

12 JANUARY | PERTH, WESTERN AUSTRALIA

# 2025 STEADYRACK GRAN FONDO NATIONAL CHAMPIONSHIPS RIDER GUIDE



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*Pedal Mafia*

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Step into a dreamscape of wondrous events and embark on unforgettable adventures in Perth / Boorloo, the most relaxed and naturally adventurous capital city.

- Watch Mother Nature paint a fiery sunset over the sparkling Indian Ocean at one of Perth's 19 beaches.
- Discover the 'many stories' of WA Museum Boola Bardip, then explore the Perth Cultural Centre.
- Feel the thrill of Optus Stadium's Halo Rooftop Walk or Matagarup Zip+Climb.
- Soak up the sun and relax in one of the world's largest inner-city parks, Kings Park & Botanic Garden / Kaarta Koomba.
- Discover Rottneet Island / Wadjemup, where you'll be greeted by 63 wondrous beaches and the world's happiest animal, the adorable quokka.
- Immerse yourself in Noongar culture on an Aboriginal tour — discover the cultural significance and ancient stories of this region.
- Sip your way through the award-winning Swan Valley, home to more than 40 wineries and 70 restaurants and cafes.
- Cycle or walk along the Swan River / Derbal Yerrigan and experience Perth's unique flora and fauna.
- Savour fresh seafood harbourside, fine fare in historic buildings or sip a refreshing drink on the beach as you watch an Indian Ocean sunset in Fremantle / Walyalup.

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## WELCOME MESSAGE FROM THE HON ROGER COOK MLA, PREMIER OF WESTERN AUSTRALIA

The Western Australian Government is proud to extend a warm welcome to the thousands of cyclists, officials, and supporters from around the nation who will converge on Perth to be part of the 2025 AusCycling Road National Championships.

This UCI sanctioned event was last held in Western Australia in 1997, and we are thrilled to welcome it back to Perth for the first time in 28 years. Comprising of three challenging courses, competitors will navigate our vibrant inner-city hub, Northbridge, traverse the stunning coastal setting of Bold Park, wind through the towering trees of Kings Park, and glimpse breathtaking waterfront views along the Swan River.

Mass participation events like this form an important part of Western Australia's events strategy, through attracting out-of-state visitors who stimulate our economy, supporting local businesses, and delivering a lasting social legacy by inspiring a new generation of participants.

Visitors can enjoy our vibrant capital city with its variety of entertainment and dining options, explore popular tourism precincts such as Fremantle, the Swan Valley and Elizabeth Quay, immerse themselves in our cultural venues, or soak up the summer sun on one of our 19 metropolitan beaches that are only a stone's throw from the CBD.

We encourage visitors to stay longer and experience our unique regional areas, including the South West with its towering forests and world-class wineries, the ancient wilderness areas in our North, and the fascinating history and heritage to be discovered in the Goldfields.

We wish you all a very enjoyable event and a wonderful stay in Western Australia.

A stylized, handwritten signature in white ink that reads "Roger Cook".

**ROGER COOK MLA**

Premier of Western Australia



**Tourism**  
WESTERN AUSTRALIA

# WELCOME



## Welcome to the City of Perth

The City of Perth is thrilled to host this iconic Aussie race for the first time since 1997, and we can't wait to welcome everyone to our beautiful City. The AusCycling Road National Championships not only bring excitement to our streets but also showcase what a world-class destination Perth truly is.

I am particularly proud that Kings Park and our vibrant Northbridge will be highlighted as part of the circuit. As key cultural and natural zones that add so much to the liveability of our City, I have no doubt that the people of Perth will come together along these stretches to create a lively fan zone atmosphere for riders.

I encourage all our visitors to explore the many treasures our City has to offer. From our fantastic bars and restaurants to our diverse retail core, there's something for everyone to enjoy. Take a leisurely stroll along the picturesque waterfront or discover the unique street art, historic buildings and peaceful sunny parks or vantage points that make Perth so special.

And let's not forget the free Lotterywest Summer Lights series running for eight nights from 11 January, lighting up Elizabeth Quay with fireworks, live performances, delicious food, and fun activities for the whole family. This spectacular display will add an extra layer of magic to your visit.

So, whether you're a local or visiting for the first time, there's so much to enjoy in our City of Light as we cheer on everyone participating in the AusCycling Road National Championships – good luck to all competitors!

