

TOP END GRAN FONDO 2019

EVENT BOOKLET

Sunday 18 August

FULL FONDO 145KM

HALF FONDO 75KM

FUN FONDO 25KM

MINI FONDO 3KM



topendgranfondo.com

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PROGRAM OF EVENTS

SUNDAY 18TH AUGUST

6:30am	Sunbuild Top End Gran Fondo (145km) STARTS	
7:00am	Darwin Family Law Half Fondo (75km)	
7:30am	Kirkland Lake Gold 25km Fun Fondo (25km)	
8:00am	Mini Fondo (3km) STARTS	
12:00pm	Presentations – on stage at The Precinct	

SPONSORS



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**Proud Sponsors of the
2019 Top End Gran Fondo**

*Congratulations to all riders
participating in this year's event*



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www.sunbuild.com.au

REGISTRATIONS

Registrations can be made at The Precinct at the Darwin Waterfront on Saturday 17th August from 10am-4pm. You can collect your rider pack, which includes your timing plate, drink bottle, Hammer Nutrition, bag and any event merchandise you are collecting.

Bike Checks, thanks to City of Darwin and Blue Cycles, we'll have a bike mechanic available from 10-4 at registrations. Simply bring your bike you'll be participating in along and they'll go over it for you free of charge (of course any parts etc. may be extra).

COURSE INFORMATION

Start line assembly will be at the Porte Cochère area out the front of the Darwin Convention Centre on Stokes Hill Road. The finish line will be right next to the start line, in the Porte Cochère, see the map.

On course, it is the same as the past two years, except riders return to the finish along Tiger Brennan Drive instead of the Stuart Highway.

See map for full details.

