



Apex Outback Postie Bike Ride

2011 APEX OUTBACK POSTIE BIKE RIDE

13th – 16th October 2011

'Completing 2010 unfinished business'

THE COST

Donation

Each participant must raise a minimum of \$500 for the Apex Copper Coast Family Retreat. The funds can be raised from donations, sponsorship, or you could simply contribute the \$500 yourself, it's up to you. Once we receive your registration form, a fundraising pack will be posted to you. This pack will include a tax deductible receipt book and details explaining banking procedures. The highest fundraiser will be acknowledged during the presentation night on the ride. All monies raised need to be deposited by the 1st October 2011.

The Apex Copper Coast Family Retreat is being established by the Apex Clubs of Clare, Crystal Brook, Jamestown, Kadina, Kimba, Maitland Port Augusta & Whyalla in support of Cancer Council SA. The cabins will be available to families who are experiencing cancer. The physical, emotional, and financial burden of cancer can be over whelming, and extends from the individual tackling the brave fight, throughout the whole family. Our aim is to ease this burden providing a relaxing break at Wallaroo a stone throw from the beach, enabling families during or after treatment to relax and enjoy their time together, creating new precious positive experiences & memories.

All donations of \$2 or more are tax deductible.

Registration Fee

A Registration Fee of \$300 (non-refundable) is payable by each participant along with a completed registration form to reserve a place on the ride. Get in early as numbers are limited & interest exceeds the number of beds we have available. The registration fee covers 3 nights' accommodation from 13th – 16th October, 3 breakfasts, 4 lunches, 3 dinners, some light refreshments throughout the ride and assists with back up vehicle expenses.

All other food and beverages are at your expense.

ACCOMMODATION

Accommodation is shared, dormitory & country pub style rooms you will need to bring a sleeping bag, & pillow for the first night.

For those who were on the 2010 ride a slight change in accommodation venue has been necessitated due to the increased number of riders in 2011.

Day 1: *Angorichina Tourist Village*

Day 2: *Leigh Creek Tavern*

Day 3: *Eldo Hotel - Woomera*

Proudly supporting





Apex Outback Postie Bike Ride

THE ROUTE

Day 1 – Thursday 13th October

Port Augusta to Angorichina Tourist Village

Travel via Thompsons Gap, Partacoona Station, Moralana Station, Brachina Gorge, Blinman

Lunch in scrub

Fuel at Wilpena Pound

Longest stretch between fuel Port Augusta to Wilpena – 209 kms

Total Day 1 – 302 kms

Day 2 – Friday 14th October

Angorichina Tourist Village to Leigh Creek

Lunch in scrub

Fuel Angorichina Village & Leigh Creek

Travel via Glass Gorge, Moolooloo Station, Hannigans Gap, Artimore Ruins, Parachilna

Total Day 2 – 177 kms

Day 3 Saturday 15th October

Leigh Creek to Woomera

Lunch in scrub

Fuel Leigh Creek, Andamooka, Woomera

Travel via Farina, Mulgaria Station, Andamooka, Roxby Downs

Longest stretch between fuel Leigh Creek to Andamooka 212 kms

Total Day 3 – 317 kms

Day 4 Sunday 16th October

Woomera to Port Augusta

Lunch in scrub

Fuel

Longest stretch between fuel Woomera to Port Augusta 178 kms

Total Day 4 – 178 kms

Grand Total 974 kms

THE TERRAIN

There will be a mix of single track (nothing too extreme), public dirt roads and some bitumen, unfortunately we can't get around this but we've kept it to the minimum.

Anyone with some dirt riding experience should be fine. As always please ride within your limits. Remember it's a fun trail ride not a race!



Apex Outback Postie Bike Ride

THE BIKE

The bike must be a Honda CT 110 'Postie' in good mechanical and roadworthy condition. It must have current registration and you must hold a current motorcycle license. Any modifications are ok as long as it's legal and still basically resembles a Postie. Must be an Automatic Honda 110 or 90 motor - NO CLUTCH.

