride and have them available for you at the finish line for your return flight home.

If you do not have a bike bag and are looking for one, you can hire them from some bike shops or put a shout out on our Team Smiddy Facebook Page to borrow one for the week. Cardboard bike boxes also work well and can be acquired from a bike shop.



If you are worried about packing your bike, your local bike shop can assist.

Luggage

- Please use the supplied and numbered Smiddy luggage bag while on tour.
- Consult your packing list for a comprehensive guide of what things you should take.
- Luggage will not be available during the day, so any items you may need during the day should be put in your day bag.

Day bags

- Only the Red or Blue satchel Mater Smiling for Smiddy day bags with your name on it are permitted (part of your kit).
- Your day bag will be available at every formal stop (morning tea, lunch and end of day).
- During the ride these should contain only the items you will require for that day such as;
 - Chamois cream
 - Zinc, sunscreen and SPF rated lip balm
 - Any special foods (such and gels/bars)/powders and/or supplements
 - A pair of thongs or comfortable shoes for the breaks (it's always good to take bike shoes off for a while)
 - Any additional spares you are bringing
 - Rain jacket or other bike clothing to put on during the day

Packing list

Bike

- Bike (Serviced)
- Bike Computer
- Cycle shoes
- Spare cleats
- Helmet
- 2 x Smiddy water bottles
- Front & rear lights
- Sunglasses
- Charges for devices
- 2 spare tubes

Cycle Kit

- Cycle Kit
- 2 x Smiddy knicks
- 2 x Smiddy Jerseys
- Smiddy wind vest
- Smiddy sun arms
- Smiddy gloves
- Smiddy socks
- Undershirts / base layers
- Arm/leg warmers
- Winter jacket
- Rain jacket
- Cycle cap



Clothing

- ☐ I ♥ Smiddy t-shirt
- ☐ Compression garments
- ☐ Track pants
- ☐ Jumper
- ☐ Casual shorts
- ☐ Casual shirts
- ☐ Evening clothes
- ☐ Socks
- ☐ Underwear
- ☐ Shoes / thongs
- ☐ Vest / jacket
- ☐ Hat / cap

Other

- ☐ Toiletries
- ☐ Lip balm, zinc, sunscreen
- ☐ Chamois cream
- ☐ Earplugs
- ☐ Smiddy day bag
- ☐ Smiddy luggage bag
- ☐ Gels / bars

NOTE

- Please take note of weather in the lead up and pack accordingly. Conditions in South Australia will vary and there is always the potential for rain or cold weather.
 - Expect day-time temps throughout the regions from 12 – 26 degrees.
- We will have pre-mixed electrolyte drinks available as well as a range of muesli bars, bananas and mixed nuts.
- We will have sunscreen for general use.
- We will also provide spare tubes and have spare tyres and track pumps on the road, as well as several spare wheels. We do ask that you bring 2 x spare tubes and carry your spares kit on your bike.

Event overview

The official activities for the 2024 Challenge South Australia kick off from Monday afternoon with check-in to the Smiling for Smiddy accommodation in Adelaide, pre-ride briefings and dinner.

To stay up to date on activities, ride schedules and daily reminders during Challenge South Australia, **download the Stack Team App** to your smartphone via the App Store or Google Play.



Check in to your Smiling for Smiddy accommodation – Monday 18 March

- Accommodation has been arranged at The Terrace Hotel, 208 South Terrace, Adelaide.
- Check in is from 2pm however we will have rooms available to store luggage / bikes if you arrive earlier.
- Once you have settled in, commence re-building your bike to ensure it is in good order ahead of time. We recommend you take a short spin to check it over.



Bike Shops

There are several bike shops within a short distance from our accommodation. We recommend:

- Bicycle Express, 124 Halifax St, Adelaide (700 metre walk from Accommodation)



Pre-ride safety briefing – Monday 18 March

Location: The Terrace Hotel

Time: Approx 5pm tbc



Dinner

Location: Elephant & Castle

Time: 6pm

Finish: 8pm



Pelotons

Blue Peloton

Krista	Page*
Steve	Bardsley
Laura	Whenmouth
Dan	Foster
Gregory	Sakzewski
Michael	Young
Rowan	Foster
Tim	Smith*
Zane	Williams
Nicola	Ward
Morgan	Donohue
Sam	Wood
Hallie	Levett
Brian	Gabrielli
Duncan	Walker
Andrew	Curthoys
Wayne	Messer
Belinda	Fletcher
Matthew	Muir
Scott	Carpenter*
Sam	Cooke*
Cheryle	Bland
Claire	Schneider*
Peter	Hammond
Glen	Davidson
Grant	Beevers
Matthew	Crook
Danny	Partridge
Bruce	Goodwin
Briony	McDonnell-Baum

