



RIDERS HANDBOOK

WWW.K2DC.COM.AU

Thursday 24th to Sunday 27th of June 2021



TOTAL RECREATION WOULD LIKE TO ACKNOWLEDGE ALL OF THE WONDERFUL VOLUNTEERS, LED BY SIMON WATTS, SPONSORS AND RIDERS WHO HAVE MADE THIS EVENT SUCH A SUCCESS!

**THANKS TO ALL
OUR SPONSORS**



Introduction

The Katherine to Darwin Challenge (K2DC) is a 3-day bike ride incorporating over 300kms of the Territory's beautiful outback with a group of riders working as a team to complete the challenge. Staying off the busy Stuart Highway, the K2DC covers the equivalent distance from Katherine to Darwin while taking in three iconic Territory routes. The first day begins on a crisp Katherine morning and includes a ride out to the stunning Katherine Gorge. The peloton rides the Kakadu Highway on day two, then takes on the Cox Peninsular Road to Mandorah on day three.



Are you up to the challenge?



DID YOU KNOW THIS EVENT HAS RASIED OVER \$268,000 IN THE PAST 7 YAERS?

PROVIDING VITAL FUNDS TO TOTAL RECREATION



Who is Total Recreation?

Total Recreation is for purpose organisation providing programs for Territorians with disabilities to enable them to participate in sport, fitness and recreation programs. Providing programs for almost 30 years to people with disabilities, whether playing sport, supporting their team or participating for their personal enjoyment, sport and recreation has always played a major part in how Territorians spend their leisure time. Total Recreation strongly believes we all have the right to these opportunities, regardless of our level of ability.

What does Total Recreation do?



Total Recreation provides weekly sporting sessions to over 320 students with disabilities each year including AFL, soccer, basketball, athletics, cricket and swimming just to name a few. Total Recreation also supports adults to play basketball, lawn bowls, tenpin bowling and AFL.



People with disabilities have the highest rate of sedentary lifestyle of any cohort in Australia, Total Recreation provide a range of fitness session to both youth and adults to support them to get active and improve their health outlook.



Support members to travel across the Northern Territory, around Australia and overseas to experience all that is possible.



FOR MORE INFORMATION PLEASE CALL TOTAL RECREATION ON 8981 3686



Running (riding) Sheet

Departure Day – Drive Darwin to Katherine

Thursday 24th of June 2021

12:30pm	Meet and greet, BBQ lunch Beachfront Hotel All bikes loaded onto trailers for transport to Katherine
1:30pm	Buses depart to Katherine
5:30pm	Arrive in Katherine and check in at Knotts Crossing Resort
7:00pm	Team dinner (included) + compulsory team meeting

Day One – Ride Katherine Loop

Friday 25th June 2021

6:15am	Breakfast
7:00am	Depart Knotts Crossing Resort Ride to corner of Florina and Cossack Roads
8:30am	Morning rest stop at Katherine Low Levels (42kms)
9:00am	Depart for Katherine Gorge
10:30am	Arrive Katherine Gorge (34kms) 1.5 hour lunch and rest (optional Baruwei Lookout walk -1km walk)
Midday	Depart for Knotts Crossing Resort
1:15pm	Arrive Knotts Crossing Resort (27kms)
2:00pm	Load bikes onto trailer for overnight storage
Afternoon	Rest, relax, swim, socialise
6:00pm	Team dinner (included) + compulsory team meeting

Day Two – Katherine to Adelaide River

Saturday 26th of June 2021

6:00am	Breakfast and check out
6:15am	Bike trailers collected and depart for Kakadu Highway
6:30am	Buses depart for Kakadu Highway
7:30am	Arrive cycle start point, 150m along the Kakadu Highway, and unload bikes
8:00am	Depart for Mary River Road House
9:00am	Morning rest stop at Mary River Station turnoff (24kms)
9:15am	Depart rest stop and continue to Mary River Road House <i>Please note: this is the most testing section of the ride with many rises</i>
10:30am	Arrive Mary River Road House (34kms) 1 hour lunch and rest
11:30	Depart Road House
1:00pm	Arrive back at rest stop at Mary River Station turnoff
1:15pm	Depart rest stop