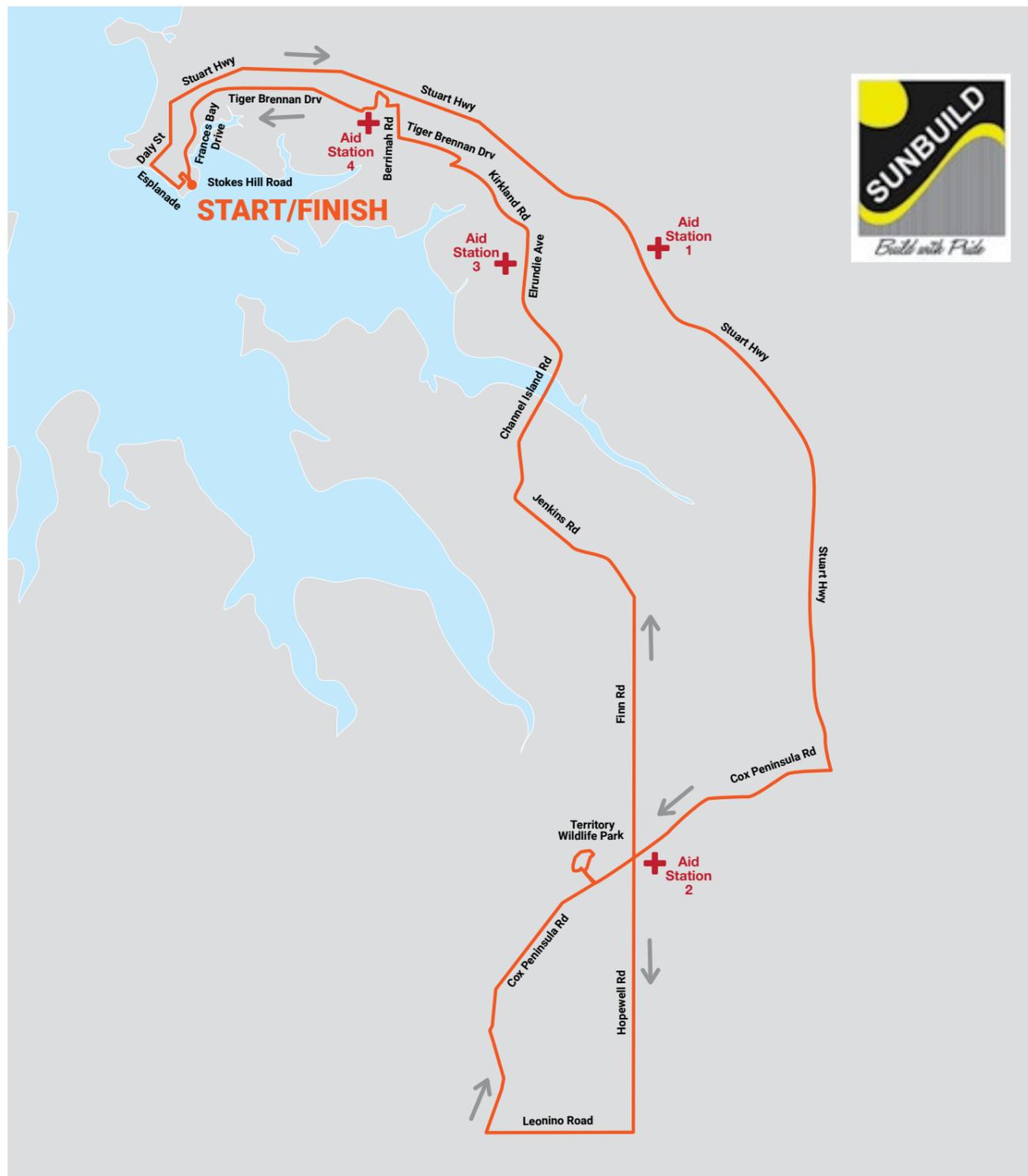
AID STATIONS

On course there will be 3 aid stations for the Sunbuild Top End Gran Fondo and two for the Darwin Family Law Half Fondo. There is no aid station for the Pedals NT Mini 3km Fondo.

Aid stations will have water and various snacks. Please carry your own drink bottle.

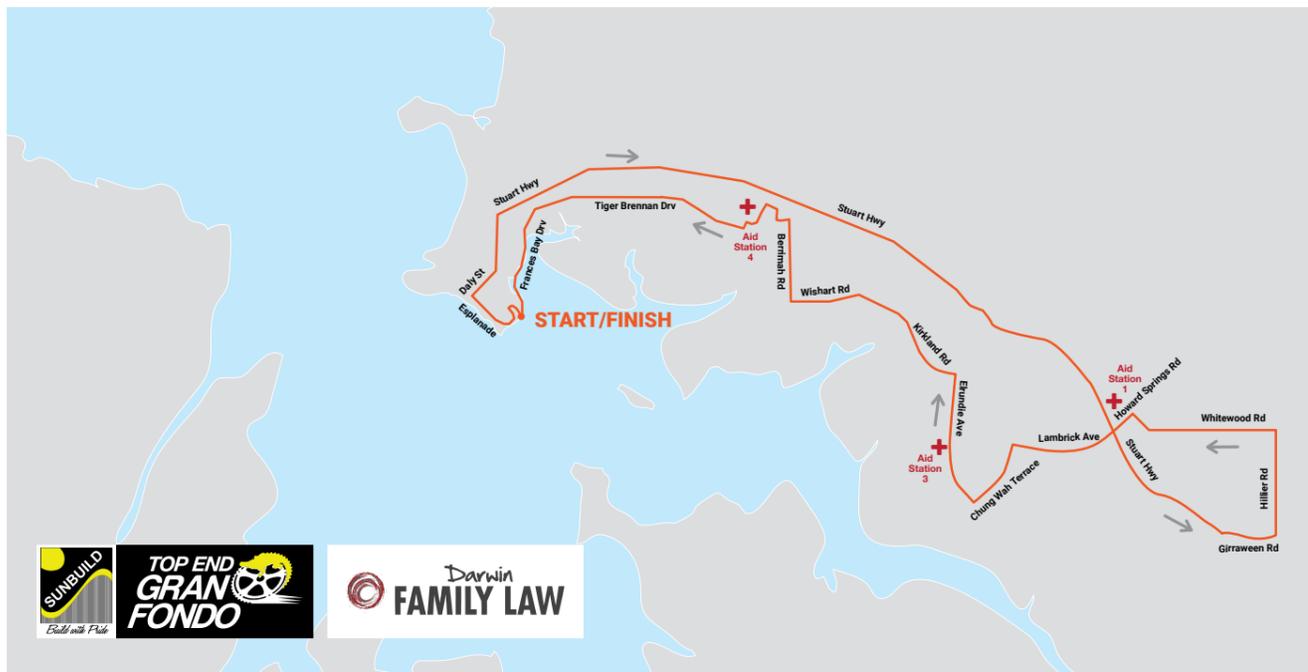
- AID STATION 1:** Corner of Stuart Highway and Howard Springs Road.
- AID STATION 2:** On the corner of Cox Peninsula Road and Hopewell Road. Riders must reach this point by 9:00am, or will be turned down Finn Road towards the finish
- AID STATION 3:** Located on Elrundie Road out the front of Marlows Lagoon, at approximately 90kms with 30km to go for both the half and full fondo.
- AID STATION 4:** NEW on Hidden Valley Road with 10km remaining. Riders in the full, half and fun fondo's will pass this aid station

