

2025 RIDER GUIDE



CONTENTS

Welcome & Overview

NSW Police Message	3
CEO Welcome Message	3
About the MS Gong Ride	4

Fundraising Made Easy

Fundraising Ideas and Inspiration	5
Matched Giving & Workplace Support	6
Fundraising Rewards & Milestones	7
Fundraising Hero Jerseys	8

Getting Ready to Ride

Get Yourself Ride Ready	9
Cycling Etiquette & Rules	10
Training Guide by Brad McGee	12
Key Timings	15

Key Event Day Info

Getting to the Start Line	16
Course Information	17
Event Village	18
Support Along the Ride	19
Essential Contacts and Links	20

NSW POLICE MESSAGE

The NSW Police Force have been working closely with event organisers and key government stakeholders to ensure the safety and security of riders, event staff, local residents and the wider community, throughout the MS Gong Ride.

The policing strategy has consistently been reviewed and all participants are reminded throughout the MS Gong Ride to follow the directions of police, traffic controllers and course marshals for the safety of all riders taking part on Sunday 2 November. The courses are 53km and 80km long, covering various road conditions and terrain. To travel the course safely, please consider your level of fitness, ensure your bicycle is in good mechanical condition, and that you wear clothing that will be highly visible

to other riders and motorists. It is a condition of entry in this event that you wear a properly fitted cycling helmet.

Ultimately, we ask that you DO NOT treat this ride as a race. The nature of the event attracts riders of all ages and abilities and participants should modify their riding behaviour to take this into account. Members of the NSW Police Force wish you all the best in completing this enjoyable event and look forward to your assistance in ensuring that it is conducted in a safe manner.



NSW Police Force

CEO MESSAGE

Thank you for joining us for the 2025 MS Gong Ride. We're delighted to have you with us for the Ride to Fight MS – thank you!

We trust you will enjoy the day and the unique experience of cycling with thousands of riders through some of Australia's most beautiful scenery. After your ride we look forward to welcoming you to the Event Village to celebrate your contribution to Australians living with multiple sclerosis. Every week more than 10 Australians are diagnosed with multiple sclerosis, and the average age of diagnosis is just 30 years old.

We must also thank our team of volunteers who play a significant role in supporting the delivery of the event, ensuring it is a memorable and safe day. Please take the time to say thanks and give them a wave along the way. In this guide you will find all the key information you need to get ready for your MS Gong Ride.

Congratulations and enjoy the ride!



John Blewonski

Chief Executive Officer
MS Plus

ABOUT THE MS GONG RIDE

Congratulations on entering the MS Gong Ride – the iconic Ride to Fight MS!

Thank you for taking up the challenge to complete Australia's most respected community bike ride. For more than 40 years, tens of thousands of cyclists have hit the pavement in this legendary ride, in support of people with multiple sclerosis. By fundraising, you will be committing to make sure over 33,000 Australians are supported on their journey to fight MS.

More than ever, your support is critical to ensure that no one faces MS alone.

The mission of MS Plus is to provide essential services that help people live well with MS, including Employment Support, Occupational Therapy, Personal Training and Exercise Programs, as well as Peer Support Groups. These services are provided face-to-face, via video conference or by phone.

A host of other supports continue to be available remotely, including Plus Advisor which provides free, expert advice from qualified nurses and social workers, and our free helpline, Plus Connect, which is available 5 days a week to people living with MS, their friends, family and carers. It is thanks to YOU that these vital services are possible, and no one has to face MS alone. Thank you! We can't do it without you.

We're bringing back key features to help you prepare and get excited for this year's ride!

Brad McGee, World Champion and Olympic Cyclist, has devised a specialised training program to keep you in top form and ready for Event Day. You will enjoy a new fundraising portal which you can customise as much as you like. Stay tuned for new cycling challenges that will inspire, great prizes to reward fundraising and much more! We are excited to have you onboard for the MS Gong Ride 2025!



