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# TOOMOO 2019

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# RIDERS INFORMATION PACK

**THE BASICS .....6**

BUS DEPARTING MOOLOOLABA..... 6

TRANSPORTING YOUR BIKE.....7

RIDING UP..... 9

**PREPARATION ..... 10**

MECHANICAL.....10

BAGGAGE LIMITS .....10

WHAT TO PACK ..... 11

MINIMUM..... 11

✓ ..... 11

HIGHLY ADVISABLE..... 11

✓ ..... 11

Bike ..... 11

☐ ..... 11

Shoe Covers/tape to cover vents ..... 11

☐ ..... 11

Cycling Shoes ..... 11

☐ ..... 11

Long Nicks ..... 11

☐ ..... 11

Helmet..... 11

☐ ..... 11

Leg and arm warmers ..... 11

☐ ..... 11

Glasses ..... 11

☐ ..... 11

Undershirt or thermals ..... 11

☐ ..... 11

Garmin/bike computer ..... 11

☐ ..... 11

Beanie or bandana ..... 11

☐ ..... 11

Phone and charger ..... 11

☐ ..... 11

Gloves winter and summer..... 11

<input type="checkbox"/> .....	11
Jersey, nicks & vest.....	11
<input type="checkbox"/> .....	11
Wind vest or rain jacket.....	11
<input type="checkbox"/> .....	11
Socks – thick & thin.....	11
<input type="checkbox"/> .....	11
Sunscreen .....	11
<input type="checkbox"/> .....	11
Lights, front & rear .....	11
<input type="checkbox"/> .....	11
Go-Pro Camera and mounts .....	11
<input type="checkbox"/> .....	11
Bell (it's the law).....	11
<input type="checkbox"/> .....	11



.....	11
Hydration bottles x 2.....	11
<input type="checkbox"/> .....	11
Toolkit/ pump or Co2.....	11
<input type="checkbox"/> .....	11
Spare tubes x 2 .....	11
<input type="checkbox"/> .....	11
Prescription medicines .....	11
<input type="checkbox"/> .....	11
Cash & credit cards.....	11
<input type="checkbox"/> .....	11

Sense of humour.....	11
☐.....	11

<b>PRE-RIDE DINNER.....</b>	<b>12</b>
<b>FRIDAY 3RD MAY 6:30PM .....</b>	<b>12</b>
<b>THE SPOTTED COW .....</b>	<b>12</b>



 <b>The Spotted Cow</b> .....	12
--	----

<b>SATURDAY MAY 4TH 4:30AM .....</b>	<b>13</b>
--------------------------------------	-----------

<b>Newtown Hall.....</b>	<b>13</b>
<b>Corner Rome &amp; Clairmont Street.....</b>	<b>13</b>

<b>Toowoomba.....</b>	<b>13</b>
<b>TOILETS .....</b>	<b>13</b>
<b>PRE RIDE BRIEF.....</b>	<b>13</b>
<b>ROLL AWAY 6AM SHARP.....</b>	<b>13</b>
<b>FENWICK’S REFUELLING STOPS .....</b>	<b>14</b>

Unless you have specific nutrition regime you will not need to carry much more than 2 bottles on your bike. ....14

<b>PRE LUNCH.....</b>	<b>14</b>
Refueling stations will be situated at:.....	14
1. Top of the range.....	14

Keep your wind vest with you as it will be chilly on the descent, the range is long and you may get a chill as you won't be working too hard. ....	14
2. Bottom of the range – Esk.....	14
A full run down on how the fuelling stations will be working will be provided at breakfast. At each refuelling station you can expect:.....	14
• Bananas.....	14
• Fresh filtered water.....	14
• Inifinit Nutrition in single serves.....	14
<b>POST LUNCH</b> .....	14
Refueling stations will be situated at:.....	14
3. Kilcoy .....	14
If additional stops are required, we have capacity to add stops if needed....	14
4. Woodford .....	14
1. ....	14
5. Peachester .....	14
The best can of Coke ever is to be enjoyed here .....	14
<b>FINISH!</b> .....	16
<b>MOOLOOLABA</b> .....	16
<b>ETA 4:30 PM</b> .....	16
Sunset in Mooloolaba is 5:20pm giving us 11 hours of daylight.....	16
<b>Route Map showing refuelling stations</b> .....	17

# INTRODUCTION

Welcome to the 2019 TOOMOO charity ride and thank you for placing your faith in us.

