



**BRISBANE
TO GOLD
COAST**
Cycle for Cancer

Sunday 27 August 2023

Rider Information Guide





The heart to heal, the strength to grow.

Our spirit is strong, it thrives as we embrace those who we must always care for.

Our journey has been long and we will continue to flourish as we open our hearts to those who walk with us.

Always.

The artwork concept and narrative was developed by David Williams. David is a proud Wakka Wakka artist at Gilimbaa.

Acknowledgment of Country

In the spirit of reconciliation, Mater acknowledges the Traditional Custodians of Country throughout Australia and their connection to land, sea and community. We pay our respects to their Elders—past, present and emerging.

Welcome

The ride that matters

Mater Foundation is proud to present Brisbane to Gold Coast Cycle for Cancer in 2023. We continue the long-held success of the iconic B2GC event, expertly managed by Bicycle Queensland for close to two decades.

You've shown the popularity of B2GC is as strong as ever, with over 5 000 cyclists set to challenge themselves on a much-loved course including the dream roll through Brisbane's South East Busway.

It's thanks to you, and the amazing contributions from sponsors, event partners, and volunteers that make this event possible.

This year, B2GC offers a new level of dedication—riding for that someone in your life affected by cancer. By fundraising as part of your ride you're improving treatment and outcomes for cancer patients, as well as powering Mater researchers closer to a cure.

Our sincere thanks to all who fundraised and their donors. Your generosity delivers an enormous impact.

Whether you are riding for the love of cycling or for those you love, Mater Foundation wishes you a great ride. Stay safe and look out for one another on course.

See you on the starting line!



Rowan Foster
Director Corporate
and Community
Engagement,
Mater Foundation

Schedule

Event day key times



100KM

5:45–6:15am

100km riders start (South East Busway, South Brisbane)



40KM

6:15–6:30am*

40km riders start
(South East Busway,
South Brisbane)



60KM

7:30am

60km riders start (Oliver
Sports Complex, Eagleby)



8:00am

Finishers' Village opens
Fisherman's Lawn, Southport



12:00pm

Random prize draw



11:00am

Random prize draw



10:00am

Beer Garden opens
Fisherman's Lawn, Southport



1:30pm

Event close



1:30pm

Final bus to South
Brisbane departs

**Follow us on socials
for the latest event
information!**



/brisbanetogoldcoast



@brisbanetogoldcoast

*All South Brisbane riders must start by 6:30am. Latecomers will not be permitted to enter the South East Busway.



Event day ride preparation

For all riders' safety and to secure your B2GC photos after your ride, please follow the below guidelines:

- **Use the twist ties provided** in your race kit to secure your ride plate to the front of your handlebars.
- **Place the white sticker with your ride number on the front of your helmet.**
As per Queensland law, a helmet must be correctly worn by participants during the ride.
- **If you forget or misplace your ride plate** or helmet sticker, visit the Information Tent located on Russell Street, South Brisbane (in front of the ABC building) for a replacement before heading to your assembly area.

AllSports Physiotherapy and My FootDr are proudly part of Healthia—your local healthcare leader—and our teams are excited to share these tips on how to prepare for your ride.

- 1 Build a gradual training program:** Gradually increase your training intensity and volume over time to allow your body to adapt and reduce the risk of overuse injuries.
- 2 If you are beginning a new training program or starting cycling,** use the smaller front chainring and learn to pedal at an optimal cadence (revolutions per minute).
- 3 Strengthen your core and lower body:** Engaging in exercises to strengthen your core muscles (abdominals, lower back, and hips) can improve your stability on the bike and reduce the risk of developing imbalances or overuse injuries.
- 4 Warm up and cool down properly:** Early in your ride warm up in the little front chainring for 20 minutes using easy gears and avoid the larger front chainring.
- 5 Pay attention to bike fit:** Ensure your bike is properly fitted to your body dimensions and riding style.
- 6 Monitor your training load:** Keep track of your training mileage, duration, and intensity to avoid sudden spikes in workload that could lead to overuse injuries.
- 7 Practice good nutrition and hydration.**
- 8 Take rest and recovery seriously:** Allow your body enough time to rest and recover between training sessions.
- 9 Listen to your body:** Pay attention to any signs of pain, discomfort, or fatigue.

Consult with the teams at AllSports Physiotherapy allsportsphysio.com.au or My FootDr myfootdr.com.au to more personalised guidance tailored to your needs.

For more training preparation and injury prevention tips scan here



On-course support



For basic tune-ups before your ride, a Bike Mechanic Station will be available at the start line, outside of South Brisbane Station. Additionally, **Bike Mechanics** roving on-course are available for basic repairs. A bike service is highly recommended before event day.



Rest stops with water stations, fruit and Winners Sports Nutrition bars, chews and gels will be available at the 40km rest stop (Eagleby) and 80km rest stop (Coomera). Participants are encouraged to ride at their fitness level and utilise rest stops to hydrate and recharge.



First aid is available at the start line, rest stops, Finishers' Village and will be roving throughout the course.