Red Peloton

David	Colahan*
Stephen	Russell
Ian	Bisson
Adam	Khan
Darryn	Wilson
Chris	Proctor
Christopher	Johnstone*
Mark	Trayner*
Nathan	Craner
Lachlan	Plummer*
Alana	Plummer
Peter	Somers
Lisa	Flint
Brendan	Flanagan
Giannis	Pantelakakis
Elliott	Hinkley
Christopher	Geeves*
Mick	Farrag*
Peter	Geers
Maddison	Geers
Fiona	Gwynne
Megan	Duncan
Liz	Butler
Melissa	Speare*
Michelle	Gray
Rob	Knight
Scott	Rainbow
Ben	Pevreall
Paul	Whitehead

* Ride Leaders

Alternating pelotons

- Mark Smoothy
- Annette Edmondson

Daily Itinerary

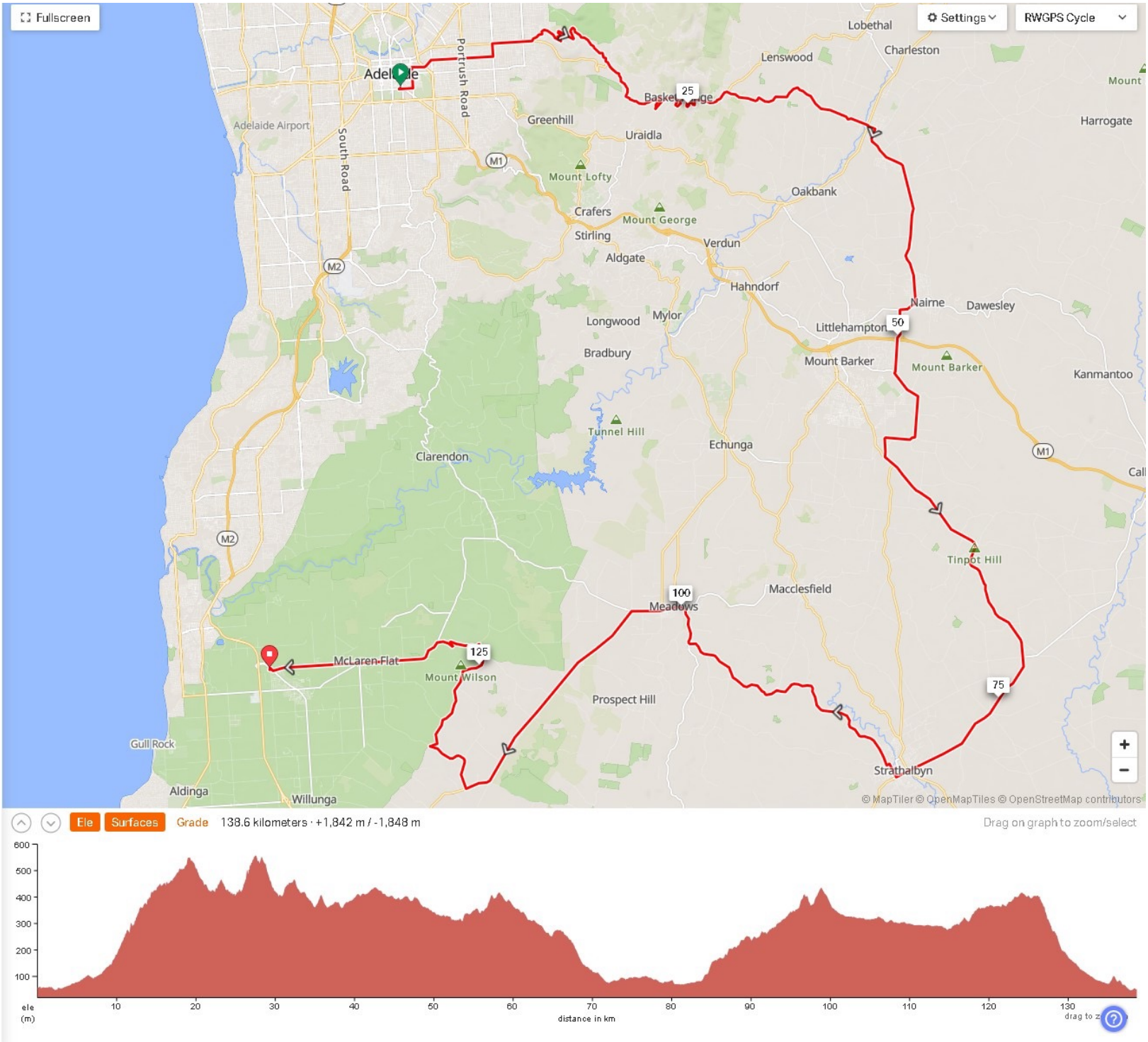


Day 1

Adelaide to McLaren Vale (Red) – 134 kms. Climbing 1846 metres

Depart: The Terrace Hotel

Course Map: <https://ridewithgps.com/routes/41987813>



Climbs

Norton Summit – 7.3 kms @ 4.0% Ave. Max 13%

Lobethal Road – 2.6 km @ 5.1% Ave. Max 14%

Paris Creek Road – 13 km @ 2.3% Ave. Max 10.4%

Descents

Lobethal Road – 2.8 km @ -4.2% Ave. Max -8.5%

Collins Hill Road – 2.1% @ -5.8% Ave. Max -12%

Tiers Road – 2.7 km @ -3.7% Ave. Max -8%

Wellington Road – 6.1 km @ -3.4% Ave. Max -6.8%