**Lord Mayor – City of Perth**  
**Basil Zempilas**

# WELCOME



## **Message from AusCycling CEO Marne Fechner.**

AusCycling respectfully acknowledges the Traditional Custodians of the land on which the 2025 AusCycling Road National Championships will be held, the Whadjuk people of the Noongar nation, and recognises their continuing connection to the land and waterways.

On behalf of AusCycling, I extend a warm welcome to all athletes, officials, volunteers, staff, families, friends, and supporters from across Australia.

The AusCycling Road National Championships continue to create incredible memories, showcasing the talent and dedication Australia's finest riders.

This year, we are thrilled to host the Championships in Perth for the first time since 1997. The event is sure to show of the best of Perth to Australia and the world.

A special thank you goes to the Western Australian Government through Tourism Western Australia for their tremendous support. Their commitment ensures that this event will thrive not only this year but for years to come. We also thank the City of Perth and the Department of Local Government, Sport and Cultural Industries for their support of the Championships.

We also extend our heartfelt appreciation to our valued partners including GWM, ARA and Shimano, and to our event partners Pedal Mafia, Steadyrack and Lion. Their dedication and contributions make events like this possible.

We are also grateful to the Botanic Gardens and Parks Authority for their support and generosity in providing access to King's Park.

I would also like to recognise our principal and performance partners the Australian Sports Commission, AIS, Paralympics Australia, Commonwealth Games Australia and the Australian Olympic Committee for their ongoing contributions to the success of our sport both locally and globally. Additionally, we thank SBS and Fox Sports for bringing this event to audiences near and far.

Finally, a heartfelt thanks to the AusCycling staff, commissaires, supporters, and volunteers who work tirelessly to bring this event to life.

To all competitors, we wish you the very best as you chase your dreams. The entire AusCycling team and community are cheering you on every step of the way.

Warm regards,

**Marne Fechner**  
**CEO, AusCycling**





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We believe assisting young women and men to achieve their best as both athletes and people makes us a better company. That's why we are the naming sponsor of the Australian Cycling Team.

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# WELCOME

Congratulations on entering the 2025 Steadyrack Gran Fondo National Championships. Please take a few moments to read this rider guide, which provides you with important information designed to maximise your enjoyment and safety whilst participating in the event.

## EVENT UPDATES

Please check the event website and Facebook pages regularly

**Official Hashtag:** #RoadNats25

**Website:** <https://roadnationals.org.au/the-event/gran-fondo>

**Facebook:** <https://www.facebook.com/AusCyclingRoadEsports/>

**Twitter:** @AusCyclingAus

**Instagram:** @auscyclingaus

**TikTok:** @auscycling

**YouTube:** @AusCycling

## KEY NUMBERS

### Race Command

Open 6:00 AM Event Day  
0418 528 855

# EVENT INFORMATION

## KEY TIMINGS

Location	Distance	Time
Kings Park	81km (6 laps)	6.30am – 10:00am

## REGISTRATION COLLECTION

All riders registered in the Gran Fondo will be required to visit the registration marquee prior to the event to collect their Rider Packs. Registration collection times and locations are listed below:

	Friday 10 January
Location	Criterium Championship - Northbridge Neighbourhood on Lake St. @ Francis St.
Time	9:30 AM – 6:00 PM
	Saturday 11 January
Location	Next Gen Tennis Centre – 21 Kings Park Rd
Time	9:00 AM – 5:00 PM
There is NO registration on Sunday	

## WITHDRAWAL / CHANGES

There are no withdrawals or transfers after December 27st 2024 at 11:59pm. If you have entered any information incorrectly, need to update contact, emergency or medical details, or change into/out of category please email [events@auscycling.org.au](mailto:events@auscycling.org.au)

## INDIVIDUAL REGISTRATION

Age Group: Participants in race categories will be placed in the following age categories. Separate categories will be recognised for men and women.

- 19 - 34
- 35 - 39
- 40 - 44
- 45 - 49
- 50 - 54
- 55 - 59
- 60 - 64
- 65 - 69
- 70 - 74
- 75+

Each rider will be entered into their respective age categories defined by the rider's age on 31 December 2025. The event organiser will place you in your correct category as part of the registration process.

# RIDE CHECKLIST

To ensure that you have the best ride possible, use this checklist to make sure you have all the essentials to complete the Gran Fondo.

