



## Registration and Qualifying Checklist

Each year we aim to ride different courses and each one brings different challenges. The 2019 course that will be ridden requires you to declare you understand these base requirements before you will be signed off to take part on the ride. These requirements are nothing more than what numerous first-time riders have achieved over the past 8 years. You will have significant support to help achieve these.

### MANDATORY SAFETY REQUIREMENTS

- Wear an Australian standard helmet
- Use a road bike and cleats
- Must be able to descend hills at speeds between 50km/h and 60km/h
- Maintain 28 to 30kmph in a group on flat terrain
- Average 23 to 24kmph on a bike over a 6-hour period

To help demonstrate your fitness there are qualifying rides and a skill session you are required to complete.

### QUALIFIER DATES

CQ Bike Skills Days	December 2018	Dates to be confirmed
Loop the Lake	10 <sup>th</sup> March 2019	<a href="https://www.loopthelake.com.au/">https://www.loopthelake.com.au/</a>
The Mail Run	14 <sup>th</sup> April 2019	<a href="https://www.themailrun.org/">https://www.themailrun.org/</a>
The Century Challenge	May 2019	Dates to be confirmed <a href="https://www.centurychallenge.com.au/">https://www.centurychallenge.com.au/</a>
Set Course	June 2019	Dates to be confirmed Course to be set
Overnight Qualifier	3 <sup>rd</sup> /4 <sup>th</sup> August 2019	<b>Compulsory for everyone</b>

These rides, in addition to certain training requirements set monthly, **MUST** be completed to allow you to be signed off for the ride. This is to show that you have reached an adequate level of fitness and strength to be safe to ride in a group for 10 consecutive days. They also serve to be the perfect confidence builders for your preparation.