



2024 RIDER GUIDE

O2EVENTS



WELCOME MESSAGE VICTORIAN GOVERNMENT

On behalf of the Victorian Government, welcome to the iconic Great Ocean Road for Amy's Gran Fondo – one of Australia's most exciting cycling events. Across the weekend, you'll get to ride fully closed roads and immerse yourself in a one-of-a-kind backdrop of picturesque coastline and awe-inspiring hinterland.

The Victorian Government is proud to back Amy's Great Ocean Road Gran Fondo for its commitment to promoting safe and inclusive cycling, and the unique opportunity it gives participants to experience one of Victoria's most recognisable and beloved stretches of road.

But there's much more on offer throughout the Great Ocean Road than what you can see from your ride!

Lorne, Apollo Bay and the surrounding areas are home to some of Victoria's best restaurants, stunning beaches, waterfall walks and a host of lovely local pubs and cafes – I'm confident all participants and spectators can find something to their taste.

The Victorian Government is pleased to support Amy's Gran Fondo through the Regional Events Fund to put a spotlight on this beautiful part of Victoria.


Happy and safe cycling to everyone on the road, and have a lovely stay while you enjoy the 2024 Amy's Great Ocean Road Gran Fondo.



The Hon. Steve Dimopoulos
Minister for Tourism, Sport and Major Events
Minister for Environment
Minister for Outdoor Recreation



THE LITERALLY BREATH- TAKING BIT



Hit the open road and into the loving embrace of Mother Nature. Hike, climb, crawl (or drive, we won't judge) your way to the top. The view will take your breath away in more ways than one.

VISITVICTORIA.COM

VICTORIA EVERY BIT
DIFFERENT

WELCOME MESSAGE AMY GILLETT FOUNDATION



On behalf of the Amy Gillett Foundation Board and Team, we sincerely thank you for your continued support of Amy's Great Ocean Road Gran Fondo and the Amy Gillett Foundation.

Amy Gillett's tragic passing in 2005 remains a driving force behind our mission. As we gear up for the 12th edition of Amy's Great Ocean Road Gran Fondo on September 15, 2024, this event stands as a powerful tribute to Amy's legacy while raising essential funds to further our cause of making cycling safer across Australia.

Amy's Great Ocean Road Gran Fondo is a hallmark event that offers a truly unique experience, featuring fully closed roads along one of Australia's most breathtaking coastal routes. With options for all riders, from the challenging 122km Gran Fondo to the 45km Medio Fondo and 14km Family Fondo, this event has something for everyone. This year's edition is particularly special as it serves as a qualifier for the 2025 UCI Gran Fondo World Championships, which will also take place in Lorne.

The weekend kicks off with a range of engaging activities, including a memorial ceremony, cycling expo, and family-friendly entertainment at the Lorne Foreshore. The event village creates a festive atmosphere that participants and spectators alike will enjoy. At the heart of this event is our unwavering commitment to improving road safety for cyclists.

The Amy Gillett Foundation was born out of tragedy but fuelled by an unwavering hope for a safer future. Every action we take is guided by the belief that no one should have to experience the loss that Amy's family and friends endured. We work tirelessly to advocate for change, from pushing for safer cycling infrastructure to pioneering research that informs policy and education. Our dedication is rooted in the idea that cycling should be a joy, free from fear, and accessible to all.

We envision a world where cyclists, motorists, and pedestrians coexist harmoniously on our roads, with mutual respect and understanding. Through innovative campaigns like "A Metre Matters" and our ongoing efforts to influence legislation, we are making significant strides toward this vision.

However, our work is far from over. With the support of passionate individuals like you, we continue to fight for a future where every cyclist can return home safely, every day. Your involvement fuels our mission, turning our shared vision into a reality, and your participation in this event is vital to helping us achieve this goal.

Thank you for being a part of this journey and for supporting our efforts to make Australia's roads safer for everyone.



Katherine Bates
General Manager and Executive Director
Amy Gillett Foundation

Amy Gillett
FOUNDATION
Safe together



WELCOME MESSAGE SURF COAST SHIRE MAYOR



A legacy event that has a lasting local impact, with all roads leading to a global stage next year. Welcome to Amy's Great Ocean Road Gran Fondo!

