

ELEMENT ROAD SERIES: LANCELIN FONDO RIDER GUIDE



RACE
THE ELEMENT



FONDO
THE ELEMENT

FONDO EVENT DETAILS

Date:	Sunday 22 September
Event Village and Registration Location:	Lancelin Primary School - 53 Gingin Road
Registrations Open:	6:00am
Rider Briefing:	7:00am at the Event Village
Rider Distances:	<p>Fondo:</p> <ul style="list-style-type: none"> ● A Distance - 140km ● B Distance - 95km
Fondo A Distance Course:	<ul style="list-style-type: none"> ● Start at Sidney Street ● Right on to Cockram Street ● Left onto Collins Way ● Right onto Kendall Road ● Left onto Walker Avenue turning into Lancelin Road ● Right onto Indian Ocean Drive ● Left onto K.W. Road ● Right onto Sappers Road which turns into Cowalla Road ● Right onto Gingin Brook Road ● Right on to Telephone Road ● Right on to Waterville Road ● Left onto Cowalla Road, ● Left onto Nabaroo Road ● Left onto Cowalla Road which turns back into Sappers Road ● Left onto K.W. Road ● Right onto Indian Ocean Drive ● Left onto Lancelin Drive (turning into Walker Avenue) ● Right onto Kendall Avenue ● Left onto Collins Way ● Right onto Cockram Street ● Left onto Sidney Street to finish
Fondo B Distance Course:	<ul style="list-style-type: none"> ● Start at Sidney Street ● Right on to Cockram Street ● Left onto Collins Way ● Right onto Kendall Road ● Left onto Walker Avenue turning into Lancelin Road

	<ul style="list-style-type: none"> • Right onto Indian Ocean Drive • Left onto K.W. Road • Right onto Sappers Road which turns into Cowalla Road • Right onto Bennies Road • Right onto Nabaroo Road • Left onto Cowalla Road turning into Sappers Road • Left onto K.W. Road • Right onto Indian Ocean Drive • Left onto Lancelin Drive (turning into Walker Avenue) • Right onto Kendall Avenue • Left onto Collins Way • Right onto Cockram Street • Left onto Sidney Street to finish
<p>Fondo Schedule:</p>	<p>7:30AM - Ride Start</p> <ul style="list-style-type: none"> • Riders to be ready at the Start/Finish line on Sidney Street (next to Lancelin Primary School) at least five minutes prior to start time. • A Distance riders sent off first in 30 second intervals • B Distance riders sent off after A distance riders in 30 second intervals
<p>Presentations</p>	<p>Presentations for the Super Segment Winners will be held at the Event Village once all of the Fondo riders have returned at approximately 1:00pm.</p>

* Please note event schedules are subject to change

Thank you to our sponsors for supporting the Element Road Series in 2019.

Pedal Mafia

NOVE

Subaru
Wangara



CYCLIQ

GENERAL INFORMATION

Lancelin is approximately 120km from Perth CBD. Allow at least 2.5 hours to travel, park and register at the Event Village.

EVENT VILLAGE

The Event Village is located at Lancelin Primary School at 53 Gingin Road.

PARKING

Parking will be available on the Lancelin Primary School Oval for a gold coin donation which goes to the School P&C. Please note there is no parking available at the start/finish line on K.W. Road.

CLUB/TEAM MARQUEES

Club or team marquees are welcomed at the Event Village on Lancelin Primary School. Please check in with event staff so they can show you an appropriate location to set up.

RIDER CHECK-IN

Rider check-in will open at 6:00am. Riders will need to visit the Registration Desk at Lancelin Primary School to collect bib numbers, transponders and sign in. All participants **must** present photo identification (eg. drivers licence) upon sign in.

TRANSPONDERS AND TIMING

Each rider will receive one transponder (unless you have registered your own transponder) and a bib number. The transponder is to be placed on the front fork of your bike and numbers are to be pinned to the lower back area of your jersey.

Photo ID will be held at the Registration Desk until after the race when you return your transponder. Damaged or lost transponders will incur a \$50 fee which will be invoiced to you after the event.

BIB NUMBERS

Each rider will receive a bib number to keep, please collect these from the Registration Desk on arrival.

RIDER BRIEFING

The essential rider briefing will be held at the Event Village at Pioneer Avon Park at 7:00AM. You will receive important and up-to-date information about the course and other details to keep you safe throughout the ride.

RIDE ASSEMBLY AREA AND START LINE

Please assemble at the start/finish line on Sidney Street (next to Lancelin Primary School) at least five minutes prior to the ride start time at 7:30am.

A Distance riders will leave first in 30-second waves followed by the B distance riders. Do not cross the start line before instructed by the Race Director as this will interfere with your event time.

HAZARD AREAS

Indian Ocean Drive

Please be extremely cautious when travelling on Indian Ocean Drive. Speed restrictions and traffic management will be in place in the section between Lancelin Road and K.W. Road but road rules **MUST** be obeyed.

Gravel Grind Super Segment

A Distance riders will travel along the 4km pave section on Telephone Road. Please be cautious riding this section as this is loose gravel.

HYDRATION STATIONS

Water and electrolytes will be available at the Event Village and at the feeding zones at:

- Cowalla Road at 46km mark
- Bennies Road just after the turn off from Cowalla Road
- Lot 3 Telephone Road at the 68.5km mark just before the start of gravel grind super segment

BROOM WAGON

There will be a broom vehicle available to any riders who require assistance. Please call Event Control on 0439 155 227 to request the aid of the broom wagon.