SUNBUILD TOP END GRAN FONDO - 145KM



EXISTING ROUTE	DIRECTION	NEW ROUTE	DISTANCE
Start line: Kitchener Drive – outside Darwin Waterfront			
Stokes Hill Road	Straight through roundabout	Stokes Hill Road	100m
Stokes Hill Road	Veer left at roundabout	McMinn Street	250m
McMinn Street	Turn left	Bennett Street	200m
Bennett Street	Turn left	Cavenagh Street	100m
Cavenagh Street	Stay left	Harry Chan Avenue	350m
Harry Chan Avenue	Continue to	Esplanade	1.6km
Esplanade	Turn right at roundabout	Daly Street	750m
Daly Street	Continue to	Stuart Highway	46km
Corner of Stuart Hwy and Girraween Rd: Split from Half Fondo			
Stuart Highway	Turn right	Cox Peninsula Road	10.6km
Cox Peninsula Road	Turn left	Hopewell Road	6km
Hopewell Road	Turn left	Leonino Road	10.8km
Leonino Road	Turn right	Darwin River	5.7mm
Darwin River	Turn right	Cox Peninsula Road	4.1k
Cox Peninsula Road	Turn left	Territory Wildlife Park	12.7km
Territory Wildlife Park	Loop	Territory Wildlife Park	5km
Territory Wildlife Park Loop	Turn left	Cox Peninsula Road	1.8km
Cox Peninsula Road	Turn left	Finn Road	10.2km
Finn Road	Turn left	Jenkins Road	6.3km
Jenkins Road	Turn/veer right	Channel Island Road	7.6km
Channel Island Road	Continue to	Elrundie Avenue	4.2km
Elrundie Avenue	Turn left	Kirkland Drive	4.0km
Kirkland Drive	Turn left	Wishart Road	2.0km
Wishart Road	Turn right	Berrimah Road	3.1km
Berrimah Road	Turn left	College Road	2.5km
College Road	Turn right	Beaton Road	400m
Beaton Road	Turn left	Hidden Valley Road	700m
Hidden Valley Road	Turn right	Tiger Brennan Drive	1.2km
Tiger Brennan Drive	Turn left	Gonzales Road	8km
Gonzales Road	Turn right	Frances Bay Drive	50m
Frances Bay Drive	Turn left at roundabout	Stokes Hill Road	2.1km
Stokes Hill Road	Straight/left through round-about	Enter Porte Cochère	50m
Enter Darwin Waterfront	Turn right just past round about	Enter Darwin Waterfront	20m
Enter Darwin Waterfront and cross finish line - Roll to The Precinct for brunch			

