

A group of cyclists wearing blue jerseys with 'bongrid' written vertically on the back, riding on a paved road. The cyclist in the foreground is celebrating with his right arm raised. Other cyclists are visible in the background, also wearing similar jerseys. The scene is bright and sunny.

EVENT DAY GUIDE

SUNDAY 6 NOV 2022

MSGONGRIDE.ORG.AU 1300 733 690 @MSGONGRIDE



CEO Message



Thank you for joining us for the 2022 MS Gong Ride. This is the 40th Gong Ride and we are delighted it is another MS Gong Ride – thank you!

We trust you will enjoy the day and the unique experience of cycling with 10,000 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 almost 400 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 40th MS Gong Ride!

John Blewonski,
Chief Executive Officer
MS Plus

NSW Police Force 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.

We have consistently reviewed our policing strategy and remind all participants 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 November 6.

The courses are 52km and 79km 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. I 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.

Superintendent Paul Carrett
Operations Commander
Traffic & Highway Patrol Command
New South Wales Police Force



Welcome from Lord Mayor of the City of Wollongong

As Lord Mayor of the City of Wollongong, I am proud to be welcoming the MS Sydney to the Gong back to our city in 2022. Being the 40th year for this event speaks volumes, in what we as a city deliver for the participants and organisers.

Thomas Dalton Park is an ideal setting for the Event Village with the beautiful Beach just metres away. As the only UCI Bike City in the Southern Hemisphere, we are proud to be partnering with the MS Sydney to the Gong ride to create a long lasting and positive relationship in our region.

Let me take this opportunity to welcome all 10,000 participants, their family and friends to Wollongong. I hope that following your exhilarating ride through the Royal National Park and down into our city, you are able to find time to explore the beauty of Wollongong's natural attractions – the beaches, escarpment and gardens; and enjoy the cafés, bars and international cuisine we have to offer.

I wish you a safe and happy ride!

Cr Gordon Bradbery AM
Wollongong City Lord Mayor



Get ready to ride!

We're pumped to have you on board with us for the 40th MS Gong Ride.

It's really important to remember, this event is not a race and to be mindful that of the 10,000 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** 79km Ride starts at Tempe (please check your allocated start time)
- 7:00am** Engadine Start Site opens
- 8:00am** 52km Ride starts at Engadine

79km Ride

- Your start time is published on your fundraising dashboard.

52km Ride

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

Other Key Times

12.00pm - Award Ceremony on stage at Event Village

8.15am - 4.00pm - Event Village is open, with live entertainment, bar, food trucks, guest speakers and more!

Rest Sites and Cut off times for riders: There are 8 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

- | | |
|---------------------------|---------------------------|
| 1. Ramsgate Beach: 9.00am | 5. Bald Hill: 1:00pm |
| 2. Loftus Oval: 10:00am | 6. Scarborough: 2:00pm |
| 3. Waterfall: 11:30am | 7. Nicholson Park: 2:45pm |
| 4. Red Cedar: 12:30pm | 8. Wollongong: 4:00pm |



Handy on the day checklist

- Card
(for luggage, food, drinks)
- Pre ordered lunch voucher and train ticket confirmation
- Bike Helmet
- Official Rider Bib
- Puncture kit, including spare tube, pump etc
- Serviced bike
- Water bottle and snacks
- Valid form of identification

Getting there



Train:

79km: Catch a T4 Eastern Suburbs & Illawarra Line train to Tempe.

52km: 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. See the map from the Event Village to Fairy Meadow Station [here](#).

*note you'll need to buy a ticket.



Car – Getting Dropped Off:

79km: 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. Visit our website [here](#) to view the drop off zone map for the 79km ride.

Opening times: 5am – 8am

52km: 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.

Opening times: 6.30am – 8.30am

Please note: there is strictly no parking at either of the drop off zones.



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 (79km ride) or Engadine (52km 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.

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.



Getting yourself rider 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.
- 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!

On the day preparation

Bag Drop: Got a backpack of belongings that you'd like to get from Tempe (79km ride) or Engadine (52km ride) to Wollongong without having to take it over the Sea Cliff Bridge with you?

We will have luggage trucks operating from Tempe Recreation Reserve (79km ride) or Preston Park (52km ride). For a \$5 donation you can have a small backpack delivered to the Event Village in Wollongong. 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 your event bib to collect your items.