Essential items:

- Fully charged front white light and rear red light
- Two full water bottles
- Additional Nutrition
- Puncture Repair Kit
- Spare Tubes
- Sunscreen
- Sunglasses
- Recently serviced bike in good working order with functioning front and rear brakes
- Helmet (Australian standard required)

## RIDER PACKS

Rider packs will include:

- Timing Label - passive sticker RFID transponder.
- Coloured Category Label
- Two bib numbers to pin on back of jersey

The numbered timing label is to be wrapped around your seat post and visible from both sides of the road. Partly peel off the label backing starting from the middle, centre the label on the seat post and then remove the remainder of the backing sticking it together.

Do not cut the label or change the shape in any way, doing so may damage the timing chip and you may fail to receive a time.

Please remember "no transponder, no time". If the rider shows up to the start with no transponder on, we cannot make up a time because they didn't inform us that they did not receive the transponder in the post and failed to go to registration to get a new one.

Bib numbers and Seat Number (Timing Label) will have a colour dot signifying your age category. Please check that you have the correct colour.

19 – 34 (Light blue)	45 – 49 (Purple)	60 – 64 (Orange)
35 – 39 (Black)	50 – 54 (Brown)	65 – 69 (Blue)
40 – 44 (White)	55 – 59 (Pink)	70 – 74 (Red) / 75+ (Green)





# START PROCEDURE

The event will Start/Stage on Kings Park Rd. (see staging map) and finish on Fraser Ave, Kings Park. Riders MUST be staged on Kings Park Rd. by 6:15 AM in the proper wave group.

There will be three start waves of roughly 250 riders per wave. The exact breakdown of what categories are in what wave will be determined once entry numbers are final. You will be told your wave number at registration. (As an example – Wave 1 may contain 19-34, 35-39, 40-44 / Wave 2 contain 45-49, 50, 54, etc.)

There will be a 1 minute gap between the last rider in a wave and the start of the next wave.

When arriving at Kings Park Rd. please assemble directly behind the sign matching the colour of your WAVE. It is compulsory to commence the event in your allocated category start wave. Failure to do so will result in you being ineligible to receive a finish time and ineligible for awards within your category.

## NEUTRAL START

For safety, each start wave will be held at a neutral pace by a lead motorcycle for the first 1km. Once through the Kings Park round-about the lead motorcycle will pull away and signal the wave to start riding. DO NOT pass the lead motorcycle during the neutral 1km.