The MS Gong Ride is among Sydney's finest events. The opportunity to ride a bike all the way to Wollongong fully supported is a wonderful experience that riders will remember forever. Couple this with the fact that you are making a massive difference for people living with MS and raising awareness for the struggles they face makes the whole show so worthwhile for every participant whether a rider, volunteer, or supporter."

— Aaron Taylor, Team MICH

TOP 5 FUNDRAISING IDEAS & INSPIRATION

Whether you're hosting a small fundraising event or bringing together a virtual crowd, below are our top ideas to raise funds!

1 Facebook Fundraising

Just want to fundraise online? Create a Facebook Fundraiser with one simple click in your Gong Ride Dashboard. Most people who use Facebook Fundraiser receive their first donation within 24 hours and raise 10% more!

2 After work drinks

Great opportunity to tell colleagues what you're doing. Charge an entry fee for Friday night drinks or ask for a donation in lieu of your colleague buying you a drink or few!

3 Food, glorious food!

Whether it's a BBQ, bake sale, dinner party or a cooking lesson - everyone loves to eat! Feed your friends, family and colleagues in exchange for a donation.

4 Jersey sponsorship

Reach out to local businesses and see who wants to support your fundraising efforts. In return you can pay it forward and wear their logo with pride.

5 Set up a bad habits jar

At home, or at work, you will be surprised how quickly a jar can fill up!



MATCHED GIVING

Matched Giving is when your organisation matches every dollar you raise.

The biggest way to boost your efforts and double your impact, is for your organisation to match the funds that you and your colleagues raise. Many organisations offer matched giving to their employees to encourage their employees to get involved in the community.

Reach out to your CEO, Employer or your Corporate Social Responsibility Manager in your organisation to match every dollar you raise.

Other options? If your company does not match funding, they may pay for registrations, donate to the team, pay for a custom team jersey or full kit, or for a Team Marquee at Event Village! Please contact MS Events for any documentation required, including tax-deductible receipts, or a letter of thanks.

Questions?

We're here to help, contact the MS Events Team on 1300 733 690 or email events@msplus.org.au

Make every
\$1
you raise, turn into
\$2



FUNDRAISING REWARDS

In 2025, your fundraising can unlock exclusive rewards! Whilst the biggest reward for fundraising is knowing that you are making a difference to people living with multiple sclerosis, we like to celebrate your amazing efforts and say THANK YOU by giving you a little something extra!

FIND OUT MORE

*While stocks last

Please note that all fundraising rewards will be available to claim on September 1st when shipping will commence and are subject to availability.

RAISE \$1,500

Raise \$1,500 and cycle in style with an exclusive MS Gong Ride cycling jersey! Show off your fundraising prowess during your next ride and inspire others to make a difference.



RAISE \$750

Look the part of a fundraising extraordinaire and receive an MS Gong Ride t-shirt for raising \$750!



RAISE \$350

Keep the fundraising train going and raise \$350 for a pair of MS Gong Ride arm warmers!



RAISE \$150

Raise your first \$150 and receive some exclusive MS Gong Ride socks!



HERO JERSEYS

Look out for an email to claim
your extra special jersey!

Raise over \$2,500 and become an MS Gong
Fundraising Hero! You'll be rewarded with one of
these awesome jerseys after the MS Gong Ride.



BRONZE JERSEY
\$2,500 RAISED



SILVER JERSEY
\$5,000 RAISED



GOLD JERSEY
\$10,000 RAISED



RUBY JERSEY
\$20,000 RAISED

GETTING READY TO RIDE

Getting yourself ride ready

- Have your bike serviced before the ride — make sure your brakes are in working order and both tyres are pumped up well
- Adjust your bike to fit you properly to prevent aching backs or knees. You've got to be comfortable to ride well!
- Learn how to do basic repairs, especially punctures — this will save you time on event day if you have any pesky tyre issues.
- Ensure you have a working light on your bike — those starting early will be arriving at Tempe in the dark.
- Drink plenty of fluids before, during, and after the ride. Hydration is key.
- Bring a reusable drink bottle.
- Keep an eye on the weather forecast prior to the event to make sure that you're wearing the right gear.
- Practice basic bike handling skills, such as gear changing, drinking fluids while riding, braking, cornering, descending, riding in traffic, and riding in groups.
- Tell your friends that you are doing the MS Gong Ride and ask for their support!