DARWIN FAMILY LAW HALF FONDO - 75KM



EXISTING ROUTE	DIRECTION	NEW ROUTE	DISTANCE
Start line: Kitchener Drive – outside Darwin Waterfront			
Stokes Hill Road	Straight through roundabout	Stokes Hill Road	100m
Kitchener Drive	Veer left at roundabout	Stokes Hill Road	100m
Stokes Hill Road	Veer left at roundabout	McMinn Street	250m
McMinn Street	Turn left	Bennett Street	200m
Bennett Street	Turn left	Cavenagh Street	100m
Cavenagh Street	Stay left	Harry Chan Avenue	350m
Harry Chan Avenue	Continue to	Esplanade	1.6km
Esplanade	Turn right at roundabout	Daly Street	750m
Daly Street	Continue to	Stuart Highway	24km
Stuart Highway	Turn left	Girraween Road	3.2km
Girraween Road	Turn left	Hillier Road	2.0km
Hillier Road	Turn left	Whitewood Road	3.3km
Whitewood Road	Turn left	Howard Springs Road	4km
Howard Springs Road	Becomes Lambrick Avenue	Lambrick Avenue	
Lambrick Avenue	Turn left	Chung Wah Terrace	4km
Chung Wah Terrace/Elrundie Avenue: Rejoin Gran Fondo			
Elrundie Avenue	Turn Right	Kirkland Drive	4.0km
Kirkland Drive	Turn left	Wishart Road	2.0km
Wishart Road	Turn right	Berrimah Road	3.1km
Berrimah Road	Turn left	College Road	2.5km
College Road	Turn right	Beaton Road	400m
Beaton Road	Turn left	Hidden Valley Road	700m
Hidden Valley Road	Turn right	Tiger Brennan Drive	1.2km
Tiger Brennan Drive	Turn left	Gonzales Road	8km
Gonzales Road	Turn right	Frances Bay Drive	50m
Frances Bay Drive	Turn left at roundabout	Stokes Hill Road	2.1km
Stokes Hill Road	Straight/left through round-about	Enter Porte Cochère	50m
Enter Darwin Waterfront	Turn right just past round about	Enter Darwin Waterfront	20m
Enter Darwin Waterfront and cross finish line - Roll to The Precinct for brunch			

KIRKLAND LAKE GOLD 25KM FUN FONDO



EXISTING ROUTE	DIRECTION	NEW ROUTE	DISTANCE
Start line: Kitchener Drive – outside Darwin Waterfront			
Stokes Hill Road	Straight through roundabout	Stokes Hill Road	100m
Stokes Hill Road	Veer left at roundabout	McMinn Street	250m
McMinn Street	Turn left	Bennett Street	200m
Bennett Street	Turn left	Cavenagh Street	100m
Cavenagh Street	Stay left	Harry Chan Avenue	350m
Harry Chan Avenue	Continue to	Esplanade	1.6km
Esplanade	Turn right at roundabout	Daly Street	750m
Daly Street	Continue to	Stuart Highway	46km
Hidden Valley Road	Turn right	Tiger Brennan Drive	1.2km
Tiger Brennan Drive	Turn left	Gonzales Road	8km
Gonzales Road	Turn right	Frances Bay Drive	50m
Frances Bay Drive	Turn left at roundabout	Stokes Hill Road	2.1km
Stokes Hill Road	Straight/left through round-about	Enter Porte Cochere	50m
Enter Darwin Waterfront	Turn right just past round about	Enter Darwin Waterfront	20m
Enter Darwin Waterfront and cross finish line - Roll to The Precinct for brunch			



KIRKLAND LAKE GOLD

2 countries of operation - Canada & Australia

950,000 - 1,000,000 oz of gold target production in 2019

5 producing mines

~2,000 employees & contractors

Proud Sponsor of the Top End Gran Fondo

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www.klgold.com



The Mini 3km event has the same start and finish and travels along Frances Bay Drive. It's an out and back event with the turn 100m before Gonzales Road.