Wickham Hill Road – 3 kms @ -6.4% Ave. Max -10%

Morning Tea: 43 kms @ Nainre

Lunch: 96 kms @ Meadows

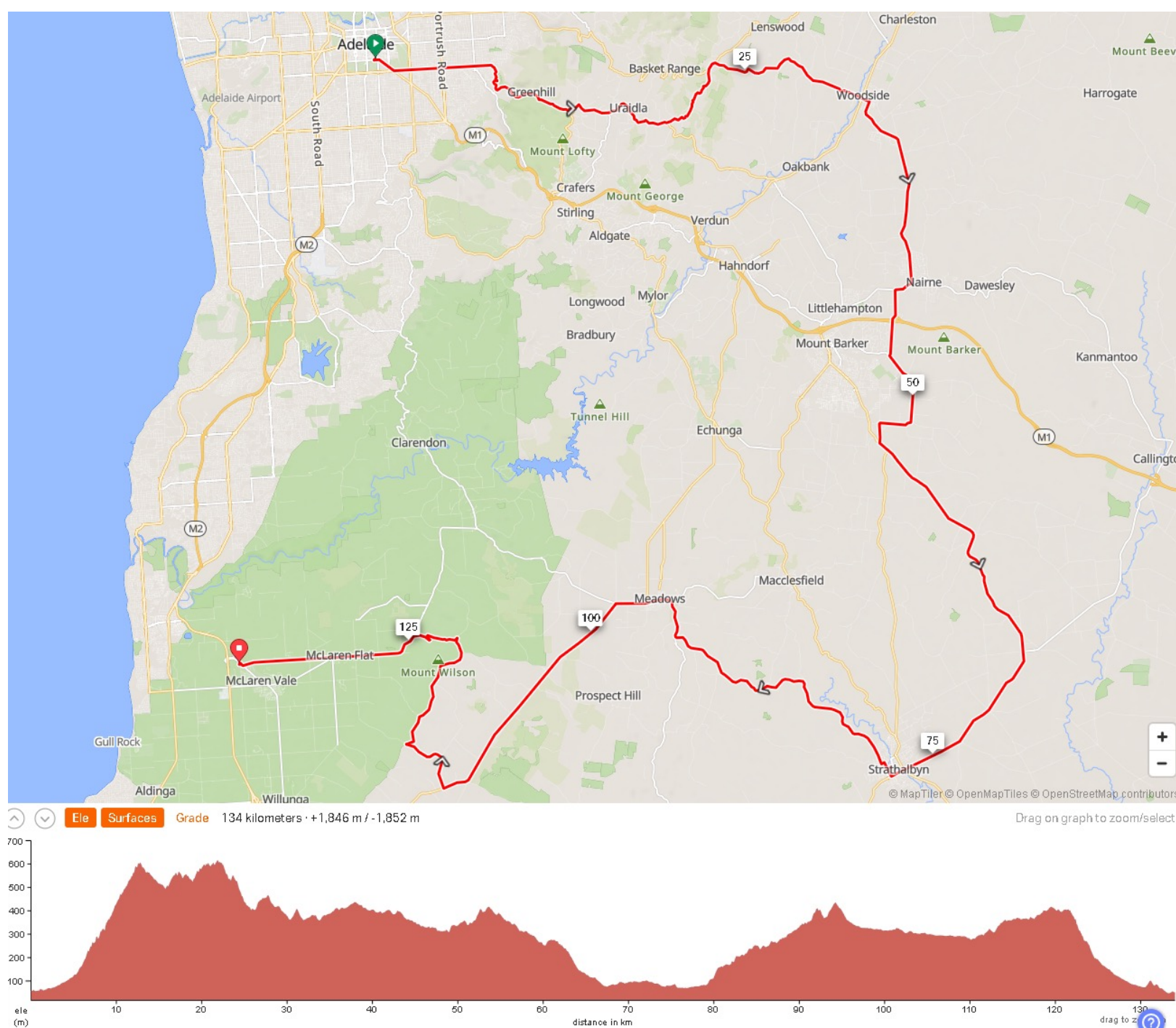
Day 1



Adelaide to McLaren Vale (Blue) – 138 kms. Climbing 1842 metres

Depart: The Terrace Hotel

Course Map: <https://ridewithgps.com/routes/45045596>



Climbs

Greenhill Road – 7 kms @ 6.0% Ave. Max 14.8%

Lobethal Road – 2.1 km @ 6.2% Ave. Max 14%

Paris Creek Road – 13 km @ 2.3% Ave. Max 10.4%

Descents

Greenhill Road – 2.9 km @ -4.1% Ave. Max -7%

Lobethal Road – 2.8 km @ -4.2% Ave. Max -8.5%