Bag drop

Got a backpack of belongings that you'd like to get from Tempe or Engadine to the Event Village without having to take it over the Sea Cliff Bridge with you?

We will have luggage trucks operating from Tempe Recreation Reserve or Preston Park. For a \$5 donation, you can have a small backpack delivered to the Event Village.

There will be a tear-off strip at the bottom of your bib, which we need you to attach to your luggage. When you make it to the Event Village, you simply use the second tear off strip on your bib to collect your bag. Trucks will leave Tempe at 6:30 am and 8:00 am, and Engadine at 8:30 am.

Handy on the day checklist

- Credit card/debit card (for bag drop, food, and drinks)
- Pre-ordered lunch voucher and train ticket confirmation (if purchased)
- Bike helmet
- Rider bib
- Puncture kit, including spare tube and pump
- Serviced bike
- Water bottle and snacks
- Valid form of identification
- Your phone fully charged to capture your MS Gong Ride experience and hear about any urgent updates.



CYCLING ETIQUETTE AND RULES

Riding behaviour plays such an important part in the safety and atmosphere of the MS Gong Ride.

When participating in the event and during training, all road rules should be adhered to. This includes stopping at lights and crossings, and carrying valid identification. It is crucial we all understand cycling etiquette to ensure all our riders, with varying levels of skill and fitness, are able to enjoy their ride together. Our friends from Bicycle NSW have put together their top tips for successful “Bunch Riding”, that will have you riding like an expert in no time!



Braking and accelerating

- Accelerate steadily and in a controlled manner. This will reduce gaps in the formation being created.
- Only brake when necessary, and in a gentle manner. If possible, indicate by holding a hand above your head.

Formation

- The most common formation is a two-by-two style, whilst keeping your handlebars level with those next to you.
- You should position yourself behind the rider in front, with your back wheel slightly to the side of theirs. This increases visibility and allows for more reaction time. When you merge into a narrow road or path that requires single formation, the outside rider should move carefully in front of the rider to the left.
- **Always remember to keep left unless overtaking and make space for emergency vehicles.**

Distance

- An ideal distance is about 30cm to 1m behind the rider in front.

Pack leaders

- Being the leader of the pack, you'll be setting the example! You'll be controlling the speed for the rest of the riders. Make sure you watch out for holes and debris on the road and notify those behind you.

Middle riders

- Take care not to overlap or touch the wheels of the other riders. Watch the rider in front, not their back wheel. This should help to increase your overall awareness. Pass along any important information about upcoming hazards on the road.

Back riders

- Riders at the back of the pack must advise the rest of the gang that cars are wishing to overtake. By using clear communication, you can keep the pack alert and safe. Use the simple call of “Car Back”.

Communicating

- Clear cycling communication is key for all riders to have a safe and great ride!

Hand signals

Although signals vary we've included some of the most common for you.



◀ LEFT TURN



▶ RIGHT TURN



■ STOP



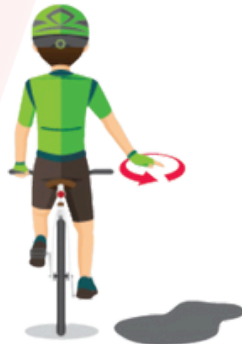
● SLOW DOWN



▲ GIVE WAY



! ROAD HAZARD
POTHOLES



! ROAD HAZARD

Top Tip from Brad McGee: Use your Voice

“Rider Up!” – notify the bunch that you are approaching a rider ahead.

“Rider Back!” – notify the bunch a rider is coming up from behind, also if you are the rider approaching, call out to the bunch ahead.

It is crucial that any call that is made is passed both up and down the bunch. This way, everyone knows what is going on. Communication is the key!