2:30pm	Arrive back at cycle start point
3:00pm	Load bikes onto trailer and board buses for Adelaide River
4:30pm	Arrive at Adelaide River, check in, relax, swim, socialise
5:30pm	Optional warm down walk to Adelaide River War Cemetery (approx. 1.5km)
6:30pm	Team dinner (included) + team meeting

Day Three – Adelaide River to Darwin

Sunday 27th of June 2021

6:30am	Breakfast and check out
7:00am	Buses and trailers depart Adelaide River for Cox Peninsular Road
8:00am	Arrive at cycle start point and unload bikes
8:10am	Depart for Wagait Beach
9:00am	Arrive first rest stop at Litchfield road turnoff (25kms)
9:15am	Depart rest stop and continue to Wagait Beach
10:30am	Lunch stop at Bynoe Harbour Access Road (30kms)
10:45am	Depart lunch stop and continue to Wagait Beach
Midday	Arrive at Wagait Beach Supermarket (26kms), rest
1:00pm	Ride to Mandorah jetty via footpath to board the ferry
1:20pm	Ferry departs
1:35pm	Ferry arrives at Cullen Bay Marina
1:45pm	Meet Total Recreation members at Cullen Bay, ride to Beachfront Hotel
3:00pm - 5pm	Team get together and thank you ceremony at the Beachfront Hotel, Nightcliff

Define 'challenge'

'A task or situation that tests someone's abilities'

The Katherine to Darwin Challenge is not a race!

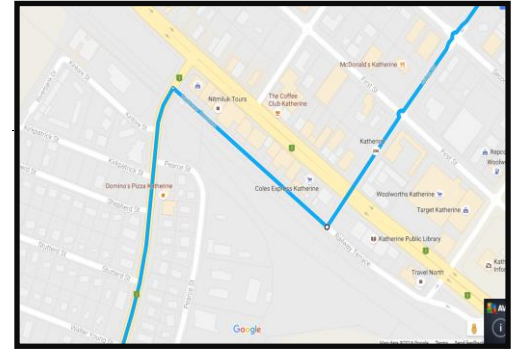
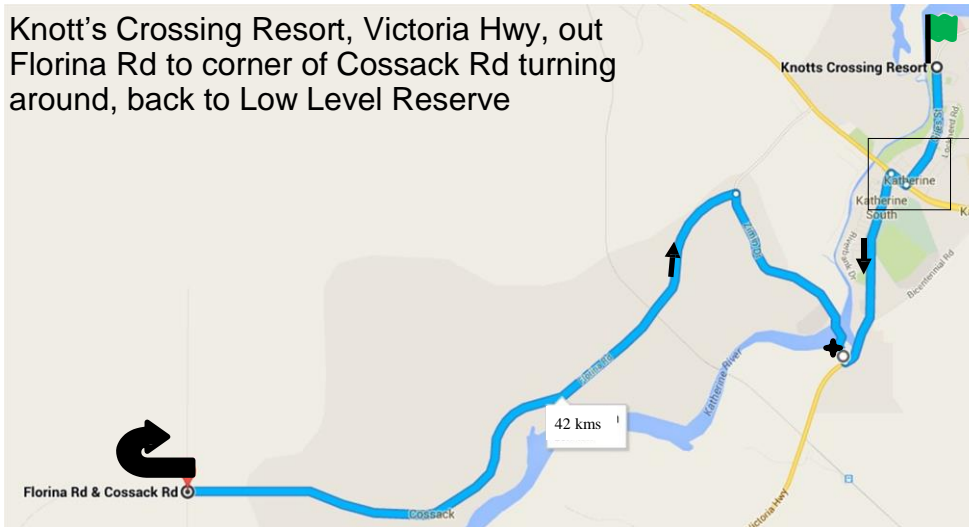
This event has not been set up to see who can complete the distance in the quickest time or be the first to cross the finish line. The Katherine to Darwin Challenge is about improving the lives of others. In fact, the challenge is not about us at all, it is to raise funds for a great cause and complete the event as a team!



