



SAFETY BRIEFING

Russell Miatke – Bike SA






















Many organisations are supporting your ride.

Some that we have coordinated with are:

- Barossa Council
- Barossa District Rotary Club
- Barossa Kiwanis
- Bike SA Ride Marshals & Escort Riders
- SA Government – Dept of Infrastructure & Transport
- SA Police
- Velo Mech
- Adelaide Mobile Bicycle Service
- Bills Bicycle Service
- My Ride Salisbury and Unley
- Event Medical plus

This year the forecast is for a warm to hot the day
 Sunny with a max of 35deg @ 4pm - 32 deg @ 1pm

NURIOOTPA 7 DAY FORECAST

	THU Feb 15		FRI Feb 16		SAT Feb 17		SUN Feb 18		MON Feb 19		TUE Feb 20		WED Feb 21	
Summary	 Mostly sunny		 Mostly sunny		 Sunny		 Mostly sunny		 Mostly sunny		 Mostly cloudy		 Mostly sunny	
Maximum	28°C		31°C		35°C		37°C		37°C		36°C		38°C	
Minimum	9°C		11°C		13°C		16°C		18°C		19°C		20°C	
Chance Of Rain	5%		5%		5%		5%		20%		20%		30%	
Rain Amount	< 1mm		< 1mm		< 1mm		< 1mm		< 1mm		< 1mm		< 1mm	
UV Index	Extreme		Extreme		Extreme		Extreme		-		-		-	
Fire Danger Rating	High		High		High		High		-		-		-	
Frost Risk	Nil		Nil		Nil		Nil		Nil		Nil		Nil	
	9am	3pm	9am	3pm	9am	3pm	9am	3pm	9am	3pm	9am	3pm	9am	3pm
Wind Speed	16 km/h	12 km/h	13 km/h	12 km/h	11 km/h	8 km/h	11 km/h	10 km/h	13 km/h	13 km/h	12 km/h	17 km/h	12 km/h	17 km/h
Wind Direction														
Relative Humidity	50%	23%	50%	20%	42%	16%	35%	16%	33%	16%	42%	24%	58%	32%

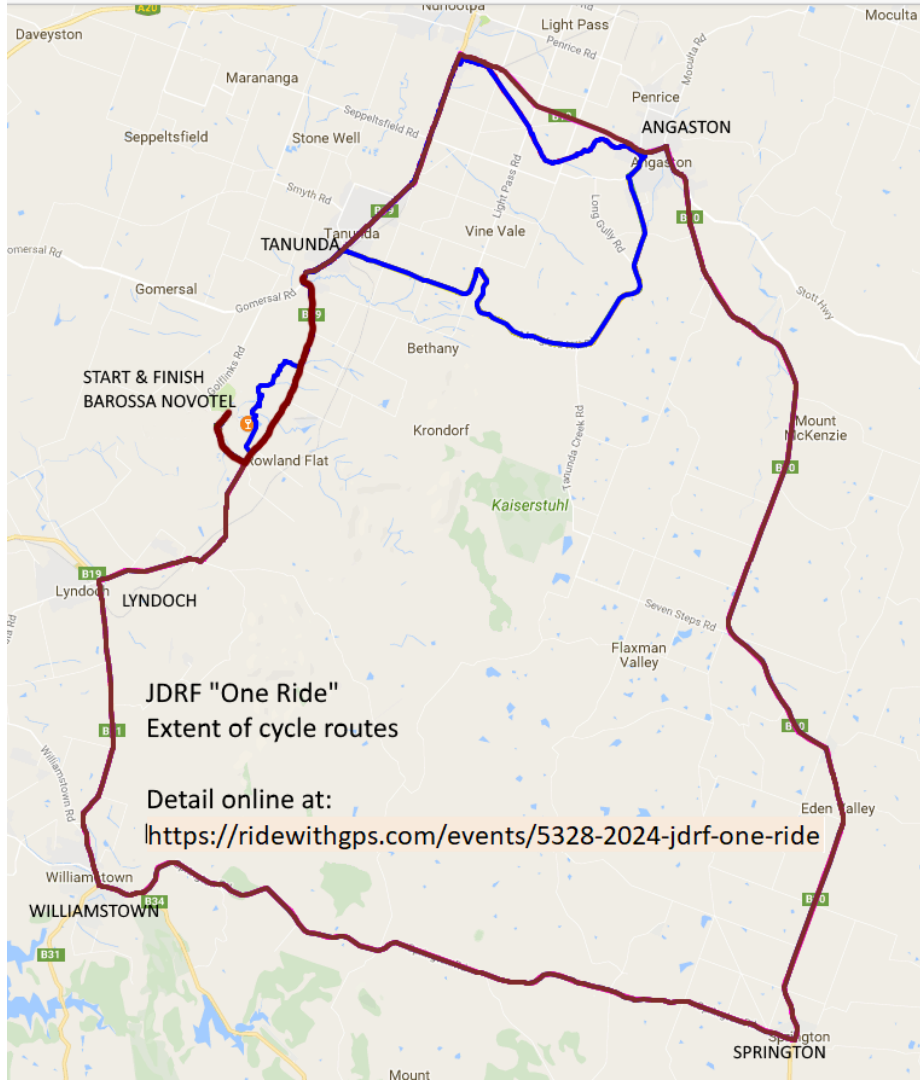
What rides are there, where do I ride, when, & what do I have to do?



What rides are there?

- 40km – can be 44-46km
- 80km – can be 83-86km
- 120km – can be 123-127km
- 160km – can be 166-172km

Where is the ride?

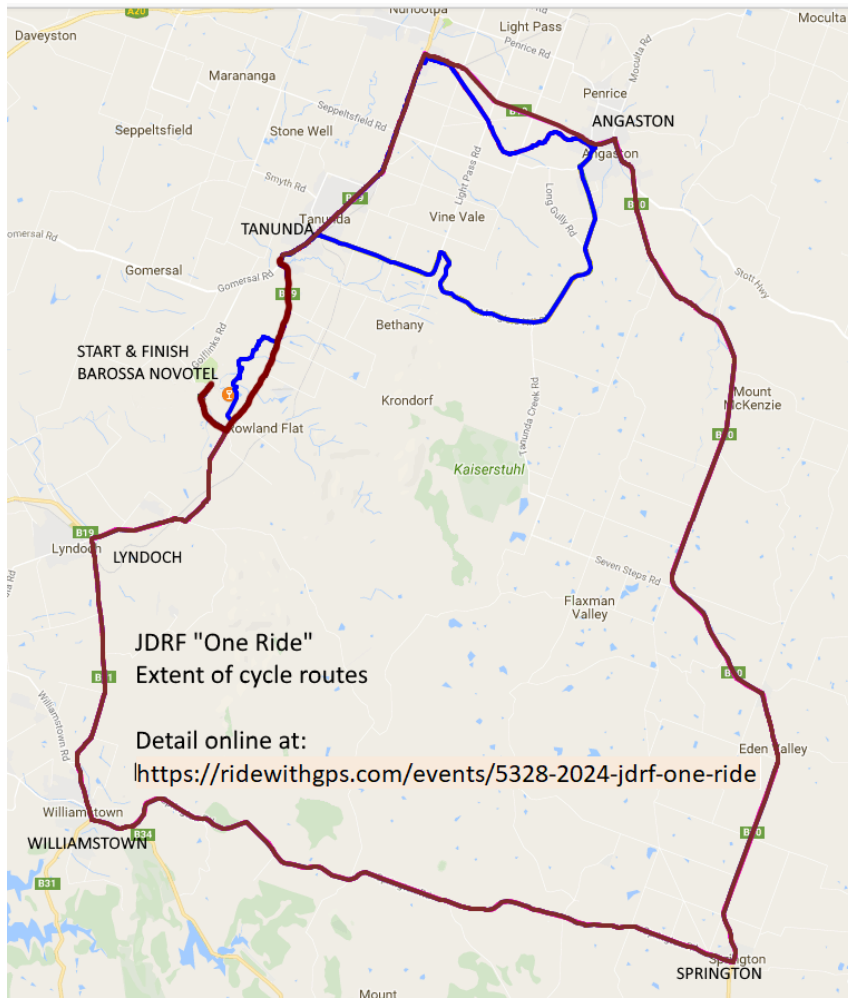


START & FINISH
BAROSSA NOVOTEL

JDRF "One Ride"
Extent of cycle routes

Detail online at:
<https://ridewithgps.com/events/5328-2024-jdrf-one-ride>

We have an
“85km” route
starting &
finishing at the
Novotel Barossa
Valley Resort



75% of this route
is easy to follow –
there are NO
(official) route
choices

25% of this route has 3 choices to Angaston & the same 3 from Angaston



Road

Mengler's Hill

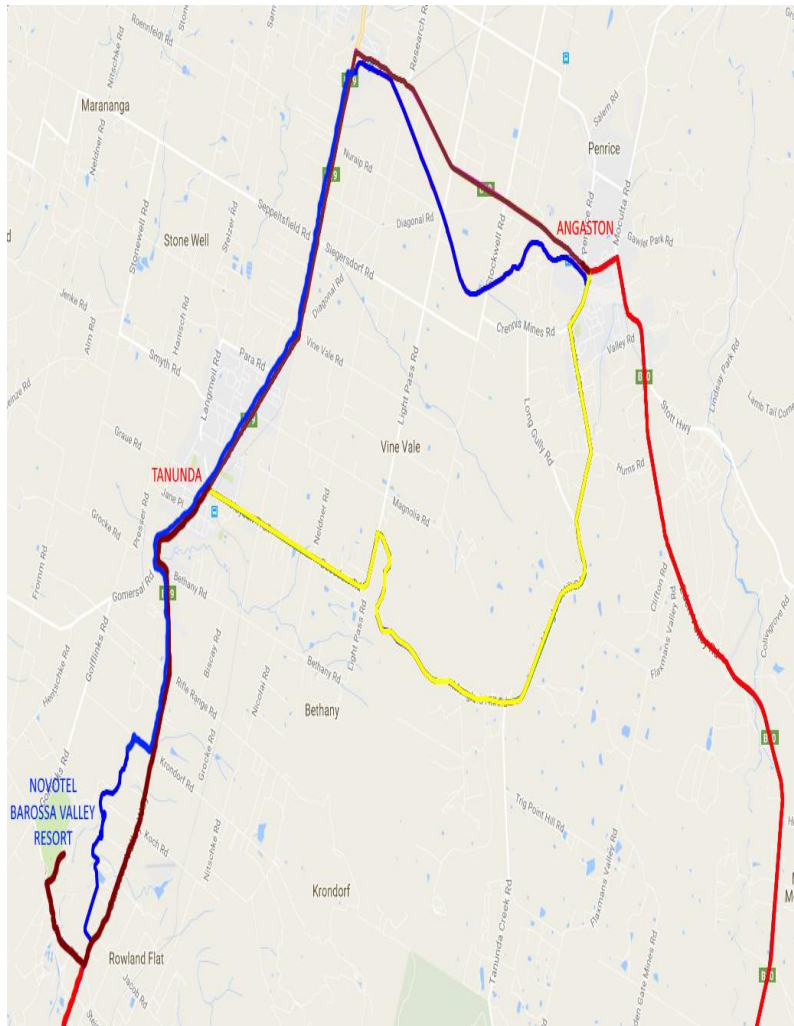
Barossa Rail Trail

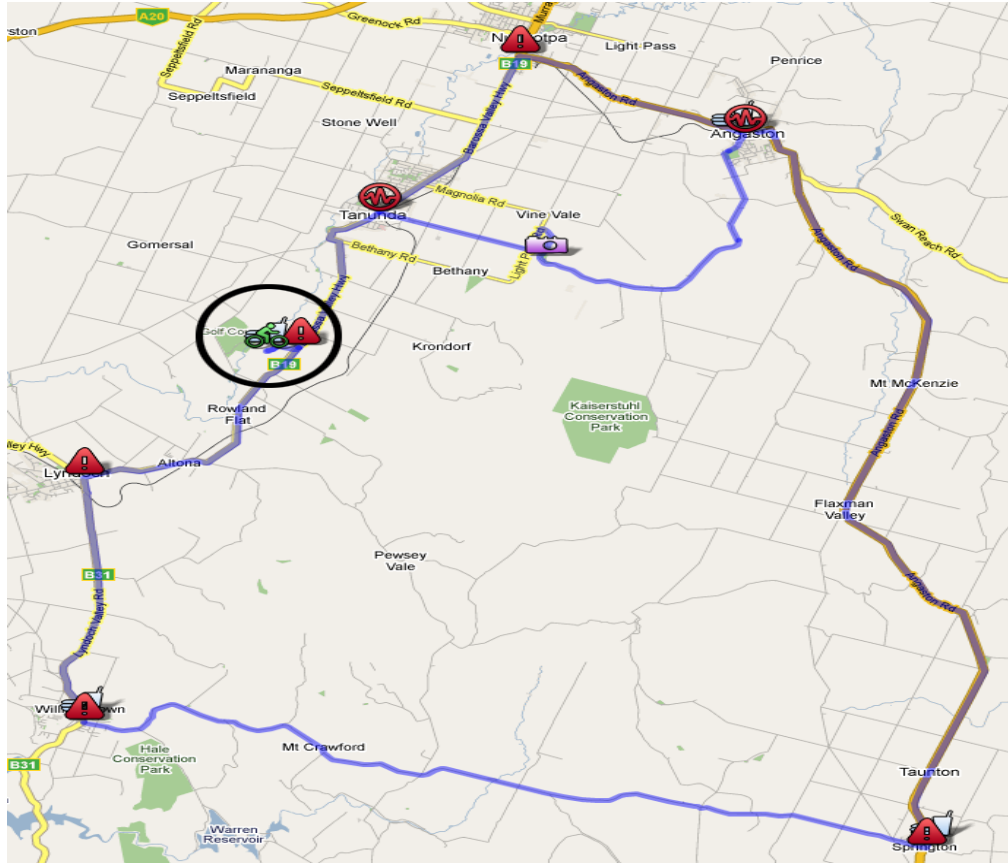
160k riders
go clockwise,
then anti-clockwise