Collins Hill Road – 2.1% @ -5.8% Ave. Max -12%

Tiers Road – 2.7 km @ -3.7% Ave. Max -8%

Wellington Road – 6.1 km @ -3.4% Ave. Max -6.8%

Wickham Hill Road – 3 kms @ -6.4% Ave. Max -10%

Morning Tea: 47 kms @ Nairne

Lunch: 101 kms @ Meadows

Accommodation: McLaren Vale Hotel & Apartments

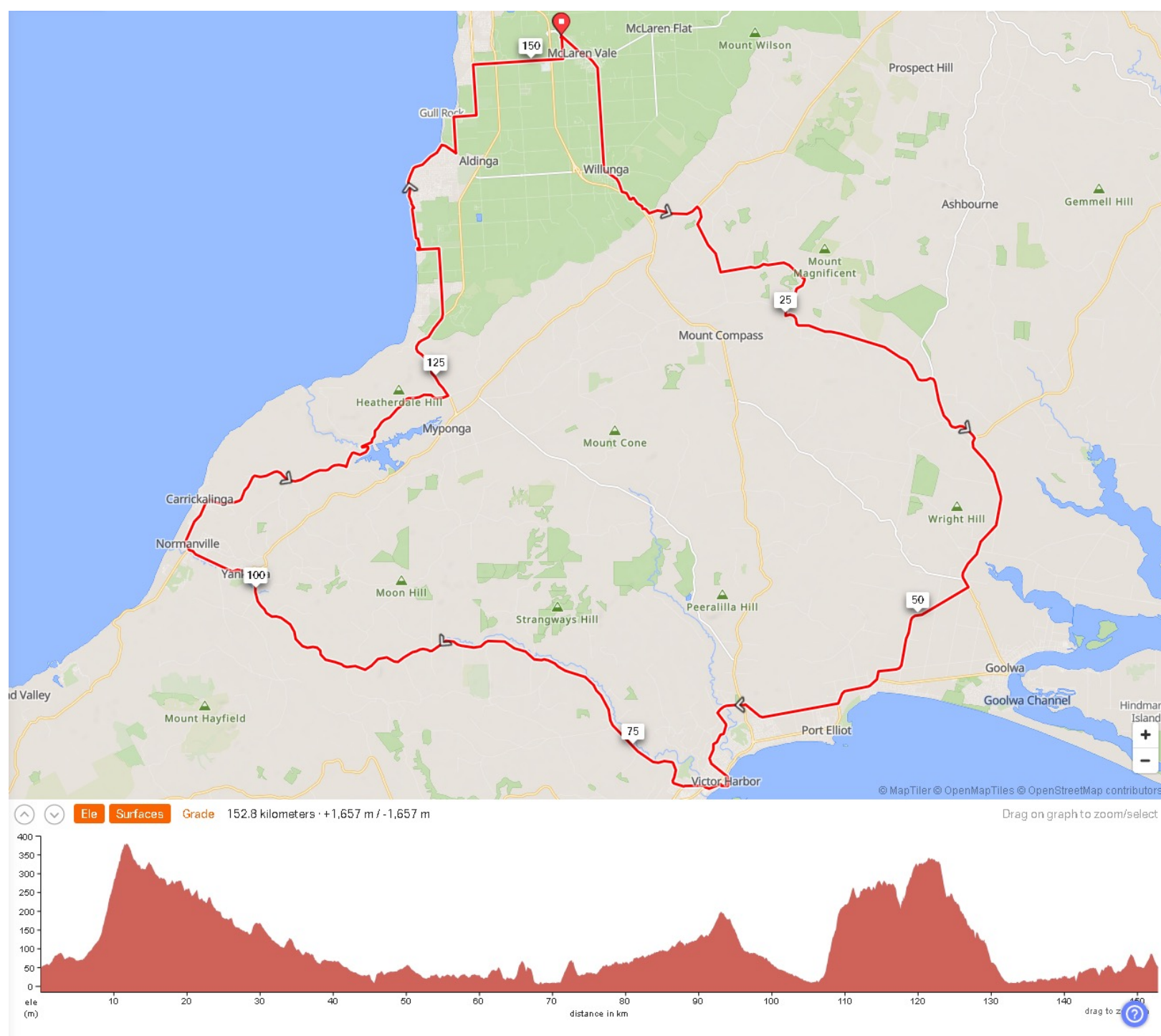
Dinner: d'Arenberg Winery



McLaren Vale to Victor Harbor Loop – 153 kms. Climbing 1657 metres

Depart: McLaren Vale Hotel & Apartments

Course Map: <https://ridewithgps.com/routes/41967567>



Climbs

