



**9TH - 10TH SEPTEMBER 2023**  
**2023 RIDER GUIDE**

**O2EVENTS**





CITROËN



\*Overseas model shown.

# CITROËN IS COMMITTED TO SAFETY

For peace of mind for all road users

When designing the new Citroën C5 X, intuitive technology and the very latest safety innovations were incorporated to help protect the safety of the driver, passengers and all road users. From the elevated driving position and extended head up display to help keep the driver's eyes on the road, to advanced driver assist technology including long-range blind spot monitoring and rear cross traffic alert. So every journey in Citroën C5 X is a reassuring one.



Best Large Car of the Year

Citroën Australia is proud to support the Amy Gillett Foundation, as official partner of the Gran Fondo.



SCAN THE QR CODE TO LEARN MORE



# 2023 RIDER GUIDE

## WELCOME MESSAGE VICTORIAN GOVERNMENT

*On behalf of the Victorian Government, welcome to the Great Ocean Road for one of the most spectacular cycling events in the country, Amy's Gran Fondo. This two-day event offers cyclists the unique opportunity to ride on fully closed roads along the picturesque coastline and hinterland along the Great Ocean Road.*

*Amy's Great Ocean Road Gran Fondo champions safe cycling and welcomes participation from cyclists of all abilities. Year after year, the event attracts thousands of riders, supporters and spectators to Lorne and surrounds, which is great for local businesses.*

*The Victorian Government is proud to support this event through the Regional Events Fund, which is helping our regions attract and stage events that boost visitation and supports the local communities.*

*The Regional Events Fund has supported more than 300 events since 2016, bringing visitors to regional Victoria and showcasing the wide range of experiences across our state.*

*While in the area, I encourage visitors to explore all that the region has to offer including the local pubs and cafes, stunning beaches, and waterfall walks.*

*Happy and safe cycling to everyone on the road and I wish everyone an enjoyable stay in this beautiful part of Victoria.*



**The Hon. Steve Dimopoulos**  
**Minister of Tourism, Sport and Major Events**  
**Minister for Creative Industries**



Californian Redwood Forest  
Great Ocean Road

Grand Ridge Road  
Gippsland

# Stay close, go further.

VISIT VICTORIA

You don't have to go far to feel like you're a whole world away. Just far enough to leave the crowds behind and find your space. A place where you can reconnect with nature, soak in the scenery and feed your soul. And okay, enjoy some great wine while you're at it. Go further in Victoria.

VISIT  VICTORIA

[visitvictoria.com](http://visitvictoria.com)



# 2023 RIDER GUIDE

## WELCOME MESSAGE AMY GILLETT FOUNDATION



*On behalf of the Amy Gillett Foundation Board and Team, I would like to thank you once again for your support of Amy's Great Ocean Road Gran Fondo and the Amy Gillett Foundation.*

*Amy Gillett died tragically when she and her Australian national teammates were hit by a car while training in Germany. This 11th edition of Amy's Great Ocean Road Gran Fondo remains a memorial to Amy's life. Amy's family and friends started the Amy Gillett Foundation to improve cycling safety so that no other families would need to suffer such a horrible loss. We are not there yet. This event is a major fundraiser for the AGF and provides critical funding to support our continued work.*

*Amy's Great Ocean Road Gran Fondo is an inclusive cycling festival with options for cyclists of all abilities. We're proud to present a world-class event held on fully closed roads, showcasing the best the Great Ocean Road and Otway Ranges region has to offer. With extraordinary scenery and a weekend of exciting family-friendly activities for participants and spectators alike, Amy's Gran Fondo is not just an event but an unforgettable experience.*

*Events kick off on Saturday with Amy's Gravel Fondo, Amy's Warm-up ride, Memorial Ceremony and Cycling Expo taking place on the Lorne Foreshore. On Sunday morning, the Amy's Gran Fondo riders will circuit the stunning 122km course through the Otway's and along the spectacular Great Ocean Road. The top 25% Age-Group participants will qualify to ride in the UCI Gran Fondo World Championships in 2024. The 14 km Family Fondo and 45 km Medio Fondo provide options for cyclists of all ages to take in the views and enjoy the beauty of the Great Ocean Road.*

*The Amy Gillett Foundation exists for one purpose: to make cycling safer in Australia. Your generous donation and fundraising efforts in this event directly support our work towards a safer cycling environment, including cycling safety research, legislation changes like the Metre-Matter's laws to ensure motor vehicles pass cyclists at a safe distance, education, awareness campaigns and training programs.*



**Lisa Jacobs**  
**Chair**  
**Amy Gillett Foundation**

**Amy Gillett**  
**FOUNDATION**  
**Safe together**



The Amy Gillett Foundation  
would like to wish you

# safe cycling

In Australia, over 20 cyclists are hospitalised each day  
and a cyclist is killed every 7-10 days.

Help us make **roads safer for all riders, of all ages.**

## Safe Cycling Infrastructure

Improve cycling infrastructure and our national road standards by informing, pressuring and actioning government policy through research-based data and insights.

## Safe Cycling Behaviour

Reframe the community and media narrative to champion cycling's benefits and reduce hostility towards riders.

## Safe Cycling Care & Support

Honour the victims of preventable cycling crashes, through acknowledgement support and action.

[www.amygillett.org.au/donate](http://www.amygillett.org.au/donate)

Amy Gillett  
FOUNDATION  
Safe together





# 2023 RIDER GUIDE

## WELCOME MESSAGE SURF COAST SHIRE MAYOR

*A warm welcome to the stunning Surf Coast.*

*We're delighted that Amy's Gran Fondo has delivered more than a decade of memorable moments for thousands of cyclists, who make the most of a rare opportunity to ride a fully-closed Great Ocean Road.*

*It's an exciting time for the event, following the recent announcement of the UCI World Gran Fondo Championships — to be held alongside Amy's Gran Fondo in 2025.*

*Here on the Surf Coast we encourage 'slow tourism', where visitors linger and take in our region. So when you're off the bike this weekend, we invite you to soak up Lorne and surrounds — whether it's a post-ride recovery ocean dip, fuelling up with delicious food at a local venue, or taking a wander through our world-class natural environment.*

