



LA GRANDE GITA



Participant Information

Collection of Rider ID and route maps

All riders must check in at the registration desk at the start venue on the morning of the ride to collect your Rider ID number and ride information.

Your Rider ID number will give you access to all food and refreshment stations en-route and at the finish.

Your Rider ID number should be attached to your jersey or the handlebars so it is visible.

Registrations (issuing of Rider ID) may take between 5 and 10 minutes, so allow plenty of time

Venue Details

Start / Finish Venue: Serafino Wines - [39 Kangarilla Rd, McLaren Vale SA 5171](#)

Distance from Adelaide CBD: 40km

Travel time: Approx 1hr via Southern Expressway and Victor Harbor Rd. [Get directions.](#)

Car Parking: Located onsite at Serafino

[View venue site map and parking](#)

Ride start times

Mega Grande 80km

Registration opens 7.00am – you must be registered by 7:45am

Rider briefing 7:45am

Start time 8.00am

Grande 60km

Registration opens 7:30am – you must be registered by 8.15am

Rider briefing 8.15am

Start time 8:30am

Mezzo 40km ride

Registration opens 8:00am – you must be registered by 8.45am

Rider briefing 8.45am

Start time 9:00am

Piccolo 27km ride

Registration opens 9.15am – you must be registered by 9.45am

Rider briefing 9.45am

Start time 10.00am

The Espresso self-guided rides start any time before 11am.

Registrations (issuing of Rider ID) may take between 5 and 10 minutes, so allow plenty of time.

- There will be portable toilets located onsite
- Car Parking: there is limited available at the venue
- Car Parking: Please do not park along the edge of Kangarilla Rd in front of Serafino.
- Follow the Event Parking signs and directions from traffic marshals to the grassed area on the eastern side of the Serafino grounds.
- Coffee will be available for sale at the start

Refreshment Stations

Mega Grande 80km and Grande 60km

Mount Magnificent @ approx 30km from the start

Mega Grande 80km riders can access toilets, water and shops in Meadows @ approx. 50km and there will be an additional refreshment stop in Prospect Hill at approx. 55km

Mezzo 40km ride @ approx 20km

Piccolo 27km ride

Toilets and cafes available at Willunga 6km, Aldinga 12km and McLaren Vale Visitor Centre 24km

NOTE:

- Lunch is NOT included in your registration.
- At each station water and fruit juices will be available. All riders must bring water to the start of the event and we suggest you bring some extra snacks to eat along the way or should you happen to break down

Refreshment Stations are the ideal places to step off your bike for a moment, have a rest, catch up with your riding buddies, enjoy the scenery and importantly, re-apply your sunscreen and make sure that you keep your hydration levels up.

Emergency / Incident Procedures IN AN EMERGENCY DIAL 000

In the event of an incident, use the following checklist as a guide:

- Ensure your safety first
- Ensure the safety and welfare of any injured person, any participants, volunteers and/or public
- Contact appropriate emergency authorities, stating your name, location, phone number, role and service(s) required
- Remain at the scene until emergency assistance arrives, unless safe to do so
- Provide all possible assistance to emergency services
- Record all actions and times and details of all involved, including possible witnesses as soon as practical. If necessary / possible take photographs
- Contact Bike SA Event Operation as soon as possible on 0427 771 821

Route Support

- SAG WAGON - 0438 438 846 (Follows last rider - 80km Mega Grande and 60km Grande routes)
- ROUTE SUPPORT - 0427 771 821 (40KM Mezzo and 27km Piccolo routes)
- EVENT OPERATIONS - 0427 771 821

Please note that every attempt has been made to ensure the details contained in this information are accurate at the time of posting, however things can change and we urge you to check the validity of the information yourself.

Mechanical Support En-Route

Limited mechanical support will be available at the start and en-route. Riders are responsible for carrying their own tools, repair kits and spare tubes and should know how to use them. Riders must ensure that their bike is serviced mechanically sound before the event.

If you need assistance, pull your bike to the side of the road/turn it upside down and call one of the support mobile numbers listed on your route sheet/map. There are ride marshals who may be able to assist or the support vehicle can collect you and your bike should you be unable to finish. Please refer to the "Be Prepared" download resource for more information.

Road Safety Awareness

- You must obey all Australian Road Rules.
- Be aware that this is an open road event and you will be sharing the road with other traffic
- Ride in single file where appropriate and no more than 2 abreast at any time
- Pass only in single file and only on the right of other riders
- Keep your distance from those in front
- Move off the road before you dismount
- You must wear an approved Australian Standards bicycle helmet
- Use of flashing front and rear lights and wearing bright clothing is highly recommended to improve your visibility to others
- You must ensure your bike is serviced and ready for the ride; limited mechanical assistance is available en route
- Be aware of your fellow riders and other traffic. Indicate and call out your intention to slow down, stop or change direction
- Be sociable and safe. Ride with someone who can tell you to slow down
- Private support vehicles are not permitted along the route. Vehicles belonging to family and friends must use an alternative route

Signage & Marshals

- From start to finish there will be Bike SA RED arrows and other signage marking the route. You should however carry a copy of the route map / notes with you in case you become disoriented.
- Signs will also indicate when you are approaching a refreshment station.
- There will be marshals (wearing fluorescent vests) on the route, riding bicycles and in vehicles, as well as at stationary posts. All volunteers and staff involved in the event will be clearly identifiable. The marshals do not have the authority to stop motorists; they are there for your safety and other road users. Please listen and follow their instructions.

Extreme Weather

Riders should be reassured that La Grande Gita has in place strategies to deal with hot weather. Firstly, the ride is scheduled for early November, taking advantage of the slightly cooler weather of Spring.

There will be refreshment stations en-route, offering water and juice. In addition, there will be Ride Marshals and support vehicles en route providing extra back-up. Each vehicle will carry additional water supplies. Water will also be available at the start/ finish venue.

Extreme weather that may influence any decision to modify, postpone or cancel the ride, would be assessed using the following criteria:

- If three or more consecutive days leading up to the event day experience extreme apparent/wet bulb temperatures
- If the forecast for event day is for extreme apparent/wet bulb temperatures
- Hot / strong winds are forecast

In the event of forecast hot weather during the week beginning Monday 26 October, regular assessments will be made. If extreme weather is expected, the option remains to modify, postpone or cancel the ride, and any such decision will not be made any later than 8am Saturday 31 October. In this case any change would be highlighted on the Bike SA website and attempts would be made to contact registered riders by email or telephone.

Riders are encouraged to monitor the weather forecast and prepare appropriately. Detailed weather information can be found on www.bom.gov.au

Please get in touch if you would like further information. office@bikesa.org.au Tel: (08) 8168 9999

McLaren Vale Accommodation

Why not make a full weekend of it (or even longer) to enjoy the delights of McLaren Vale. There is a plethora of accommodation options available to suit all tastes and budgets.

The McLaren Vale Visitor Information Centre is a great resource for finding a place to stay. Visit www.mclarenvaleandfleurieucoast.com.au/stay for more information.