80k riders
go anti-clockwise once

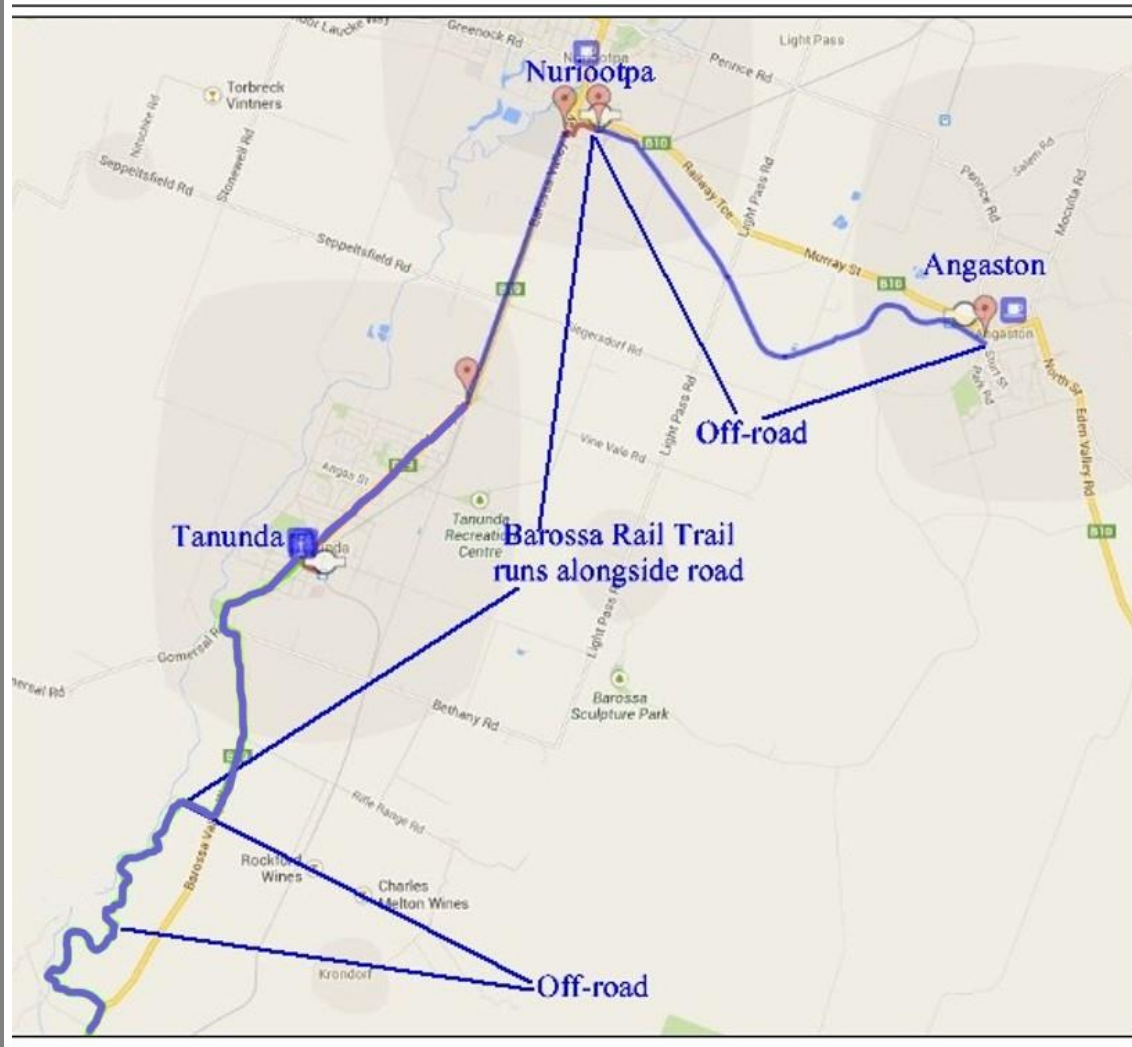
40k riders go to Angaston
& back

120k riders
go anti-clockwise with
80k riders then to
Angaston & back





Mengler's Hill is an optional route for all courses in both directions



The Barossa Rail Trail will be used for the 40km after 5km at St Halletts Rd, & then is also an optional route for all courses in both directions

Can I get lost?

Yes, if you don't follow the routes you choose from the Ride with GPS website

There are 8, labelled A-H

Overview | Route Choices

2024 JDRF One Ride

Created by: [Malcolm Robertson](#)

Sat. February 17, 2024

Please see the "Route Choices" tab for route combinations relevant to your course

Routes

Route	Distance	Elevation
A JDRF ONE RIDE-89km clockwise	82.9 km	+763 m
B JDRF ONE RIDE-86km clockwise including Menglers Hill	85.6 km	+932 m
C JDRF ONE RIDE-83km anti-clockwise	83.0 km	+763 m
D JDRF ONE RIDE-86km anti-clockwise including Menglers Hill	85.6 km	+932 m
E JDRF ONE RIDE-22km to Angaston using bike path after 4.7km	21.5 km	+208 m
F JDRF ONE RIDE-23km to Angaston using bike path after 4.7km & including Menglers Hill	23.1 km	+366 m
G JDRF ONE RIDE-23km from Angaston using bike path	22.6 km	+126 m
H JDRF ONE RIDE-24km from Angaston including Menglers Hill & using bike path	24.2 km	+265 m

[Show all on map](#)

[RSVP](#)

[Go to route](#)

Map showing the Barossa Valley District with a red route starting at Gawler and ending at Angaston. The elevation profile below the map shows a maximum elevation of approximately 600m.

ele grade 85.6 km +932 m / -933 m

distance in km

And you can choose combinations of routes to make up your course

Overview Route Choices

2024 JDRF One Ride

Created by: Malcolm Robertson

Sat. February 17, 2024

Please see the 'Route Choices' tab for route combinations relevant to your course

Routes R5VP

A. JDRF ONE RIDE-83km clockwise	82.9 km	+763 m
B. JDRF ONE RIDE-86km clockwise including Mengers Hill	85.6 km	+932 m
C. JDRF ONE RIDE-83km anti-clockwise	83.0 km	+763 m
D. JDRF ONE RIDE-86km anti-clockwise including Mengers Hill	85.6 km	+932 m
E. JDRF ONE RIDE-22km to Angaston using bike path after 4.7km	21.5 km	+208 m
F. JDRF ONE RIDE-23km to Angaston using bike path after 4.7km & including Mengers Hill	23.1 km	+366 m
G. JDRF ONE RIDE-23km from Angaston using bike path	22.6 km	+126 m
H. JDRF ONE RIDE-24km from Angaston including Mengers Hill & using bike path	24.2 km	+265 m

Show all on map

Map: RWGPS Cycle. Shows a red route path in the Barossa Valley District, including locations like Gawler, Lyndoch, Angaston, and Sturt Highway.

Grade Profile: 85.6 km +932 m / -930 m. Shows elevation changes in meters (0 to 800) over distance in kilometers (0 to 80).

Once you know your combinations, pin them in the Ride with GPS app

Search for the app

JDRF One Ride Route Choices

8 routes will be recorded:

- A 83km clockwise
- B 89km clockwise including Mengers Hill
- C 83km anti-clockwise
- D 86km anti-clockwise including Mengers Hill
- E 23km to Angaston using bike path after 4.7km
- F 23km to Angaston using bike path after 4.7km & including Mengers Hill
- G 23km from Angaston using bike path
- H 24km from Angaston including Mengers Hill & using bike path

Depending on which course you have entered, you will be able to choose different route combinations:

160KM COURSE

1. flattest route - A 83km clockwise THEN C 83km anti-clockwise
2. Mengers Hill on top 1 only - B 89km clockwise including Mengers Hill THEN C 83km anti-clockwise
3. Mengers Hill on top 2 only - A 83km clockwise THEN D 86km anti-clockwise including Mengers Hill
4. Mengers Hill on both laps - B 89km clockwise including Mengers Hill THEN D 86km anti-clockwise including Mengers Hill
5. Bike path some or all of the way from Angaston - ride Route C or D to Angaston, THEN G 23km from Angaston using bike path OR H 24km from Angaston including Mengers Hill & using bike path

120KM COURSE

- Any of the 3 '160KM COURSE' route choices +
- A 83km clockwise route to Angaston to arrive by 1400 hours
- Any of the 4 bike choices to return from Angaston -
 - C 83km anti-clockwise
 - D 86km anti-clockwise including Mengers Hill
 - G 23km from Angaston using bike path
 - H 24km from Angaston including Mengers Hill & using bike path

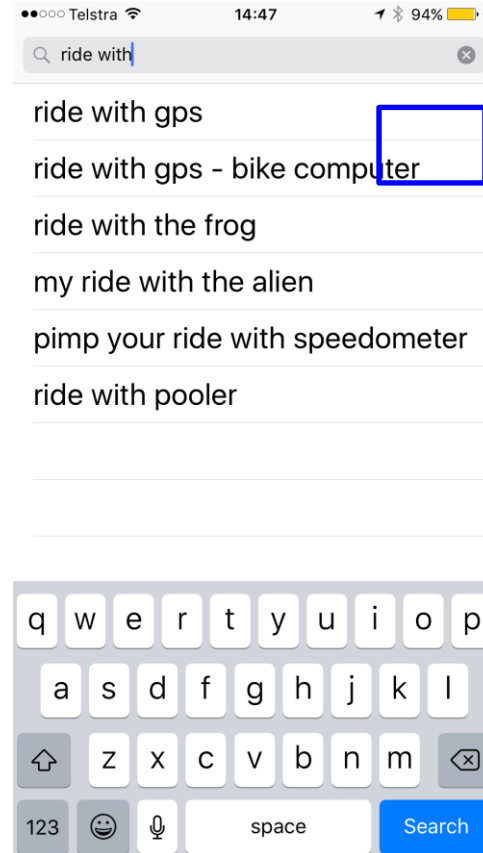
80KM COURSE

1. C flattest route - 83km anti-clockwise
2. D Mengers Hill - 86km anti-clockwise including Mengers Hill
3. Bike path some or all of the way from Angaston - ride Route C or D to Angaston, THEN G 23km from Angaston using bike path OR H 24km from Angaston including Mengers Hill & using bike path

40KM COURSE

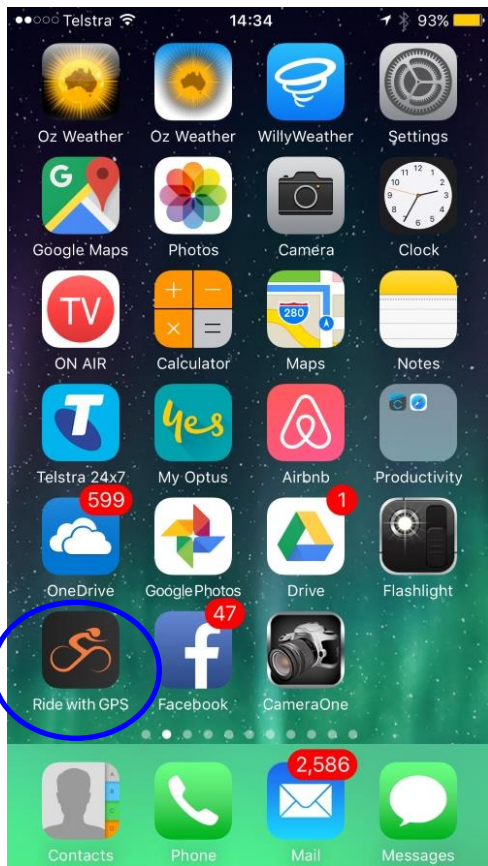
1. E 23km to Angaston using bike path after 4.7km
2. F 23km to Angaston using bike path after 4.7km & including Mengers Hill
3. G 23km from Angaston using bike path
4. H 24km from Angaston including Mengers Hill & using bike path

OPEN to load it

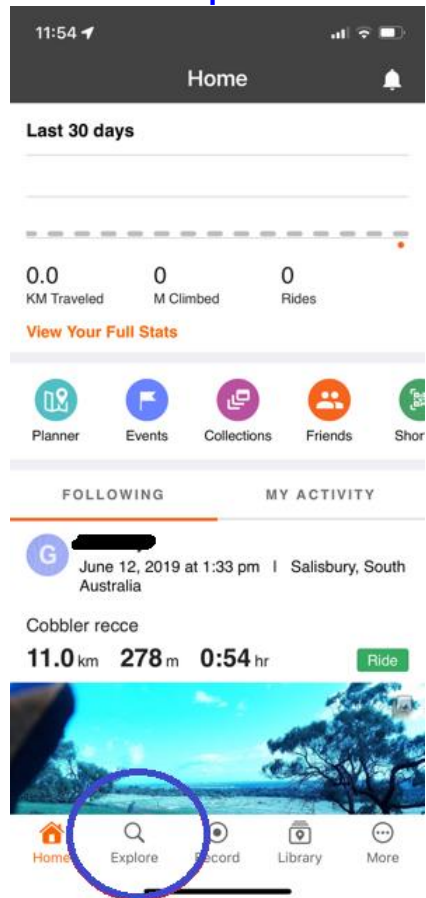


Stay after this briefing if you need help....