MEET YOUR CYCLING COACH **BRAD MCGEE**

Over the page you'll find your exclusive 2025 MS Gong Ride six week training program, developed by the legend himself Brad McGee, Australian Olympic Coach and Australian Olympic Gold Medalist.

Keep an eye out for more expert advice, including videos, direct to your inbox!

TOP TIP
Stick this on
your fridge to
stay on track!



MS GONG RIDE

6 WEEK TRAINING PROGRAM

Ride Better with Brad McGee, Australian Olympic
Gold Medallist and Australian Olympic Coach

	MON	TUE	WED	THU	FRI	SAT	SUN
WEEK 1	Total: 4.5 hrs riding						
Skills Focus	Be ready	S1, S2, S3	S6	S1, S2, S3	Off Massage	Endurance + S6	S1, S2, S3
Riding Time	Off	30mins	30mins	30mins	Off	2hrs	1hr
Off Bike	Mindfulness or yoga		Stretch 30mins			Activation 15mins	
WEEK 2	Total: 6 hrs riding						
Skills Focus		S1, S2, S3	S6	S1, S2, S3		Endurance + S6	S1, S2, S3
Riding Time	Off	30mins	30mins	1hr	Off	2.5hrs	1.5hrs
Off Bike	Mindfulness or yoga		Stretch 30mins		Massage	Activation 15mins	
WEEK 3	Total: 7 hrs riding						
Skills Focus		S4, S5	S6	S4, S5		Endurance + S6, S9, S10	S7
Riding Time	Off	30mins	1hr	30mins	Off	3hrs	2hrs
Off Bike	Mindfulness or yoga		Stretch 30mins		Massage	Activation 15mins	
HALF WAY!							

Skills Focus

- S1: Starting off

S2: Stopping and Obstacles

S3: Pedalling ITS

S4: Hand Positions

S5: Balance and Cornering
- S6: Pacing

S7: Out of the Seat

S8: Climbing

S9: Following

S10: Stretch

Endurance

Target Heart Rate: 75% MHR

	MON	TUE	WED	THU	FRI	SAT	SUN
WEEK 4							Total: 9 hrs riding
Skills Focus		S4, S5	Endurance + S6, S7, S8	S4, S5		Endurance + S6, S9, S10	S7
Riding Time	Off	1hr	1.5hrs	30mins	Off	4hrs	2hrs
Off Bike	Mindfulness or yoga		Stretch 30mins		Massage	Activation 15mins	
WEEK 5							Total: 8 hrs riding
Skills Focus		S7, S8	Recovery	S7, S8		Rehearsal Endurance + S6, S8, S9, S10	Relax & enjoy recovery ride
Riding Time	Off	30mins	30mins	30mins	Off	4.5hrs	2hrs
Off Bike	Mindfulness or yoga		Stretch 30mins		Massage	Activation 15mins	
WEEK 6							Total: 3 hrs + MS Gong Ride
Skills Focus		S1, S2, S3	S4, S5, S7	S8, S9, S10	Bike, nutrition and clothing READY for Sunday Gong Ride	Rest	Enjoy the MS Gong Ride. You've got this!
Riding Time	Off				Off	None or very easy 30 mins spin	
Off Bike	Mindfulness or yoga		Stretch 30mins		Massage	Switch off	

Skills Focus

S1: Starting off

S2: Stopping and Obstacles

S3: Pedalling ITS

S4: Hand Positions

S5: Balance and Cornering

S6: Pacing

S7: Out of the Seat

S8: Climbing

S9: Following

S10: Stretch

Endurance

Target Heart Rate: 75% MHR

GET READY TO RIDE!

We're pumped to have you on board with us for the 2025 MS Gong Ride. It's really important to remember, this event is not a race and to be mindful that of the thousands of participants we have cyclists of varying levels of experience and abilities. With every pedal, you're changing the life of someone living with multiple sclerosis.