We very much appreciate your participation and look forward to providing the framework for a unique day on the bike whether this is your first of 5<sup>th</sup> TOOMOO.

This guide is designed to answer the most frequently asked questions as best as I can predict, if you can't find an answer here then feel free to contact me directly.

For those of you who follow us on [Facebook](#) you have no doubt gathered by now; our approach is very much about enjoying ourselves in as inoffensive a manner as possible, pretty much my first measure of any activity is having fun. I hope you will adopt the same approach to ensure we are, riding for each other, for the TOOMOO name, for our charity of choice, The Good Wheel Foundation, and most importantly for the reputation of all cyclists and cycling as a valuable contributor to our community.

Our volunteers are a significant part of the success of TOOMOO. They have given up their valuable time and are here primarily because they get a kick out of seeing you have a good time, if they ask you to do something it will only be for the benefit of the

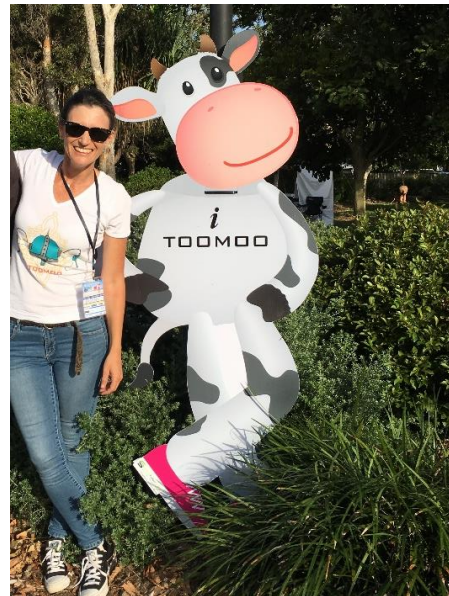
majority, please respect them and follow their instructions.... And a thank you their way will see them come back next year too!

Many of you I know by name or face (sometimes not both!), some I've never met so please say hello!

Please take the time to read the enclosed information, save it to your phone or if you are retro like me, print it out!

See you all in Toowoomba.

Rachael Witton  
Event Director  
0413 436 985  
rachael@createanddirect.com.au



## THE BASICS

### **BUS DEPARTING MOOLOOLABA**

Departing: 2pm SHARP  
Friday 3<sup>rd</sup> May  
Giant Sunshine Coast  
122 Brisbane Road, Mooloolaba



**Bike must be on site no later than  
10am**

### **BUS DEPARTING BRISBANE**

Departing: 2:30pm SHARP  
Friday 3<sup>rd</sup> May  
Cam's Cycle Coaching  
391 Montague Road West End



**Bike must be on site by Thursday 7pm or  
Friday no later than 12:30pm**

Any cyclists returning post ride to Brisbane on the bus will have their bikes  
available for collection Tuesday 7<sup>th</sup> May from Cam's Cycle Coaching

**NOTE:** only those cyclists who have booked a seat on the bus will have a reserved seat, if you have a reserved seat AND make alternate plans to get to Toowoomba please advise so we are not waiting for you. Please contact Event Director Rachael Witton, call 0413 436 985 or [rachael@createanddirect.com.au](mailto:rachael@createanddirect.com.au)

## **TRANSPORT INSURANCE**

**Bike Transport from Brisbane:** Cam's Bike Transport Trailer is fitted with security alarm systems, the trailer is insured to carry bikes.

**Bike Transport from Mooloolaba:** Fenwick's Fruit Emporium truck will be used to transport bikes as they have done in 2018, the truck is insured to carry bikes.

The bikes are insured throughout transportation however it is still recommended that you have your bike covered with your own insurance. In booking your bike in for transportation via the Fenwick's truck or in the trailer with Cam's Cycle Coaching, you are agreeing to these terms.