Open Ride with GPS

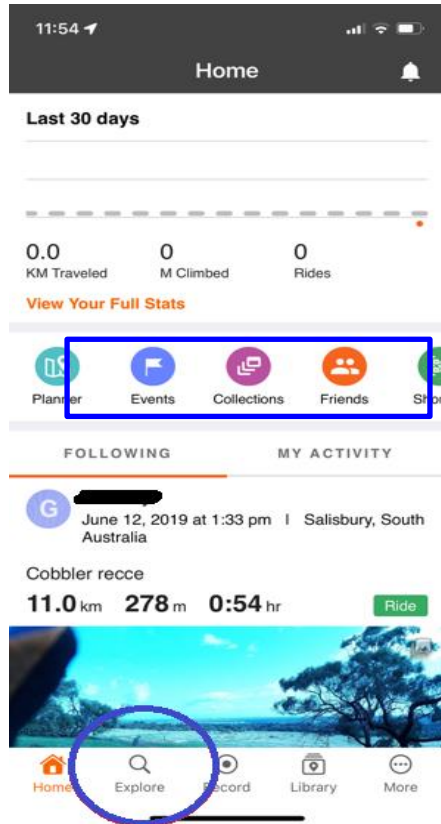


Select Explore

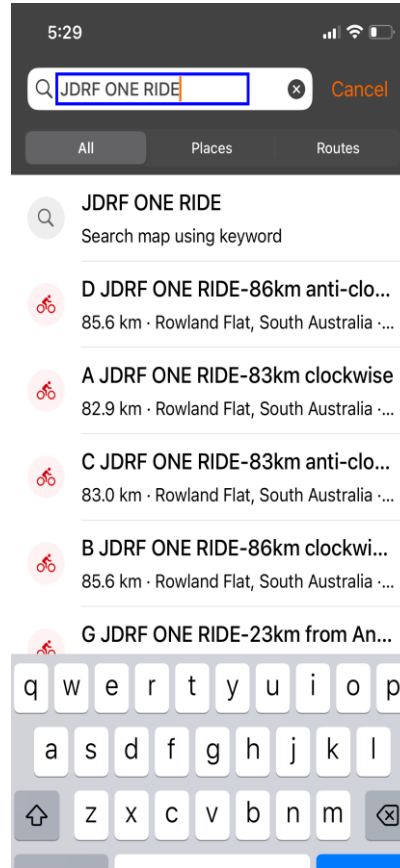


Search Keyword: "JDRF ONE RIDE"

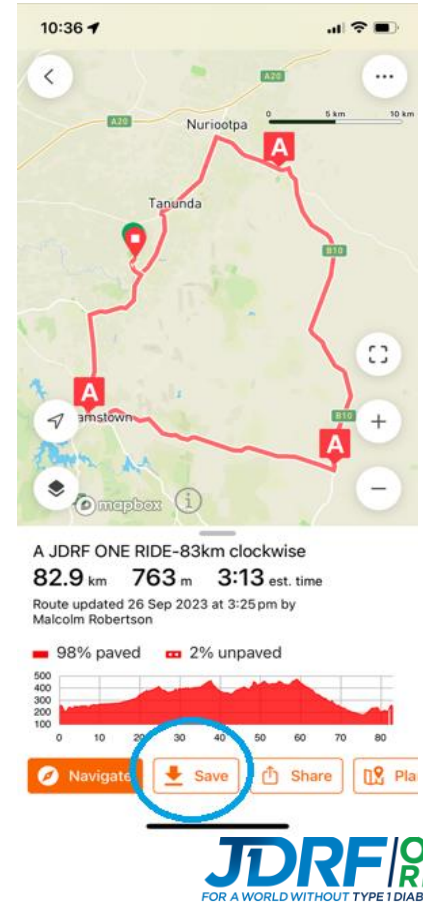
Select to open one route at a time that you have chosen to ride



Select the SAVE icon to PIN the ride



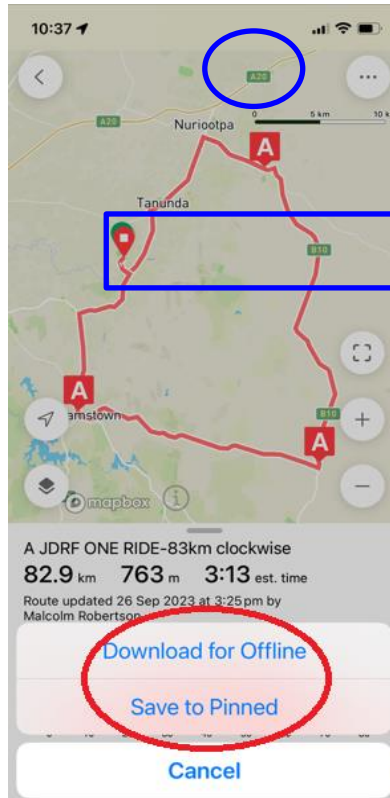
Select Save to Pinned or Download for Offline



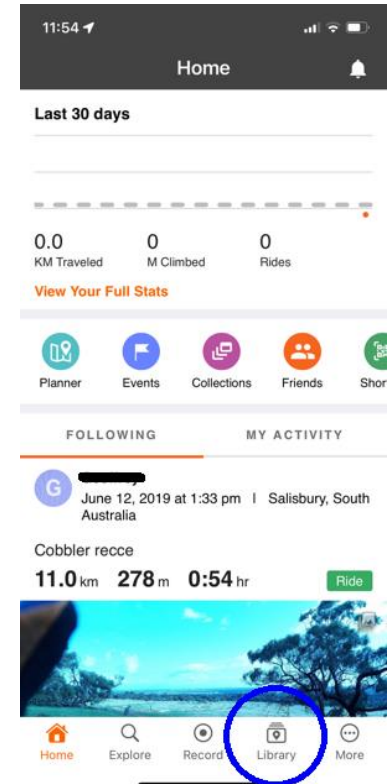
So tomorrow when you open the app & select LIBRARY



...then PINNED
All your pinned rides will be listed – select chosen route



Select NAVIGATE to start your ride



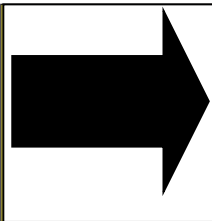
If after all that you think you might be lost:

1. check your location on RidewithGPS
2. ride back to where you last saw a sign
3. phone a Sector Manager



These are
what your
course
signs will
look like

1200mm



"IT NEVER GETS EASIER, YOU JUST GET FASTER"
GREG LEMOND



300mm

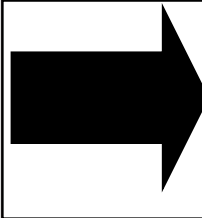
80 km

"SHUT UP LEGS! DO WHAT I TELL YOU!"
JENS VOIGT



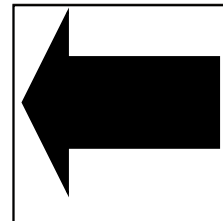
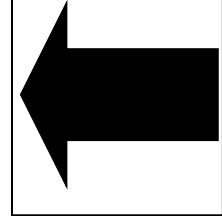
BRT

"NEVER USE YOUR FACE AS A BRAKE PAD"
JAKE WATSON



Aid Station 500m

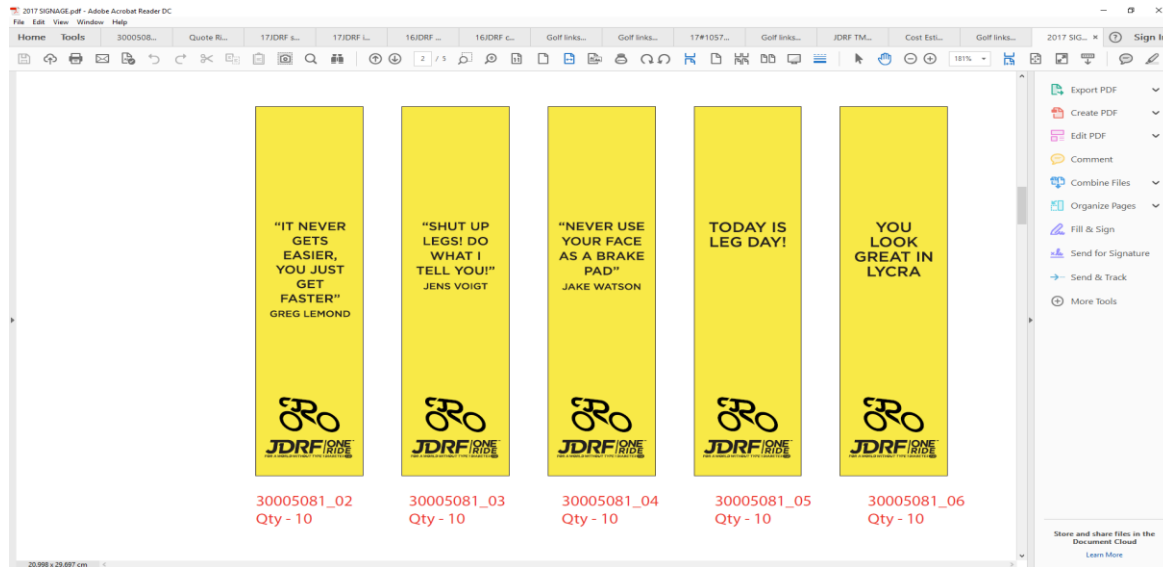
TODAY IS LEG DAY!



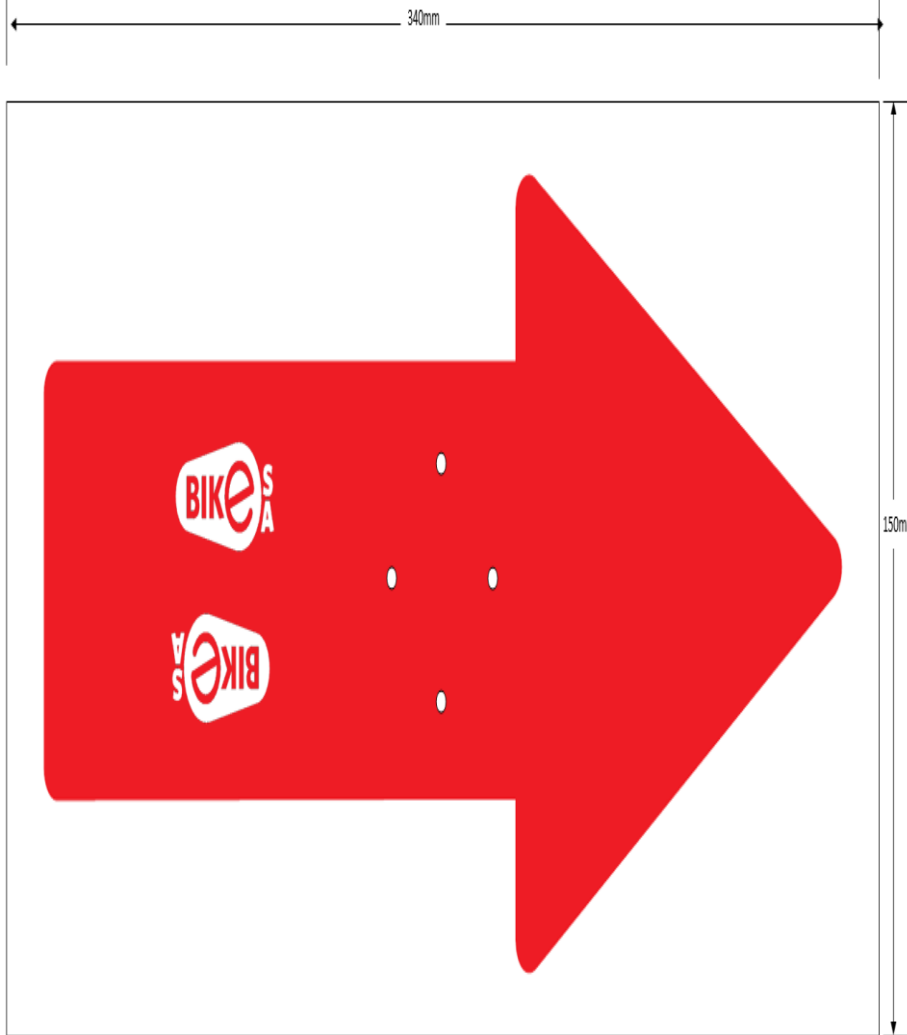
YOU LOOK GREAT IN LYCRA



You may also see some smaller RED Bike SA arrows in some places



What turns do (160K)
riders still miss the
most?