ARROW PROPERTIES

arrowproperties.com.au

WINNELLIE POINT

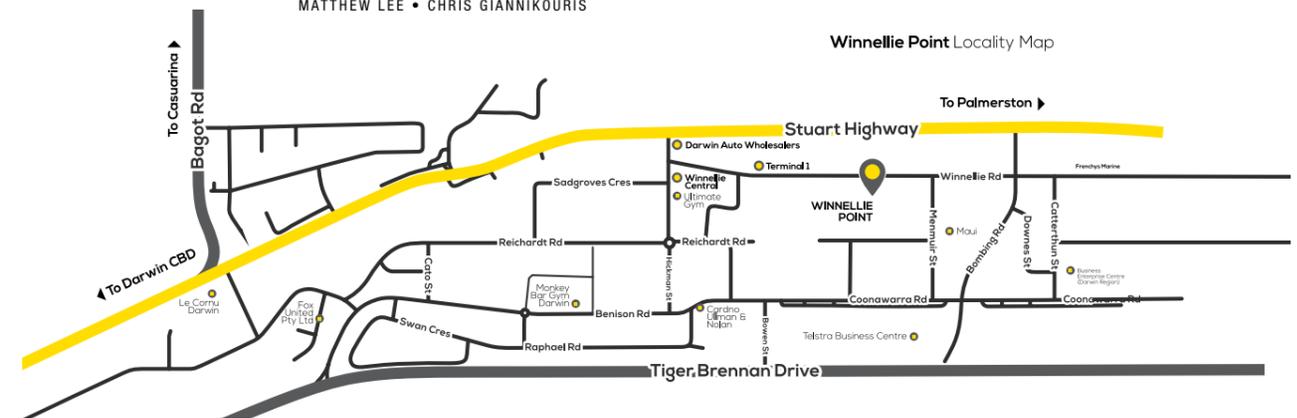
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TIPS FOR RIDING IN A PACK

Following these guidelines will make for a safer and more enjoyable ride

1. BE PREDICTABLE

Consistency is critical for safety. Avoid suddenly speeding up, slowing down, or moving sideways - maintain the flow. Consistency is also good for energy efficiency.

2. DON'T OVERLAP WHEELS WITH THE RIDER IN FRONT

Sit directly behind the rider in front of you but do not allow your front wheel to overlap their back wheel. If you do and the bike in front moves sideways, your front wheel may be 'clipped' causing an accident.

3. COMMUNICATE!

Communicate with your fellow riders to let them know your movements as well as indicate anything obstacles or hazards. For example:

Use hand signals to indicate:

- Turning left
- Turning right
- Stopping
- Slowing
- Giving way (i.e. indicating to the rider behind to come to the front)
- A pot hole, hazard or debris
- An obstacle (such as a parked car)

Use your voice to communicate to fellow riders. Common calls include:

- Slowing!
- Stopping!
- Car back!
- Clear!
- Rider up!
- Take the lane!
- Hole!
- Crash!



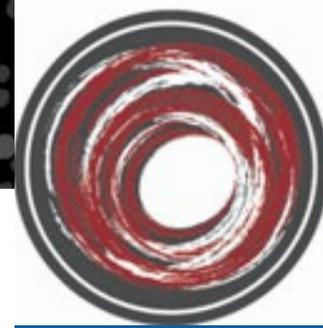
Image Courtesy of Bike NSW (bicyclensw.org.au)

4. RESPECT THE RULES OF THE ROAD

Obey the road rules. Keep left, indicate when turning, stop for red lights, and follow road signs. We have traffic management and support on course during the event; however, there are no road closures and you will be sharing the road with other vehicles.

5. STAY ALERT

Remain alert and look ahead. And enjoy!