On behalf of Surf Coast Shire Council, it's an honour to have you in our beautiful part of the world. I'm sure the weekend will bring incredible memories, riding a fully-closed Great Ocean Road and throughout the Great Otway National Park. Council has enjoyed a long partnership with Amy's Gran Fondo, providing support through our Event Grants Program.

This event continues to deliver numerous benefits each year. Lorne and surrounds welcome a significant economic boost in the off-peak visitor period, while both local and visiting cyclists build social connections and enhance their health and wellbeing.

I commend Amy's Gran Fondo organisers for making huge strides towards a safer cycling environment. Council is also playing our role, through our Safer Cycling Strategy. We're aiming to improve the safety and quality of the cycling experience, reduce fatal and serious injury cyclist crashes by 30% by 2030, and increase participation in cycling. So it's encouraging to see thousands of cyclists taking in a world-famous route, while the event shares important safety messages.

We hope you return next year for an extra special Amy's Great Ocean Road Gran Fondo, as it coincides with the UCI World Gran Fondo Championships in October 2025. The Surf Coast is proud to be one of Australia's top events destinations. As well as hosting fabulous mass participation events like this one, the Surf Coast Events calendar attracts numerous world-class sporting events: from the Cadel Evans Great Ocean Road Race to the Rip Curl Pro Bells Beach.

There's also laidback music festivals, much-loved markets, and diverse art exhibitions showcasing local creative talent. If you're seeking another adventure that soaks up our stunning natural environment, you're sure to find a ride, run, paddle or swim to add to your diary. Check out surfcoastevents.com.au.

If you're in Lorne with the kids this weekend, head to the Visitor Information Centre so they can make their mark on the giant colouring-in wall!

Whether you're riding for a spot at next year's UCI World Championships, recreationally, or for some family fun, wishing you all the best for this year's Gran Fondo.



Cr Liz Pattison
Mayor
Surf Coast Shire

**SURF
COAST
EVENTS**

get amongst a Surf Coast Event

21 SEP



ANGLESEA
Surf Coast Century

21-22 SEP



ANGLESEA
Angair Wildflower & Art Weekend

26-27 SEP



ANGLESEA
**The Sound Doctor:
Dan Sultan**

6-13 OCT



SURF COAST
Art of the Minds Festival

10 NOV



TORQUAY
Torquay Triathlon Super Sprint

16 NOV



TORQUAY
Afterglow Night Trail Run

Markets

Anglesea Twilight | 4.30pm to 8pm
6 DEC, 20 DEC,

Torquay Farmers | 8.30am to 1pm
EVERY SATURDAY

Aireys Inlet | 9am to 1pm (*2 NOV 9am to 3pm)
13 OCT, 2 NOV, 24 NOV, 15 DEC, 29 DEC

Anglesea Riverbank | 9am to 4pm **3 NOV**
Lorne Market | 9am to 3pm **2 NOV**

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

Cowrie Market | 10am to 3pm
15 SEP, 20 OCT, 17 NOV, 15 DEC

**SURF
COAST
EVENTS**

f SurfCoastEvents
i SurfCoast_Events
surfcoastevents.com.au

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FRIDAY 13TH SEPTEMBER

4PM-6PM RIDER REGISTRATION: Timing Sticker Collection from the Registration Tent at the Event Village. E-Ticket & Safety Briefing Completion Required (No Safety Briefing required for Family Fondo participants)

SATURDAY 14TH SEPTEMBER

10AM-4PM 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 participants)

10AM-4PM EVENT VILLAGE EXPO (LORNE FORESHORE CAR PARK): Check out: Amy Gillett Foundation, Fuel Performance (Bike Mechanic), GKA Sports, Ventou & More.

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.

BMX Stunt Show & Skills Clinic
(More info on page 3)

Weekend Schedule
(Saturday and Sunday):

10:30am - 10:50am - BMX Demo
11:00am - 12:00pm - Bike Skills Clinics
12:00pm - 12:20pm - BMX Demo

1:00pm - 1:20pm - BMX Demo
1:30pm - 2:30pm - Bike Skills Clinics
2:30pm - 2:50pm - BMX Demo



SUNDAY 15TH 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, 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.