Trucks will leave Tempe at 6.45am, 7.30am and 8.30am. And Engadine at 8:30am

Rider Pack: If you have misplaced your Rider Pack, or it didn't arrive in the post, the Bib Collection Assistants will be on site at the Tempe Start site on Friday 4 November and Saturday 5 November 2022 to facilitate bib pick up. Keep an eye on your inbox for more details around bib pick up. Remember No Bib, no Ride.

Event Bibs: Please remember to complete the Emergency Contact Details and sign the reverse of your bib. Use the cable ties from your pack to attach the Rider Bib to the handle bars of your bike. All the instructions are on the back of the bib. If you have misplaced the cable ties you can collect some from the Bib Collection area, which are at both start sites.

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 on 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!

Check out the course maps to start planning your ride.



Support along the ride

Course Marshals: You'll find our dedicated volunteer course marshals along your ride to direct you through the course. They are there to 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 from St John Ambulance NSW will be located at all Rest Sites along the course and at the Event Village. If you require emergency medical attention throughout the event, please contact 000. If you require non-emergency medical attention at any time throughout the event, either reach out to a volunteer course marshal on the course or at a Rest Site, or contact St John Ambulance NSW on – 0458 725 805 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!

Rest Sites: You'll find our helpful (and legendary) volunteers stationed at each Rest Site 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.

- Ramsgate Beach: water, bike mechanic, first aid, toilets (79km ride)
- Loftus Oval: water, bike mechanic, first aid, muffins, toilets, tea & coffee (79km ride)
- Waterfall Station: water, bike mechanic, first aid, toilets and Waterfall Public School food stall. Riders will be released in waves from Waterfall rest site to ensure safety on the descent into the Royal National Park
- Red Cedar Flats: water, bike mechanic, first aid, toilets, prepaid lunch pick up, coffee, BBQ, plus complimentary muffins, tea & coffee for 52km riders (52km and 79km ride).
- Bald Hill: water, bike mechanic, first aid, toilets (52km and 79km rides)
- Scarborough PS: fruit, water, bike mechanic, first aid, toilets (52km and 79km rides)
- Nicholson Park: water, bike mechanic, first aid, toilets (52km and 79km rides)

Sweep Bus: The MS Gong Ride sweep bus travels behind the last group of riders on event day. The sweep bus is there to 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 for any reason.

Motorcycle Marshals: There will be volunteer motorcycle marshals positioned along the course to assist you through some tricky sections of the course and ensure your safety for the duration of the ride. Please be sure to follow the direction of the NSW Police and our motorcycle marshals assisting with the descents through the Royal National Park and please be patient and take caution through high traffic areas.

Bike Mechanics: If your bike breaks while on course, and you need some assistance, simply turn your bike upside down in a safe place away from other riders and look out for the Mobile Support Crew or call 0458 472 100 to speak to a mechanic

Volunteer Bike Mechanics:

There will also be volunteer bike mechanics assisting across the course offering support. Identifiable by fluoro vests with "Bike mechanics" on the back, they will be able to assist you with minor repairs along the way.



Share your selfies!
#msgongride

Event Village

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

And don't forgot to order your 40th Anniversary Finisher Jersey from the MS Online Shop - **shop.ms.org.au/gong**

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.

Event Village – Important Info

Train Tickets: Due to Transport NSW and Sydney Trains capacity Limits, special event train tickets will not be available for purchase on the 40th MS Gong ride event day. Check out the Sydney Trains website for regular services running on event day

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

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 5-10 minutes to the finish line.

Photography: Race Atlas will be our official photographer for the MS Gong Ride and photos will be available to purchase post event. You will receive the information to purchase photos the week after the event and 10% of the proceeds of each photo purchased will be donated to MS.

 Follow us on Facebook

 Follow us on Instagram



**WE PUT YOUR
MOVEMENT
FIRST.**

So should you

LEADERS IN PHYSIOTHERAPY
AND SPORTS MEDICINE

lifecare.com.au

Our
SERVICES

- Sports Medicine
- Physiotherapy
- Clinical Exercise Sessions
- Hydrotherapy
- Podiatry
- Remedial Massage



Holistic in-home and
community support



30 years'
experience



1 million support
hours provided
every year



Qualified and
friendly staff

A leading provider of care in the community

1300 303 770
www.ahcs.org.au



REGISTERED
NDIS
PROVIDER



Thank you to our Event Partners

Supported by