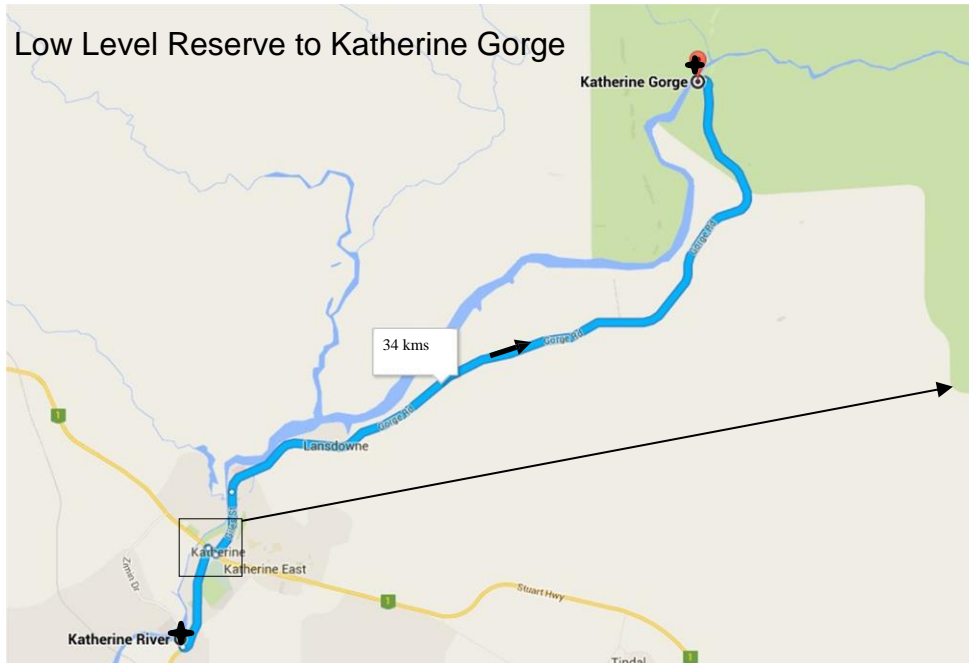
DAY ONE 103km

Knott's Crossing Resort ~ Lower Level Reserve ~ Katherine Gorge ~ Knott's Crossing

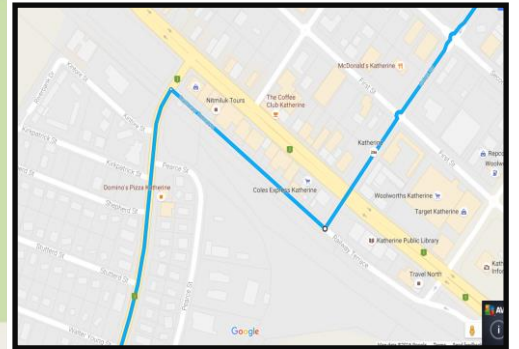
Knott's Crossing Resort, Victoria Hwy, out
Florina Rd to corner of Cossack Rd turning
around, back to Low Level Reserve



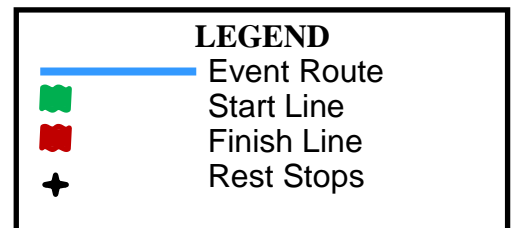
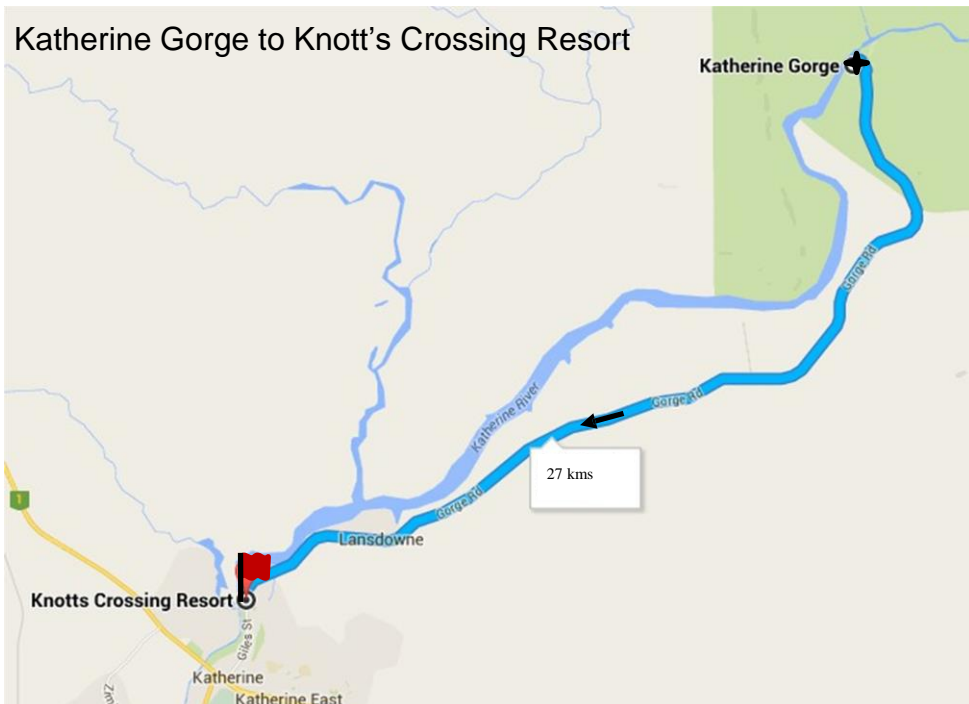
Low Level Reserve to Katherine Gorge