RAMPFEST STUNT SHOW & SKILLS CLINIC



RAMPFEST BMX DEMONSTRATIONS

Watch the **RampFest BMX Team** show off their amazing BMX skills! Team Riders Andrew "Mini" Ahumada, Cooper Wilson & Brodie Quick will flip, whip, and spin through the air as they jump a 20ft gap. The show is an all-action BMX experience.



RAMPFEST BIKE SKILLS CLINICS

The RampFest Junior Bikes Skills clinics are all about helping young riders build up their confidence on two wheels - to allow them to ride more regularly, and with less chance of an accident.

The clinic is fun, engaging and quite unique - and is delivered by accredited Coaches who LOVE riding bikes.

This one hour clinic will include tips on:

- Starting & stopping
- Turning & signalling
- Avoiding obstacles
- Improving balance

Secure you spot at a **FREE** clinic by booking [HERE!](#)

All you need is a bike, helmet and enclosed footwear.

WEEKEND SCHEDULE (SATURDAY & SUNDAY)

BMX Demo: 10:30am - 10:50am
Bike Skills Clinics: 11:00am - 12:00pm
BMX Demo: 12:00pm - 12:20pm

BMX Demo: 1:00pm - 1:20pm
Bike Skills Clinics: 1:30pm - 2:30pm
BMX Demo: 2:30pm - 2:50pm



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) must complete an online safety briefing prior to collecting your rider number. Riders will receive an email from **Sentry Portal** – please keep an eye out for this in your emails. The Family Fondo safety briefing will be conducted at its start line.

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

Please contact us via info@o2events.com.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 **Thursday 22nd 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 13th September (4:00pm - 6:00pm), Saturday 14th September (10:00am – 4:00pm) or the morning of Sunday 15th 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 14th September (10:00am – 4:00pm) or the morning of Sunday 15th September (5:30am – 7:30am), prior to the event starting.

EDIT MY REGISTRATION

To edit your event distance please email info@o2events.com.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 read from the side.
- **Mocka:** To be placed on your top tube.

TIMING CHIP BIKE POST STICKER

'MOCKA' COURSE NOTES

HELMET STICKER

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

DO NOT REMOVE, ALTER OR BEND THIS TIMING CHIP ABOVE

HELMET SIDE

Rider Name _____
 Emg Contact Name _____
 Emg Contact No. _____

BIKE TOP TUBE

Rider Name _____
 Emg Contact Name _____
 Emg Contact No. _____

HELMET STICKER (FRONT)

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

35-39



35-39

AGE GROUP OR REC GROUP SEAT POST IDENTIFIER



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



flip
insurance



Insurance for the moment

Flip Insurance provides Australia's first on-demand accidental injury insurance, which provides up to \$50,000 cash payouts for eligible injuries.

Amy's Great Ocean Road Gran Fondo has partnered with Flip Insurance for an exclusive offer.



Scan the QR code to
find out more

**Get 15% off your first purchase
with code GRANFONDO24 ***

*Offer valid until 31/12/24. You will receive 15% off cover for a day, a week, or the first month of a monthly subscription. Subscriptions can be cancelled any time. Read promo terms, the PDS and TMD at flipinsurance.com.au and consider whether this product is appropriate for you. Issued by HCF Life.

MERCHANDISE, PHOTOS & BIKE PARKING



PURCHASE A SANTINI EVENT JERSEY

Purchase a limited-edition Amy Gillett Foundation x Amy's Great Ocean Road Gran Fondo (valued at \$199) for just \$80 online from the Race Roster event store, or \$100 at the event village.

The Amy Gillett Foundation have been proudly working together with Santini to bring you the first TAC approved cycling jersey that aims to increase the visibility of bike riders from 2% to 90% whilst out on our Aussie roads.

NOTE: A limited number of size exchanges may be possible at event time but cannot be guaranteed.



ON COURSE PHOTOGRAPHY & VIDEO

Post-event riders will be notified by RACEATLAS that they can review their course photos for purchase. A highlights video will be available in the post event survey email.

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

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**.



Please note, riders should get their bike serviced before the event, and plan to be self-sufficient for mechanical issues (carrying tubes and canisters/pump with them during the ride). Note, there will be Neutral Mechanical Support on the course. During your race/ride sms or call Mechanical Support on 0487 350 656.