*We also invite you to make a return trip to the Surf Coast, to further explore the coast or the charming hinterland.*

*Council is proud to be a long-time supporter of Amy's Gran Fondo through our Event Grants Program. This event brings incredible benefits, including improving health and wellbeing, fostering social connections, and providing a welcome boost to our local economy. The most important benefit of all, is the fundraising for the Amy Gillett Foundation. That's thanks to you, the cyclists and your support crews, who are raising funds to help create a safe bike riding environment in Australia.*

*So thank you to all of you, for supporting this wonderful event.*

*To stay up-to-date with events across the Surf Coast, and to add more events to your calendar, visit [surfcoastevents.com.au](https://surfcoastevents.com.au). You'll find markets, music festivals, motor shows, theatre, trail runs, ocean swims, and so much more.*



**Cr Liz Pattinson**  
**Mayor**  
**Surf Coast Shire**



# get amongst a Surf Coast Event

16 SEP



ANGLESEA  
**Surf Coast Century**

16-17 SEP



ANGLESEA  
**Angair Wildflower & Art Weekend**

16 SEP



AIREYS INLET  
**Aireys Inlet Dark Sky Event**

6 OCT



ANGLESEA  
**The Sound Doctor: RVG**

7 OCT



ANGLESEA  
**The Sound Doctor: Didirri**

22 OCT



TORQUAY  
**Surf Coast Kite Festival**

## Markets

**Anglesea Twilight** | 4.30pm to 8pm  
3 NOV, 17 NOV, 1 DEC, 15 DEC

**Torquay Farmers** | 8.30am to 1pm  
EVERY SATURDAY

**Aireys Inlet** | 9am to 1pm  
8 OCT, 4 NOV, 26 NOV, 10 DEC, 31 DEC

**Anglesea Riverbank** | 9am to 4pm  
5 NOV

**Winchelsea Community** | 9am to 1pm  
FIRST SUNDAY OF MONTH

**Lorne** | 9am to 4pm  
4 NOV

**SURF  
COAST  
EVENTS**

f SurfCoastEvents  
i SurfCoast\_Events  
surfcoastevents.com.au





# 2023 RIDER GUIDE

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# 2023 RIDER GUIDE

## EVENT WEEKEND PROGRAM



### FRIDAY 8TH SEPTEMBER

**4-6PM RIDER REGISTRATION:** Timing Sticker Collection from the Registrations Tent at the Event Village. ETicket & Safety Briefing Completion Required (No Safety Briefing required for Family Fondo and Gravel Fondo participants)

### SATURDAY 9TH SEPTEMBER

**10AM-5PM RIDER REGISTRATION:** Timing Sticker Collection from the Registrations Tent at the Event Village. ETicket & Safety Briefing Completion Required (No Safety Briefing required for Family Fondo and Gravel Fondo participants)

**10AM-5PM EVENT VILLAGE EXPO (LORNE FORESHORE CAR PARK):** Check out: Amy Gillett Foundation, Fuel Performance (Bike Mechanic), GKA Sports, Velo Therapy, Ventou & More.

**10:30AM SURF COAST SHIRE GRAVEL FONDO:** Rider registration at Start Line Allenvale Rd Car Park.

**10:30AM AMY'S WARM UP RIDE:** Starting from Lorne Surf Life Saving Club to Wye River and back, stopping at Wye River General Store for a coffee. Joining this guided Warm Up Ride requires registration, with all funds going to Amy Gillett Foundation.

**2PM MEMORIAL CEREMONY - Lorne Beach behind Mantra:** Join the Amy Gillett Foundation as they remember all lives that have been lost through Cycling crashes.

### Citroën BMX Stunt Show & Coaching

#### Event Village Friday:

4:00pm - 4:15pm - BMX Show  
5:15pm - 5:30pm - BMX Show

#### Event Village Saturday & Sunday:

10:30am - 10:45am - BMX Show  
10:45am - 11:45am - Bike Skills Clinics  
11:45am - 12:00pm - BMX Show  
12:00pm - 1:00pm - Bike Skills Clinics  
1:00pm - 1:15pm - BMX Show  
1:15pm - 2:15pm - Bike Skills Clinics  
2:15pm - 2:30pm - BMX Show  
2:30pm - 4:00pm - Bike Skills Clinics



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# 2023 RIDER GUIDE

## EVENT WEEKEND PROGRAM

### SUNDAY 10TH SEPTEMBER

#### 5:30AM - 9:30AM LORNE RIDER REGISTRATION

#### 7AM-4PM EVENT VILLAGE EXPO (LORNE FORESHORE CAR PARK):

Check out - Amy Gillett Foundation, Fuel Performance (Bike Mechanic), GKA Sports, Velo Therapy, Ventou & More.

**7:30AM AMY'S GRAN FONDO 122KM AGE GROUP START:** Age group riders please start with your respective age group and carry 2 full bidons. Ensuring you obey course caution signage and please DO NOT LITTER.

#### 7:50AM AMY'S GRAN FONDO 122KM RECREATIONAL START:

Recreational category riders please enjoy the ride and prepare well, utilising Aid Stations along your ride.

**8AM LORNE TO APOLLO BAY BUS TRANSFERS:** All Medio Fondo riders who have pre purchased transport options, will be departing from the roadside opposite the Lorne Hotel. If bringing a bike please arrive no later than 7:30am.

**9:30AM AMY'S FAMILY FONDO 14KM START:** This Family Friendly ride sees riders perform an out and back loop of the Great Ocean Road.

**11AM AMY'S MEDIO FONDO 45KM START:** Medio Fondo riders will ride from Apollo Bay to Lorne travelling the entire distance on the Great Ocean Road).

**12PM EVENT PRESENTATIONS:** Rolling presentations will occur on the stage in the event village as results are confirmed, please make yourself known at the stage if you are among the top 3 in your age group. 1pm UCI Medal Collection SMS will be sent to those that have qualified to receive their medal.

### Visit The Citroën Comfort Zone

Relax post ride in Lorne with DJ Music, seating and SIS electrolyte to hydrate in the Citroën Comfort Zone.