Via Railway Terrace



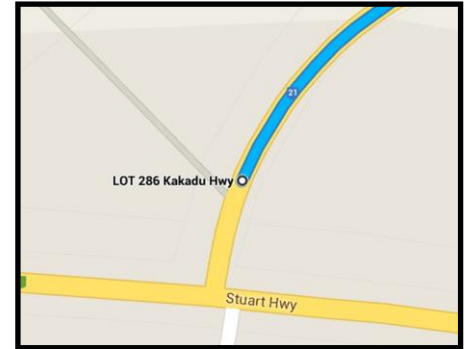
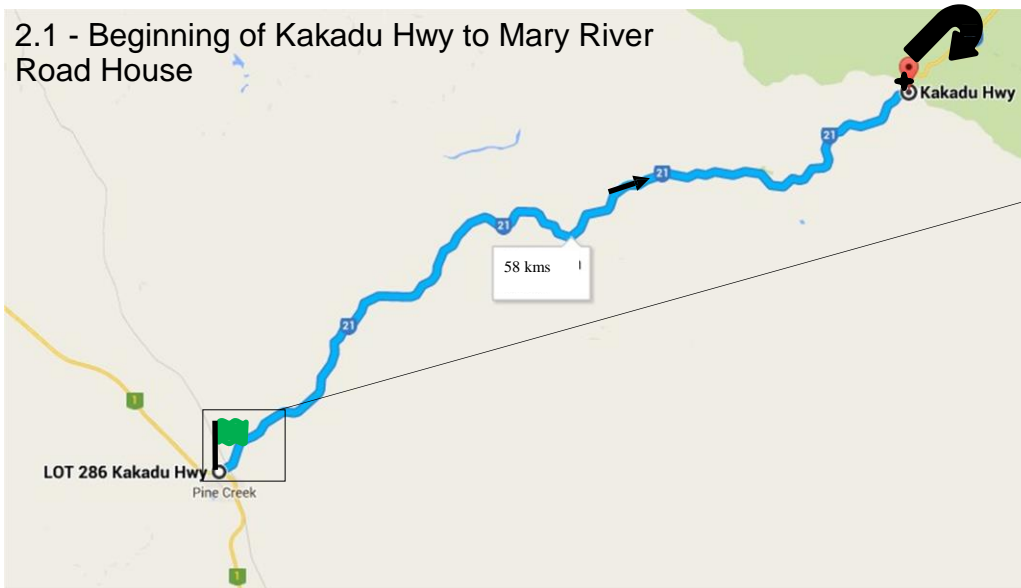
Katherine Gorge to Knott's Crossing Resort