## **TRANSPORTING YOUR BIKE**

Bikes will be professionally racked and packed by a crack team of expertly trained Bike Smurfs. While the little blue men may have time to give it a cursory glance they will not necessarily have the time to scrutinise it, so you should have it looked over by your favourite bike mechanic prior to the ride. Please make contact PRIOR to drop off day if you need to make alternate arrangements to accommodate your special circumstances.

## REGISTRATION OPEN FROM 3PM

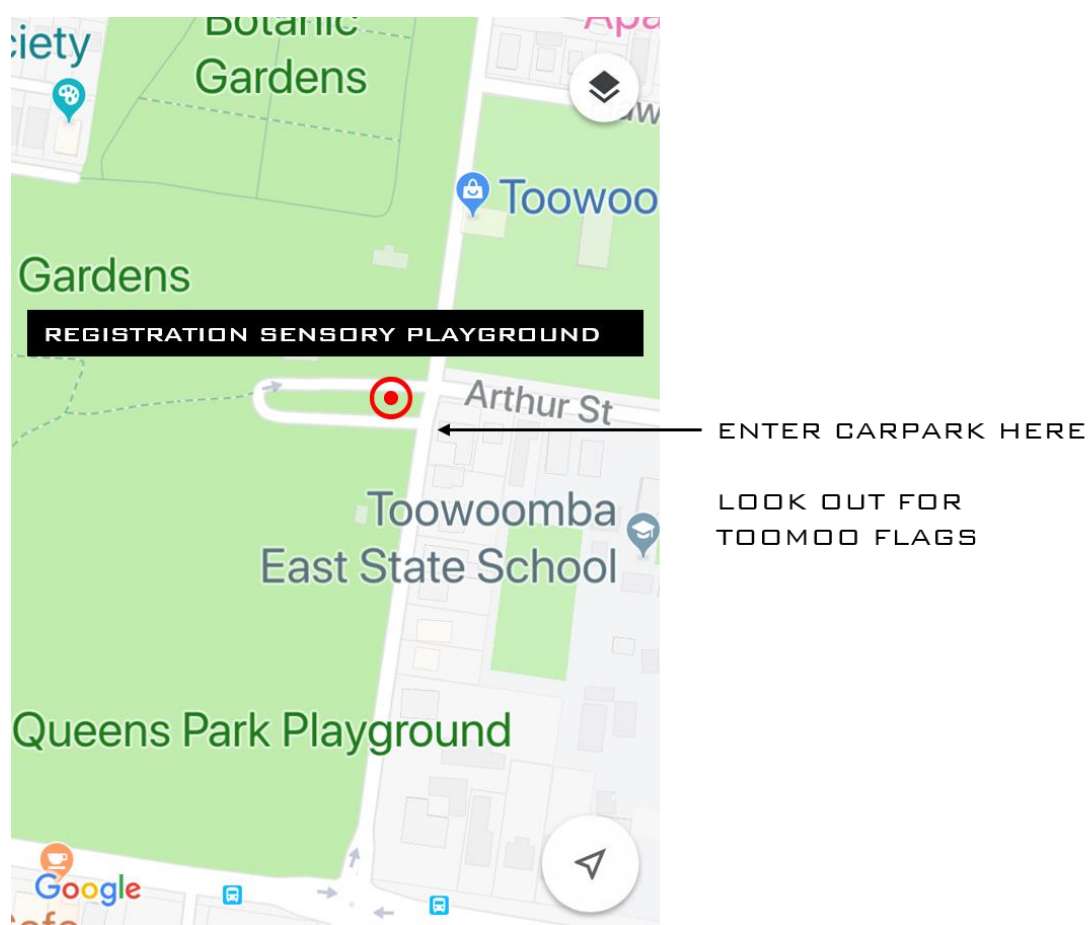
QUEENS PARK - SENSORY PLAYGROUND CARPARK

LINDSAY / ARTHUR STREET EAST TOOWOOMBA

All cyclists need to find their way to registration area open from 3pm. There will be TOOMOO signs flying so it will be easy to identify – goodies being distributed from the Red Energy Promotions van include your early bird tshirt / TOOMOO kit and participant wristband that provides you with access to food, drinks and more.... Important!