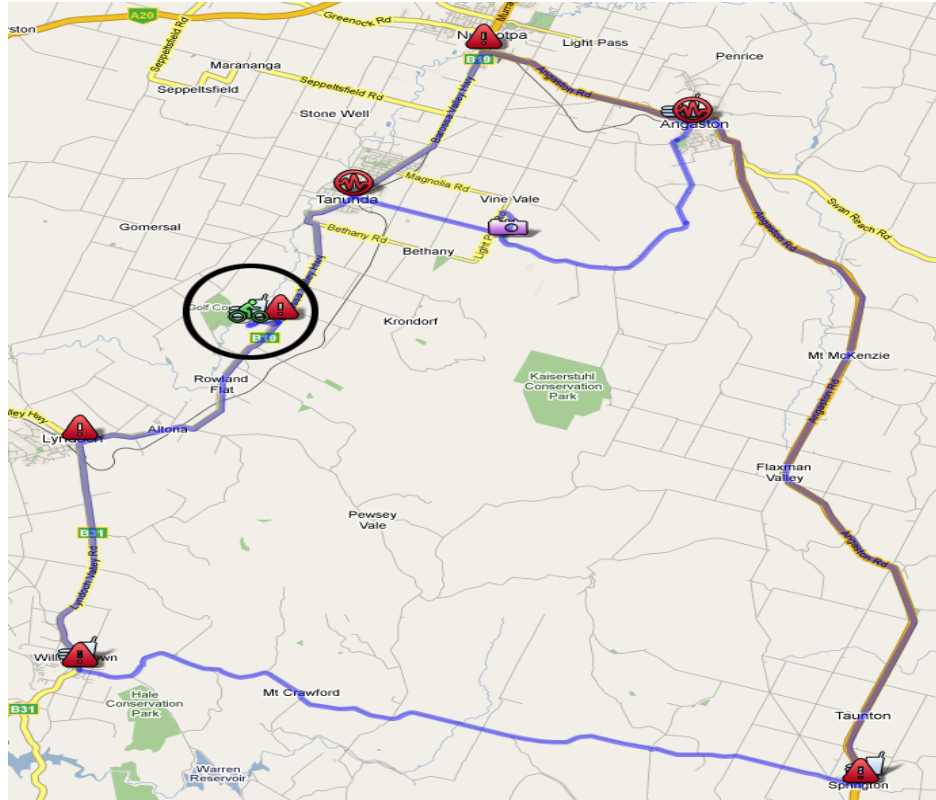
To Angaston:

- Mengler's Hill right turn
- Steve Hodge Corner 1

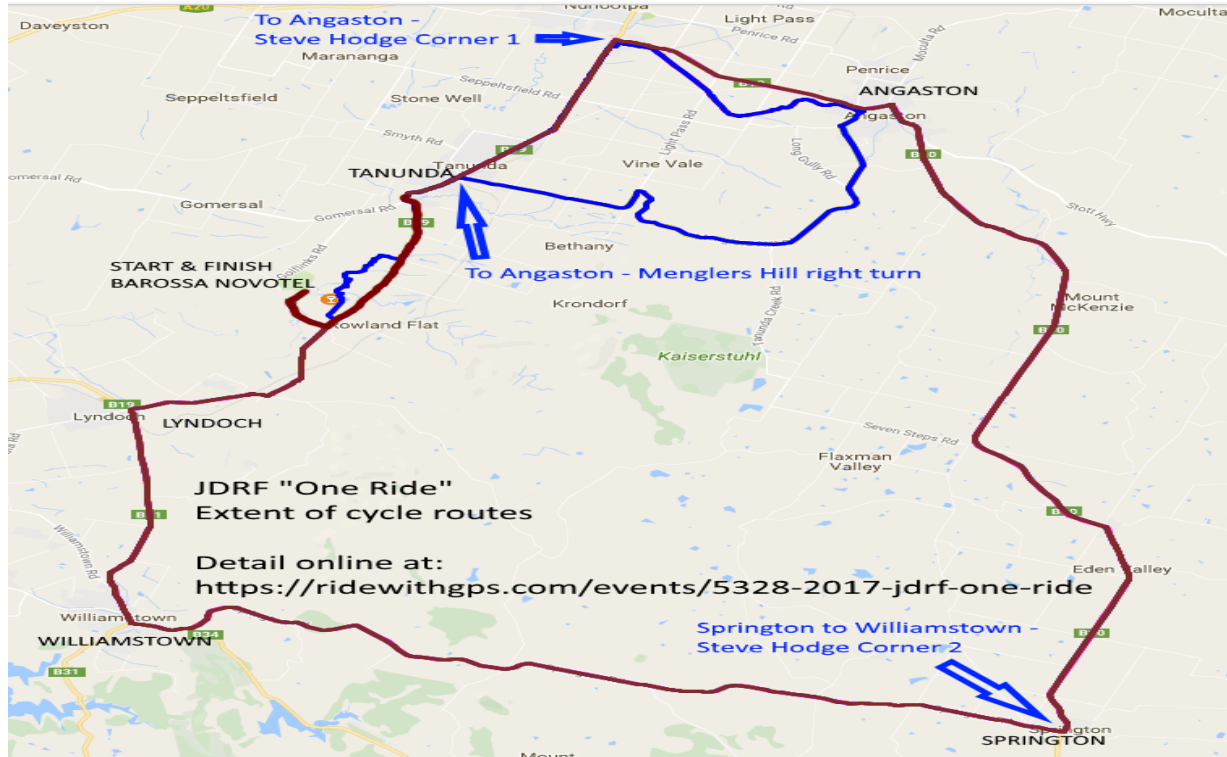
From Springton to Williamstown:

- Steve Hodge Corner 2

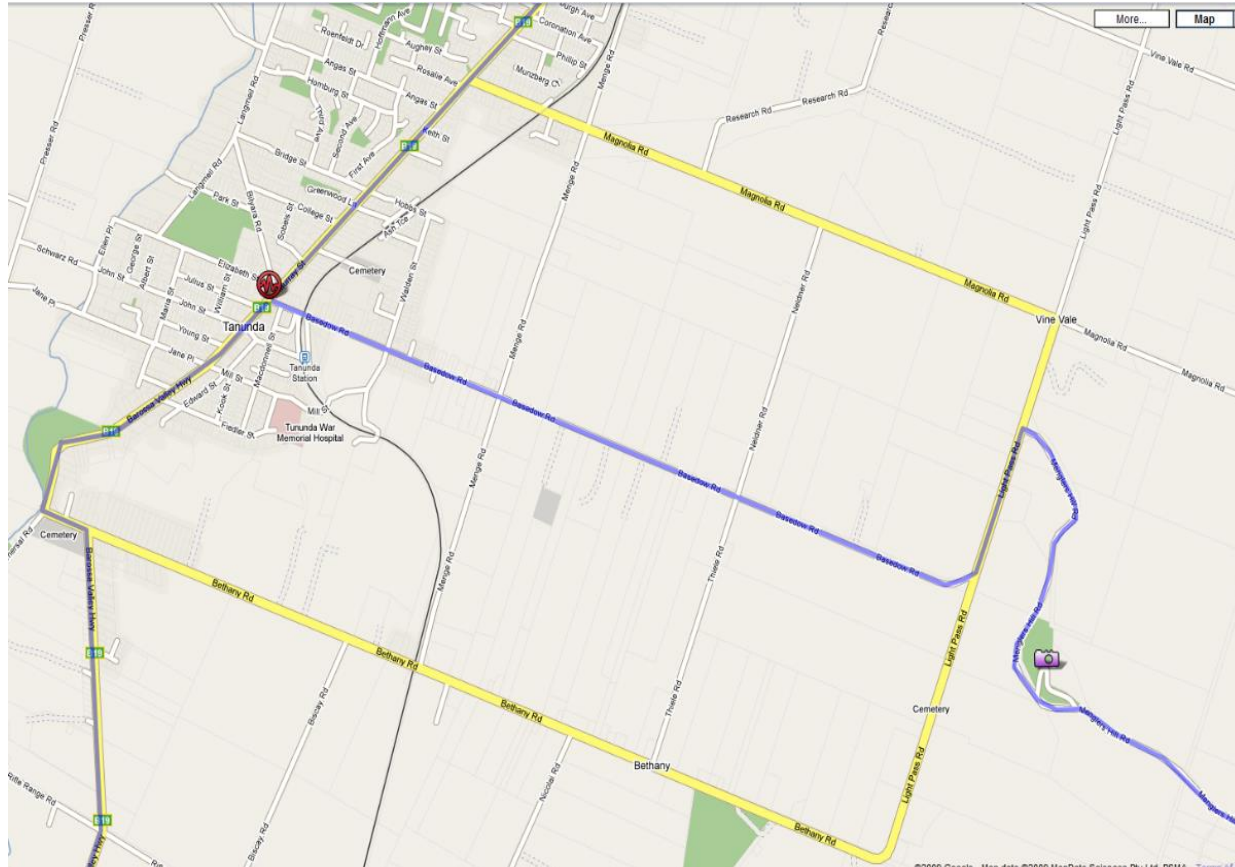
To ride to Angaston via Mengler's Hill...



You have to turn right in Tanunda...