Old Willunga Hill – 3.5 kms @ 7.1% Ave. Max 10%

Carrickalinga Road – 4.1 km @ 6.2% Ave. Max 11.7%

Reservoir Road – 2.1 km @ 5.8% Ave. Max 11%

Descents

Brookman Road – 1.9 km @ -3.7% Ave. Max -5.7%

Inman Valley Road – 3.1 km @ -3.4% Ave. Max -5.8%

Reservoir Road – 1 km @ -6.6% Ave. Max -11.5%

Main South Road – 7.7 km @ -3.8% Ave. Max -11%

Morning Tea: 68 kms @ Victor Harbor

Lunch: 105 kms @ Normanville Hotel

Accommodation: McLaren Vale Hotel & Apartments

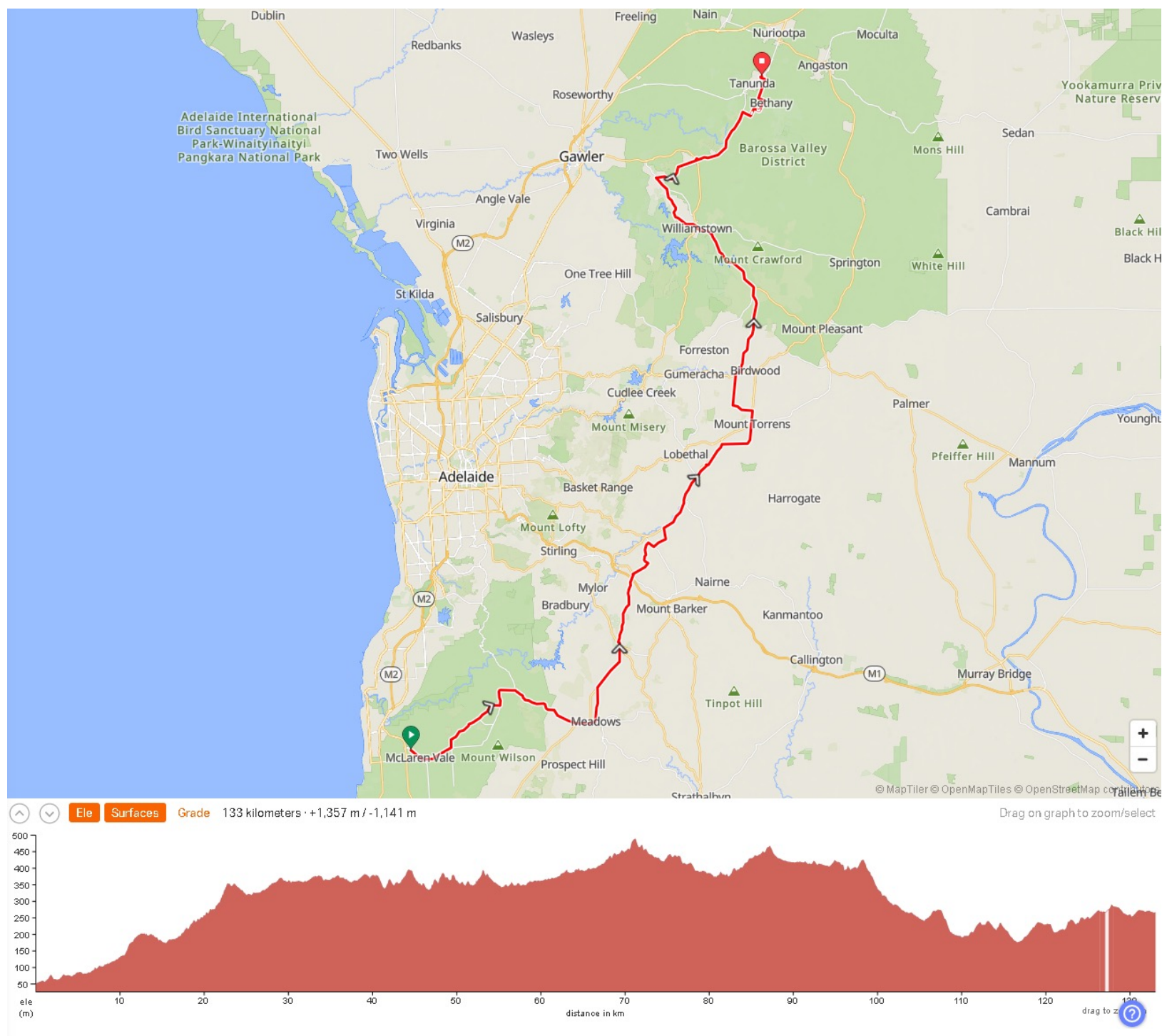
Dinner: BBQ at McLaren Vale Hotel & Apartments