# 2023 RIDER GUIDE

## SAFETY BRIEFING & RIDER NUMBERS

### SAFETY BRIEFINGS

Amy's Gran Fondo is the safest event on the Australian cycling calendar and we are proud of the procedures that are in place to enable us to maintain our safety record.

All riders (excluding Family Fondo & Surf Coast Shire Gravel Fondo) must complete an online safety briefing prior to collecting your rider number. Gravel & Family Fondo will be conducted at their respective start lines.

Riders will receive an email from **Sentry Portal** – please keep an eye out for this in your emails.

You must complete the online briefing prior to coming to the event kit collection to avoid long wait times. Please bring along your completion certificate to the kit collection area.

Please contact us via [granfondo@amygillett.org.au](mailto:granfondo@amygillett.org.au) if you have not received your rider safety briefing.

### RIDER NUMBER COLLECTION

If you paid for Timing Sticker Postage & completed your online safety briefing before midnight **Wednesday 16th August**, your rider number and timing chip would have been mailed out to you.

All other riders, you will need to collect your rider number and timing chip at the **Registration Tent at the Event Village** on Friday 8th September (4:00pm - 6:00pm), Saturday 9th September (10:00am – 5:00pm) or the morning of Sunday 10th September (5:30am – 9:30am).

Medio Fondo Participants can collect from the **Registration Tent at the Event Village** on Saturday or the Start Line in Apollo Bay on Sunday.

\*Please note that if you are collecting your rider number and timing chip on the event weekend you will be provided a number on pickup. Please have your ETicket ready.

### LOST RIDER NUMBER

If your rider number did not arrive in the post, we have replacement rider numbers available to be picked up from the **Registration Tent at the Event Village** on Saturday 9th September (10:00am – 5:00pm) or the morning of Sunday 10th September (5:30am – 7:30am), prior to the event starting.

### EDIT MY REGISTRATION

To edit your event distance please email [granfondo@amygillett.org.au](mailto:granfondo@amygillett.org.au).

### BIKE STICKER APPLICATION

You rider kit will include:

- **Timing Chip Bike Post Sticker:** To be placed around the seat post with the number facing backwards so as to be read from the side.
- **Helmet Sticker:** To be placed on the front of your helmet.
- **Age Group or Rec Group Seat Post Identifier:** To be placed around the seat post with the number facing backwards so as to be ready from the side.
- **Mocka:** To be placed on your top tube.

#### TIMING CHIP BIKE POST STICKER

MOCKA

HELMET STICKER

PLACE THIS LABEL AROUND THE SEAT POST WITH THE NUMBER FACING BACKWARDS SO AS TO BE READ FROM THE SIDE

**123**

DO NOT REMOVE, ALTER OR BEND THIS TIMING CHIP ABOVE

AMY'S GREAT OCEAN ROAD GRAN FONDO

LEFT SIDE START NUMBER (1-5)  
 1-5000  
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HELMET SIDE  
 Rider Name \_\_\_\_\_  
 Emg Contact Name \_\_\_\_\_  
 Emg Contact No. \_\_\_\_\_

BIKE TOP TUBE  
 Rider Name \_\_\_\_\_  
 Emg Contact Name \_\_\_\_\_  
 Emg Contact No. \_\_\_\_\_

HELMET STICKER (FRONT)  
**123**

PLEASE ATTACH YOUR TIMING STICKER TO YOUR SEAT POST AS PER THE IMAGE SHOWN

DO NOT REMOVE, ALTER OR BEND THIS TIMING CHIP ABOVE

**45-49**

**45-49**

#### AGE GROUP OR REC GROUP SEAT POST IDENTIFIER





flip  
insurance

# Exclusive Amy's Gran Fondo offer

As a proud sponsor of the Amy's Gran Fondo, Flip Insurance is offering all cyclists accidental injury insurance for **just \$5 per day** (usually \$7/day).

You could get paid up to \$50K cash if you get injured when your insurance is active.

**Instant activation. No waiting periods.**

## \$5 day pass offer

Scan the QR, fill in the form and use the code below at checkout



**FLIPFONDO23**

Schedule in advance. Cancel any time before your cover starts. Can be used with other health insurances.

**getflip.com.au**

Read the promo terms, PDS and TMD at [getflip.com.au](https://www.getflip.com.au) and consider whether this product is appropriate for you. Issued by HCF Life.





# 2023 RIDER GUIDE

## MERCHANDISE, PHOTOS & BIKE PARKING

### MERCHANDISE COLLECTION

Riders who donate or fundraise \$100 or more for the Amy Gillett Foundation will receive a limited edition **Citroën Amy's Gran Fondo Jersey, valued at \$199!**

You can collect your limited edition jersey from the **Registration Tent at the Event Village** from on Friday, Saturday or Sunday.

Jerseys will also be available for purchase on event weekend from the **Amy Gillett Foundation Marquee at the Event Village**.



### ON COURSE PHOTOGRAPHY & VIDEO

In 2023, riders will be provided a free finish line photos thanks to **Flip Insurance**. There will also be photographers on course! A link to the images will be emailed to you after the event completion.

Please make sure you share your photos on socials using the event hashtags **#amysgranfondo #ridegreateoceanroad**

### POST EVENT BIKE PARKING

Bike Parking will be available for participants post ride and will be provided free of charge at the Lorne Foreshore **Event Village Expo**.

WE HIGHLY RECOMMEND GETTING YOUR BIKE SERVICED PRIOR TO ARRIVING IN LORNE. BELOW IS A CHECKLIST TO HELP GUIDE YOU:

## ALL THE BEARINGS

### ALL THE BEARINGS

- Wheel bearings, front and rear
- Pedals
- Bottom bracket

### SUSPENSION

Performing correctly without rattles or leaks.

### DRIVE CHAIN

- Chain and chainrings
- Cogs
- Cranks and chain bolt rings should be tight

### GEARS

- Derailleurs
- Cables
- Shifters

### BRAKES & WHEELS

- Pads
- Cables
- Hydraulic discs check for buckles
- Check for broken or loose spokes

### ACCESSORIES

- Lights
- Drink bottle cages
- Racks
- Pumps

These should all be tight with correct fixings and new batteries.



# FUEL

Our friends at **Fuel Performance** will be at the event providing mechanical support. They are also mobile around Melbourne!