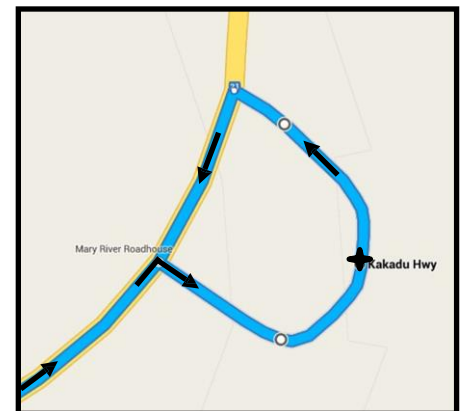
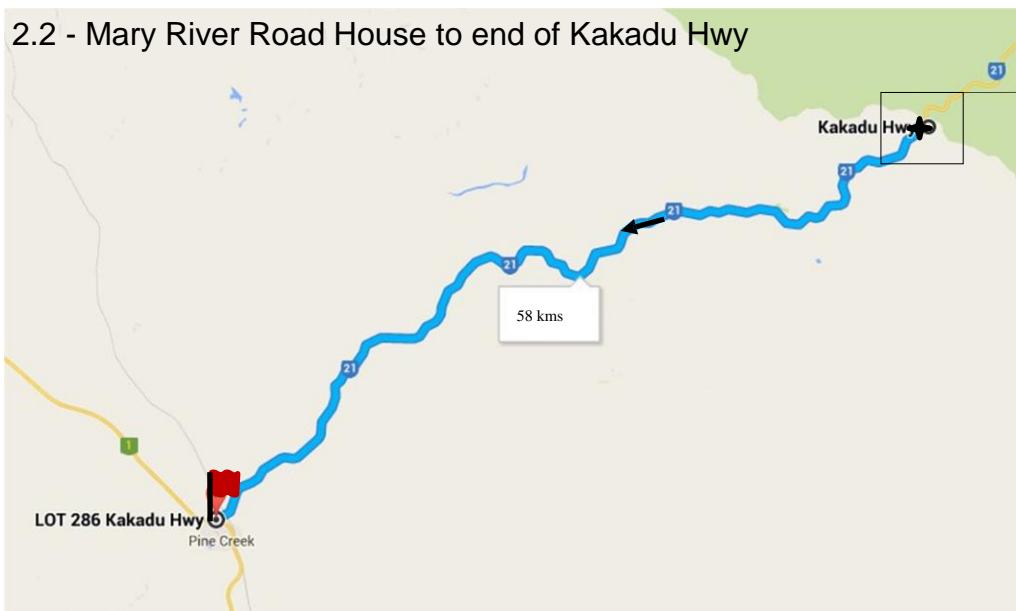
DAY TWO 116km