Assistance on-course can be contacted via the below phone numbers (these numbers can also be found on the back of your ride plate).

B2GC medical support (non-emergency)
0421 003 720

Mechanical on-course support
0460 755 712

In case of an emergency, always call
000



Important!

The B2GC course uses public roads that are open to normal traffic conditions. Participants must abide by Queensland road rules and follow directions from Queensland Police and event officials. You can read the full event code of conduct, terms, conditions and Queensland road rules by scanning the QR code.



Start line information

Getting to your start line



100km 40km

South Brisbane

100km starts 5:45am | 40km starts 6:15am

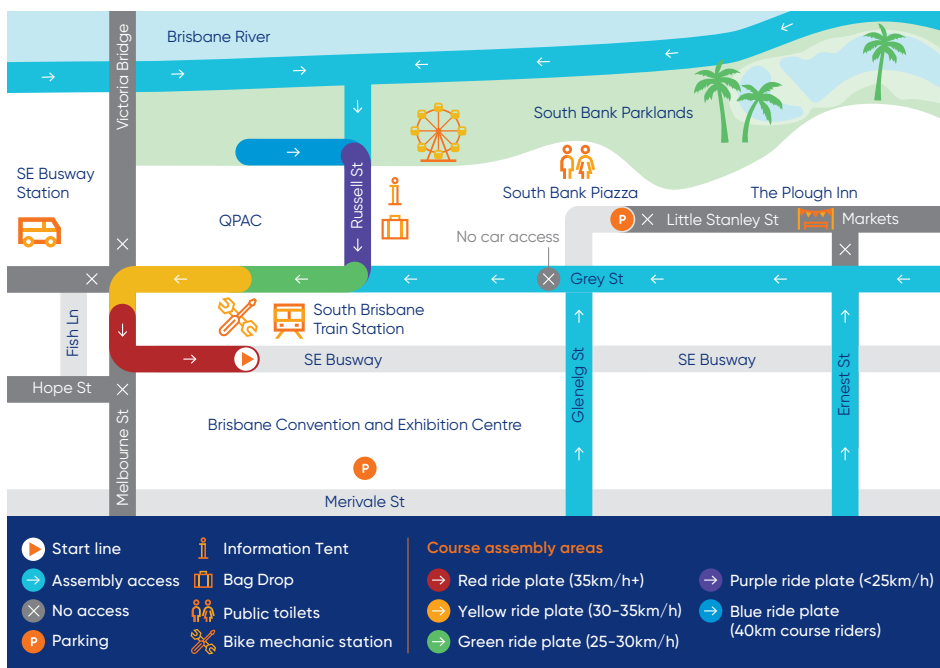
The start line for the 100km and 40km course is located in the South East Busway tunnel via Melbourne Street entrance. Access is via the South Bank Promenade or via Grey Street from Glenelg or Ernest Street.



60km

Eagleby starts 7:30am

The 60km course start line is located at Oliver Sports Complex, Eagleby. The 40km course riders will finish their ride at this location.



Bag Drop

For an optional donation to Mater Foundation, a bag drop is available at the start line Information Tent located on Russell Street, South Brisbane. Your belongings will be tagged and transported to your ride's finish location.



Scan here for more start line, course map and bag drop information.

Getting there

Transport information



Ride to the start line

The best way to get to your start line is to ride your bike there if possible. Please make sure you have bike lights for pre-dawn travel.



Parking at South Brisbane

The Brisbane Convention and Exhibition Centre car park will be open for parking and can only be accessed from Merivale Street. Please check car park clearance heights before entering with bike racks.

Additional parking information can be found on the B2GC website.



Post-ride bus

Gold Coast to Brisbane

Buses will depart approximately every half hour from **10:30am–1:30pm** from the Finishers' Village at Fisherman's Lawn, Southport to Musgrave Park, South Brisbane, including transport of your bike safely in a separate vehicle. Although every best effort is made, please note buses and bike transport vehicles may not arrive at the same time.

If you pre-purchased post-ride transport to South Brisbane, you will receive an email prior to the event confirming your bus transport.

Alternatively, bus transport can be purchased at Finishers' Village.



Scan the QR code
for more information.



Thank you for being a part of the ride that matters, B2GC 2023!

It's because of events like this that there is funding and support for cancer research and treatment, and I know first-hand that it makes a massive difference. It's the reason that people get to live the quality of lives that they do. And you can only imagine that, with more support, how much further that's going to go.

Shelley Bishop

Former Mater Cancer Patient
and B2GC Ambassador

**BRISBANE
TO GOLD
COAST**
Cycle for Cancer

Brisbane to Gold Coast Cycle for Cancer is in partnership with
Bicycle Queensland, supported by Queensland Government.



'more cycling, more often'

Thank you to our event sponsors



Thank you to our corporate supporters



1800 440 155 | brisbanetogoldcoast@mater.org.au

Disclaimer: All information is true and correct at time of printing. Final event schedule subject to change.
Visit b2gc.com.au for the latest event information and event, offer and promotion terms and conditions.