If you need a same day turnaround they are a full mobile workshop and can service conveniently at your home or office.

More details here:  
[fuelperformance.com.au](http://fuelperformance.com.au)





# 2023 RIDER GUIDE

## RIDER TRACKING

### SPORTSPLITS

**FAMILY, FRIENDS AND FELLOW RIDERS CAN USE 'SPORTSPLITS TRACKER' TO FOLLOW YOU ON COURSE!**

The 2023 Amy's Great Ocean Road Gran Fondo is featuring the latest in real-time race tracking by providing Live Results via our partner **SportSplits (MSA)**.

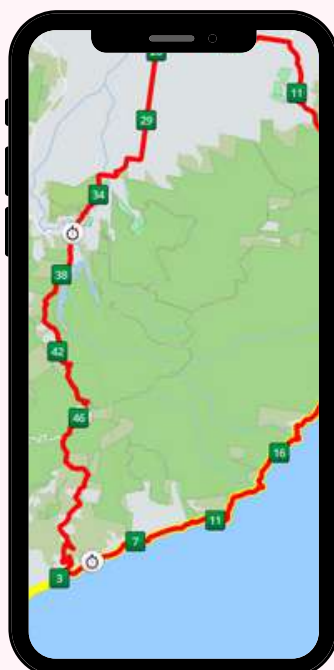
#### Features Include:

Live Web Tracker - See times and current pace within seconds of a participant crossing each split point. Estimated times will be provided based on current pace.

Live Map Tracking - Participant locations will be plotted on the Interactive Course Map as progress is made on course. The position of each participant is estimated based on the most recent timing received from the bib read. NOTE: Participants do not need to carry their phones for this feature to work. Estimated Times are indicative of an average pace/speed and could vary in accordance with conditions.

Mobile App - Features include Live Participant Tracking, Push Notifications, Map Tracking, Event Messages, Event Info and more!

Tell your friends and family to head to the App Store on their iPhone or Android to download this free app (SportSplits Tracker). Search Amy's Gran Fondo and your ride number.



[DOWNLOAD MOBILE APP](#)

[VIEW IN BROWSER](#)



# 2023 RIDER GUIDE

## RIDER WELFARE & SAFETY



### AID STATIONS

Stocked with water, Electrolyte hydration provided to you by SIS, apples, bananas, snakes and fruit cake. Toilets are available at each aid station.

Please use these and don't urinate in public. Amy's Gran Fondo has received complaints about this in previous years. Additional to the products mentioned, there will also be food available for purchase at the Forrest Aid Station, if you would like to take a small amount of cash out on course. If you choose to, please spend a brief moment at aid stations and move on to avoid cut off times.

#### Aid stations are located at:

- Deans Marsh 23.2km
- Forrest 59.9km
- KOM Finish 77.6km
- Kennett River 109.2km
- Finish Event Village km

Thanks to **Fuel Performance**. Be sure to drop into the Service Point located in the Event Expo on the Lorne foreshore either on the Saturday or Sunday morning for any last minute purchases or mechanical tweaks. Hydrate well before the event and ensure you depart onto the course with two full bidons. These need to be refilled at aid stations.

When on course you can rest assured that has also got you covered with a range of electrolyte hydration provided to you at each aid station.

### LITTER

Anyone caught littering oncourse will be disqualified from the event and results will not be made available. This will be monitored oncourse by UCI Eco Cyclo RiderS.

### WEATHER

Dress appropriate; plan for the worst; different areas of the course will have different climates; do not base your apparel on Lorne's forecast. We recommend taking a waterproof top.

In the event of a thunderstorm please move to the nearest shelter.

### SINGLE LANE POINTS ON COURSE

There may be some road works on the Great Ocean Road where cyclist will need to merge into one lane. These areas are signed with Yellow 'Slow down single lane ahead' signage.

Cyclist will also need to merge into one lane when turning onto the Great Ocean Road at Skenes Creek (92.1km) as the Medio Fondo will merge with Gran Fondo at this point. Take care and look out for other cyclists around you.

### EMERGENCY PROCEDURE

**IN AN EMERGENCY DIAL - 000  
THEN EVENT CONTROL - 0456 479 606**

In the event of a serious incident, use this checklist as a guide:

- Ensure your own safety first
- Ensure the safety and welfare of any injured person
- Contact the nearest course marshal or on course medical service personnel
- Remain at the scene until emergency assistance arrives; take note of how many kilometres into the course you are and the rider number of the injured person.

**Santini**

Amy Gillett  
FOUNDATION  
Safe together 

PROUDLY PARTNERING WITH THE AMY GILLET FOUNDATION.

SAFE TOGETHER.

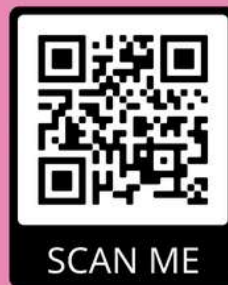
EXCLUSIVE AGF OFFER!

**\$50 OFF** SANTINI  
CYCLING BIB SHORTS/TIGHTS!

USE  
CODE:

**AGFBIB50**

TO REDEEM OFFER AT CHECKOUT



SCAN ME

HURRY!  
OFFER ENDS  
23.59 AEST 17.09.23

**\$50 OFF** SANTINI  
BIB SHORTS/TIGHTS!

MADE IN ITALY, MADE WITH PASSION

[www.santinisms.com.au](http://www.santinisms.com.au)



## 122KM AMY'S GRAN FONDO

### AMY'S GRAN FONDO START PROCEDURE

Age Groups riders will be marshalled in the start area according to age group. Colour coded signage corresponding to your age group seat post tag mark your assembly location. Please be assembled in the start area by 7:20am. Age groups will be released according to the following schedule:

16-34	7:30:00	40-44	7:34:30	50-54	7:37:00	60-64	7:40:30	70-75	7:40:30
35-39	7:33:00	45-49	7:36:00	55-59	7:39:00	65-69	7:40:30	75+	7:40:30

Each age group will receive a single start time (the time that the first rider in the bunch crosses the timing start). Moto scouts will hold each peloton at 20km/h until reaching the timing start.