SUPPORT VEHICLES

Private support vehicles are not permitted as they cause unnecessary traffic congestion and inhibit the ability of registered support vehicles to efficiently navigate the route.

MECHANICAL

You will need to ensure you bring your own spare equipment such as tubes, pumps/CO2 etc.

FIRST AID

A St Johns Ambulance will be stationed on Cowalla Road at the 44km mark. Should you require medical assistance speak with a marshal or contact Event Control on 0439 155 227. Dial 000 in a life threatening emergency only.

KOM/QOM SUPER SEGMENTS

The 2019 Element Road Series visits three locations unique to WA, with each course as challenging as it is picturesque. Brand new for 2019, each location will feature a Super Segment where Fondo Riders can claim glory in their chosen category. Each of the segments have been chosen to showcase a leg busting climb or a point of difference for that particular location.

There are some awesome prizes up for grabs at each of the three rounds of the Series as well as an overall Super Segment competition for both categories.

The Super Segments for each location are:

- Gidgegannup - The Birds Nest King & Queen of the Mountain
- York - Mount Brown King & Queen of the Mountain
- Lancelin - The Gravel Grind

Thanks to Liquor Barons, a Moet Magnum is up for grabs for the fastest male and female rider. The [Gravel Grind Super Segment](#) travels for 4km along Telephone Road. Winners will be determined by the fastest rider recorded in Strava and prizes will be awarded during presentations at the Event Village. Please ensure you upload your times to the Strava segment immediately after finishing your ride to be eligible.

SUPER SEGMENT CHAMPIONSHIP POINTS SYSTEM

	FONDO	RACE
FASTEST	5 points	5 points
SECOND FASTEST	3 points	3 points
THIRD FASTEST	1 point	1 point

At the completion of the 2019 Element Road Series the men and women with the most points in the Fondo categories will each take home an awesome Cycliq Fly 6 worth \$269.

RIDER ETIQUETTE

In order to maintain a safe and enjoyable event for all riders, participants should be mindful of rider etiquette prior, during and after the event.

- All participants should obey the road rules and follow instructions from event officials and traffic controllers
- All riders are to keep to the left hand side of the road and only ride two abreast
- Please always be courteous to other riders, teams, officials and other road users.
- If you pull out of the ride, please ensure you notify one of the marshalls or event staff.
- Please respect the local environment and do not throw rubbish on the road, dispose of it in a rubbish bin

BE AWARE THAT YOU ARE RIDING ON THE ROAD

If the **SHOULDER** is sealed, this can be a good place to ride

RIDE in the **GREEN ZONE**

OVERTAKE when safe in the **ORANGE ZONE**

STAY OUT of the **RED ZONE**

THE FONDO FINISH

The Fondo finish line will be at the same location as the starting point on Sidney Street. Spectators are encouraged to line the finish area and cheer riders across the line .

RESULTS

Results will be available on the My Laps website straight after the event and on the Element website the day after the event www.element.asn.au.

PRESENTATIONS

Presentations for the Series winners of the Super Segment challenge will be awarded at the Event Village at approximately 1:00pm.

Spot prizes will also be given out at the Event Village throughout the morning.

AFTER THE RIDE

After the ride, please return to the Event Village and enjoy a coffee, drink and lunch.

FOOD AND DRINKS

Please bring your own water bottle and enough water for your ride. There will be additional water available at the Event Village and Hydration Stations and a coffee van on site. Lunch costs \$15 provided by the Lancelin Primary School P&C and needs to be pre ordered via EntryBoss when registering to ride. A small allocation of lunch options will be available for family and friends travelling with you to purchase on the day.

TOILETS

Toilets are available at the Event Village.

PHOTOS

PB Photography is the official event photographer. Pictures will be uploaded to an album on The Element Road Series Facebook page post-event. We highly encourage you to upload your photos and videos to social media with the hashtag #erslancelin and #elementrs so we can like and share your photos and videos.

VOLUNTEERS

A big thank you to the hard working volunteers for their support and who make this event possible. We are always on the look out for extra hands to assist at our events, please contact info@westcycle.org.au to register your interest at another WestCycle event.

MEMBERSHIP

WestCycle has a range of memberships available to suit your needs and to ensure you are covered when you need it. Whether you are looking for peace of mind wherever and whenever you ride, racing insurance or would like to make a difference to the WA cycling community by becoming a supporter of WestCycle, check out the great range of Memberships options here:

<https://westcycle.org.au/membership/>

EMERGENCY CONTACT NUMBER

Event Control - 0439 155 227

Dial '000' in a life threatening emergency only

RIDE DAY CHECKLIST

EVENT DAY CHECK LIST FOR RIDERS

- Read over the Rider Guide
- Watch the course preview
- Know the Event Schedule
- Arrive at the event minimum 45 minutes before
- Sign in on arrival and collect your number and transponder
- Warm up but be cautious of local traffic
- Listen to event announcements
- Be ready to start at least 10 minutes before the start time
- Be ready to listen to the pre race briefing

WHAT TO BRING

- Bike
- Spare tubes
- Pump
- Shoes
- Helmet (Australian Standard)
- Gloves
- Glasses
- Food
- Plenty of Water
- Tools
- Socks
- Sunglasses
- Spare wheels
- Hat + change of clothes for post racing

FONDO A DISTANCE - 140KM



FONDO B DISTANCE - 95KM

