Tour de Rocks – Charity Bike Ride
Frequently Asked Questions
22nd – 24th April 2027

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.

Can I ride an e-Bike?

Yes, you can. However, riders must ensure their e-Bike complies with all NSW and national rules for public road use. This includes, but is not limited to, maximum speed and method of propulsion and assistance provided.

In the event that an e-Bike is identified as breaching any rule, the participant will be removed from the event.

We recommend that all riders of e-Bikes carry a second fully charged battery with you. This is particularly important on Day 1 – due to the distances and elevation changes.

There will be LIMITED re-charging facilities available at the campsites on Day 1 and Day 2. However, you are responsible for supplying all cables, chargers, etc. and looking after this yourself. Unfortunately, Tour de Rocks volunteers cannot look after this for you.

You may also want to consider bringing your own charging battery boxes, power packs, etc.

Do I need to have a support team?

It is preferable that you can look after your own support needs.
Our suggestion is for every 5 riders in your team you have at least 1 support person. This will not only mean your campsite needs are looked after, but also ensures the Catering Crew have enough help to prepare and deliver all the catering required for the event.

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What if I don't ride. Can I come along and support the riders?

We would love to have you come along and be part of this special event and community. You just need to register as a Supporter. The Catering and Support Crew need as much help as they can get to prepare and deliver meals throughout the event. It is a great thing to be part of.

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 Costs *	Registration	Fundraising	Total
Adult Rider	$245	$250	$495
Secondary Student Rider	$195	$250	$445
School Children	$50		$50
Adult Supporter	$150	$250	$400
Secondary Student Supporter	$100	$250	$350

* Prices are fixed for registrations processed prior to 28th February 2027. Prices increase on 1st March 2027.
* Refunds are only available, upon request, until 1st April 2027.

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. You can always sell more books of tickets.

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

Our target is to raise more than $300,000. But, whatever the amount, it all goes to a great cause.

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

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

What if I am not able to do the full 3-day ride?

Day 1 is going to be a big and trying day. We understand that not everyone will want to do it. That is not a problem – everyone who participates in this event are very special people and doing what they can. We appreciate everyone's efforts!

During registration, you will have the option to select "Day 1" or "Day 2" for your ride start point. You will still need to attend registration in Armidale, on Thursday morning, and stay at Ebor overnight. This is important so everyone is present for the safety briefing, program, and daily requirements etc.

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What about our School Children?

School Children can participate in a couple of special sections on Day 2 and Day 3.

- Day 2 - about 10 km's from Hernani to Cnr Cornells Road and Faheys & Bulgins Rd. This is on a suitable section of the route. Details will be provided for Support Crews to pick up the School Children after they complete this section.
- Day 3- about 5 km's from Woolgoolga Sports Oval to the Finish at Woolgoolga Beach Reserve (North). This is a great opportunity for the School Children to ride in with all the riders and celebrate this special event. Details will be provided for the drop off location etc.

As part of their registration, Primary Children will receive a Tour de Rocks T Shirt.

What camping facilities are available?

Day 1 Ebor camp area – near the Ebor Hotel / School. Toilet facilities are available. You may want to bring a portable camping shower. There are no powered sites.

Day 2 "Aberfeldy" - Ulong camp area. Toilet facilities are available. You may want to bring a portable camping shower. There are no powered sites. There is a great shop in Ulong.

Day 3 Woolgoolga. Accommodation is not included on the Saturday night.

Can we have fires at the camping areas?

All camp fires **MUST** be in fire pits / drums, that you will need to bring with you. **NO** open fires, or those on ground, are allowed. In addition, we will need to comply with any additional fire restrictions that may be in place or imposed on us.

You need to bring your own firewood with you. Please **DO NOT** cut down trees or collect fallen wood at the camping areas.

What time do we leave on Thursday Morning?

Registration will be available from 5.30am. The first teams will depart at 7.00am, with the last teams leaving by 8.00am. Teams will be advised of their approximate leaving time on the morning of the event.

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.

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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.

Do I have to be part of a team?

No. You can ride as a single, family or team.

What is the terrain?

You will be riding on a mix of paved, unpaved and gravel surfaces.

The Ride Management Plan, on the Tour de Rocks Website, shows all the grades, elevations, and distances. We suggest that you look at these so you will know what to expect throughout the ride.

How far is it and what are the elevation changes?

	Segment	**Distance**	**Elevation Changes**
Day 1	Armidale to Ebor	97 kms	1,685m up 1,368m down
Day 2	Hernani to “Aberfeldy” - Ulong	77 kms	1,209m up 1,891m down
Day 3	“Aberfeldy” - Ulong to Woolgoolga Beach Reserve (North)	87 kms	1,325m up 1,871m down

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What time do we leave on Day 2?

Day 2 of the ride will start at the Hernani. Riders will be transported by bus to the start line. Bikes will be transported to the start line on the evening of Day 1 – ready to go. Unfortunately, there is no other option. The reason for this is that the road between Ebor and Hernani is too dangerous for us to use.

Tour de Rocks will be facilitating these movements. Further details and timings will be provided in due course. It is important that Riders do not use their own vehicles to move from Ebor to Hernani.

Day 2 has the Children's Ride from Hernani to Cnr Cornells Road and Faheys & Bulgins Rd (A distance of about 10 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.

All supporters and their vehicles, except those picking up Children from their ride, will go directly to "Aberfeldy" - Ulong – via Dorrigo – after finishing the pack up of the camp.

What time do we leave on Day 3?

An early start with the first riders leaving at 7.00am from "Aberfeldy" - Ulong. Finishing at Woolgoolga Beach Reserve (North). Further information will be provided during the safety / daily briefings.

What happens at night?

Each night there is a presentation for the daily jerseys. A recap of the day, discussion about any incidents and briefing for the next day.

As a supporter how can I help with the catering?

Our catering team our awesome but need HELP to keep everyone fed. Rosters are prepared and distributed to all Teams. Additional assistance will ALWAYS 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 serviced prior to leaving.

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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?

Medical Support, 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, plasters, etc. **Team Captains are required to carry a basic first aid kit**.

What safety measures are in place?

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

Safe riding guidelines and instructions are provided and must be followed.

What meals will be provided?

Day 1	Snacks and drinks at the drink stations, lunch, and evening meal.
Day 2	Breakfast, snacks and drinks at the drink stations, lunch, and evening meal.
Day 3	Breakfast, snacks and drinks at the drink stations and lunch at Woolgoolga.

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 Woolgoolga?

We are scheduled to arrive at Woolgoolga Beach Reserve (North), around midday, where lunch will be provided as we gather to celebrate the achievements of the ride. There will be 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.

The ride finishes at Woolgoolga Beach Reserve (North), off Hafmeier Close. Please park away from the entrance to the Reserve (maybe on Pacific Street / Lake Road). There will be increased activity in the area as a result of Markets being held on the Woolgoolga Beach Reserve.

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 riders, as it is the most significant safety issue we encounter. At the briefings, details will be provided as to when the support vehicles will depart, either ahead or behind the riders. 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.