PLEASE ENSURE YOUR BIKE IS SERVICED AND IN GOOD WORKING ORDER PRIOR TO ARRIVING IN LORNE. BELOW IS A CHECKLIST TO HELP GUIDE YOU:

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 fully mobile workshop and can service conveniently at your home or office.

More details here:
fuelperformance.com.au



RIDER TRACKING

SPORTSPLITS

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

The 2024 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](#)

RIDER WELFARE & SAFETY



AID STATIONS

Stocked with water, Electrolyte hydration provided to you by SIS, fruit, lollies and 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 122km

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 **SIS** has also got you covered with a range of electrolyte hydration provided to you at each aid station.

LITTER

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

WEATHER

Dress appropriately; 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.

Cyclists 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.

122KM AMY'S GRAN FONDO

AMY'S GRAN FONDO START PROCEDURE

Age Group 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:

AGE GROUP RACE START WAVES	Age Start	Age Finish	TOD
1	18	34	7:30:00 AM
2	35	39	7:33:00 AM
3	40	44	7:34:30 AM
4	45	49	7:36:00 AM
5	50	54	7:37:00 AM
6	55	59	7:39:00 AM
7	60	64	7:40:30 AM
8	65	69	7:42:30 AM
	70	74	
	75	79	
	80+		
REC GROUP START WAVES	Category	Approx. Avg Speed	TOD
9	REC GROUP 1	30km/h	7:50:00 AM
10	REC GROUP 2	25-29km/h	7:54:00 AM
11	REC GROUP 3	20-24 km/h	8:00:00 AM
12	REC GROUP 4	18-19km/h	8:05:00 AM

Each age group will receive a single start time (the time that the first rider in the bunch crosses the timing start). **Riders who start before their age category, will be disqualified.**

Recreation Category riders will be marshaled 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**.

Please note that all riders must have crossed the start line by **8:10am** sharp. No Riders can start after this time.

Each rider in the Recreation Category will receive an individual start time (unranked) and an Age Category Time (Ranked). **More Info P20.**

KING & QUEEN OF THE MOUNTAIN (KOM/QOM)

- The KOM/QOM is located at Mt Sabine approximately 64 km from the Timing Start in Lorne.
- 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.

COURSE 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/QOM 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/QOM 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.

COURSE 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 vehicles 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 reopens. SAG Wagons will continue to follow the last riders.