Start times

Key Timings – MS Gong Ride

5:00am Tempe Start Site opens

6:00am Ride starts at Tempe (please check your allocated start time)

7:00am Engadine Start Site opens

8:00am Ride starts at Engadine

80km Ride

- Your start time is published on your fundraising dashboard.

53km Ride

- Your start time is 8am.
- You will start in small waves to reduce congestion.

If you would like to change your start time or distance, please email events@msplus.org.au

Other key times

12.00pm - Award Ceremony on stage at Event Village

8.00am - 4.00pm - Event Village is open, with live entertainment, bar, food trucks, guest speakers and more!

There are 6 Rest Sites along the course to help you take a break, grab some water, go to the loo and sort out any bike issues should you ride into some trouble. The Rest Sites do have strict cut off times and it's important that you stay within the cut off times for your safety.

Rest Site Closing Times

- Loftus Oval: 10:00am
- Waterfall Public School: 11:30am
- Red Cedar: 12:30pm
- Bald Hill: 1:00pm
- Scarborough: 2:00pm
- Nicholson Park: 2:45pm
- Fairy Meadow: 4:00pm



GETTING THERE



Train

80km: Catch a T4 Eastern Suburbs & Illawarra Line train to Tempe.

53km: Catch a T4 Eastern Suburbs & Illawarra Line train to Engadine.

Both start sites are an easy walk (or cycle) from each respective train station, so you don't need to worry about wearing yourself out before the big ride. Engadine is an accessible train station with lifts and ramps. Use the Princess Highway to take you right to the heart of the start site. Make sure that you've got your Opal card, a contactless enabled credit or debit card, or a valid ticket.

We've also partnered with Sydney Trains to operate special event trains* from Fairy Meadow to Sydney to get you home. Check out our Frequently Asked Questions page on the website for more information.

*Note you will need to buy a ticket as Opal cards are NOT allowed.



Car – Getting Dropped Off

Tempe: If you're getting dropped off, you can direct your driver to IKEA in Tempe (our official drop off zone). Address: IKEA, 634-726 Princes Hwy, Tempe.

Opening times: 5am–7:30am

Please note there is strictly no parking at IKEA Tempe.

Engadine: If you're getting dropped off, you can direct your driver to the surrounding streets of Preston Park, Engadine. Access to Preston Park is off Old Princes Hwy (southbound). Coming from the Princes Hwy turn into Engadine Ave.



Car - Driving

Taking a road trip? OK let's cut to the chase...there is very limited street parking, so make sure that you allow enough time to find a park once you hit Tempe (80km ride) or Engadine (53km ride). We recommend public transport, but we know that sometimes the car is the only way to go. Think about carpooling, then you can have a great time with your mates to and from the ride too! (Keep in mind that there may be some road closures and special event clearways around Engadine and Tempe on event day, so make sure you allow enough time and check signs carefully before parking).

[For further information check livetraffic.com.](https://www.livetraffic.com)

Support Vehicles

We ask any support vehicles that may be traveling with you on the ride to not stop at Rest Sites. They are vehicle free zones to ensure the safety of all participants. Please arrange alternate meeting points along the way.

COURSE INFORMATION

This is the important detail! The MS Gong Ride is not a closed road course. There are sections of the course which have dedicated cycle lanes, they will be coned off, and only cyclists are permitted in them. On other sections of the course, cyclists are riding with cars on shared roads. The only closed road section is between Waterfall and Otford Lookout.

To ensure the wellbeing of all our riders, we have friendly NSW Police and volunteer motorcycle marshals to assist you to get through the road closure in the Royal National Park. Always follow the instructions of NSW Police and traffic management staff. Please be patient with us as your safety is paramount – remember, the MS Gong Ride is not a race!



All information, on the day contacts, donate and sign up links will be available through the helpful Event Hub, which will be available by scanning any of the QR codes around the event sites or the back page of this Guide.



EVENT VILLAGE

MS Merchandise

Visit the MS Merchandise marquee and take home a memento of your huge achievement. We have a range of MS Plus and MS Gong Ride products to choose from.

Don't forget to order your 2025 Jersey from the MS Online Shop.