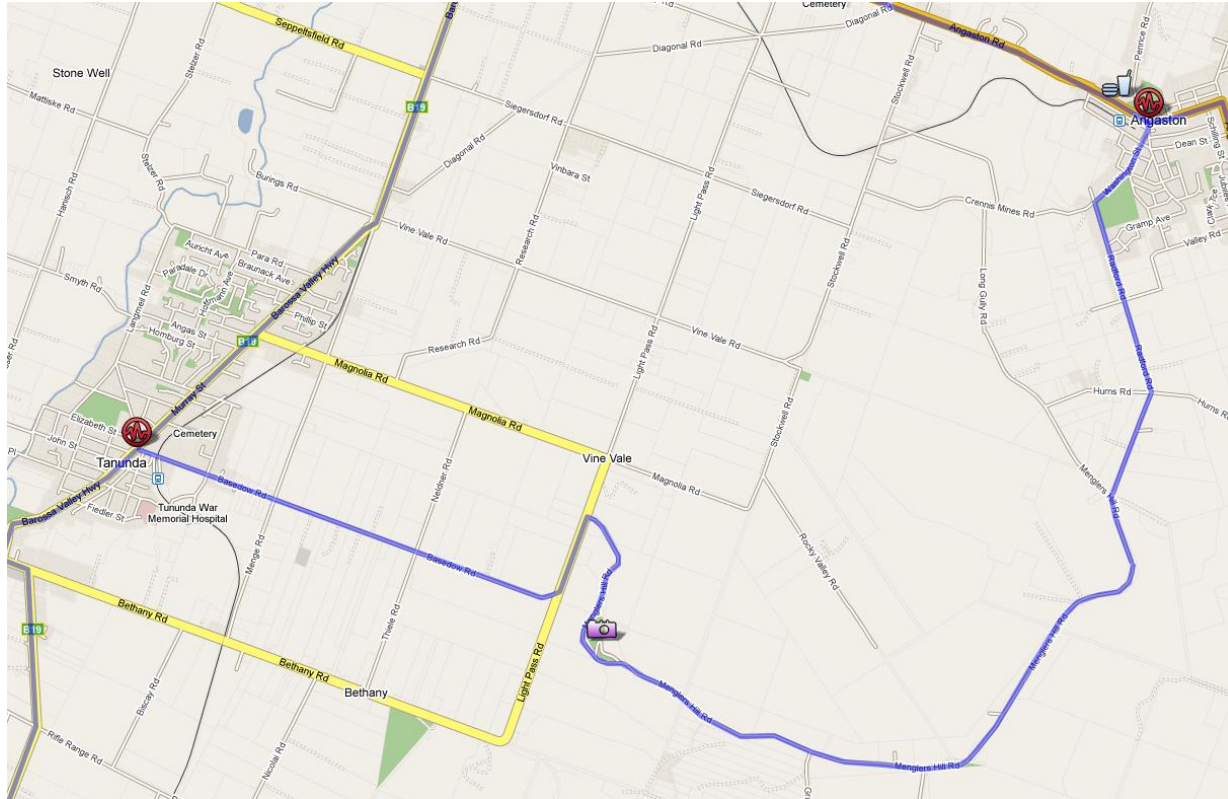
...on Basedow Rd

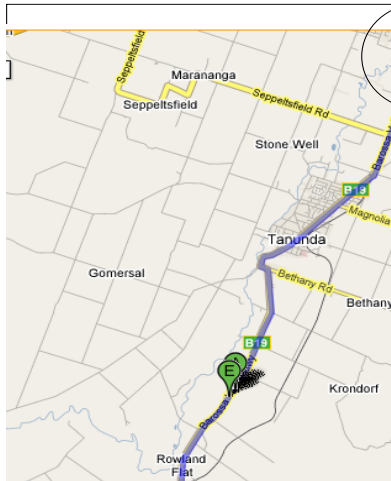




It can be easy to miss with so pay attention for signs

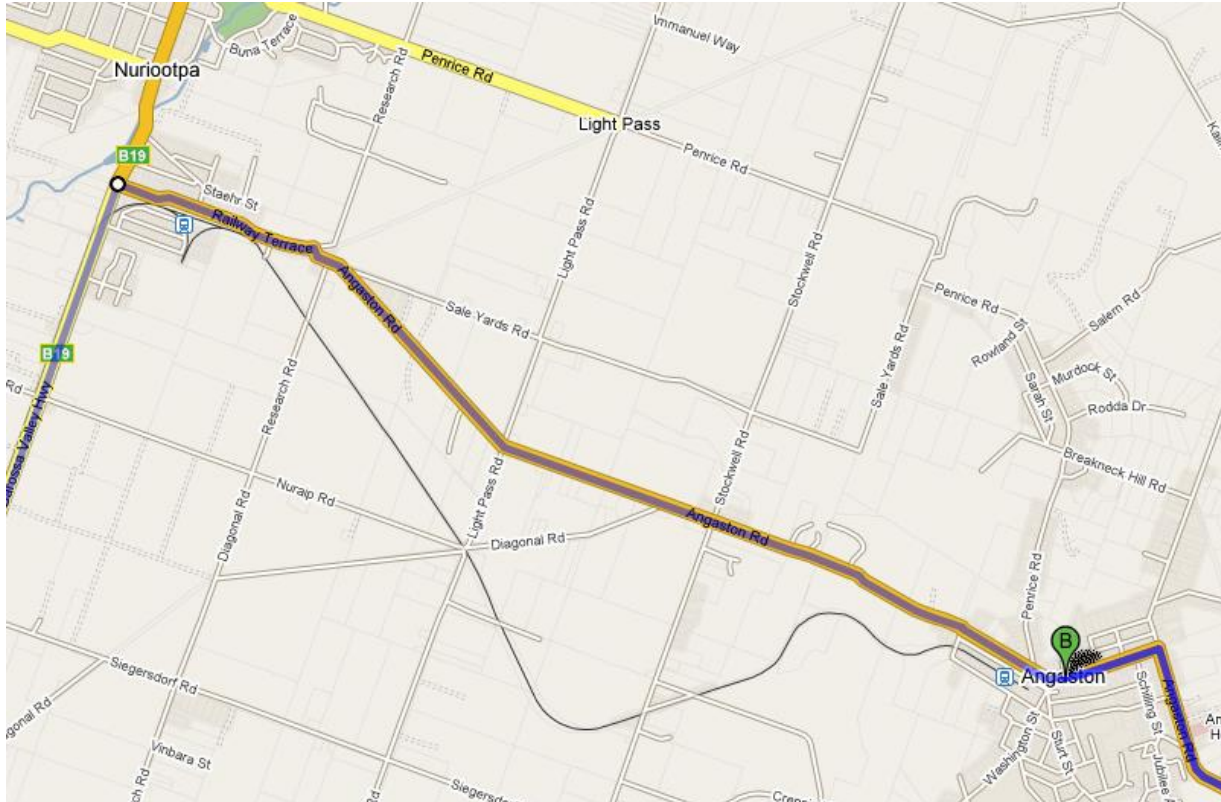
& follow the signs





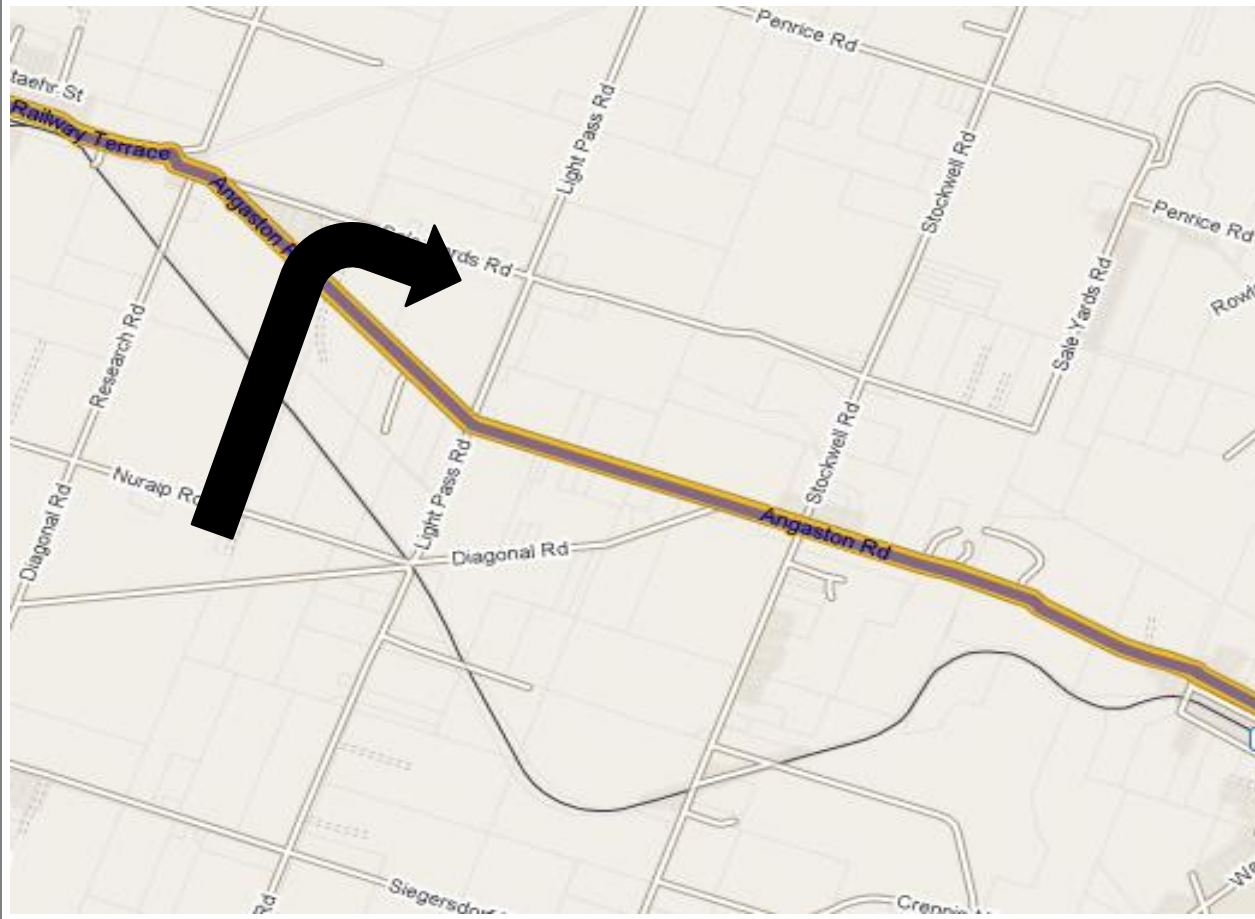
Steve Hodge Corner #1

Steve Hodge Corner #1

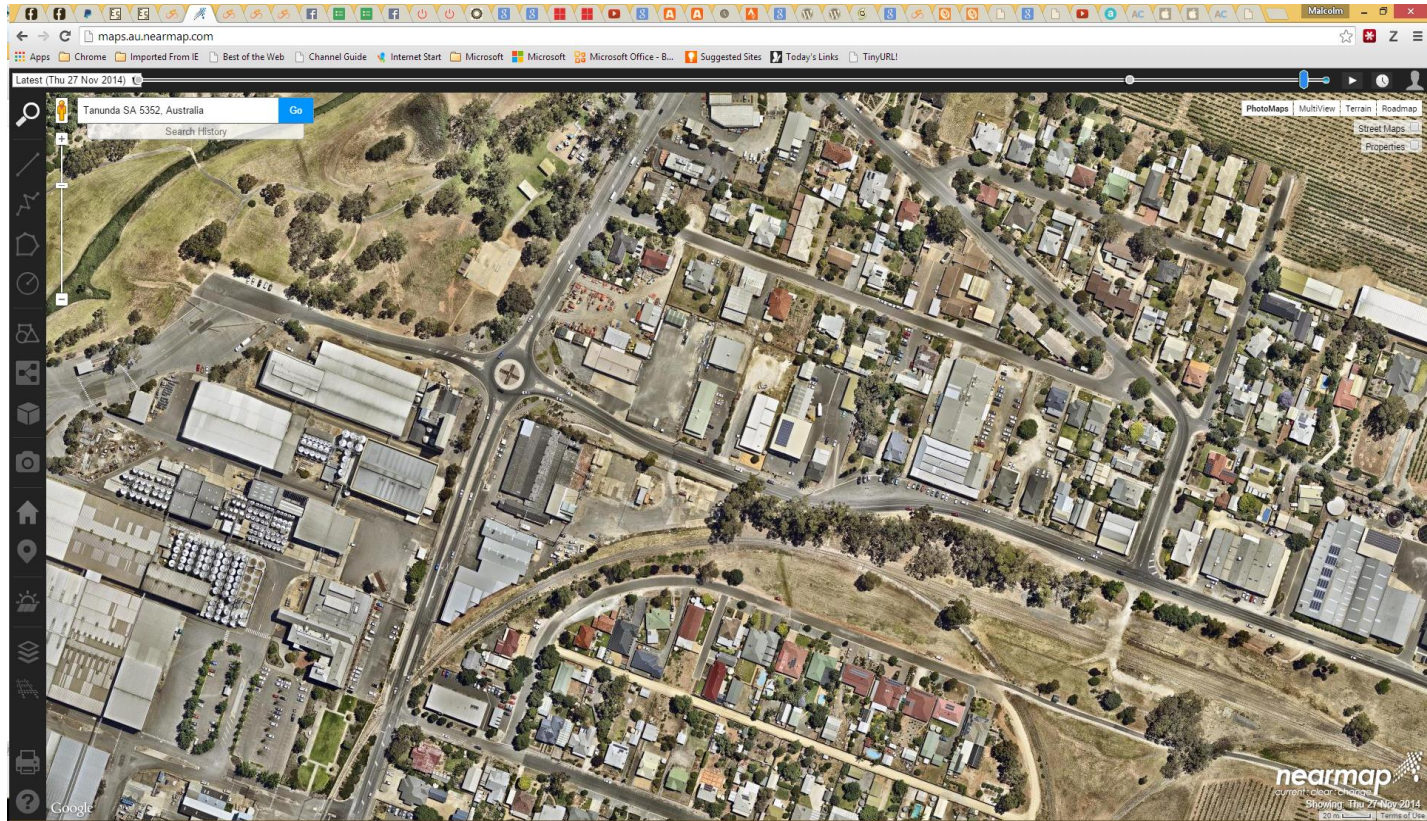


is the right
turn to
Angaston,
BEFORE
Nuriootpa

So you must turn here...