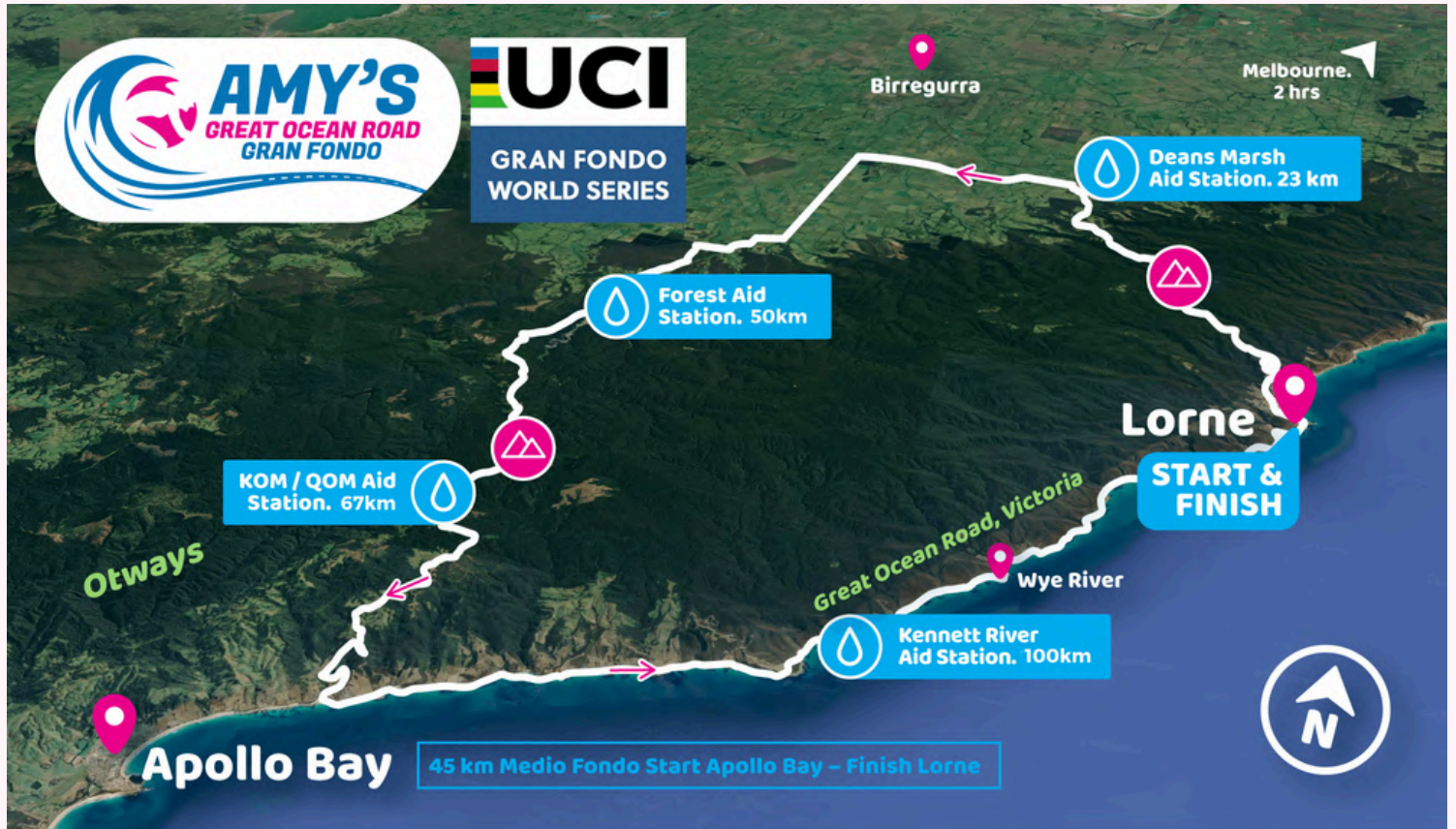
Amy Gillett FOUNDATION
Safe together





COURSE, ELEVATIONS & AID STATIONS

AMY'S GREAT OCEAN ROAD GRAN FONDO 122KM • AGE GROUP RACE & RECREATIONAL RIDE



<h3>Amy's Great Ocean Road Gran Fondo</h3> <p>Fully Closed Roads For Rider Safety Including Great Ocean Road UCI Gran Fondo World Series Age Group Race & Recreational Ride</p>	📍 122km
	📏 +1869m

45KM AMY'S MEDIO FONDO

KEY INFORMATION

START TIME

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

AID STATION - 22.5KM KENNETT RIVER

Stocked with water, hydration products, fruit and lollies, and fruit cake. Electrolyte and hydration products are provided to riders by **SCIENCE IN SPORT (SIS)**.

RIDER KIT COLLECTION (FRIDAY & SATURDAY LORNE OR SUNDAY APOLLO BAY)

- Kit collection on **Friday 13th Sept 2024 (4-6pm)** or **Saturday 14th Sept 2024 (10am-4pm)** will be at the Registration Tent at the Lorne Event Expo.
- On **Sunday 15th Sept 2024** Timing Stickers can be collected from the Start Line at Apollo Bay from 8:30am.

MECHANICAL SUPPORT

Come prepared with spare 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 (to purchase, add the optional item to your existing registration). For full information regarding buses, please see next page.





COURSE, ELEVATIONS & AID STATIONS

AMY'S MEDIO FONDO - 45KM



45km Amy's Great Ocean Road Medio Fondo

FULLY CLOSED ROADS FOR RIDER SAFETY
RECREATIONAL TIMED RIDE

45 km

+659 m

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 in the Race Roster Event Store. 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 – SAT Self Drop Bike - Apollo Bay, SUN Bus - 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 8:00am bus on Sunday from Lorne to Apollo Bay

Cost: \$20

Pre Event Option 2 – Medio Fondo SAT Bike & SUN Bus Transfer

1. Saturday Lorne Bike drop off between 11:00am-4:00pm at Mountjoy Pde (Great Ocean Road) opposite Lorne Hotel
2. Sunday Bus Transfer – Sunday 8:00am, Lorne to Apollo Bay

Cost: \$30

Pre Event Option 3 – Medio Fondo SUN Bike & Bus Transfer

Arrive no later than 7:30am on Sunday to load your bike. Bus departs at 8:00am - Lorne to Apollo Bay

Cost: \$60

Post Event Transport – SUN Medio Fondo Post Event Bike & Bus Transfer

Departs Sunday 3:00pm from Mountjoy Pde (Event Village) - 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 14kms.