McLaren Vale to Barossa Valley - 133 kms. Climbing 1357 metres

Depart: McLaren Vale Hotel & Apartments

Course Map: <https://ridewithgps.com/routes/41952091>



Climbs

Moritz Road – 2 kms @ 3.3% Ave. Max 6.7%

Dashwood Gully Road – 3.8 km @ 3.1% Ave. Max 7.2%

Descents

Warren Road – 5 km @ -2.9% Ave. Max -6%

Gravel Road Section

Grocke Road – 1.5 km

Morning Tea: 65 kms @ Charleston

Lunch: 117 kms @ Lyndoch

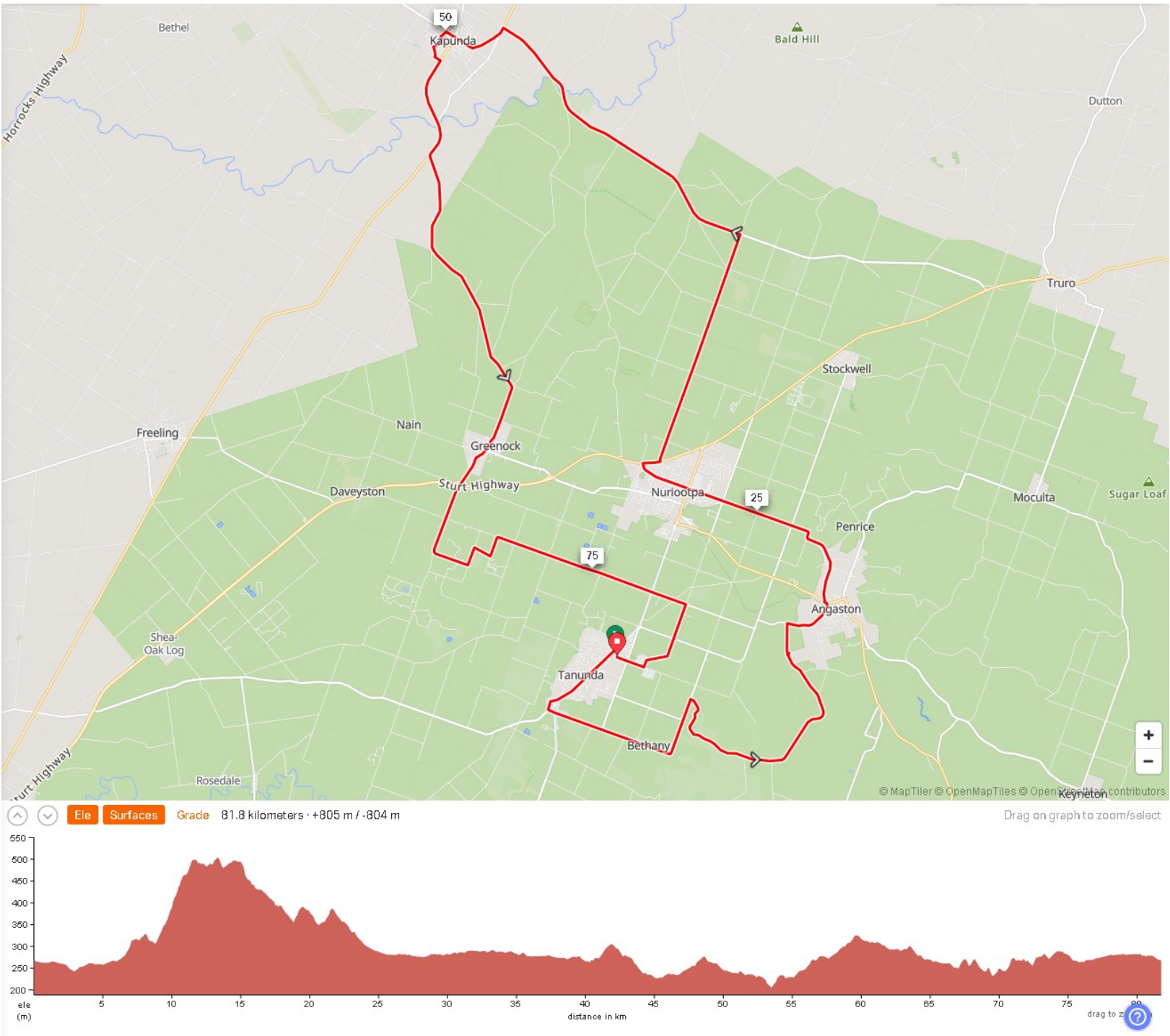
Accommodation: The Wine Vine, Tanunda

Dinner: The Wine Vine, Tanunda



Barossa Valley Loop – 82 kms. Climbing 805 metres Depart:
The Wine Vine

Course Map: <https://ridewithgps.com/routes/43036955>



Climbs

Menglers Hill – 2.7 kms @ 6.6% Ave. Max 11.3%

Descents

Long Gully Road – 5 km @ -2.9% Ave. Max -6%

Gravel Road

Section

Grocke Road – 1.5 km

Morning Tea: 50 kms @ Kapunda

Lunch: 82 kms @ Rehn Bier Brewhouse, Tanunda

Accommodation: The Wine Vine, Tanunda

