

Bike Force Australia Cyclo Sportif – Yanchep / Two Rocks Sunday 22nd August 2010

Catch the spirit of Cyclo Sportif, brush up on ride etiquette and protocols and be prepared for Bike Force Cyclo Sportif Yanchep with our new video available from <http://www.bwa.org.au/cyclo-sportif/>

Parking, Registration, Toilets, Lunch & Presentations Venue

Registrations will be conducted at the Phil Renkin Recreation Centre located on Lisford Ave in Two Rocks. There is ample parking available and car-parking attendants will be on hand to assist – please follow any instructions as directed. Unfortunately, the Rec Centre is not ideal as it has limited capacity but it does provide us with all the necessary basic facilities.

Team Managers/Leaders, please present yourself at the registration desk on Sunday morning to pick up your teams registration pack. The Registration Desk will be open from 7.30am onwards and the **Team Managers briefing will follow at approximately 8:15am.**

Assembly Area and Start

All Riders need to assemble and line up in the bitumen car-parking area directly outside of the Rec Centre off Lisford Ave. Teams will be started from under our Start-Finish Gantry at the entrance to the Rec Centre car-park. This is also the official **Start** and **Finish** line and where the timing computer will be located.

****** Riders with Timing Bands (i.e. Team Leaders) please do not cross the start/finish line with your Timing Band prior to the start, otherwise your team may get an incorrect time recorded.******

The first team will commence the Cyclo Sportif event at 9:00am and, as always, there will be a 30 second time gap between each group.

On the Course

The course route heads out along Lisford Ave, back in the direction of Perth. Lisford Ave has a name change and becomes Two Rocks Rd, then it's left into Yanchep Beach Rd, round the big roundabout and right into the new Marmion Ave extension and on back towards Perth. The turnaround point is on Marmion Ave at a roundabout with (the future) Romeo Rd. Then it's a return via the same route back past the Rec Centre and out to the north along Breakwater Dve. There's a left turn at Countryside Drive and into a small housing estate loop. Then it's a return via the same route back to the Rec Centre.

'C' category riders only get the first part of the course – out to the turnaround on Marmion Ave at the roundabout with (the future) Romeo Rd. Then it's a return back (via the same route) to the Rec Centre for the finish. This provides a short, sharp 36km journey.



'B' category riders get to enjoy one and a bit laps of the entire circuit. After completing the first full lap, it's back out to the big roundabout on Yanchep Beach Rd and then return to the Rec Centre for a 69km ride.

'A' category riders get 2 full laps of the entire circuit – providing a 106km ride with plenty of blood, sweat and tears for all.

The course itself is fairly flat with only a few undulations – although these undulations always seem bigger as the kilometres click by. Also, the prevailing wind conditions could play a part in making the course either easy or tough – however, at this time of year, the wind tends to be fairly kind to us.

All riders need to note that the course includes “main roads” which can be subject to heavier traffic – although, at the current stage of housing development, the traffic is quite good. Nevertheless, Team Managers/Captains should continually remind their riders to keep close to the left hand side of the road and only ride 2 abreast.

Please ensure extra care is taken at all intersections, roundabouts and when turning into the housing estate and also back into the Rec Centre car-park for the finish.

As always, it is the responsibility of every rider to ensure **all** team members obey the road rules and follow any instructions from our Marshals and Traffic Controllers. Always be courteous to other riders, teams and officials.

Please view our Cyclo Sportif Protocols at <http://www.bwa.org.au/cyclo-sportif/115/>.

At all Cyclo Sportif events, we will be keeping a close eye on how teams ride. It is important that teams stay together and ride no more than two abreast (three abreast when overtaking). Please remember you are sharing the road with other users and it is important that Cyclo Sportif Riders leave a good impression.

Lunch and Presentations

Lunch and presentations will be held back at the Phil Renkin Recreation Centre with our old favourite caterers Spit Roast Catering providing a great lunch for all. *Please note that there will be a separate serving station offering Vegetarian and Gluten Free meal options.*

Lunch served from 12:00 onwards (approx.).

Presentations held at 1:15pm (approx.).

As part of the registration for Cyclo Sportif events, riders get a free ticket in our raffle with some great prizes provided by E3 Energy Products and Bike Force Australia.



BWA Membership

We recommend you become a member of BWA to ensure you are covered by insurance. Bicycling Western Australia (BWA) is the largest organisation for bike riders in WA with over 9000 members and friends. We aim to *get more people cycling more often* through our events, community initiatives and advocacy. Becoming a member of BWA also has the added benefits of Australia's premium bike crash insurance, discounted entry into our events, representation and advocacy in the community, a bi monthly magazine and regular newsletters which will keep you up to date with events and community programs.