## STAGING MAP



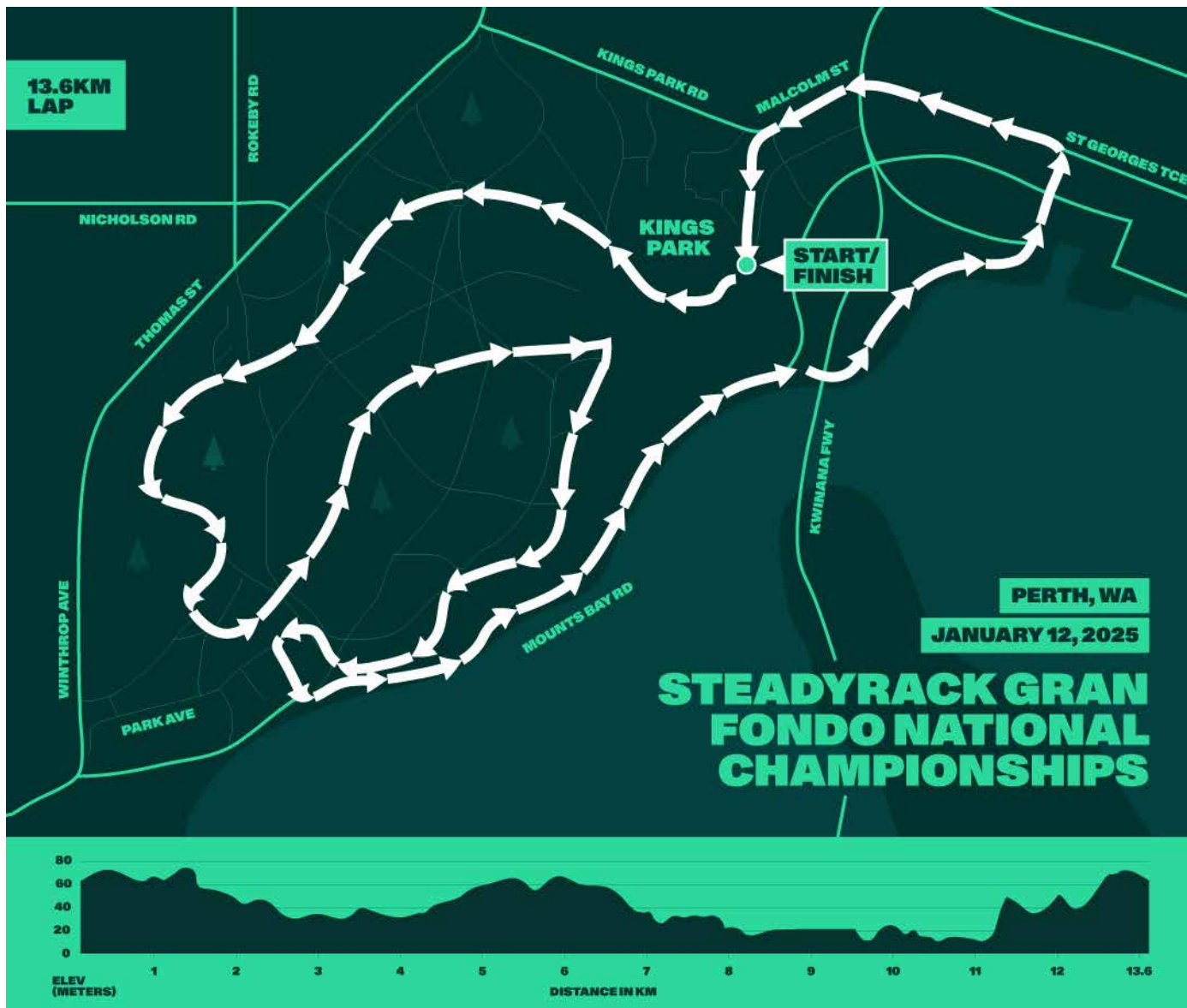
# COURSE

**Number of Laps/Distance:** 6 laps - 81km lap

The winners of each category will be awarded based on the completion of the full distance in the fastest time.

If all riders in an age category do not complete 6 laps before the prescribed time, a count back will occur to determine the winner of each category based on the previous lap finish.

It is the responsibility of each rider to keep track of their own lap number. Due to multiple categories racing on the course at once it is not possible for the event organisers to advise riders of their lap number throughout the event.



## RIDE ETIQUETTE

All riders should always use caution and be aware of their fellow competitors. This means no aggressive or sudden changes in riding line or any manoeuvre that might endanger others.

There will be a motorcycle marshal in front of the first riders on the road. If this motorcycle passes you and gives a double horn tap, that means you are about to be lapped by the faster riders. Once lapped, please continue your rider but endeavour to stay to the far left of the road, as to not impede those faster riders and for your own safety.

## EVENT CUT OFF TIME

The event organisers reserve the right to ask a rider to cease participation if the rider is unable to complete the designated laps in the prescribed time limit.

All riders must start their final lap by 9:45 AM to have the ability to finish at the official finish line.

## FINISH

Upon finishing, riders should continue down the course to the round-about and exit left into the carpark. There they can receive their finisher medals.

## FINISH AND PRESENTATIONS





# RESULTS AND PRESENTATIONS

## RESULTS

Results will be based solely on elapsed time. Riders that finish in a bunch will be each given their own elapsed time and scored on that basis, no matter who's wheel crosses the line first.

Results will also be available via the event website –<https://results.auscycling.org.au/>

## PRESENTATIONS AND PRIZES

Official Award Presentations will take place on the Kings Park overlook, located 100m past the finish line on the left. These will begin promptly at 11:00 AM. First to third place will be awarded for each Age and Gender Category.

Anyone is eligible for a placing within their category, but only AusCycling members are eligible for a national championship jersey. For example, if the first 3 finishers in a category are non-members and the first AusCycling member in that category is 5th. The top 3 will receive the gold, silver, and bronze medals respectively. The 5th place finisher would receive the Australian Champions jersey and be the Australian Gran Fondo Champion for 2025 for that category.

# ON COURSE SUPPORT

## DIRECTIONAL SIGNAGE

The course will be marked with yellow directional arrows indicating the direction of the course. Riders must ensure they follow these arrows. Riders deviating from the course will not be covered by the event's insurance coverage or services.