The buses are expected to arrive at the registration area around 5-5:30pm where all cyclists, bikes & luggage will unload and you can register then.

Once you have your pack, bike and bag, make your way to your accommodation on your bike and then the pre-ride dinner at The Spotted Cow for 6:30pm.





## RIDING UP

A tradition has started of riding up to Toowoomba on the Friday, "Doing the MOOTOO" as it's been coined.

While we greatly admire those with the capacity to manage 440k in 2 days and will assist in connecting those who wish to, we are unable to offer any dedicated support to this ride. I'd like to be made aware of who is riding up and their eta etc. and will of course be keeping an eye out for you on the road. We will make ourselves known to you as we make our way up on the day, probably stop for a chat and of course provide whatever we can in the way of assistance, as will others making their own way up the range. If you'd want to ride up on the Friday and need to find a group, get in touch with me and I'll connect you with others doing the same.

**NOTE: You will need to be self supported on the up-leg.**



# PREPARATION

## MECHANICAL

Throughout the day you will be able to access support with tyres, tubes, minor adjustments etc from our experienced bike mechanic Rooster.

The time for a bike service is now, not on the side of the road under a tree expecting old cables or brake pads to be sorted out.

Mechanicals due to poor maintenance will see you in the sag wagon if time or parts do not permit.



## PERSONAL

### BAGGAGE LIMITS

You are permitted one (1) carry on bag on the bus and on the actual ride, to contain all of your cycling kit, helmet and shoes etc, that same bag will become your day pack in the support vehicle during the ride. **Suitcases are not acceptable** – we have 125 riders, space in the support vehicles is limited as you would appreciate.

Please label your bag (on the outside) with your name and phone number, it will help us out with all the inevitable left luggage at the end of the day.

Support vehicles will have tubs for you to drop your belongings into as you shed layers at the designated hydration stations on the day; at the pre-ride breakfast you will be able to put your day pack into the Argon Law van, however access to your day pack may not always be easy depending on road position and circumstances, so make sure you have what you need with you on the bike.

At the finish in Mooloolaba, all baggage will be made available for collection at the TOOMOO information tent. Unclaimed articles will be washed and may well be sent to assist emerging cyclists in third world countries, who will be eternally grateful for your contribution.

# WHAT TO PACK

MINIMUM	✓	HIGHLY ADVISABLE	✓
Bike	<input type="checkbox"/>	Shoe Covers/tape to cover vents	<input type="checkbox"/>
Cycling Shoes	<input type="checkbox"/>	Long Nicks	<input type="checkbox"/>
Helmet	<input type="checkbox"/>	Leg and arm warmers	<input type="checkbox"/>
Glasses	<input type="checkbox"/>	Undershirt or thermals	<input type="checkbox"/>
Garmin/bike computer	<input type="checkbox"/>	Beanie or bandana	<input type="checkbox"/>
Phone and charger	<input type="checkbox"/>	Gloves winter and summer	<input type="checkbox"/>
Jersey, nicks & vest	<input type="checkbox"/>	Wind vest or rain jacket	<input type="checkbox"/>
Socks – thick & thin	<input type="checkbox"/>	Sunscreen	<input type="checkbox"/>
Lights, front & rear	<input type="checkbox"/>	Go-Pro Camera and mounts	<input type="checkbox"/>
Bell (it's the law)	<input type="checkbox"/>		
Hydration bottles x 2	<input type="checkbox"/>		
Toolkit/ pump or Co2	<input type="checkbox"/>		
Spare tubes x 2	<input type="checkbox"/>		
Prescription medicines	<input type="checkbox"/>		
Cash & credit cards	<input type="checkbox"/>		
Sense of humour	<input type="checkbox"/>		

**PRE-RIDE DINNER  
FRIDAY 3RD MAY 6:30PM  
THE SPOTTED COW**



**296 RUTHVEN STREET TOOWOOMBA**

Menu – affordable, delicious meals, set menu with many options to get us fed in a timely manner, meal is at your own cost.

