

Tour de Barelang

Category 4 / Gran Fondo

Sunday, 15th May 2016

WELCOME

Welcome to the Tour de Barelang Category 4 Race and Gran Fondo event. We are looking forward to a fun and safe day of riding. Below is a summary of relevant / important information. Please take time to [read this](#) so you know exactly what is happening on the day.

GETTING THERE

Harbourfront Ferry Terminal

- The ferry departs from **HARBOUR FRONT TERMINAL**. (NOT TANAH MERAH)
- There is ample parking upstairs for cars but it's \$15+ charge for the day's parking
- Check-in is at the Cruise Check-In Area (ground floor) – **Use Entrance D**
- Check-in between **5.15am** and **6.30am**. Counter **closes** 6.30am sharp. We will not wait for you.
- Check bib # – http://my.raceresult.com/54250/participants?lang=en#0_658359
- Collect your timing chip / seat sticker etc by telling us your bib number.
- Fit your seat post sticker, timing chip (front fork either side) and your passport sticker
- If you have not paid for any part of the event, then please bring **cash** to settle any final amounts
- Pick up your breakfast – to order click here - <https://goo.gl/dWRfH7>
- Proceed through customs and immigration to wait for your ferry departure just after 7am
- **DO NOT FORGET YOUR PASSPORT**

Bike Preparation

- Please take off all accessories such as computers and saddle-bags that may get lost in transit
- Each bike is handled by Cycosports and individually wrapped in a **Allied Pickford Blanket**
- Our team will do the best we can to ensure pedals do not clash with frames
- Bike cameras can be mounted to the bike but are not allowed on helmets
- You **MUST** bring a HELMET and WEAR IT

ARRIVAL

We expect to arrive at approximately 7.00am local time (Indonesia is 1 hour behind Singapore). Immigration and setup will take about an hour. Don't stress - we will only leave when everyone is ready.

- On arrival you will be given a bike (**it will not be your bike**) when leaving the ferry
- Head to immigration showing your passport to Customs and depositing it as requested
- **If you are taking a different ferry home, you need to go through normal immigration**
- Proceed with the bike through immigration and head across the street to the open Plaza
- We will guide you across the road to the open Plaza which will be very busy with events
- Place the bike on rack corresponding to the number on the seat post of the bike
- Once you are completely setup, prepare your personal bag for deposit (use the bag tag)
- You will not see your bag again until after the ride, at the restaurant

BIKE SETUP

- Prepare yourself and your bike. Mechanics, pumps and cable ties are on standby
- Check your bike with a short ride (don't go silly as you have a 12km neutral warm-up)
- Sunscreen and water will also be readily available
- Find a shady spot, relax and wait for your Peloton's 10 minute bell & countdown

RIDE START

- Each peloton will depart the Plaza under police escort at 5 minute intervals
- Peloton departure will be when everyone is ready (**estimated to be about 8am**)
- We have 2 Pelotons Category 4 and Gran Fondo participants
- Note – **No roads are closed** so please maintain all road rules and follow police orders

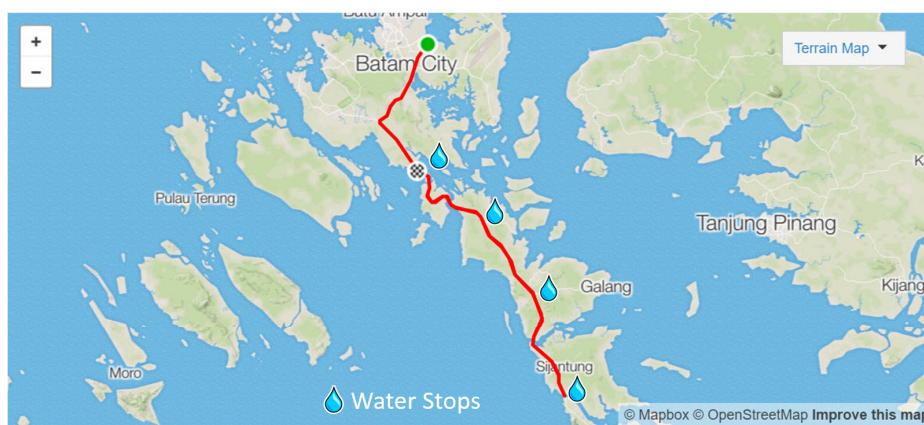
RIDE SUPPORT

MEDICAL SUPPORT

- Awal Bros and Batam Public Hospital are providing ambulances to follow each peloton
- While we can be there in an emergency, we need you to reduce the chances by:
 - Ensuring you are hydrated and **keep hydrated** throughout the ride
 - Coat up in **sunscreen**, the road is exposed
 - Stop and seek assistance if you are suffering any **heat effects** or **chest pains**
 - Keep aware of the road around you, look ahead and **call out** to pre-empt any dangers

