



Frequently Asked Questions

20th – 22nd April 2022

Why am I doing this?

Have fun and make a difference for cancer awareness, prevention and cure. A challenge for a worthy cause.

Build the memories as you enjoy the company of your fellow participants and our magnificent regional environment.

What is the Tour de Rocks motto?

What can I do, How can I help?

What sort of bike should I ride?

A Mountain Bike is recommended. A Hybrid Bike is a possibility. However, Road Bikes are unlikely to survive.

Do I need to have a support team?

It is preferable that you are able to look after your own support needs. If you are a single rider, then we may be able to assist with the transport of your camping equipment.

What do I need to contribute to become part of the Tour de Rocks community?

Every person that rides, supports or assists on tour, including the Board and Committee members, are required to register and commit to the fundraising targets.

	Registration	Fundraising	Total
Adult Rider	\$225	\$250	\$475
Secondary Student Rider	\$175	\$250	\$425
School Children	\$50		\$50
Adult Supporter	\$200	\$250	\$450
Secondary Student Supporter	\$150	\$250	\$400

Tip: Use the raffle tickets option. We supply the prizes and raffle tickets. All you have to do is sell a book of 50 tickets and your fundraising is done. But, you are welcome to sell more books of tickets and raise further funds for the Charity.

Together, how much are we expecting to raise this year?

Our target is to raise in excess of \$250,000. But, whatever the amount, it all goes to a great cause.

How old do I need to be to participate in the full ride?

You must be attending high school to participate in the full ride.

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What about our School Children?

School Children are able to participate in the special section on Day 2. It is about 20 km's on a suitable section of the road. As part of their registration, Primary Children will receive a Tour de Rocks T Shirt.

What camping facilities are available?

- Day 1 Georges Junction. Bush camping area. Toilet facilities are available. There are no showers. You may want to bring a portable camping shower or, take a dip in the river. There are no powered sites.
- Day 2 Willawarrin Showground. Toilet facilities and showers are available. There are no powered sites. There are shops and Hotels in Guyra.
- Day 3 South West Rocks. Accommodation is not included on the Saturday night.

What time do we leave on Thursday Morning?

Registration and Waivers are available for completion from 5.30 am. The first teams will depart at 7.00am, with the last teams leaving by 8.30am. Teams will be advised of their approximate leaving time on the morning of the event.

Do I have to sign a waiver on the morning of the Ride?

Yes. All participants, including supporters, will be required to complete their final "Day of Event Registration", sign their waiver and receive final briefing information.

When will we receive our Jerseys / Supporters Shirts?

These will be available early April. Arrangements will be made with Team Captains in relation to collection and distribution. If you have not been able to pick up your clothing prior to the event, they will be available on the morning of the ride at the Registration Centre – located at the Armidale Ex Services Memorial Club.

What time does registration open on Thursday?

5.30am. Booths will be set up by team name, family name or singles.

Will we have change and toilet facilities available at the start?

Yes. The Armidale Ex Services Memorial Club will make their change facilities and amenities available.

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Do I have to be part of a team?

No. You can ride as a single, family or team. All riders will be leaving in pelotons that will be posted on the morning of the ride.

What is the terrain?

Generally, well formed gravel roads. See the elevations and grades on ride maps available on the Tour de Rocks Website.

How far is it and what amount of the road is on dirt?

	Segment	Distance	Elevation Changes
Day 1	Armidale to Georges Junction	94 kms	1,098m up 1,936m down
Day 2	Georges Junction to Willawarrin Showground	80 kms	803m up 896m down
Day 3	Willawarrin Showground to South West Rocks	83 kms	396m up 432m down

What time do we leave on Day 2?

Day 2 has the Children's Ride from Georges Junction (A distance of about 20 kms). The Children's Ride will leave first, with their parents, at 8.00am The Adults will leave at 9.00am, after assisting with the camp pack up.

What time do we leave on Day 3?

An early start with the first riders leaving at 7.00am from Willawarrin Showground. Finishing at Horseshoe Bay, South West Rocks. Further information will be provided during the safety / daily briefings.

What happens at night?

Each night there is a presentation for the daily jerseys (Spirit, Guts, and Inspiration and Goose).

Then, a recap of the day, discussion about any incidents. Information and briefing for the next day.

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As a supporter how can I help with the catering?

Our catering team will be pleased to accept any offers of assistance. Rosters are prepared and distributed to all Teams. Additional assistance will be appreciated with serving and cleaning / packing up.

How should my bike be prepared?

Bike preparation is the responsibility of the rider. To enjoy the ride your bike should be in very good condition prior to leaving. Check that your tyres are in good condition, your lights are in working order, you have a spare tube, allen keys, tyre levers and a pump or co2 container. Even if you cannot use these tools, there will be someone close by that will be able to.

It is highly recommended that your bike is fully serviced prior to leaving.

What happens if I get a flat tyre or mechanical issue?

There will be a team of bike mechanics, travelling with us, that will be able to fix most mechanical issues. It is advisable to have your own spare tubes and to be able to fix a flat. This will save waiting for the mechanics. Bikes repairs and servicing will be available each evening. There will be charge for servicing and repairs.

What medical or first aid facilities are available?

St Johns Ambulance, as well as nurses and doctors are on the ride, in case of an emergency. It is a good idea to have you own basic first aid supplies, band aids, blister packs, anti inflammatory medication, elasto plast etc. Team Captains are required to carry a basic first aid kit.

What meals will be provided?

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| Day 1 | Snacks and drinks at the drink stations, lunch and evening meal. |
| Day 2 | Breakfast (Cereals, Tea and Coffee, etc.) Snacks and drinks at the drink stations, lunch and evening meal. |
| Day 3 | Breakfast (Cereals, Tea and Coffee, etc.) Snacks and drinks at the drink stations and lunch at Horseshoe Bay, South West Rocks. |

What if I have special dietary requirements?

Nutritious meals, approved by sports dietician, will be provided. Any special dietary requirements will be your own responsibility.

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What happens when we arrive at Horseshoe Bay, South West Rocks?

We are scheduled to arrive at Horseshoe Bay, South West Rocks around midday, where lunch is provided as we gather to celebrate the achievements of the ride. A few congratulatory words to the participants, a show of appreciation to the support teams, Tour de Rocks crew and some reflection on what has been achieved and the progress we are making with cancer.

What are my responsibilities as a Team Captain?

Attend briefings, communication and organising your team, maintaining the Tour de Rocks Culture (What can I do, How can I help?) and ensuring all riders maintain safety standards and arrive safely.

How is the movement of support vehicles managed?

Support *vehicles are not permitted* to move through the pelotons, as it is the most significant safety issue we encounter. Clear direction will be provided at the briefings as to when the support vehicles will depart, either ahead or behind the pelotons. This is not negotiable; please do not attempt to do so.

What happens if I need a rest?

There will be plenty of assistance along the way. The bus will pick up anyone and their bike and transport them to the top of the next hill, morning tea lunch or the camping grounds, or as far as they wish to go.

Does it matter if I get off and walk up the hills?

No. Plenty do! It is about participation, it is not a race.

What safety measures are in place?

The safety committee have satellite and two way radio communication. St Johns Ambulance and additional medical staff, with equipment, are on the ride in case of an emergency.

Safe riding guidelines and instructions are provided and expected to be maintained.

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