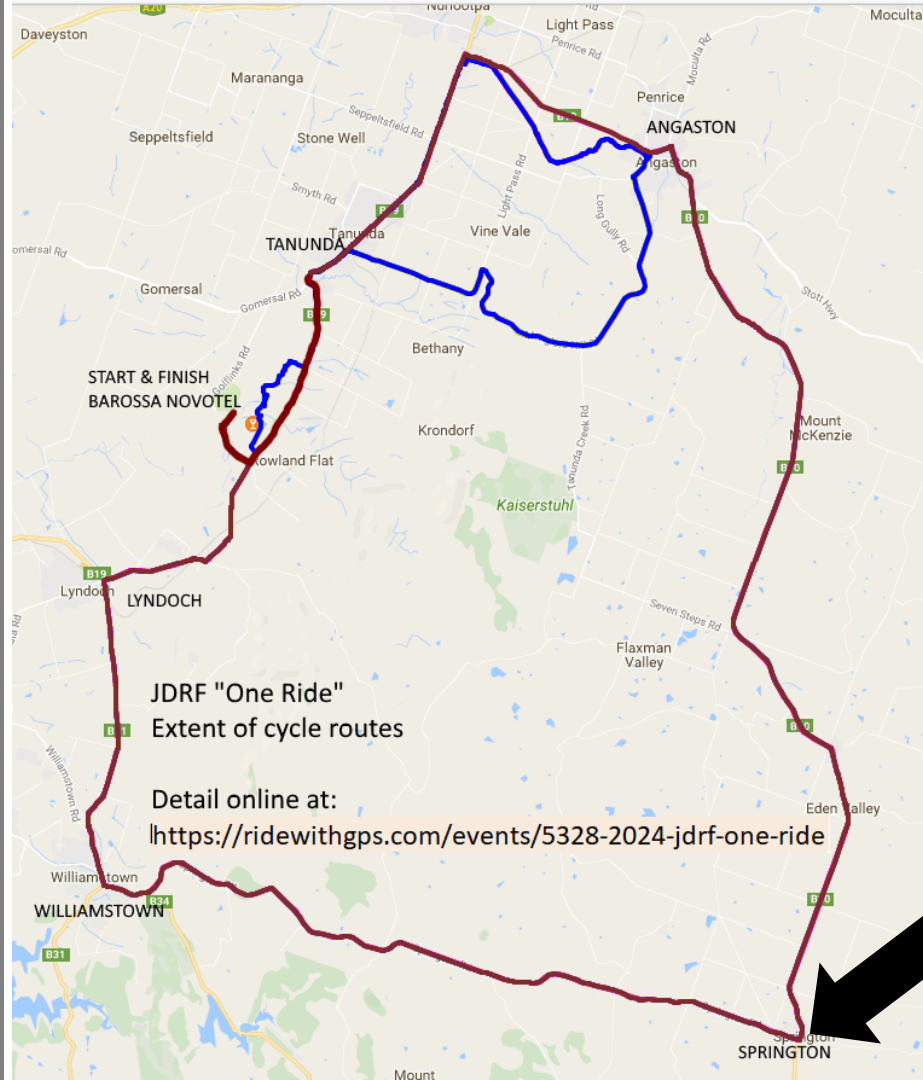


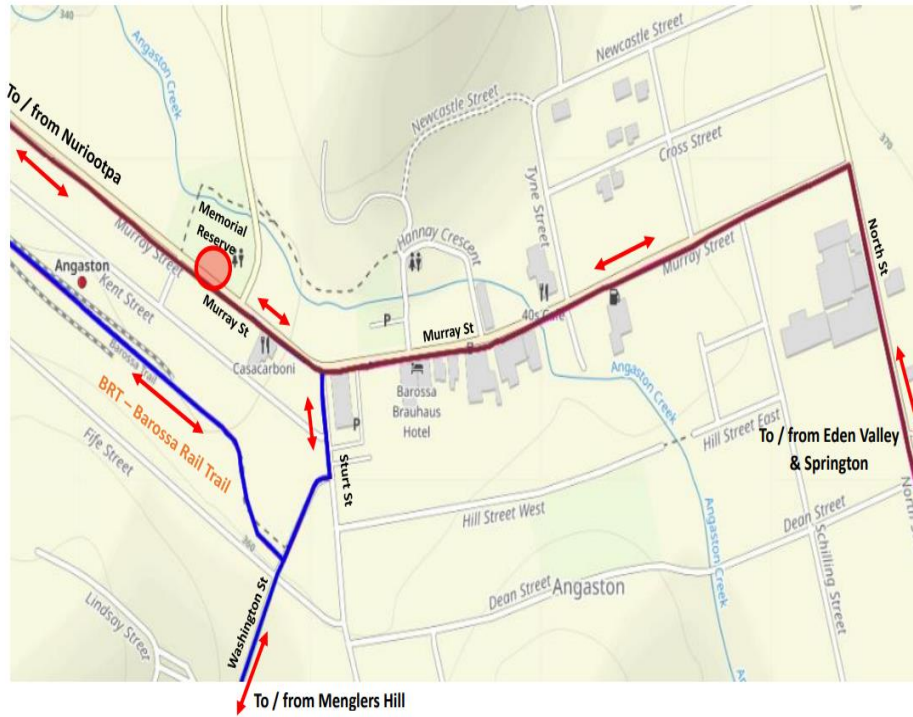
Angaston Aid Station & route options



Steve Hodge Corner

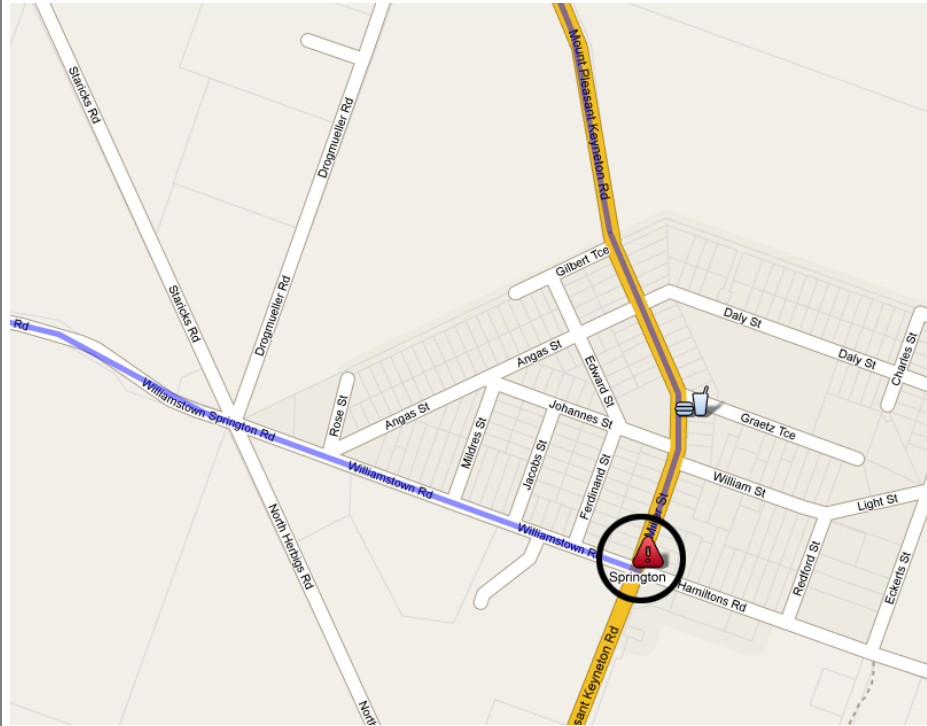
#2





Steve Hodge
Corner #2 is the
right turn after
leaving the
Springton Aid
Station if you are
riding clockwise
to Williamstown

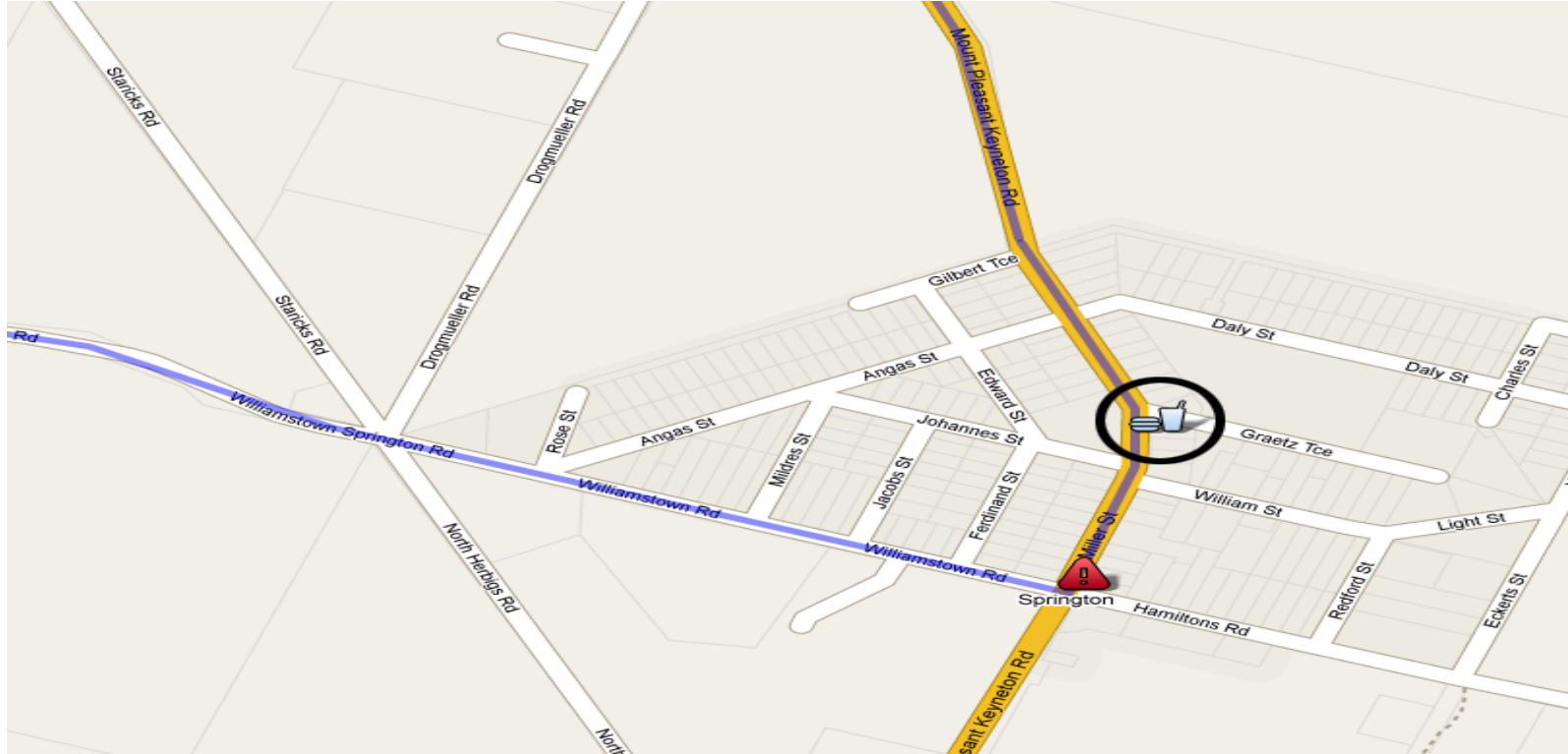
The Aid Station is
before the turn at
an oval where
there are toilets



When is the ride?

160K start time...

- 7:00am, turn LEFT on Barossa Valley Way for clockwise route to start Lap 1
- Variable times until 11am for 160K lap 2, turn RIGHT on Barossa Valley Way for anti-clockwise route



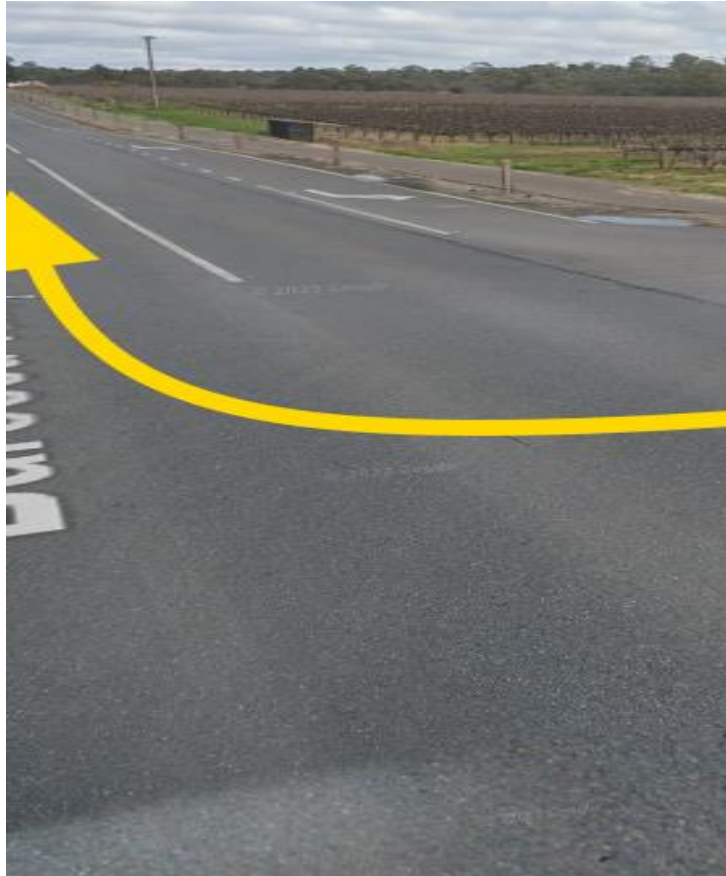


80K & 120K start times...

- 8:00am, turn RIGHT on Barossa Valley Way for anti-clockwise route
- Variable times until Midday for 120K lap 2, turn LEFT on Barossa Valley Way for clockwise route to Angaston



40K start time...



9:00am, turn left on
Barossa Valley Way for
clockwise route

Follow Barossa Valley Way
past Jacobs Creek Wines

40K start time...