Riders in the Age Group section are eligible for all category prize money, winners jerseys and GFWS qualification.

Recreation Category riders will be marshalled according to the average speed nominated at the time of entry. Rider numbers will be allocated so that faster riders start ahead of slower riders.

Recreation Category riders will be released in a four waves starting at 7:50 am.

30km/h	7:50 am	20-24 km/h	8:00 am
25-29km/h	7:54 am	18-19km/h	8:05 am

Please note that All riders must have crossed the start line by 8:10am sharp. Any riders attempting to start after this will not be permitted to start.

Each rider in the Recreation Category will receive an individual start time. Riders in the Recreation Category are not eligible for Gran Fondo World Series qualification, Age Category wins, KOM/QOM or overall win.

### KING & QUEEN OF THE MOUNTAIN (KOM/QOM)

The KOM/QOM is located at Mt Sabine approximately 14.9km after Forrest. KOM/QOM times are calculated from the timing start to the KOM finish Signage. There will be one overall Men's and Women's winner for KOM & QOM from the Age Category Event.



# 2023 RIDER GUIDE

## CUT-OFF TIMES

**AS PART OF THE EVENT PERMIT CONDITIONS WITH VICROAD AND OTHER LOCAL AUTHORITIES STRICT ROAD-REOPENING TIMES MUST BE ADHERED TO.**

### **DEANS MARSH CUT-OFF TIME - 9:30AM**

Riders arriving after the cut-off time will not be permitted to enter Birregurra - Deans Marsh Road. Barriers will be installed and Police support will be present to enforce this policy.

SAG transportation back to Lorne will be provided.

The rider numbers of all riders that miss the cut-off time will be recorded and reported. SAG Wagons will continue to follow the last riders.

### **LEFT turn on Birregurra - Forrest Road Turn Cut-Off Time - 10:00am**

#### **FORREST CUT-OFF TIME - 11:15AM**

Riders arriving after the cut-off time will be advised that they are at risk of not arriving at the KOM Finish before the cut-off time.

Option 1: Optional SAG transportation back to Lorne

Option 2: SAG transportation to Skenes Creek where they can resume the course.

#### **KOM FINISH CUT-OFF TIME - 12:30PM**

Riders arriving after the cut-off time will not be permitted to continue the descent. Barriers will be installed and Police support will be present to enforce this policy including compulsory SAG transportation to Kennett River. The rider numbers of all riders arriving after the cut-off time will be recorded and reported to the Event Control Centre. SAG Wagons will continue to follow the last riders.



# 2023 RIDER GUIDE

## CUT-OFF TIMES

### **GREAT OCEAN ROAD CUT-OFF & REOPENING - 1:15PM**

Where possible all cyclists need to be in the left lane as those at the tail of the course may have vehicle on course with them if outside of cut off times

**If you are on the Great Ocean Road after 2:00pm ensure you are in the left lane at all times.**

### **KENNETT RIVER CUT-OFF & REOPENING - 2:00PM**

Riders arriving after the cut-off time will be advised that they are at risk of not arriving at the Finish Line before the cut-off time. There will be compulsory SAG transportation to Lorne. The rider numbers of all riders arriving after the cut-off time will be recorded and reported to the Event Control Centre. SAG Wagons will continue to follow the last riders.

### **LORNE FINISH - 3:15PM**

Timing ceases and Great Ocean Road opens. SAG Wagons will continue to follow the last riders.

Amy Gillett FOUNDATION  
*Safe together*





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# 2023 RIDER GUIDE

## COURSE, ELEVATION & AID STATIONS



<b>Amy's Great Ocean Road Gran Fondo</b> Fully Closed Roads For Rider Safety Including Great Ocean Road UCI Gran Fondo World Series Age Group Race & Recreational Ride	📍 122km
	🏔️ +1869m





# 2023 RIDER GUIDE

## 45KM AMY'S MEDIO FONDO

### KEY INFORMATION

#### START TIME

11:00am: Medio Fondo starts Apollo Bay Visitor Information Centre Carpark.

#### AID STATION - 22.5KM KENNETT RIVER

Stocked with water, hydration products, bars, chews, Carman's bars, applies, bananas, mandarins, snakes and fruit cake. Electrolyte and hydration products provided to riders by **SIS**.

#### RIDER KIT COLLECTION

Kit collection on Saturday will be at the **Registration Tent at the Event Expo** from 10:00am. On Sunday kits can be collected from the **Start Line at Apollo Bay**.

#### MECHANICAL SUPPORT

Come prepared with spares tubes. Roaming mechanical support will be available on course provided by the team at Fuel Performance.

#### ONLINE SAFETY BRIEFING

For insurance and safety purposes, all riders are required to complete an online safety briefing. If you do not complete the online safety briefing, you will not receive your rider bib and therefore cannot start in the Medio Fondo.

#### BUS TRANSFERS

All bus transfers need to be pre-booked prior to event weekend to secure your place. [Click here](#) to book your bus transfer (adding the optional item to your existing registration). For full information regarding buses, please see next page.





# 2023 RIDER GUIDE

## MEDIO FONDO BUS & BIKE TRANSFERS

Bus and bike transfers are available for riders who booked during the registration process. A last chance email will be sent to all riders to finalise numbers. Please arrive in time to check-in & load your bike.

**IMPORTANT NOTE:** All transfers require pre purchase of ticket, made either during registration or merchandise area of website. Check-in is required and will be **strictly enforced**. All names must be on the list to board the bus. There will be no bus tickets available on the day.

You can add a bus transfer to your existing registration by clicking [here](#).

### **BUS TRANSFER OPTIONS**

The following bus and bike transfers are available for the Medio Fondo riders.