Dress – pre-ride casual

Thanks to the large majority of people who will be attending the pre-ride dinner. For those who haven't yet advised of your attendance you are very much encourage to come along. Phil and his team at The Spotted Cow put on a great meal, we have our own bar and a very cosy environment on what will be a chilly Toowoomba evening.

There will be last minute housekeeping, announcements, introductions, a bit of fun and some essentials you can't afford to miss.

Please try and be there for this, the more we take care of at this time the less issue we have to get through in the morning.

For a healthy cyclist the Spotted Cow is a brisk walk from your accommodation.



# BREAKFAST

**SATURDAY MAY 4TH 4:30AM**

Newtown Hall

Corner Rome & Clairmont Street

Toowoomba



You will need your lights on your bike to ride to breakfast.

Toowoomba North Lions Club will be up from 2am preparing our breakfast at their local historical hall at the departure point, please see map at the back of this guide.

When you arrive at the venue please **SIGN IN** with our registration volunteer, this way we know exactly who is here and ready to participate.

We kick breakfast off at 4:30am as we will have more than 140 people to serve and we roll 6am on the dot.

It is a seated affair, with crockery and cutlery (you don't have to do the dishes).

Menu will be extensive with many gluten free options including:

- A full cooked breakfast of bacon, sausages, all styles of eggs
- Toast (brown, white or GF)
- Porridge / Weetbix
- Muesli / yoghurt
- Fresh fruits
- Fruit juices / coffee / tea

**GET IN EARLY AND EAT WELL**



## TOILETS

There are toilet facilities at the hall however layers and ladies may make for an extended wait.

## PRE RIDE BRIEF

5:30am, make sure you are present and paying attention, there will be pearls of wisdom among the usual, you may feel a little foolish if you miss them.

## ROLL AWAY 6AM SHARP

We will be assembling into groups of some 30-35 cyclists and rolling away with a few minutes between each group from 6am. You will need your lights as it will be dark and foggy

# ON THE RIDE

## FENWICK'S REFUELLING STOPS

Unless you have specific nutrition regime you will not need to carry much more than 2 bottles on your bike.



## PRE LUNCH

Refueling stations will be situated at:

1. Top of the range	Keep your wind vest with you as it will be chilly on the descent, the range is long and you may get a chill as you won't be working too hard.
2. Bottom of the range – Esk	

A full run down on how the fuelling stations will be working will be provided at breakfast. At each refuelling station you can expect:

- Bananas
- Fresh filtered water
- Inifinit Nutrition in single serves

If you are not a regular user of formulated nutrition on extended rides; then this is a great opportunity to test it out, many riders credit Inifinit Nutrition for their lack of fatigue on the ride and have gone on to include Inifinit products in their every-day riding routines.

There are public toilets at every refuelling station and you can give any unneeded kit to a volunteer for storage in the support vehicles.

## POST LUNCH

Refueling stations will be situated at:

3. Kilcoy	If additional stops are required, we have capacity to add stops if needed
4. Woodford	
5. Peachester	The best can of Coke ever is to be enjoyed here

**Huge thanks to our nutrition sponsors:**



# LUNCH – THE SPIT, SOMERSET DAM



There will be a substantial lunch box for each of you with healthy options including a selection of fruit and drinks.

Those who have preregistered dietary restrictions will have boxes labelled specifically for you, please ask one of the lunch volunteers to ensure you get the lunch box assigned for you.

Fenwick's will have the refuelling station setup and Rooster will be servicing bikes as required.

We will have about 45 mins for lunch, there will be a brief for the next half of the ride, a group photo opportunity, then we will roll away.

## MASSAGE

Lindsay James of Sunshine Coast Remedial Massage will be joining us throughout the day and will be available to assist with any niggling muscles and again at the finish line to deliver a FREE ten minute massage to those eager cyclists looking forward to some welcome relief at the end of a big day on the bike.