Bag Drop Collection

If you've used our handy Bag Drop service, your baggage can be collected at the Event Village.

Awards

Make sure that you hang around after your ride to see who has been awarded the 'Best Uniformed Team' and the 'Biggest Team'. You'll also be able to hear about the coveted fundraising awards and meet some of our MS Heroes. We cannot thank you enough for your fundraising, so we want to say thank you in a BIG way.

First Aid

St John Ambulance (NSW) and Ambulance NSW will be located at the Event Village to assist if you need medical attention.

Transport and Parking

If you have friends or family meeting you at the finish line please be aware there will be very limited street parking around the venue. We suggest encouraging them to take public transport to the event. If driving is the only option then try and carpool with others coming to the MS Gong Ride or be prepared to park away from the Event Village and walk 10–20 minutes to the finish line.

Photography

This year we will be teaming up with NORTHSOUTH to bring you your participant photos on the same day as the event. Grab your event photos AND raise funds for MS with 10% of every photo sale going towards the fundraising effort.

Fundraising Rewards

Visit the Hero Rewards marquee to collect the fundraising rewards you have earned through your amazing fundraising efforts!

Plus, food stalls and bar available!

SUPPORT ALONG THE RIDE

Course Marshals

You'll find our dedicated volunteer course marshals along your ride to direct you through the course. They offer a helping hand if needed and cheer you on your way. Give them a wave or high five as you ride past to show your appreciation!

Medical

The medical team will be located at both start sites and all Rest Sites along the course and at the Event Village. If you require emergency medical attention throughout the event, please contact 000. For non-emergency medical attention at any time throughout the event, reach out to a volunteer course marshal on the course or at a Rest Site, or contact medical assistance on 0407 910 990 (this number is also on the rear of your participant bib). Your safety is of utmost importance, so be rest assured medical attention will never be too far away!

Motorcycle Marshals

Volunteer motorcycle marshals are positioned along the course to assist through some tricky sections of the course and ensure your safety. Please be sure to follow the direction of the NSW Police and motorcycle marshals assisting with the descents through the Royal National Park, please be patient and take care through high traffic areas.

Bike Mechanics

If your bike breaks while on course, and you need assistance, turn your bike upside down in a safe place and look out for the Mobile Support Crew or call 0407 982 145.

Sweep Bus

The MS Gong Ride sweep bus travels behind the last group of riders. The sweep bus will assist you if you break down and our bike mechanics are unable to get you back on your way, or if you are no longer able to continue the ride.

Rest Sites

You'll find our helpful (and legendary) volunteers stationed at most Rest Sites and along the course to spur you on and lend a helping hand if you need it. Make sure that you take a break at one of our Rest Sites – you'll be able to grab some water, go to the loo and sort out any bike issues should you ride into some trouble. There will be bike mechanics stationed at each Rest Site with basic tools to help you out with any minor repairs. But make sure you carry some cash on you for any spare parts you may need. Accessible toilets will also be available at all rest sites along the course.

Our Rest Sites

- **Loftus Oval:** Water, bike mechanic, first aid, toilets.
- **Waterfall Public School:** Water, bike mechanic, first aid, toilets and morning tea.
- **Red Cedar Flats:** Water, bike mechanic, first aid, toilets, prepaid lunch pick up, coffee van, BBQ.
- **Bald Hill:** Water, bike mechanic, first aid, toilets.
- **Scarborough Public School:** Fruit, water, bike mechanic, first aid, toilets.
- **Nicholson Park:** Water, bike mechanic, first aid, toilets.

ESSENTIAL CONTACTS AND LINKS

Website

www.msgongride.org.au

Merchandise, train tickets and pre-purchased lunch tickets

shop.ms.org.au/collections/msgongride

On the day contact information

Bike Mechanics: 0407982145

Medical Assistance: 0407910990

Save these on your phone, just in case!

Contact us

Email: events@msplus.org.au

Phone: 1300 733 690

Event Hub QR code



THANK YOU TO OUR EVENT PARTNERS