**Pre Event Option 1** – Self Drop Bike SAT Apollo Bay, Bus SUNDAY Lorne to Apollo Bay:

Drop your bike off to Mechanics Institute Hall, 21 Great Ocean Rd, Apollo Bay VIC 3233 between 3:30 and 5:00pm on Saturday and then jump on the 8am bus on Sunday from Lorne to Apollo Bay

Cost: \$20

**Pre Event Option 2** – Medio Fondo Saturday Bike & Sunday Bus Transfer

1. Saturday Lorne Bike Drop Off Between 2-4pm Mountjoy Pde (Great Ocean Road) Opposite Lorne Hotel
2. Sunday Bus Transfer – Sun 8am, Lorne to Apollo Bay

Cost: \$30

**Pre Event Option 3** – Medio Fondo Sunday Bike & Bus Transfer – Sun 8am, Lorne to Apollo Bay

Cost: \$60

**Post Event Transport** – Post Event Medio Fondo Bike & Bus Transfer – Sun 3:30pm, Lorne to Apollo Bay

Cost: \$30

## 14KM FAMILY FONDO



The perfect ride for families and children who want to enjoy a gently undulating section of the Great Ocean Road – fully closed to traffic. The Family Fondo course in Lorne takes riders 7km along the Great Ocean Road from Lorne to Cumberland River where they turn around and return to Lorne to complete the full 14km's.

### KEY INFORMATION

#### REGISTRATIONS

If you miss the online registrations, your family members can register at the Registration Tent at the Event Expo.

#### START TIME

Family Fondo starts at 9:30am on Sunday 10 September 2023. The start line will be at the arch on Mountjoy Parade outside the Lorne Hotel.

#### SAFETY BRIEFING

Family Fondo riders do not need to complete an online safety briefing as they will be briefed on the start line. All riders must be present for the briefing at 9:15am.

#### BIKE PLATES

Please collect your bike plate from event information from the Registration Tent at the Event Expo prior to moving to the start line. You can collect your bike plate on Saturday 10:00am – 5:00pm or Sunday from 5:30am- 9:05am. Bike plates are fixed to the middle of the handlebars by two cable ties, facing outwards.

#### THE COURSE

The Family Fondo course takes riders 7km along the Great Ocean Road from Lorne to Cumberland River where they turn around and return to Lorne. Faster riders will be able to do multiple loops. All participants must ride on the left hand side of the road.

#### FINISH

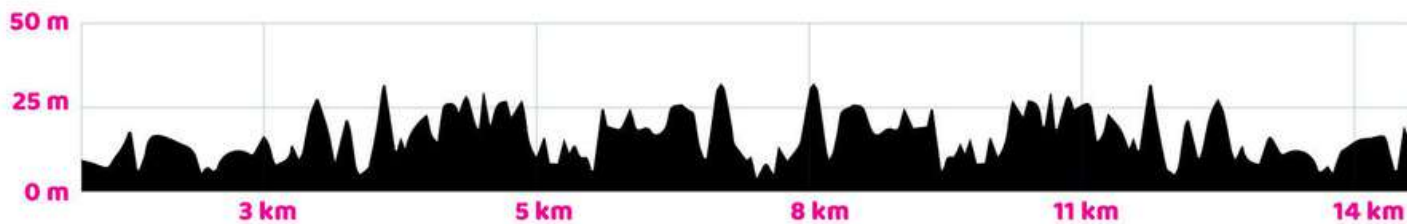
All riders must finish their ride by 10:15am. Riders completing multiple laps may be turned around on the course to ensure they meet the cut-off times which will take place at 10:00am.





# 2023 RIDER GUIDE

## COURSE



## 45KM GRAVEL FONDO



Gravel Grinding is riding a bike on gravel, loose stones or any unpaved surface using any type of bike including cyclo-cross, mountain bike, gravel grinder or hybrid. Gravel riding racing/riding has seen a growth over the past years to be popular with mountain bike, cyclocross and road cyclist.

### KEY INFORMATION

#### REGISTRATION/TIMING STICKER COLLECTIONS

9am to 10:20am

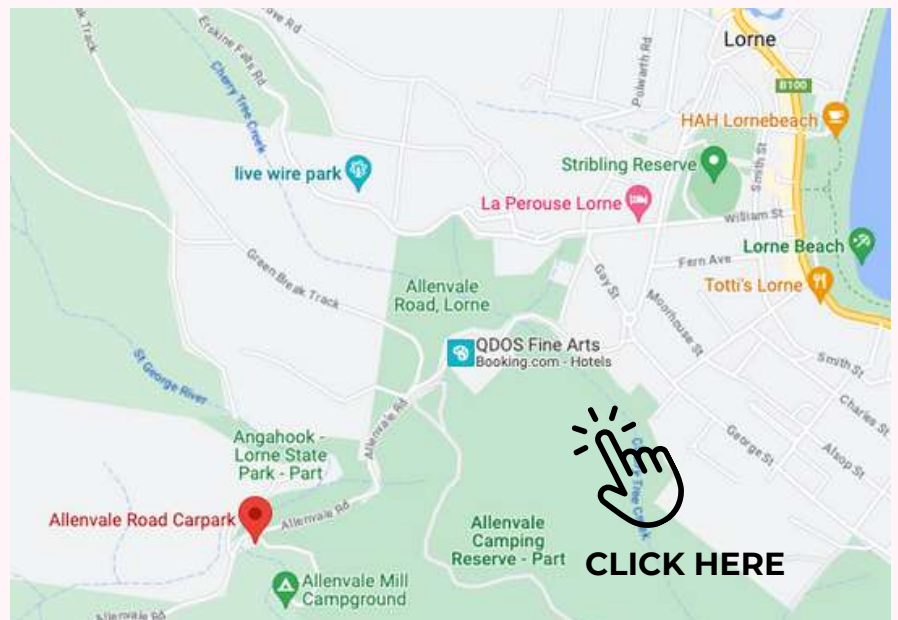
#### START TIME

The Gravel Fondo starts at 10:30am on Saturday 10th September 2023.

#### START AREA

Allenvale Rd Car Park  
(Ride to start line from Lorne parking George St or similar – No parking at start line – drop off only).

Coffee and Bike Service at Start line.



#### COURSE SUPPORT

Please carry spare tubes on course. Aid Station available at 9.8km & 36km.  
Sag Wagon available via Event Control on 0456 479 606.  
Emergency Dial 000 / Flag down moto support.

#### FINISH

Finish Line Closes at 3:30pm – 5 hours to complete 45km





# 2023 RIDER GUIDE

## COURSE, ELEVATION & AID STATIONS



### 45km Amy's Gravel Fondo

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📍 45 km

⚙️ +1271 m

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# 2023 RIDER GUIDE

## PRESENTATIONS

### **EVENT PRESENTATIONS**

Presentations will be conducted in the event village at the Lorne Foreshore Car Park.