FUEL RANGE

You will need a fuel range of 212 kms for the stretch between Leigh Creek and Andamooka via Farina and Mulgaria Station. A Postie will do approximately 20 kms per litre on this type of ride. Therefore you will need a minimum of about 13 litres on your bike. The standard tank holds about 5.5 litres so you will need a further 10 litres minimum. This can be done by adding another tank; an old 10 litre XR tank or similar is ideal or you could carry two 5 litre plastic fuel cans on the rear carrier. If you choose the jerry can option it must be approved to carry fuel.

BACK UP VEHICLES

There will be back up vehicles to collect any broken bikes and or riders, it will carry some emergency fuel (remember you must be self sufficient will fuel between each petrol station stop), an esky with a few 'refreshments' and trail snacks, and a few spare tyres in case anyone is unlucky enough to stake one.

An enclosed luggage truck will carry your overnight bag with clothes etc., **BUT PLEASE KEEP IT AS SMALL AND LIGHT AS POSSIBLE.**

SAFETY

This is a fun event to raise money for a worthy cause so the last thing we want is anyone getting hurt. We will be in some remote areas and help could be a considerable time away so please ensure you ride within your limits.

We are extremely grateful to have a qualified paramedic attend the ride who will be able to attend any emergencies if they occur. However this does not replace the need to have ambulance cover.

We strongly recommend you have ambulance cover.

We have hi vis safety vests for all riders to wear. UHF radios, satellite telephones (for emergency's use only), first aid kits and water are carried by back up vehicles. In addition to this some of the official postie bike riders carry portable UHF radios.

WHAT TO BRING

- All riding gear including full face helmet, goggles/visor, gloves, jacket preferably with armor, boots, sturdy pants and don't forget the kidney belt!
- Hydration pack preferably a minimum of 3 litres or you should carry 3 litres of water on your bike
- Tools and spares including tubes and tyre changing equipment
- Clothes for evenings
- Towel
- Toiletries
- Camera
- Money
- Any personal medication
- Basic First aid items
- Sleeping bag & pillow
- And most importantly, your Postie bike and a sense of humor!**



Apex Outback Postie Bike Ride

BUYING AND SETTING UP A POSTIE

BUYING A POSTIE

If you do not have a 'Postie Bike' we can assist with the purchase of ex Australia Post bikes. Australia Post and Pickles Auctions have agreed riders in the Apex Outback Postie Bike Ride can purchase an Ex Australia Post postie bike from the government auctions for a significantly reduced price.

Email Justin Voumard justin.voumard8@bigpond.com or call 08 86640906 for further details.

POSTIE SET UP

Tyres/Tubes

The stock tyres should be replaced with trials type tyres. A front knobbly is ok but rear ones are extremely prone to flats. Heavy duty tubes front and rear should be fitted.

Bearing/Chains

Wheel bearings, steering head bearings and chain and sprockets must be in excellent condition. A standard DID chain will suffice. "O ring" chains are harder to repair in the dirt and mud. When fitting new chain, adjust to middle adjustment to give your rear wheel clearance in the swing arm. This will prevent the back wheel clogging up with mud.

Noisy cam chains should be replaced and if the motor is smoky replace the rings.

Clutch/Filters

Ensure clutch is ok or replace clutch plates and retain the old ones as spares, while the clutch is out clean the oil filter.

Don't forget to change the oil and clean the air filter.

Fuel Tank

If adding an extra fuel tank an old 10 litre XR tank or similar is ideal put a tube or some padding between the tank and frame to prevent rubbing. The original fuel tank has two fuel hoses running to the fuel tap...the top hose is reserve and the bottom is "on". Connect the extra tank to the bottom "on" hose and leave the original tank connected to reserve. Both fuel lines should be fitted with filters.

The key can be relocated to the speedo mount to accommodate the extra tank if needed.