# FINISH!

## MOOLOOLABA

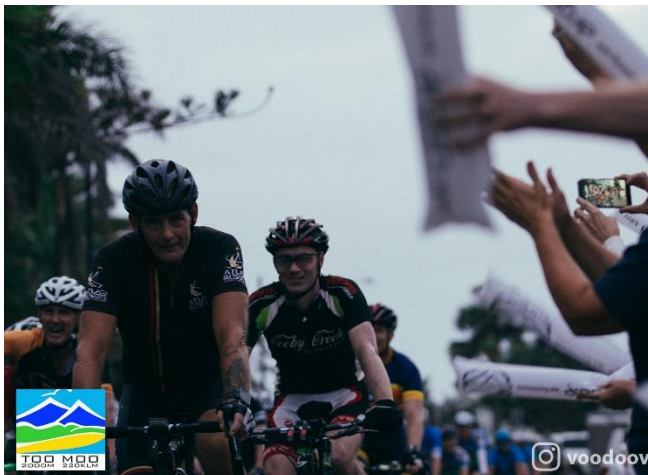
### ETA 4:30 PM

Sunset in Mooloolaba is 5:20pm giving us 11 hours of daylight.

As we arrive in Mooloolaba we will hold at Giant Sunshine Coast on Brisbane Road so we can ride the last 1.2 klms as a group, the plan is to do a lap (or two) of the esplanade to let everyone know we are back...

We will then proceed to Arthur Parkyn Park, directly to the rear of The Surf Club Mooloolaba for a well earned BBQ and a few refreshments.

Please invite your friends and family to join the many who will be lining The Esplanade as we roll under the Argon Law finishers chute and for photo opportunities at the finishing banner kindly providing by Steve Baker Signs



## RETURN BUSES

Kangaroo Bus Lines return bus to Brisbane and Toowoomba will depart from the finish about 7pm, so you'll have a little time to relax with everyone after the ride and have a shower in the public facilities at the beach.



# MAPS

## Route Map showing refuelling stations

<https://www.google.com/maps/d/u/0/edit?mid=zflQfV1kXOdW.kCT4ol7jYuLM>

Everyone including drivers and volunteers, please save this to your phone, it not only shows the route but public toilets, and the location of the refuelling stops.

It is critical that you follow the route on your phone so you know where you are at any point on the day.

Can't have you thinking you need a lift in the pamper-van (sag wagon) when the next rest stop is just around the corner.



## PARAMEDIC SUPPORT

Rest assured that your health and safety throughout the day is of utmost importance to us. Keep an eye on each other, no room for heroes out there – the goal is everyone starting and everyone finishing.

We are fortunate to have the experienced team from Moto Medics providing paramedical services. Jamie and his team provide their expert services to many cycling and triathlon events around the state and know how to support you.

If you need assistance at any time we will get it to you, make your need for attention known. Procedure for this will be explained at the pre-ride dinner and breakfast briefing.

# SPONSORS

We are indebted to our 2019 sponsors of TOOMOO who have given their support and generosity in many forms to bring the event to life. Given the opportunity, please thank and support these local businesses wherever possible.



The banner features a beach scene with a red and yellow flag. At the top, it says "# TOOMOO" in large white letters, followed by "2019 SPONSORS" in blue. Below this, there are two logos: "THE GOOD WHEEL FOUNDATION" on an orange background and a stylized mountain logo with "TOO MOO 2000M 220KLM".

**Gold Partners**

**WIN NEWS** **92.7 MIX FM** **COVEY ASSOCIATES PTY LTD**  
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**Blue Partners**

**stevebakersigns** **argon law** **AUSURE** **Sunshine Coast Daily**  
DESIGN + PRINT + SIGNS *The brand behind your brand* Coast & Country *Your local Insurance Broker* *We're for you*

**Preferred Suppliers**

**MOTOMEDICS** **Kangaroo Bus Lines** **INFINIT** **Fenwick's** **The Spotted Cow**  
PARAMEDICAL SERVICES *NUTRITION AUSTRALIA* *FRUIT EMPORIUM*

## GET SOCIAL #TOOMOO

Remember to like, comment and share to show you care! Keep up to date with all things TOOMOO and share your pics so your family and friends can follow along. If you are not already following TOOMOO on our various channels, now is the time to get liking! If it's not on Facebook, Instagram or Strava did it actually happen?