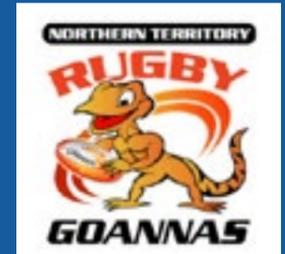
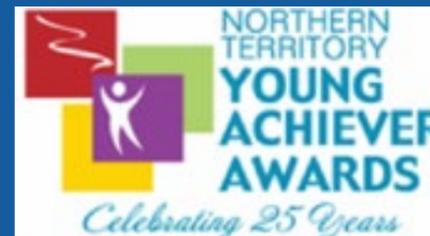


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Contact Us:

Ph: (08) 8946 1666

A/H: 0427 695 868

admin@darwinfamilylaw.com.au



Julie Franz

Address: Level 3, 9 Cavenagh St, Darwin 0800

SAFETY MESSAGE

The safety and well being of all participants is our main priority.

- The Sunbuild Top End Gran Fondo is not a race
- All roads are open to traffic and you must obey all traffic rules including;
 - Wearing an approved helmet at all times
 - Obeying all traffic lights and signs
 - Keeping left at all times
 - Do not cross the centre line of any roads
- Follow the instructions from Police, Traffic Controllers, NTES and event personnel at all times,
- Do not ride more than two abreast at any time and when passing other riders, warn them that you are approaching
- Time trial bars are not to be used at all
- Do not listen to iPods, or like devices, or use your mobile phone whilst riding
- Riders departing before sunrise must have a functioning front and rear light fitted
- There are several sections of road with rough edges and surfaces and some corners may have gravel. Be vigilant at all times and warn other riders of dangerous spots. Do not ride too close to the road edge
- Please look out for our event signage to mark the course

EcOz Environmental Consultants



EcOz Environmental Consultants is 100% locally owned and has been operating for over 25 years providing professional environmental services to the NT.

With offices in Darwin and Alice Springs, we are the largest Environmental Consultancy in the NT, we cover most environmental disciplines and have specialist teams focussing on environmental approvals, water, ecology and land rehabilitation. We work on projects big and small, from doing the complete environmental approvals for the \$800 million Northern Gas Pipeline, to helping landholders subdivide a property.

Being local means:

- we know the landscape, the people and the legislation.
- your money stays in the Territory.
- we support local industry.
- we are part of the community

So if you require any environmental advice or work, come and discuss with us where we can help you.

Visit ecoz.com.au for more information

APPROVALS ECOLOGY DEVELOPMENTS MONITORING REHAB WATER

BIKE FITTING

The Top End Gran Fondo has partnered with Darwin and Palmerston's best cycling stores to offer participants a free safety check before the big ride Sunday 18 August. Staff from each store will provide expert advice on the safety and working condition of your bike to get you around the course in Darwin's biggest group ride.

Note: the Gran Fondo safety check is a visual check of bicycles, any servicing may incur a cost for parts and labour.

Bikes to Fit
273 Bagot Rd,
Coconut Grove
(08) 8948 1128

Cycle Zone
6/41 Cavenagh St,
Darwin City
(08) 8981 4436

K9 Cycles & Repairs
Cnr Totem Rd &
De Latour St
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We thank the legends from The Job Shop for providing some of our event staff for the Sunbuild Top End Gran Fondo, for the third year in a row.

www.thejobshop.com.au

ENTRIES

Online registrations close at midnight on Thursday 15th August.

Late entries are accepted at the following;

- At Check in on Saturday 10am-4pm
- Up until 30 minutes prior to each event start on Sunday morning

Event	General Adult	General U18
145km Full Fondo	\$150	\$100
75km Half Fondo	\$100	\$75
25km Fun Fondo	\$30	\$20
3km Mini Fondo	\$10	\$10

Prices after online entries close

Event	General Adult	General U18
145km Full Fondo	\$160	\$110
75km Half Fondo	\$110	\$85
25km Fun Fondo	\$40	\$30
3km Mini Fondo	\$20	\$20

MERCHANDISE

Each rider in the Sunbuild Full Fondo receives an official event jersey to collect at registrations.