The screenshot displays a cycling route planning interface. On the left, a map shows a route in green and purple. The central panel contains the following details:

- Route Name:** E 2017 JDRF ONE RIDE - 22KM TO ANGSTON USING BIKE PATH AFTER 4.7KM
- Created:** Oct 02, 16
- Updated:** Feb 20, 17
- By:** 2017 JDRF One
- Ride Type:** Rowland Flat, South Australia, AU
- Distance:** 21.5 km
- Elevation:** + 208 / - 108 m
- Good For:** Cycling
- Estimated Time:** Learn more
- Privacy:** Public

Below the details are several action buttons: COPY TO MY ROUTES, GET ELEVATION PROFILE IMAGE, GET MAP IMAGE, PRINT MAP FROM BROWSER, PRINT CLUE SHEET FROM BROWSER, PRINT MAP + CLUE PDF, REPLACE ELEVATION DATA, and DELETE THIS ROUTE.

On the right side of the interface, there is a file explorer showing a folder structure with files like '17DRF map-all routes.png', 'all 3 wrong turns.png', 'nbv to angston highlight.png', 'NBR1 site.png', 'NBR1 TO ANG 25% with BRT.png', and 'NBR1 TO ANG 25%.png'. A small thumbnail of the route map is also visible.

After 5km
at St
Halletts Rd
junction,
use the
Barossa
Rail Trail to
Angaston

1. Australia

Go

Search History



WARNING!

All starts descend Golflinks Rd to Barossa Valley Way

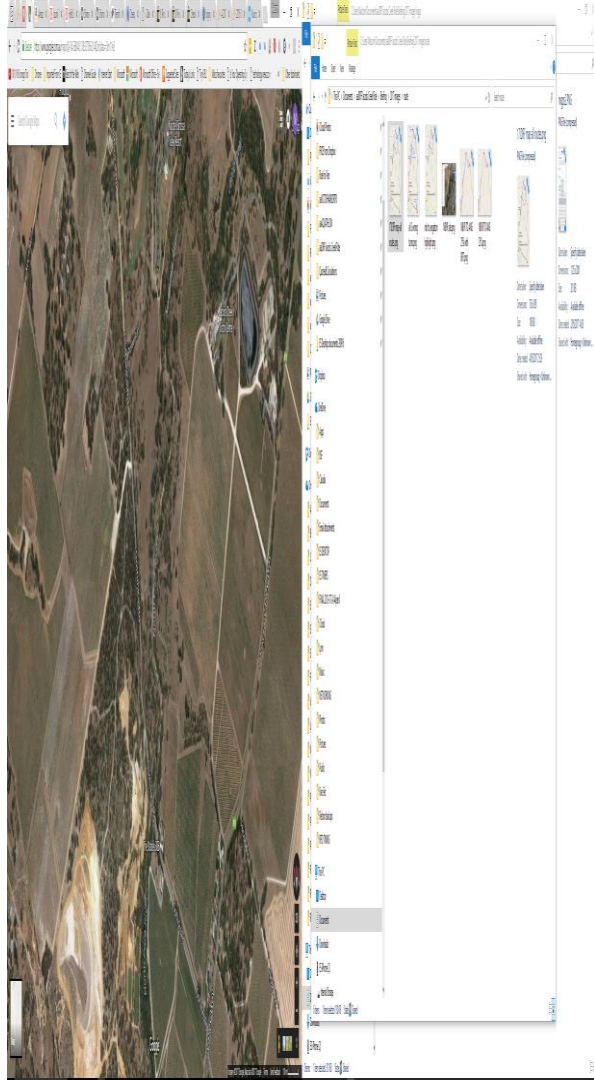
Council has been asked to sweep off gravel but traffic may have deposited some back

If you are not a confident rider please start at the back

Take extreme care descending & look after each other

When are the finish times?

- Everyone must be finished by 3pm, so
 - 160K riders have 8 hours so must average 21.25km/hr & will not be able to start lap 2 after 11am
 - 120K riders have 7 hours so must average 17.86km/hr & will not be able to start lap 2 after Midday
 - 80K riders have 7 hours so must average 12.14km/hr
 - 40K riders have 6 hours so must average 7.5km/hr



What happens if I fall behind this schedule?

If we have to, we will transport you by bus to get you back on your course ahead of schedule.

What should I do before
I start?

Come to the start knowing what routes you are going to ride & have them pinned in your RidewithGPS app



One Ride 2024 – Weekend Schedule & Important Contacts



Ride Course Contact Numbers

Friday 16th February

9am onwards	JDRF Registration Open
1.30pm	Foundation Cycling Club Lunch
5.30pm	Safety Briefing – Shiraz B
6.30pm	Welcome Drinks – Outside Shiraz A
7:00pm	Carb Loading Dinner – Shiraz A

Saturday 17th February

6am onwards	Registration Open
7am	160km Start
8am	80km Start
9am	40km Start
12.00pm to 3.00pm	BBQ Lunch
4.00pm to 6.00pm	Change for dinner
6:00pm	Buses depart from Novotel
7 to 10.30pm	Official Celebration Dinner
9:30, 10:30pm	1 bus departs at each time to return to Novotel

Sunday 18th February

9.00am	Check out for those taking JDRF transfer to Airport
9:30am	Coaches depart for Airport
11.00am	Check out of Novotel Barossa Valley Resort for all remaining guests

JDRF Staff Contact Numbers

Samantha Ward – Event Manager	0438 669 633
Louise Keys	0422 464 048
Mike Wilson	0408 648 970
Tamara Aitchison	0402 810 069
Lauren Hoysted	0466 822 599
Kathleen O'Connor	0400 114 588
Rhiannon Kenyon	0402 341 642
Novotel Barossa Valley Resort	08 8524 0000

Russell Miatke	0427771821	Ride Director
Nigel Griffith	0431 838 735	Sector 1 Manager = AS1-AS2. Angaston AS1 Manager.
Harriet Robertson	0413 957 566	Sector 2 Manager = AS2-AS3. Springton AS2 Manager.
Steve Dunne	0403 750 749	Sector 3 Manager = AS3-AS4. Williamstown AS3 Manager.
David Valente	0410 550 586	Sector 4 Manager = AS4-AS1. NBVR AS4 Manager
Simon Taylor	0416 363 954	Sector 5 Manager = Menglers Hill.
Antje Dietz	0491 760 315	Logistics and Route Support
Lindsey Colla	0449 592 950	Mechanic - VeloMech
Darren Wing	0466 343 885	Mechanic - Adelaide Mobile Bicycle Service
Bill Dragos	0466 379 455	Mechanic - Bills Bicycle Service
Angaston Hospital	08 8563 8500	
Anne Stone	0431 205 851	AS1 Coordinator Barossa Kiwanis
Ray Duance	0412 611 739	AS2 Coordinator Barossa Districts Rotary Club
Ray Duance	0412 611 739	AS3 Coordinator Barossa Districts Rotary Club
Peter Ilee	0414 197 177	Trail Rider 160K Lap 1
Leila McEgan	0422 542 194	Trail Rider 160K Lap 1
Sammy Miles	0450 085 009	Trail Rider 160K Lap 2
Andrea Newson	0456 107 306	Trail Rider 160K Lap 2
TBC		Trail Rider 120K Lap 2
TBC		Trail Rider 120K Lap 2
John Cantor	0419 852 939	Trail Rider 80K
Michael Noske	0458 174 582	Trail Rider 80K
Rick Charlesworth	0417 816 372	Trail Rider 40K
John Richards	0402 279 525	Trail Rider 40K
David Mamys	1300 860 048 0403 065 222	EventMedical+ Coordinator & Medic for NBVR
Joel Stanley	1300 860 048	EventMedical+ Barossa Rail Trail North Manager
Dean Spiteri	1300 860 048	EventMedical+ Barossa Rail Trail South Manager
Ashleigh Rushby	1300 860 048	EventMedical+ Medic for Sector 1
Lesley Dawson	1300 860 048	EventMedical+ Medic for Sector 2
Holly Morgan	1300 860 048	EventMedical+ Medic for Sector 3
Richard Moretti	1300 860 048	EventMedical+ Medic for Sector 4
Lisa Bennett	1300 860 048	EventMedical+ Medic for Sector 5

Bring your
contacts sheet

& mobile
phone PLUS

all the things
you need to
ride

Register – this tells us you are starting



Attach your numbers. Why?



Check that you have fluids...



- Fluids
- Drink regularly to stay hydrated
- Top up at Aid Stations



Sunscreen



...any special food
you use...

Plus spares so you can at
least fix a flat tyre

What should I do during
the ride?

Enjoy yourself!

Respect the region.

Keep litter for bins & use public
toilets.

Proudly promote the JDRF “One Ride”



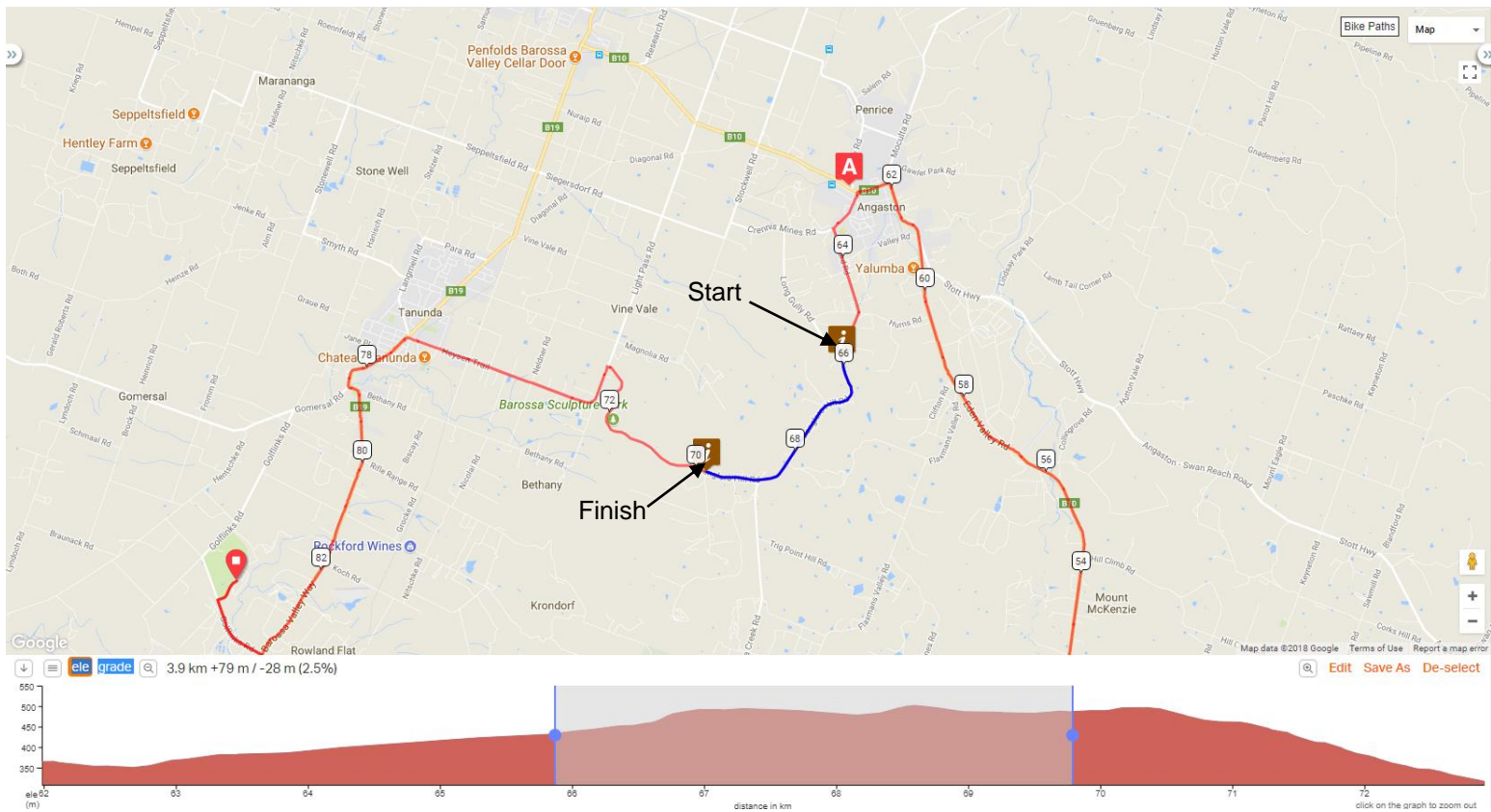
Know and the road rules & how to
ride safely with others in a group.
Is there anything else?

Yes – you must ride no more than 2 abreast & even merge to single file when prudent to allow cars to pass



You must stop at STOP
signs.
How?

Strava Challenge – Menglers Hill Rd from Angaston



Route D | Start @ 65.9km Radford Rd | Finish @ 69.8km Gravel Pit Rd

What about the Barossa Rail Trail - BRT?