[facebook.com/toomoo220](https://facebook.com/toomoo220)



Instagram

[Instagram.com/toomoo220](https://Instagram.com/toomoo220)



Too Moo 220

## TOOMOO'S CHOSEN CHARITY

In 2017 we lost a valuable member of our community, an original TOOMOOer Ken Altoft, to a senseless and horrific traffic incident leaving us all reeling. The Good Wheel Foundation was formed on the back of a speech written by Dave Fellows for Ken's service after it became clear the content resonated with many in the community.

On the back of Ken's passing and with the blessing of Ken's wife Sharon (TOOMOO Volunteer), Dave has initiated The Good Wheel Foundation, a charity by cyclists in support of community.

From this point forward, the chosen charity of TOOMOO will be The Good Wheel. This partnership will see TOOMOO participants put the founding principles of The Good Wheel into effect as they strive to not only improve themselves but also the greater community through the contribution The Good Wheel will be making.

It is by this measure those at "The Good Wheel" will work to advance the reputation of cyclists as caring, compassionate individuals prepared to contribute to the broader community in a meaningful and tangible manner.



Please take a moment to read the piece written by Dave Fellows on the following page and let it guide you to be 'The Good Wheel' come May 4<sup>th</sup>.

For more information visit the website:

**[www.thegoodwheel.com](http://www.thegoodwheel.com)**



Traditionally we ride in groups or bunches, sometimes single file but usually in two files line astern. While in this formation we are easier to see and there is the opportunity to chat and to share the work or load, riders on the front not only set the pace for the entire group but have to battle the wind working about 30% harder than those following.

Trust is a key factor when riding at speed and in close proximity to each other, the better the riders know one another the more trust there is within the group, the more trust there is, the tighter and more in sync the group ride.

In cycling parlance riding directly behind another cyclist is known as "taking their wheel". Given that cycling is a human pursuit and each bicycle is powered and controlled by an individual, human factors come into play. As a result riders are often referred to by the quality of the wheel they present to those behind. There are bad wheels, average wheels and good wheels; I'd like to focus on what makes a good wheel.

A good wheel is easy to follow - consistent and reliable

A good wheel holds a steady course and a predictable pace

A good wheel calls early and smoothly avoids hazards

A good wheel considers all capabilities within the group adjusting to accommodate those challenged by speed or incline

A good wheel will do their share and usually then some

A good wheel will also when appropriate test and extend the capabilities of the entire group

A good wheel will encourage others to rise to their potential

A good wheel will come to the aid of those struggling to get home, keeping the group happy and together

A good wheel sets an example for all cyclists aspire to

As you can imagine everyone wants to be "on a good wheel" because a good wheel not only in cycling but in general; adds value to our lives, empowers and encourages us to grow and reach our potential, provides strength to continue when things get tough and sets an example to which we can all aspire.

By any measure, to his family, his mates and to all who knew him Ken Altoft was a bloody good wheel."

## CONTACTS

We will supply a list of key contacts in a printed format on the day.

There will be a bike mechanic, paramedic, traffic management, photographer and many more on hand to support you throughout the ride. Together our aim is to deliver a ride to remember that is enjoyed by everyone involved.

If there is something that you need please speak with one of the volunteers, if they are unable to assist, they will get a message to the most appropriate person as soon as they can.

Remember to bring your best self, relax, contribute meaningfully and enjoy your TOOMOO experience and be the best wheel you can.

Look forward to seeing you in Toowoomba on Friday 3rd.

# Thank You

Should you have any queries please contact:



another event proudly delivered by

**CREATE AND  
DIRECT** PTY LTD

RACHAEL WITTON  
DIRECTOR

0413 436 985  
[rachael@createanddirect.com.au](mailto:rachael@createanddirect.com.au)

connection + community outside the square