Additional jerseys are available at \$60 each, limited stock will be available at registrations on Saturday 17th.

There will also be a limited number of merchandise, such as bib knicks, hats, socks and t-shirts available at registrations on a first come first serve basis.

Click here to go to the online store https://www.onlineentry.com.au/OE_Shop.aspx?Shop=1&EV=5422



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BUFFET BRUNCH

Every Sunbuild Full Fondo entrant who registered prior to July 31 will receive a free buffet brunch at The Precinct, Darwin Waterfront worth \$35.

The Buffet Brunch can also be purchased for \$20 per person online with your entry before Sunday 11th August.

GENERAL INFORMATION

- There will be toilet facilities at each station
- Remember to carry either two water bottles or a hydration pack. Additional water and electrolytes will be available at the aid stations
- Please do not litter the course. Dispose of litter at the aid stations
- Please show consideration to the volunteers. They are giving up their time to help make your experience an enjoyable one
- Once you cross the finish line, please rack your bike on the designated bike racks
- Results will be available on our website within two days of the event
- Bike checks are not compulsory, however if you are unsure about the safety of your bike we recommend getting our mechanics to look at them during event check-in

COURSE CUT-OFF TIMES

For the 145km Full Fondo riders need to be at the 2nd Aid Station on Cox Peninsula Road by 9:00am. If you aren't there by 9:00am, the course marshalls will direct you to turn right down Finn Road and head to the finish line and it will make your ride 110km in total.

Riders must reach the Territory Wildlife Park by 9:45am in order to enter. The park will be closed to riders at 10am sharp. If you aren't there by this time please ride straight and past and continue on the course route.



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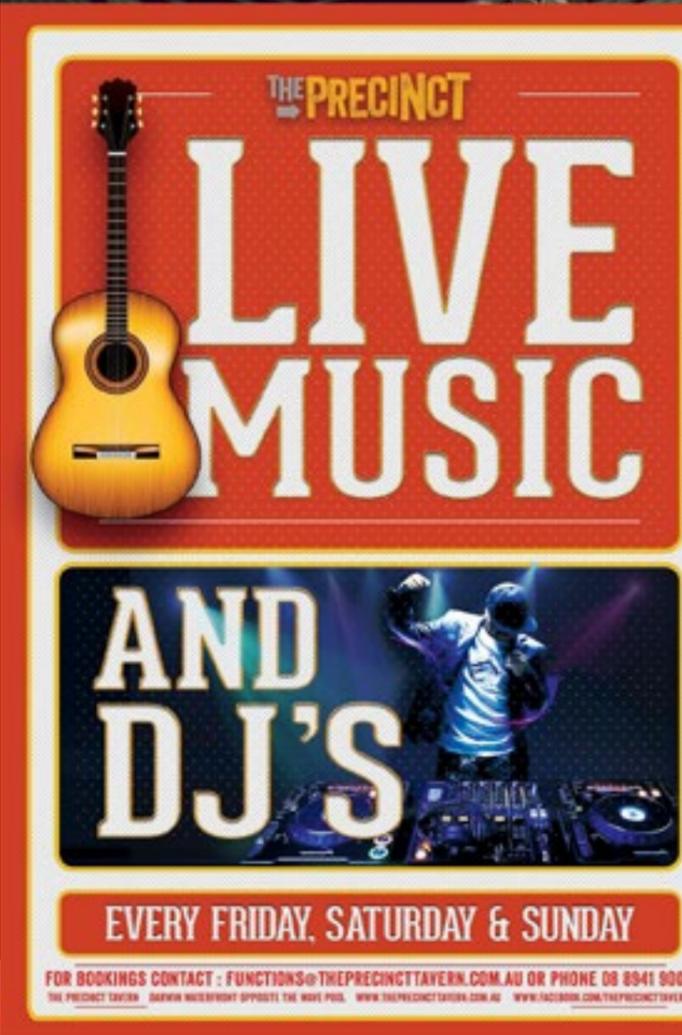


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TIMING/RESULTS

All full fondo and half fondo riders will receive a bib with a timing chip on it, to be placed on your handlebars during the event. It simply attaches with cable ties and will start automatically when the event begins.