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 15 September 2024. 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 at the Registration Tent at the Event Expo prior to moving to the start line. You can collect your bike plate on Saturday 10:00am – 4:00pm 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.





FAMILY FONDO COURSE MAP



EVENT PRESENTATIONS

Presentations will be conducted in the Event Village at the Lorne Foreshore Car Park.

The first presentations for 122km 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 until approximately 2:00pm. Place getters will receive an SMS, and need to make themselves known to staff at the stage.

KOM/QOM & Overall Winners, will be presented at approximately 1:15 pm.

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 122km 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.





2024 RIDER GUIDE

QUALIFICATION 2025 UCI GRAN FONDO WORLD CHAMPIONSHIPS



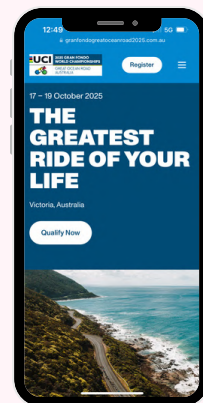
WEBSITE NOW LIVE

In 2025 the UCI Gran Fondo World Championships is heading to one of the world's most picturesque roads.

Victoria's iconic Great Ocean Road will transform into a competitive arena for cyclists from around the globe, chasing the ultimate prize – a World Championship title.

Imagine the rush of the wind, the roar of the waves, and the breathtaking views as you push your limits on these epic courses.

MORE INFORMATION [HERE](#)



QUALIFYING AT AMY'S GRAN FONDO 2024



TOP 25%
OF EACH
AGE GROUP
QUALIFY



All riders who complete the 122km Gran Fondo will be ranked according to their Age Group. The common start time (gun time) for each age group is set when the first rider of that age group crosses the timing start during the Age Group start waves. For example, a rider in the Recreational Category will be included in the rankings for their age group; however, their start time for ranking purposes will be the same as all riders in the Age Group Race. Therefore, the Age Group Race is recommended for anyone seeking to qualify for the 2025 World Championships.

Note: Recreational Category riders will also be provided an individual Net time from when they cross the timing start (unranked).

Please note, this excludes anyone whose bike does not meet UCI regulations (e-bikes, tandem, recumbent bikes and time trial bikes are forbidden). Those who qualify on Sunday 15th of September will receive an SMS to confirm this, and can then collect a UCI Qualifiers medal in the Event Village.

Please note, those who qualify for the 2025 Gran Fondo Championship Road Race, also automatically qualify for the 2025 Individual Time Trial Championship Race.

EVENT VILLAGE & SUNDAY FINISH

EVENT VILLAGE EXPO TIMES

10AM - 4PM SATURDAY

7AM - 4PM SUNDAY

RETAILERS

Check out: Amy Gillett Foundation, Fuel Performance (Bike Mechanic), GKA Sports, 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 even 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 offer 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 quality choices 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? Visit Lorne Central, Swing Bridge Cafe, HAH Cafe or Moons Espresso & Juice Bar,
- Lorne Beach Pavilion – take in the beautiful surrounding views of the beach, located behind the Lorne Trampolines

Want to see what else is happening around Lorne? [Click Here!](#)

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



ROAD CLOSURES

ARRIVING IN LORNE SUNDAY MORNING?

When travelling to Lorne on Sunday 15th 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 Sunday 15th September 2024.



THE FOLLOWING ROAD CLOSURES APPLY SUNDAY 15 SEPTEMBER 2024

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 – 10.00am
Birregurra–Deans Marsh Rd & Deepsdene Rd Between Deepsdene Rd & Deans Marsh – Lorne Rd.....		7.30am – 10.30am
Birregurra–Forrest Road..... Between Deepsdene 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

Great Ocean Road..... Between Hardy St, Apollo Bay & Skenes Creek Rd, Skenes Creek.....		10.45am – 11.30am
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EXCLUSIVE

RACV Bike Assist For \$10

Claim Your Amy's Gran Fondo Registration Offer!

Use the code **BA10_AGF** to redeem.