The first presentations for 130km Amy's Gran Fondo Age Categories will commence at 12:00pm and will be conducted as soon as possible after 1st, 2nd and 3rd place getters cross the finish line.

Presentations will then continue on a rolling schedule through until approximately 2:00pm. Place getters will be displayed on the big screen and will need to make themselves known to event staff.

Main presentations will be made to KOM winners, Overall Winners, Men's Team, Women's Team and Mixed Team and will commence at 1:15pm.

Riders required for the main presentation ceremonies will be notified by SMS.

***You are required to be at the Stage area 15 mins prior to your advised time wearing cycling knicks & jersey.***

### **PRESENTATION CEREMONY**

There will be one overall Men's and Women's KOM/QOM winner (from 130km Age Category Event)

### **PRIZE MONEY**

All Age Category 1st Place winners will receive \$250 AUD prize money and a UCI World Gran Fondo Series Jersey.

Those who qualify for the UCI World Gran Fondo Series World Championships by placing in the top 20% of their age group will be notified via text message and can then collect their UCI medal from Event Information in the Lorne Foreshore Car Park.





# 2023 RIDER GUIDE

## EVENT VILLAGE & SUNDAY FINISH

### EVENT EXPO TIMES

**10AM-5PM SATURDAY**

**7AM-4PM SUNDAY**

### RETAILERS

Check out: Amy Gillett Foundation, Fuel Performance (Bike Mechanic), GKA Sports, Velo Therapy, Ventou & More.

### FOOD POST EVENT

You may notice there are no food vendors in the event village. This is to promote the trade of local permanent businesses as we encourage you to hit Mountjoy Pde and surrounding businesses after your ride.

There will be supervised bike parking in the Lorne Foreshore expo.

Why not check out some of the following businesses?

- Lorne Central for a coffee and cake? Or an amazing Soup post event.
- Lorne Hotel – Offering a great pasta dish to refuel, and event a beverage
- Need some sugar? Visit Fruits of the Forest for an ice-cream or sorbet.
- Looking for something more along the lines of pie or cake post event; Grandma Shields Bakery, Great Ocean Road Bakery or Lorne Bakery Cafe offers pies, cakes and anything sweet to get you through to dinner.
- Need something Deep Fried post event – Check out the Salty Dog Fish & Chippery?
- Chopstix Noodle Bar offer a great Asian range with great quality for the whole family.
- The Bottle of Milk is arguably Lorne's best burger and located opposite the start line.
- Need a coffee over the event weekend? Lorne Central, Swing Bridge Cafe, HAH Cafe or Moons Espresso & Juice Bar,
- Lorne Beach Pavilion – taking in the beautiful surrounding of the beach – located behind the Lorne Trampolines

Want to see what else is happening around Lorne?

Visit - <https://www.lovelorne.com.au/>

Please shop local and support the local businesses in the area.

## ROAD CLOSURES

### ARRIVING IN LORNE SUNDAY MORNING?

When travelling to Lorne on Sunday 10th September you must use the Great Ocean Road from Anglesea. Do not use Deans Marsh – Lorne Road as this road will close from 6:30am; for the road to be clear for the first event.

### ROAD CLOSURES TO ALL TRAFFIC - MORE INFO [HERE](#)

To ensure the safety of all event participants and the community temporary changes to traffic conditions must be implemented on Saturday 9th and Sunday 10th September 2023.



### THE FOLLOWING ROAD CLOSURES APPLY

#### SATURDAY 9 SEPTEMBER 2023

ROAD	LOCATION / CLOSURE	TIMES
Allenvale Road, Lorne.....	West of Allenvale Rd Cottages.....	9am – 3:00pm
Benwerrin – Mount Sabine Rd, Lorne.....	Between Erskine Falls Rd and Cowley Track.....	9am – 3:00pm
Delaneys Road, Barwon Downs.....	Between Cowley Track and Benwerrin - Mount Sabine Rd.....	9am – 3:00pm

#### SUNDAY 10 SEPTEMBER 2023

ROAD	LOCATION / CLOSURE	MAP REF	TIMES
Mountjoy Parade, Lorne.....	Between Otway St & William Rd.....		4:45am – 10:00am
Mountjoy Parade, Lorne.....	Between William Rd & Albert St.....		4:45am – 4:30pm
Mountjoy Parade, Lorne.....	Between Deans Marsh Rd and Otway St.....		7:00am – 8:45am
Deans Marsh-Lorne Road.....	Between Birregurra – Deans Marsh Rd & Great Ocean Rd.....		6:30am – 10:30am
Birregurra – Deans Marsh Road & Deepdene Rd.....	Between Deepdene Rd & Deans Marsh – Lorne Rd.....		7:00am – 11:00am
Birregurra – Forrest Road.....	Between Deepdene Rd & Colac Forrest Rd.....		8:00am – 12:00pm
Forrest– Apollo Bay Road.....	Between Beech Forest Rd (Turtons Track) & Colac Forrest Rd.....		8:30am – 1:30pm
Skenes Creek Road.....	Between Great Ocean Rd & Beech Forest Rd (Turtons Track).....		8:30am – 2:00pm
Great Ocean Road (both directions).....	Between Skenes Creek Rd, Skenes Creek & Albert St, Lorne.....		8:30am – 3:30pm

### MEDIO FONDO START STOP & HOLD - APOLLO BAY - SUNDAY 10 SEPTEMBER 2023

Great Ocean Road.....	Between Hardy St, Apollo Bay & Skenes Creek Road, Skenes Creek.....	10:45am – 11:30am
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Through Traffic will have immediate access at the conclusion of the closure time, however, local traffic may be impacted longer whilst the treatments to minor roads, residential and business driveways are removed.

## PARKING

### PARKING

Participants are advised to ride to the event from their accommodation to minimise impact on parking in Lorne. Parking in and around Lorne is difficult as there is limited space available for parking; Details below of car parks available.

To assist with finding parking we have worked with the local community to make available the following parking locations.

Parking is run by the Lorne Community Groups with funds going directly to them.