Beginning of Kakadu Hwy~ Mary River Road House ~ End of Kakadu Hwy

2.1 - Beginning of Kakadu Hwy to Mary River Road House



2.2 - Mary River Road House to end of Kakadu Hwy



LEGEND

- Event Route
- Start Line
- Finish Line
- Rest Stops

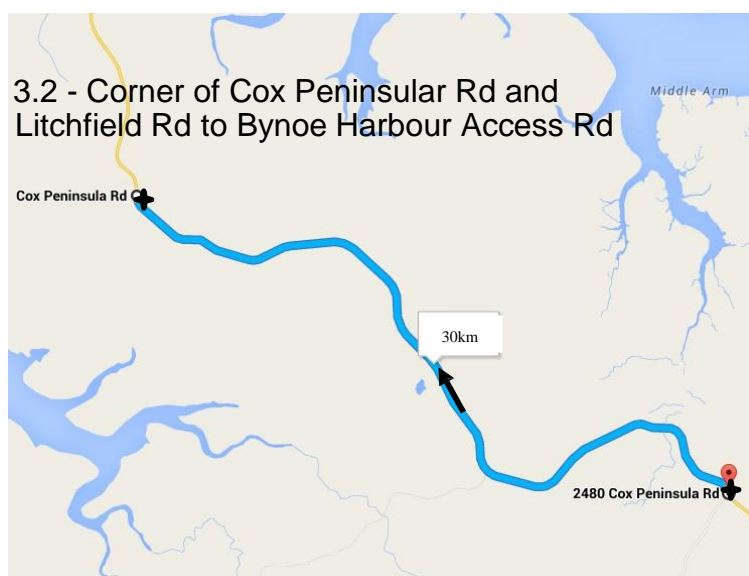
DAY THREE 81km

Beginning of Cox Peninsular Rd ~ Mandorah

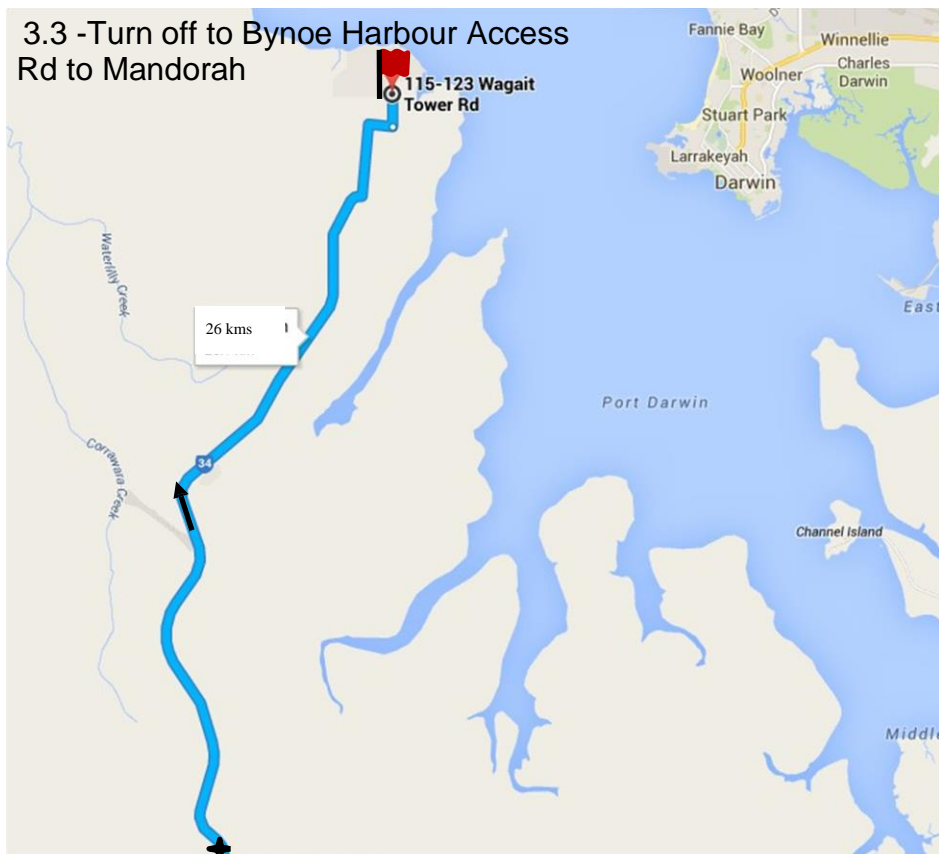
3.1 - Beginning of Cox Peninsular Rd to Litchfield Rd turnoff







3.2 - Corner of Cox Peninsular Rd and Litchfield Rd to Bynoe Harbour Access Rd



3.3 - Turn off to Bynoe Harbour Access Rd to Mandorah



LEGEND

-  Event Route
-  Start Line
-  Finish Line
-  Rest Stops





Important information for riders

As everyone is aware, this challenge is an escorted ride to raise funds for Total Recreation, **not** a race. The safety of everyone involved in the event and all other people using the road is of utmost importance to the organisers.

Riders will travel along at a pace suitable to everyone involved working together as a team.

The group will be escorted by safety vehicles as approved by NT Police and the Department of Infrastructure, Planning and Logistics.

Safety Vehicle Escort

The riding group will be escorted by 4 safety vehicles numbered 1 to 4:

1. Vehicle 1 is the Advance Lead Vehicle and will be travelling approx. 400 metres ahead of the riding group to pre-warn oncoming traffic.
2. Vehicle 2 is the Lead Vehicle of the riding group. This vehicle is to lead riders safely as they travel along the road. It will be located approx. 20 metres ahead of the riders.
3. Vehicle 3 is the Shadowing Vehicle of the riding group. It will travel approx. 20 metres behind the riding group and will be responsible for watching for overtaking traffic and will coordinate lane changing and merging on and off the road using radio communications and horn signals.
4. Vehicle 4 is the SAG or Tail Vehicle. It will be following behind to pre-warn any overtaking vehicle approaching from behind.