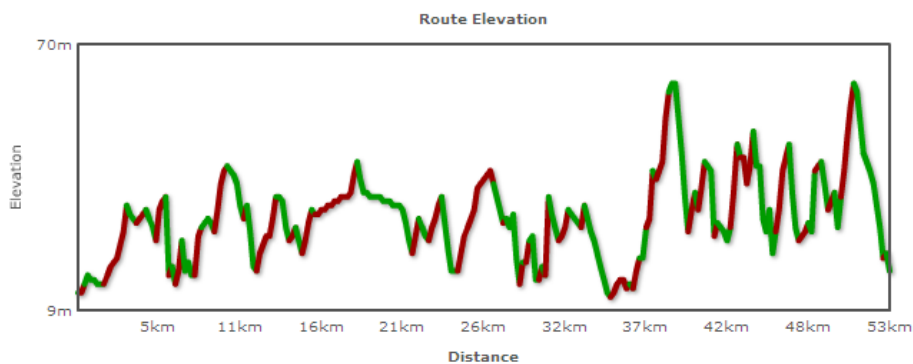
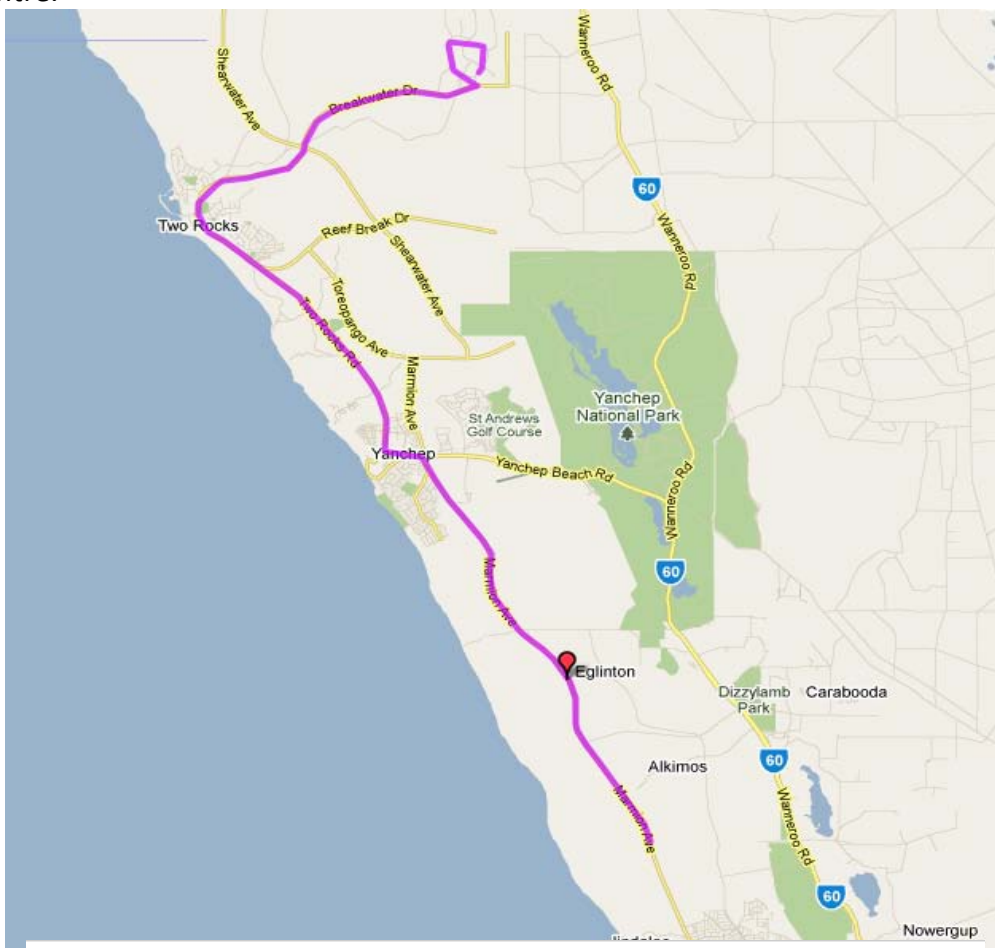
1. Map: Event Parking / Registrations / Rider Assembly Area / Start-Finish / Lunch & Presentations at Phil Renkin Recreation Centre – Lisford Ave, Two Rocks.

Please note: Start-Finish Gantry, Computer Timing and Rider Assembly is in the bitumen car-park directly outside of the Rec Centre. Designated car-parking is available along Lisford Ave with entrance to the car-park located near the entrance to the Rec Centre. Additional verge car-parking is available along Charnwood Ave. Please take extra care around the Event Start-Finish area and when turning back into Rec Centre after completing the event.



2. Map & Course Profile: YANCHEP / TWO ROCKS CYCLO SPORTIF

Route Description: Start from Phil Renkin Rec Centre (Two Rocks); head south on Lisford Av / Two Rocks Rd; left into Yanchep Beach Rd; right at roundabout into Marmion Ave; turnaround on Marmion Ave at roundabout with (future) Romeo Rd; return via same route back past Rec Centre out along Breakwater Dve; left into Countryside Dr (housing estate loop) and return via same route to Rec Centre.



Total climb: 410m

Total descent: 408m

[Rebuild Graph](#) [Close graph >>](#)