Ride with peace of mind with 8 call outs per year Victoria wide.



RACV

Offer is valid for new Bike Assist members only. Terms and conditions apply.
Offer expires 31/10/2024. See website for more information.



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 Visitor 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 \$15 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

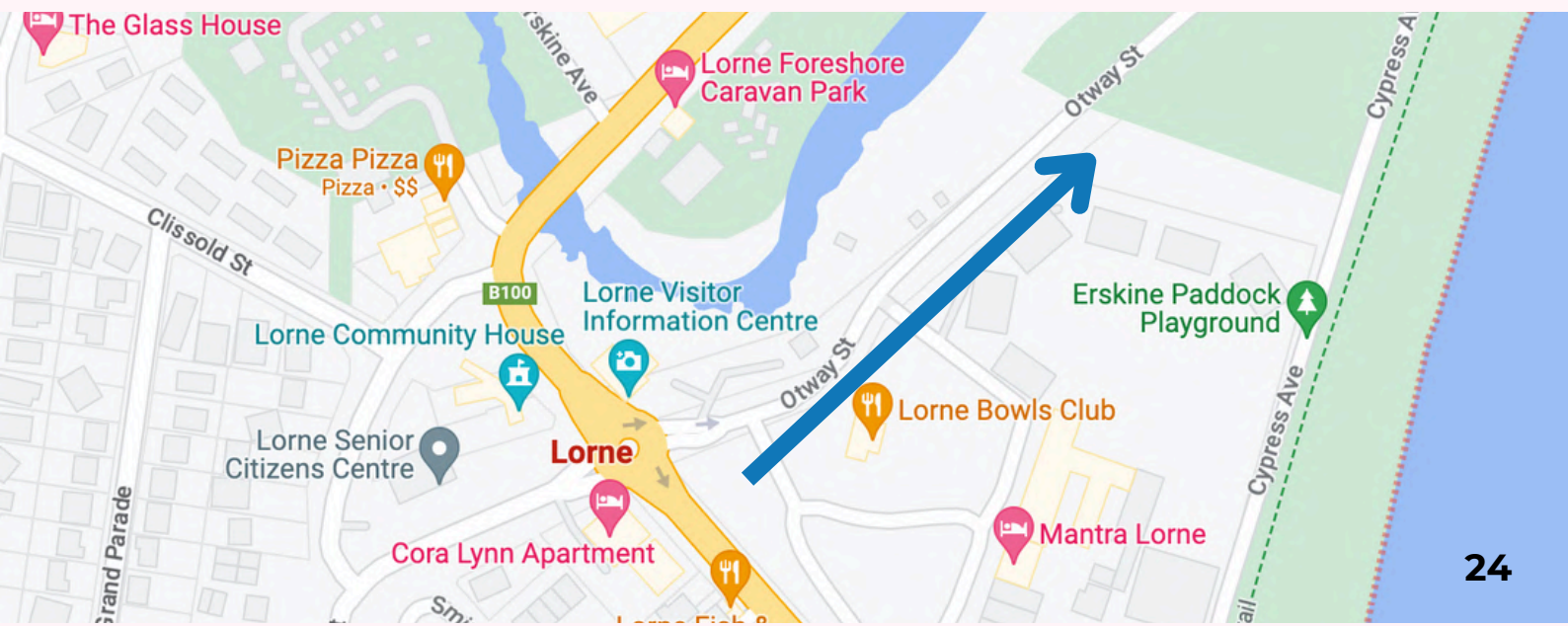
For information and advice during the event, a traffic hotline will operate on the following dates and times:

Friday 13 September between 9:00am and 5:00pm

Saturday 14 September between 9:00am and 5:00pm

Sunday 15 September between 5:30am and 4:30pm

The contact email for any traffic concerns is info@o2events.com.au



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 coloured clothing
3. Maintain your bike
4. Indicate your intentions to other road-users
5. Be ready to ride and fuel yourself 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.



2024 RIDER GUIDE

YOUR NEXT RIDE



ONE OF AUSTRALIA'S MOST SPECTACULAR RIDES
ENTRY INCLUDES JERSEY



GREAT OCEAN ROAD



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**TORQUAY, START & FINISH - SAT 12TH APRIL 2025
60KM, 145KM, & 204KM, GREAT OCEAN ROAD**