Things that differ from the average group ride

1. As per the NT Police instructions, the group is **NOT** permitted to travel half on, half off the road or laneway to let vehicles pass.
2. Escorting vehicles and riders must obey all regulatory road rules.
3. Escorting vehicles will dictate the pace of the group and work with the riders to keep the group together in a close pack.
4. Riders are to be between both the Lead and Shadow Vehicles at all times. They are not permitted to overtake the Lead Vehicle and the Shadow Vehicle is required to remain behind the last rider.
5. The riding group will not be allowed to spread out too much on the road. This situation makes overtaking very difficult for other road users.

How this works

- The safety vehicles form a box which is considered a "Safety Zone" for the riders as protection from overtaking and oncoming traffic
- The vehicles will proceed fully within the traffic lane at a speed that matches the rider speed and conditions
- All vehicles will have flashing lights and signage to warn other drivers of the cyclists on the road

- The vehicles will control lane changes, merging, stopping (whether planned or mechanicals etc) and re-entry onto the road
- Riders **WILL NOT** travel on roads without the vehicle escorts
- Vehicles and riders will remain closed up to enable the smallest profile possible on the road for ease of overtaking by other traffic
- Riders will travel at a maximum of two abreast.

Communications

All escorting vehicles will be equipped with two-way radio communications and mobile phones. Additional to this, two riding captains will also be equipped with two-way radios that have speaker mics attached. The riders' communications will enable the group to hear what is happening at any given time and allow the riders to communicate with the escorting vehicles.

How it all works

The escorting vehicles will lead riders where they need to go. The Shadowing vehicle will at all times protect the riding group from overtaking approaching traffic. This vehicle will be a physical barrier protecting the riders from behind and in normal situations will be the first on and last off the road. The lead vehicle will lead the riding group in lane changes or on and off the road after coordinating with the shadow vehicle.

Stopping

Stopping or pulling off the road may be for a planned break, a requested extra break, a mechanical problem or some other reason. Every caution must be taken to ensure the safety of the riders, escort vehicles and all other road traffic. The Safety Zone for riders must be preserved at all times.

****NOTE: in all cases, the group or convoy must remove themselves totally from the road. Riders must remain behind or to the left of the forward vehicle and never proceed onto the driver's side. The rear vehicle will continue to monitor approaching traffic from behind and give warnings over radio or by pressing the horn if needed.***

Finally, the safety of everyone involved is the overriding factor in all situations and things may change slightly as the situation changes. Every effort will be made to keep riders informed of any situations that may arise that could affect the ride as soon as is possible.



K2DC Group Riding Calls

Slowing

Warns the rider behind that you are slowing

Stopping

Warns the rider behind that you are stopping

Mechanical

To be called out if you have a puncture or other bike issue. All riders then pull over together. (This is for the event only and is not used in the training rides.)

Glass or gravel or pothole left/right

Be sure to point to it as well

Car up

Car approaching

Car back

Car overtaking from behind

Single up

All riders to form single file

Pair up

All riders to ride two abreast

Clear

No cars visible **but** be vigilant and always check

Rubbish

Rubbish, debris etc on road

Door

Potential car door opening ahead

ALWAYS

- ❖ *Stay in one group*
- ❖ *Listen for calls*
- ❖ *No cross-wheeling!! (Ensure that your front tyre does not pass and sit alongside the tyre of the rider in front)*



Safety Message

The safety and well-being of all participants is our priority. Please take the time to read this important message.

- The Katherine to Darwin Challenge is not a race!!!
- All roads are open to traffic and you must always obey all traffic rules including wearing an approved helmet, obeying all traffic lights and signs and keeping always left
- Follow the instructions from Police, Traffic Controllers and event personnel always
- All riders must always ride two abreast unless overtaking or falling back
- Do not listen to iPod, or like devices, or use your mobile phone whilst riding
- No cross-wheeling
- Know the K2DC Group Riding Calls
- There are several sections of road with rough edges and surfaces and some corners may have gravel. Be vigilant always and warn other riders of dangerous spots.
- Do not ride too close to the road edge or the support vehicles.

FREE bike safety check for all K2DC riders!

Free bike safety checks are available from;

Blue Cycles Coconut Grove

8985 3921 (Matt)

2/ 12 Totem Rd, Coconut Grove NT 0810

****This is a safety check only and not a service. Please call first to book in a time.**