Dinner: The Vine Inn, Nurioopta

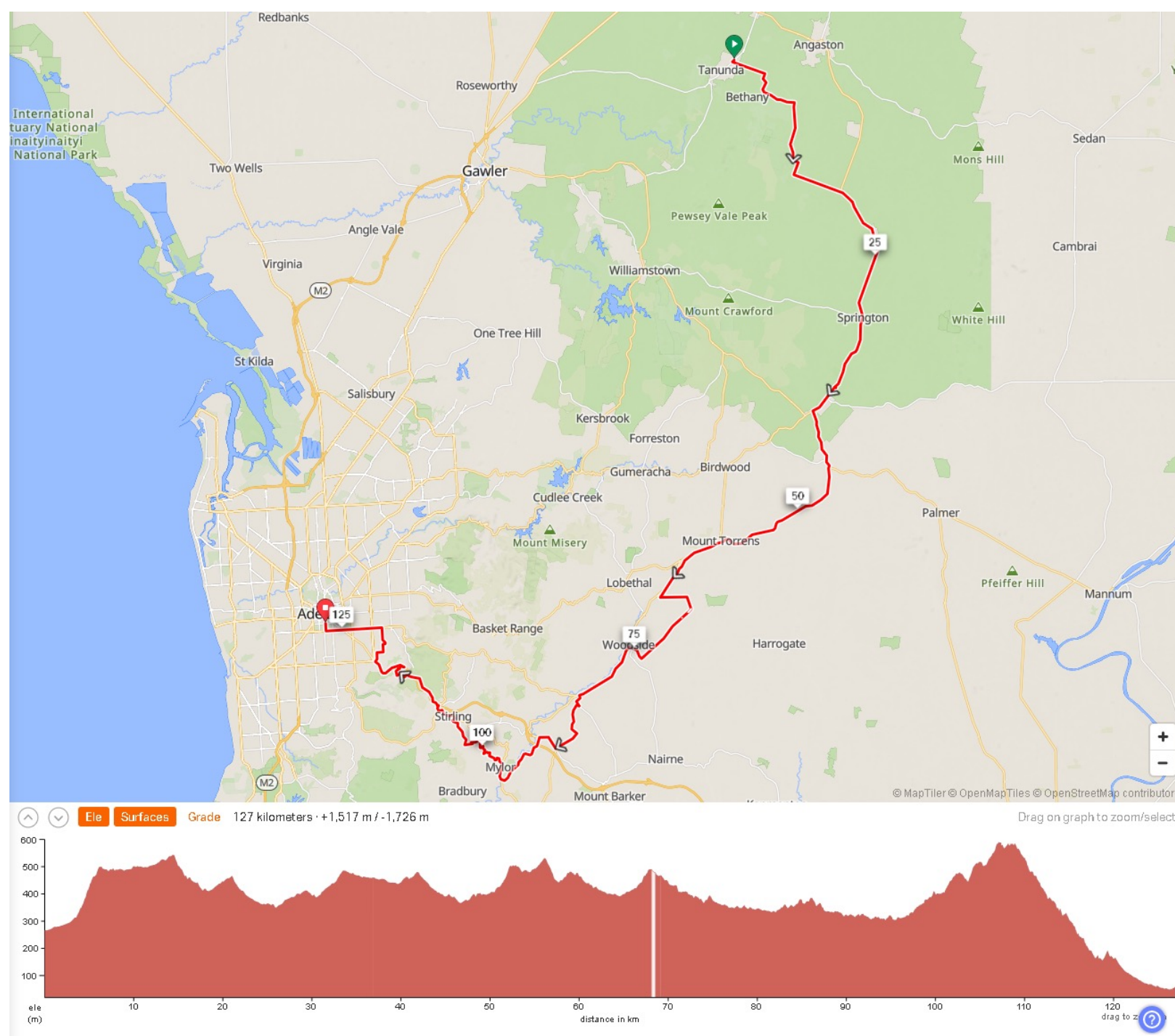
Activities: Wine tours



Barossa Valley to Adelaide - 127 kms. Climbing 1517 metres

Depart: The Wine Vine

Course Map: <https://ridewithgps.com/routes/41971730>



Climbs

Menglers Hill – 2.7 kms @ 6.6% Ave. Max 11.3%

Eden Valley Road – 3 kms @ 3.5% Ave. Max 5%

Terlinga Road – 1.8 kms @ 5.6% Ave. Max 9.1%

Descents

Seven Steps Road – 3.3 km @ -3.7% Ave. Max -6.7%

Mount Barker Road – 8.8 km @ -4.3% Ave. Max -10%

Gravel Road Section

Pfeiffer Road – 1.1 kms

Morning Tea: 75 kms @ Woodside

Lunch: 105 kms @ Sterling Hotel

Accommodation: The Terrace Hotel

Dinner: Original Coopers Ale

We can't wait for you to join us on this life-affirming adventure!

If you have any questions, please contact:

Christian Killeen

Fundraising Manager
& Ride Director

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Krista Page

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