

Simpson Desert Bike Challenge Newsletter

Sep 2007

Race dates for 2007: 2nd – 6th October

Hi everyone,

This is the final newsletter before the 2007 race. Anyone planning to make their presence felt in the Desert this year should by now be pumped and ready to go (this applies to competitors as well as Officials and Support Crews).

Final Race Preparation:

With only a couple of weeks to go your training should now have you close to peak fitness. You need to be familiar with the equipment you plan to use - anything that needed to be replaced should now be done. Ideally you should be well and truly comfortable and happy with your choice of bike - especially your seat, handgrips and tyres. Pay attention to your cycling clothing and footwear - feet can swell significantly in the heat & close fitting shoes can become extremely uncomfortable when you're wearing them for up to six hours at a time. Sand in your shoes is annoying - to avoid this some wear Shimano SPD sandals, others use short gaiters which cover your ankles.

Good quality knicks are important - long hours in the saddle combined with a heavily corrugated track mean some butt discomfort is to be expected. Meticulous hygiene helps - no matter how trashed you are at the end of a stage, make the effort to have a wash & change out of your knicks. Between morning and afternoon stages wear loose fitting comfy casual clothes until it's time to don fresh cycling gear ready for the restart.

*Have a small bag prepared with clean cycling gear, a towel, face washer, toiletries, footwear and a set of casual clothing. This can be ready for your arrival in camp at the end of each stage.

Pre-Race Mail Out:

Each competitor should have received their pre-race pack by post. This contains 2 x vehicle stickers with your race number, Health & Safety info sheet, National Park information and a 'Driving the Desert' info sheet for support crew.

If you have not received this please contact Su Spencer on (08) 8325 0301 or mobile 0416 247 955.

General Update:

Composite Teams: A composite team is made up of three individual competitors. Times are added to give an overall team result. Participating in the composite team competition does not affect your individual result in any way. All competitors are encouraged to team up and participate. Teams can be nominated at the Pre-Race Briefing at Purni Bore.

Andrew Weller of Vivid Adventures will be leading a team of photographers on tour across the Desert in conjunction with the race. Photographs can be purchased following the race and will be accessible via the Vivid Adventures website. A direct link will be advised in the post race newsletter.

Last Minute Tips for Support Crews:

- * Don't forget a small plastic water spray bottle (available from the Warehouse/Reject shops) - provides an instant cool down as riders cross the finish line at the end of each stage.
- * Many crews don't bother with breakfast for themselves prior to the front convoy departure at 5:30am - just keep some snacks in the vehicle & have a proper meal once at the lunch stop. Remember the front convoy will generally reach the lunch stop by 8:30-9am.
- * A thermos or 'pump pot' for storing boiling water is useful - boil up last thing at night & the water will stay hot overnight for early morning use.
- * Camp chairs & tables that collapse into a tube are easiest to pack - available from Rays Outdoor stores.
- * It is way faster & easier to pack as much as possible in the evening - rather than stumbling around in the dark at 5am. Pack away the shade tarp before bed.
- * Crew members need to have 5 litres of fluid per person to drink during the day - make sure this is accessible, not stored where you have to crawl around in the back of the vehicle to get to it.
- * Each vehicle MUST be equipped with a UHF radio for convoy communication. The channel for use in the Simpson Desert is Channel 10.

* Remember to drop your vehicle tyre pressures once you leave the bitumen road. Drop your speed too & hopefully you will avoid having to stop off at Oodnadatta or Mt Dare to have punctures repaired en route to Purni Bore.

* Flynets look stupid but they work, bring one.

* Dalhousie Hot Springs is renowned both as a wonderful place for a hot swim & for the size & ferocity of the mosquitos - bring repellent.

For last minute queries contact Su Spencer on 0416 247 955.

See you out there ...

Gaye (Flipper)