Apex Outback Postie Bike Ride

REGISTRATION FORM

13th – 16th October 2011

PARTICIPANT DETAILS	
Full Name	
Preferred Name	
Gender	Male / Female
Email	
Residential Address	
Postal Address	
Home Telephone	
Mobile	
Motorcycle Driver License Number	<i>*Copy required attach a photocopy to registration form</i>
POSTIE BIKE DETAILS	
Registration Number	
Participated in previous Apex Outback Postie Bike Rides	Yes / No Years 2010 2009 2008 2007
EMERGENCY CONTACT DETAILS	
Name	
Telephone	
Relationship	
MEDICAL DETAILS	
Date of Birth	
Medical Conditions	
<i>If insufficient space attach details</i>	
Allergies	
Current Medications	
<i>If insufficient space attach details</i>	
Name of usual GP or GP Practice	
GP or GP Practice Telephone	
Ambulance cover	Yes / No <i>*strongly recommended</i>
Medicare Number & expiry	
SPECIAL REQUIREMENTS	
Dietary	
Other	



Apex Outback Postie Bike Ride

CONDITIONS OF ENTRY

1. The Apex Outback Postie Bike Ride is a fundraising trail ride and not a race and participants will ride safely and within their individual abilities.
2. Participants will not hold the Apex Outback Postie Bike Ride Organisers, Apex or Cancer Council SA, liable for any loss, damage or injury to them, or their property.
3. Motorcycles will be an automatic Honda 110 or 90 CC Motor - (NO CLUTCH) 'Postie Bike' in good mechanical and roadworthy condition as prescribed by state laws and have current registration.
4. Participants must hold a current valid motorcycle license.
5. At all times participants will abide by the rules of the road as prescribed by State laws and statutes.
6. Participants agree to abide by all rules & requirements of the Apex Outback Postie Bike Ride during the event.
7. Participants will observe and follow all directions of the Apex Outback Postie Bike Ride Organisers during the event.
8. Any participant acting in a dangerous manner, putting them, other participants or the public at risk will be excluded immediately from the event.
9. Participants agree to fundraise a minimum of \$500 to participate in the Apex Outback Postie Bike Ride and all funds will be deposited prior to 1st October 2011.
10. Participants will return all Apex Outback Postie Bike Ride receipt books to the organising committee.
11. Participants agree Monies received from the public or sponsorship cannot be used to cover the registration fee and/or participants personal expenses.
12. Participants agree to have all public fundraising functions approved by the Apex Outback Postie Bike Ride Organising Committee.
13. The Apex Outback Postie Bike Ride Organising Committee reserves the right to refuse or exclude a participant from the Apex Outback Postie Bike Ride at any time if they believe the participant's behaviour, conduct or fundraising activity does not portray the image required to be associated with Apex.
14. Return of these conditions of entry via email acknowledges & is evidence of my acceptance of all conditions of entry.

I acknowledge receipt of the conditions of entry. I agree to observe these conditions and agree failure to observe these conditions of entry may lead to cancellation of entry.

Signed _____ Date: _____

PAYMENT:

Cheque

Forward a \$300.00 cheque with this form.

Payable to "Apex Clubs Yorke & Upper North District"

Post to: Apex Outback Postie Bike Ride C/- Andrew Venning 40 Moonta Road KADINA SA 5554.

Direct Electronic Payment

BSB 105-016 BankSA Jamestown A/c Number 0358-59040 A/c Name Apex Clubs Yorke & Upper North District

Reference this is essential [your initial followed by surname] example bsmith

Bank Deposit

BSB 105-016 BankSA Jamestown A/c Number 0358-59040 A/c Name Apex Clubs Yorke & Upper North District

Post to: Apex Outback Postie Bike Ride C/- Andrew Venning 40 Moonta Road KADINA SA 5554.



Apex Outback Postie Bike Ride

Attach copy of receipt to registration form

Check List

- Registration form completed
- Conditions of entry form signed
- Attach completed registration form, conditions of entry form & copy of motorcycle license
- Cheque included if not payed via direct deposit
- Copy of receipt included with deposit date clearly marked if paid by Bank deposit.

POST ALL OF THE ABOVE REQUIRED ITEMS TO:

Apex Outback Postie Bike Ride Registration
C/- Andrew Venning
40 Moonta Road
KADINA SA 5554