EVENT CODE FOR LATE

SET UP IP CAMERA & GOPRO

21.8K BRIEF

21.8K STARTS

KEY 21.8K PRE-ENTRY DATA CHANGES INTO RT

CLIENT PROVIDES OFFICIAL TO KEY IN 21.8K LA

REGO & LATE ENTRY CLOSES

KEY ALL OTHER PRE-ENTRY DATA CHANGES IN

CLIENT PROVIDES OFFICIAL TO KEY IN ALL OTH

3/5/10K BRIEF

3/5/10K STARTS

READCOM=FINISH IF CAPTURING STARTERS

BRIEF FINISH OFFICIALS

FIRST FINISHER

print results for boards or rely on results url?

PRESENTATIONS

LAST FINISHER

DEPART

PROCESS GOPRO VIDEO IN MOVIE MAKER ON

BRIEF

- All requested entry data captured – maybe email
- I/Ryan prints out results at 1030, 1100 and 1130h
- Malc delivers a short briefing to entrants on timi

2016

MASTERS GAMES FOR 5K AND 10K

2016 would be \$815, then \$860 and \$905, all inc gst

Adelaide Mushrooms

7 INVOICE

\$860 inc gst and cc fee + SAFETY PINS @ \$22/1k

This PC > Documents > aaJDRF Jacobs Creek Ride

Name	Date modified	Type	Size
Accident	20/01/2016 07:56	File folder	
Artwork	2/05/2017 14:46	File folder	
Briefing	18/04/2018 06:41	File folder	
Budget	5/03/2018 08:17	File folder	
Checklists	5/05/2017 08:29	File folder	
Contacts	17/04/2018 11:19	File folder	
Contract	3/04/2018 16:13	File folder	
Correspondence	12/09/2004 18:43	File folder	
Data	10/04/2018 13:13	File folder	
Debrief	31/01/2015 16:56	File folder	
Entry form	30/04/2014 21:41	File folder	
Instructions	30/04/2014 21:41	File folder	
Insurance	3/04/2018 16:12	File folder	
Management	16/12/2015 18:43	File folder	
Maps	11/04/2018 14:34	File folder	
Marshalls	11/04/2018 15:20	File folder	
Meetings	30/04/2014 21:41	File folder	
Notifications & Orders	2/05/2017 12:50	File folder	
Permits and Police	7/02/2018 17:20	File folder	
Pics	2/10/2016 13:42	File folder	
Publicity	30/04/2014 21:42	File folder	
Reports	30/04/2014 21:42	File folder	
Risk Management	28/03/2018 07:50	File folder	
Schedules	4/05/2017 11:18	File folder	
Sponsors	12/09/2004 18:43	File folder	
Temp	30/04/2014 21:42	File folder	
Traffic Management	6/04/2018 11:08	File folder	
~SLJDRF scope & debrief.docx	31/03/2017 09:34	Microsoft Word D...	1 KB
07 JDRF Management.xls	21/12/2007 14:32	Microsoft Excel 97...	27 KB
ALLJDRF scope & debrief.docx	11/11/2016 09:19	Microsoft Word D...	32 KB

... RS 100617GKBM (2) prizes 100617GKBM (2) RS 220418 SARRC CLARE FQ 220418 SARRC CLARE RS 220418 MRTRF FQ 220418 MRTRF 18 5 PEAKS-rest not used 18 5 PEAKS-unrest not used 18 5 PEAKS REST USED RS TRS ...

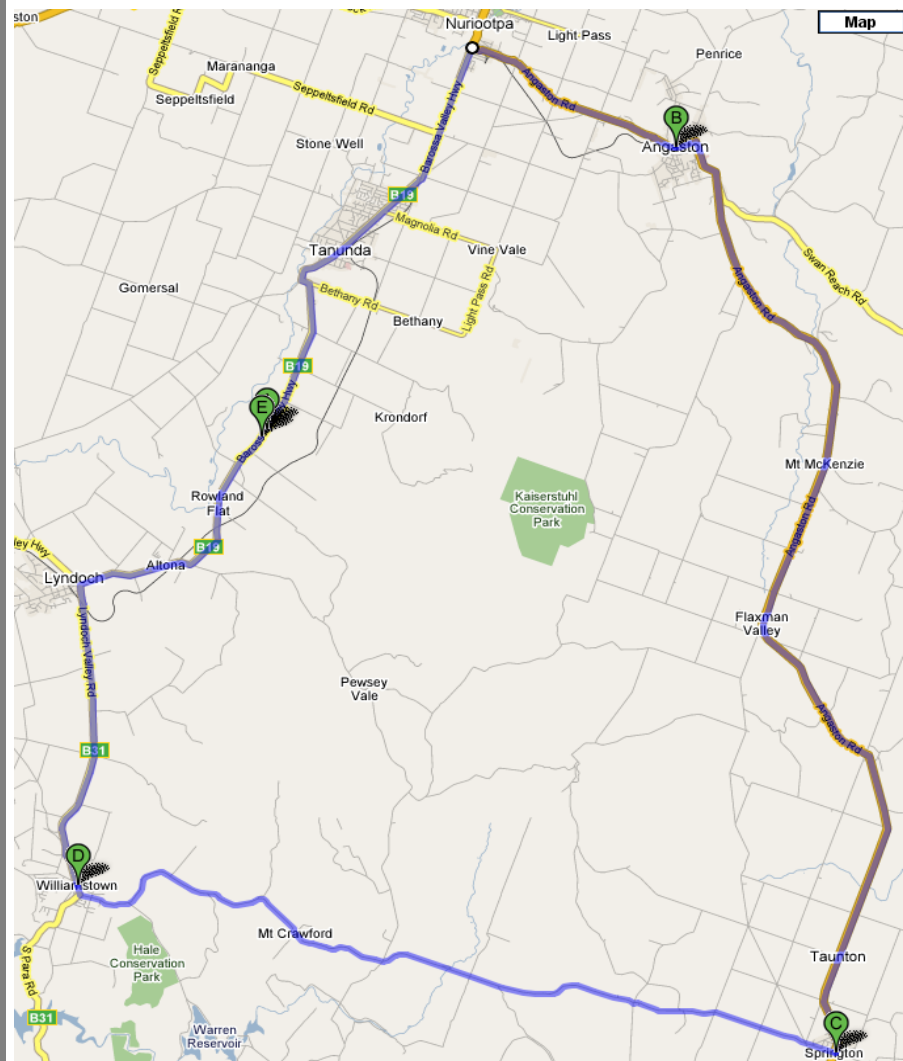
Average: 10.075 Count: 30 Sum: 40.3

Ride within your abilities.
The trail is narrow, winding & has
some steep sections but is very
scenic

What if I need help?

Stop at an Aid Station





There are Aid Stations at Angaston (B), Springton (C), Williamstown (D) & the Novotel Barossa Valley Resort (A/E)

Each will have sports drink, bananas,
water, lollies & toilets nearby...





OR IF YOU ARE BETWEEN AID STATIONS

- And have a phone signal
 - Phone/text the Manager of the sector you are in, giving your number & location
 - Use the “Send My Location” option with your iphone message
- If you don’t have a phone signal
 - Ask a passing rider to alert a Sector Manager
 - Wait by the side of the road
- Please be patient.

Sectors between Aid Stations have Managers

1. NBVR to Angaston has Nigel
2. Angaston to Springton has Harriet
3. Springton to Williamstown has Steve
4. Williamstown to NBVR has David
5. Mengler's Hill has Simon



...on board will be:

- Bike mechanics
- Event Medics

Who will assist you if you need:

- Mechanical assistance
- First Aid
- A ride



...except for the Barossa Rail Trail...

- South & North Sectors will be managed by Event Medics on motor scooters

They will assist you if you need First Aid, but if you need mechanical assistance or a ride, you will need to make your way to an access point

In addition, if you are the last rider on
your course...

- You will have a Ride Marshal or Motor Scooter Medic for company
- You will need to keep ahead of the schedule set for the last 160K lap 2 rider ie finish by 3:00pm



What about the finish?

If you are returning to the NBVR on the road, take extreme care as you turn right across traffic...



To help you, we will have a speed reduction in place



Observe all signage as you approach the finish

2024 JDRF Ride Start/Fini... 🔍 ⋮

5 views
Published 5 days ago
☆
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Untitled layer

- 📍 BSA equipment marquee area
- 📍 entry to BSA loading area
- 📍 First Aid base station
- 📍 Entry to public carpark
- 📍 bike assembly area for all starts
- 📍 starting bikes
- 📍 finishing bikes
- 📍 160km lap2 start
- 📍 any cars must keep to extreme left
- 📍 Aid station
- 📍 NO CAR PARKING ANYWHERE ON PIONEER...
- 📍 car turnaround
- 📍 bus & official vehicle parking
- 📍 BSA Trailer
- 📍 Speed reduction both sides of this point
- 📍 Mechanic & bike packing
- 📍 bike rack
- 📍 bike rack
- 📍 bike rack

This map was created by a user. [Learn how to create your own.](#) ✕

Tanunda Pines Golf Club

Pioneer Ave

Birdie Bar & Cafe

endota spa

Novotel Barossa Valley Resort
43 (0187)
4-star hotel

Pioneer Ave

Protea Dr

Enjoy the applause...





...tell registration staff you have finished...

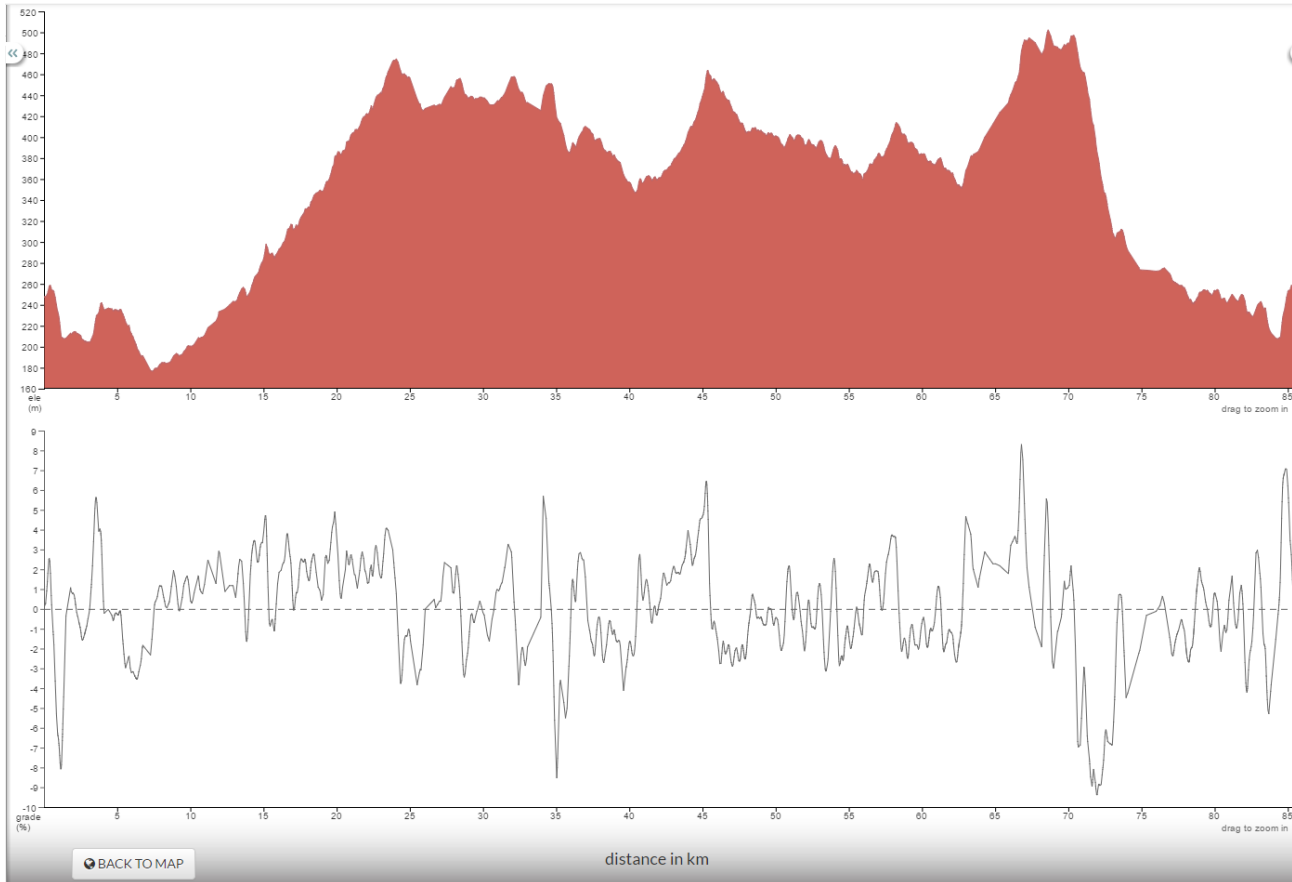




...place your bike
on racks near
the bike
mechanics if
your bike is
being packed...

Pay your Sector Mechanic (or Russell) if any items were used for your roadside repairs

Then it's time to reflect on your "JDRF One Ride" achievement



86km
anti-clockwise
route,
including
Menglers Hill

932m climbing

9.3% max
gradient