### CAMPGROUNDS BEHIND MANTRA

Turn left at the Lorne Visitors Centre onto Otway Street. Follow the signage and direction from parking attendants. Limited parking is available on the Lorne foreshore which will be managed by the Parents and Friends of the local Lorne P-12 College. The cost is \$10 per car with all funds going directly to improvements to the school's grounds.

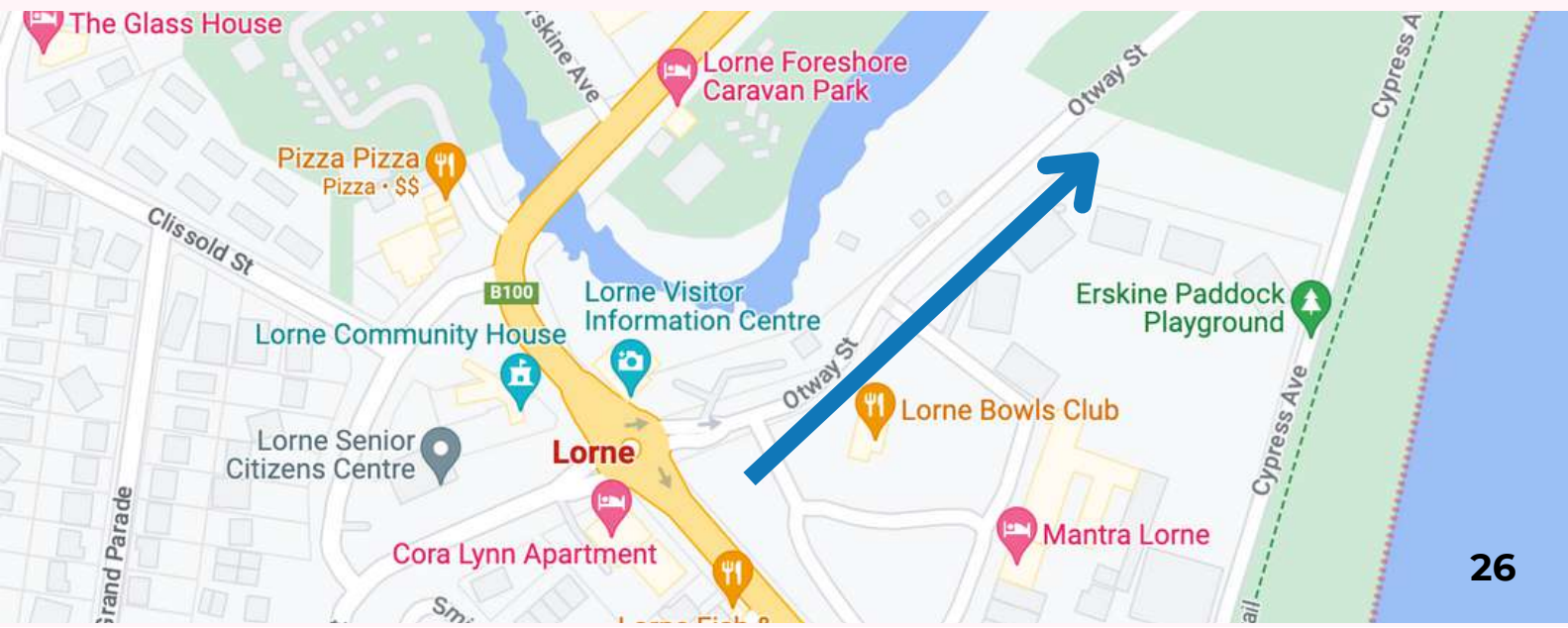
Alternatively, please park at your accommodation and ride down to the start line.

### TRAFFIC HOTLINE: 0456 479 606

For information and advice during the event, a traffic hotline will operate on the following dates and times:

- Friday 9 September between 9:00am and 5:00pm
- Saturday 10 September between 9:00am and 8:00pm
- Sunday 11 September between 5:30am and 4:30pm

The contact email for any traffic concerns is [granfondo@amygillett.org.au](mailto:granfondo@amygillett.org.au)





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## RIDING BEFORE & AFTER EVENT

Amy's Gran Fondo is the safest event on the Australian cycling calendar and we make no apologies for the procedures that are in place to enable us to maintain our safety record.

We also strongly encourage utilising the same mindset during your pre-event training and any other times you are out sharing the roads with fellow road-users.

On our website [HERE](#), you will find some key safety tips for your pre-event training, whether training locally or on the coast. Don't forget to do your compulsory event safety briefing.

### 8 STEPS TO SAFER RIDING

1. Always follow the road rules
2. Ensure you can be seen by all road users - have lights on your bike & wear bright colour clothing
3. Maintain your bike
4. Indicate your intentions to other road users
5. Be ready to ride and use fuel to prevent fatigue
6. Always expect the unexpected - be alert & aware of your surroundings
7. Always wear your helmet - it's Australian law!
8. Ensure you carry identification every time you ride.

### RESPECT THE LOCAL ROAD ENVIRONMENT

Be conscious of the road conditions and local environment where you are cycling. In rural and regional locations, you are likely to encounter a range of road conditions, including poor road surfaces, unsealed shoulders, gravel, broken bitumen, potholes, poorly maintained markings and narrow, windy roads with poor sight lines.

It is unlikely that there will be dedicated cycling facilities such as marked bike lanes, and speed zones are likely to be higher.

It's also important to be aware of local weather conditions – for example in the Great Ocean Road and Otway Region where Amy's is held, fog, mist, low lying cloud and rain frequently occur, particularly in the winter months.

Don't forget too that you may encounter wildlife, such as kangaroos, wallabies and wombats.

Remember that many tourists come to the Great Ocean Road and Otway Region, and are unlikely to be familiar with the environment – they may be distracted by maps, GPS systems and the natural beauty around them.

In city and metropolitan locations, the conditions can vary greatly. Be alert, scan the road ahead and be aware of other vehicles – in particular watch for car doors, and be aware of blind spots.

Be mindful of the impact that these local conditions can have on you and other road users – be aware and take extra care. Read the road ahead, and ride to the local conditions.



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# 2023 RIDER GUIDE

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