## MECHANICAL SUPPORT

Mechanical support will be provided for the event, with mechanics available near the start line for any last-minute minor emergency repairs, and mechanics roaming in vehicles on course for any punctures or minor emergency repairs. No spare wheels or parts will be loaned to riders, and any new parts required for repairs must be paid for (minor parts available only). Riders are strongly encouraged to carry their own spares. If a rider's bike is unrepairable out on course, riders can be transported back to the start/finish line in the SAG Wagon.

Riders requiring mechanical assistance should move themselves and their bike off the road and place their bike upside down to indicate that assistance is required. Course personnel, motorcycle marshals, course marshals and officials out on course will be able to request mechanical assistance to be fast tracked to the riders' location.

Riders should be aware that mechanic vehicles will be travelling on the course throughout the event.

## AID STATION

There will be an Aid Station located approx. 200m after the finish line on the left. Please use caution entering and exiting the Aid Station.

## SAG WAGON

A SAG Wagon will be available to transport riders and their bike back to the start area should they be unable to complete the event or have an unrepairable mechanical issue out on course.

Riders requiring the assistance of the SAG Wagon should move themselves and their bike off the road and place their bike upside down to indicate that assistance is required. Course personnel, motorcycle marshals, course marshals, mechanics and officials out on course will be able to request the SAG Wagon to be deployed or fast tracked to the riders' location.

Riders should be aware of the SAG Wagon if lapping other riders at the end of the field.

## **MOTORCYCLE MARSHALS**

The course will be patrolled by qualified motorcycle marshals wearing fluorescent vests. The motorcycle marshals primary roles are to ensure all participants remain on course and ride in a safe and considerate manner. These motorcycle marshals are there for riders' safety, please obey their instructions.

## **ROAD CLOSURES**

The Gran Fondo will take place on closed roads. Please note, however, that in a few spots local traffic is still permitted to use these roads to access their properties under moto escort with an official motorcycle marshal.



SPORT INTEGRITY  
AUSTRALIA

# CLEAN SPORT IS YOUR RESPONSIBILITY

## SPORT INTEGRITY APP

- Check medications on Global DRO
- Find low risk supplements
- Check if you need a Therapeutic Use Exemption (TUE)
- Report an issue
- Give feedback or ask a question

The app also has information on all sport integrity issues, anti-doping rules, testing programs, the health effects of doping, supplement and nutrition advice, overseas travel considerations and more. Just click on the menu icon.



Download the app from the Apple Store  
and Google Play store here.

## ONLINE EDUCATION

- Sport Integrity Australia's eLearning website: [elearning.sportintegrity.gov.au](https://elearning.sportintegrity.gov.au)
- Visit the site for courses on integrity topics including: Safeguarding Children and Young People in Sport Induction, introduction courses to anti-doping, match-fixing and illicit drugs, along with specific courses for parents and coaches.



### Contact Us

Email: [education@sportintegrity.gov.au](mailto:education@sportintegrity.gov.au)

Safe Sport Hotline: 1800 161 361

Enquiries: 1300 027 232

[www.sportintegrity.gov.au](http://www.sportintegrity.gov.au)





SPORT INTEGRITY  
AUSTRALIA

# ANTI DOPING IS YOUR RESPONSIBILITY



Medications may have banned substances in them. Check all medications on the Sport Integrity app.

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All athletes are responsible for what substances they put into their own bodies - they can't blame anyone else, however if a coach has supplied the substance, penalties also apply to the coach.

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Supplements are a huge risks. Research shows 1 in 5 contain a banned substance not listed on the label. Find low risk supplements on the Sport Integrity app. If it's not listed, don't risk it.

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As a member of your sport, you are bound by an Anti-Doping Policy and potentially subject to investigation.

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There are rules that you and your athletes must follow under your sport's Anti-Doping Policy. Details are in the Sport Integrity app menu under 'Know the rules'.

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Anti-doping education should not be a 'tick the box' exercise - it should be an ongoing conversation with your athletes.

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If you are involved in a team sport, and an athlete tests positive to a banned substance, the team could lose competition points and championship placings.

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Breaking the rules could result in a ban of up to four years from ALL sport - no training, no playing, no coaching.

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Learn more about the sample collection process via our Virtual Reality anti-doping test experience. Found in the menu of the Sport Integrity app under 'Tools'.

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