WATER SUPPORT - **START WITH 2 FULL BOTTLES**

- Category 4 will have motorbike drink support for those in the Peloton
- There are 3 drink stations on the course (4 including the Finish)
- Please dismount from your bike and fill your bottles. (It is not a race)
- Water and PURE will be available at all drink stations
- There are also village shos along the way but you will **need local currency**.



MECHANICAL SUPPORT

- A Maxxi Bike mechanic will be on hand for last minutes fixes and tuning
- Limited Rolf Prima neutral wheels will be in the support cars
- We strongly suggest bringing your own spare tube, tire levers and pump especially Gran Fondo

RIDE CUT OFF

- Due to time constraints we will need to “cut off” the ride at a reasonable time.
- A sweeper truck will follow the last Gran Fondo. If the sweeper team encourage you to “jump in”, they are politely telling you it’s time to head for a shower, hydration and food. Remember you may be holding up everyone else from returning to Singapore on time.
- Please note that because this is an “out and back” course you can turn around at any time if you feel the distance is too great, but be sure to look out for traffic.

WEATHER

- If you are caught in heavy thunder/lightening, seek shelter in a car or under a solid building. Try not to shelter under individual trees or under small iron structures.
- In the event of heavy rain, Cycosports may have to shorten or even cancel races. As such events are outside of our control and safety being paramount, no refunds can be provided.

FINISH LINE

- The finish line is on the apex of the Bareleng Bridge
- AFTER you finish, proceed down the hill and turn LEFT into the Bareleng Seafood restaurant
- Once you arrive:
 - 1) let our team cut your timing chip and sign you in
 - 2) hydrate with cold drinks
 - 3) Ready your bike for loading onto the trucks
 - 4) Collect you bag from the bag drop area
- At the restaurant there are minimal / basic showers (Bring a towel, wet wipes and deodorant)
- Lunch will be served buffet style – vegetarian dishes are limited
- There is Beer – and it’s a great price but bring Indonesian Rupiah (needed by law)
- Depart (via bus) for the ferry terminal at 2:30pm for return ferry at around 4:15pm.
- Passports will be distributed at the terminal. Once we get the passports back and they are sorted, we will call passports in groups of 10. Please be patient and wait for your number to be called.

ARRIVAL AT HARBOURFRONT

- Stay on your ferry until there is room to exit and take a bike
- Take the bike given to you (it will not be yours) and walk up the ramp to the bike Porters who will take the bikes to holding racks
- Proceed LEFT through Passport Control, then through to customs
- Pick up your bike from the racks and head home via customs

FINAL REMINDERS

You are riding on public roads. The police will warn oncoming traffic as you approach but keep on the left hand side. Bear in mind at certain points you will have an oncoming peloton approaching at speed.

Enjoy the Day – Ride Safe

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What to Bring - Checklist

Feel free to bring a small bag. We will have a secure truck to check bags into before the race.

FOR THE RIDE

- PASSPORT
- Please wear your Jersey (Bibs/shorts, Gloves, Socks)
- Your Bike (Checked and Ready to Ride)
- Helmet
- Shoes
- Cycle Computer (heart rate strap)
- Team Kit (Bibs/shorts, Jersey, Gloves, Socks)
- Ride Food: Gels, Bars and other Nutrition (EPO stays at home)
- Sunglasses and Sunscreen (we will also provide sunscreen)
- Two Bottles (Full of your favorite electrolyte)
- Spare tube, levers and CO2 (in case there is no support nearby)
- Chamois Cream, Sunscreen
- Indonesia Rupiah (In case you need to buy a water or a beer)

AFTER

- Bag for all your stuff (Please attach your bag tag before depositing)
- Change of clothes & shoes
- Sunburn Cream
- Towel / Shampoo
- Wetwipes / Deodorant (poor man's shower)
- Extra electrolytes (to help with rehydration after the ride)
- Plastic Bag (for your not so fresh kit)
- More Indonesian Rupiah (for more beers - restaurants are not supposed to accept SG\$)