When you cross the finish line, it will activate with the timing mats and you will receive a time. It is important you don't swap with friends or family, as it is programmed for you only.

After the ride, results will be available for all full and half fondo riders at <https://thetimingguysresults.com/TopEndGranFondo/2019>

CLICK HERE TO GO TO RESULTS



MEDICAL SERVICES

St Johns Ambulance will have the following presence;

- At the start line
- At the finish line
- In the Sag Wagon for the Sunbuild Top End Gran Fondo

In addition, each of the NTES personnel on course will carry a basic first aid kit.

Territory Sports Medicine physiotherapists will be available at the finish line for participants requiring medical attention.

The Darwin Waterfront lifeguards will also be on duty for the duration of the event.

PRESENTATIONS & PRIZES

Presentations will commence at 12pm at 'The Precinct' approximately 50m from the finish line.

We reiterate this is not a race and most prizes will be spot prizes.





TOP END
GRAN
FONDO 2019

POST RIDE ACTIVITIES

Riding is only half the fun. Once you cross the finish line, rack your bike on the racks provided and join in the fun.

Our new finish line area will be in front of The Precinct with the official after party.

TERRITORY SPORTS MEDICINE

Local Physiotherapists from Territory Sportsmedicine will be offering a 10 min rub down for a donation to Cancer Council NT from 9:45-12:45.



8941 6677

8 Parap Place, Parap
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Local Physiotherapists from Territory Sportsmedicine will be offering a 10 min rub down for a donation to Cancer Council NT from 9:45-12:45.

EVENT DAY CHECKLIST

- ✓ Bike
- ✓ Helmet
- ✓ Shoes
- ✓ Socks
- ✓ Gloves
- ✓ Sunglasses
- ✓ Phone
- ✓ Some cash for emergencies
- ✓ Jersey (full fondo wear the official jersey supplied)
- ✓ Bibs/shorts
- ✓ Extra drink bottle (you get provided one at registration)
- ✓ Race food
- ✓ Electrolyte drink
- ✓ Plenty of water
- ✓ Cycling computer/GPS
- ✓ Heart rate strap
- ✓ Basic tools: Allen key multi-tool, flathead & Phillips screwdrivers, electrical tape
- ✓ Spare tube, tire levers & CO2
- ✓ Chamois cream (baby powder, vasoline etc)
- ✓ Post-ride, change of clothes (change out of chamois as soon as you can)
- ✓ Post-race recovery drink/snack or money to purchase



RIDE DAY TIPS

- ✓ Eat a good balanced breakfast that will provide long-lasting fuel for your event. Include some complex carbohydrates, lean protein, and some antioxidant-rich fruits
- ✓ Make sure your bike is working properly and clean, get a service beforehand if need be
- ✓ Remain hydrated leading up to your event, taking care to include electrolyte drinks in conditions of extreme heat
- ✓ Ensure you collect your registration pack on Saturday, to avoid stress on event morning
- ✓ Arrive at least 30 minutes before the event starts
- ✓ Nibble on something just before the ride starts
- ✓ Pre-ride check:
 - Kit on
 - Number attached to handlebars
 - Tyres pumped
 - Computer on bike
 - Full bottles
 - All the food you need
- ✓ Know the course and where you are riding
- ✓ Take time to warm up, even if its just limbering up or stretching
- ✓ Ensure you line up on the start line in accordance with the expected speed you will ride Marshalls will help you, but be honest with yourself
- ✓ Do your best to ride consistently in a group and take advantage of sharing the lead with others
- ✓ Respect other riders
- ✓ Obey traffic rules and laws at all times

RACE DAY PRECINCT

