

**GO FOR BROKE** | RIDE TO BEAT DEPRESSION

# EVENT GUIDE

**GFB|24|VIC100**

 Lifeline

**GFB|24**



# 100km PENRITH 2M<sup>tn</sup> VIC SUN 24<sup>th</sup> NOV

## RIDE BELLS LINE OF ROAD

VIC100 is an exciting new cycling event on Sunday the 24th of November 2024. It's a 100km course from Penrith to Mt Victoria via Kurrajong and Bells Line of Road. We all know this road, going through spectacular & rugged scenery. But many cyclists never attempt this isolated and narrow route. That's why the team of volunteers at GFB have created VIC100, working with Transport for NSW and Police to close Bells Line of Road to all through traffic. After eight successful years running our Berowra to Broke event, the team at GFB want to give cyclists of all levels the opportunity to enjoy this stunning route supported and in safety.

We know if you train for it, you can make it to Mt Victoria, but have you got what it takes to help us beat depression? As well as our great corporate partners, we'll be asking each rider to raise funds for LifeLine and the great work they do. The race will be on even before the ride begins as we see who raises the most money and gets to wear one of three coveted VIC100 Yellow Jerseys which will be awarded on the start line.

## THE CHALLENGE

Depression is on the rise; two in five Australians aged 16-85 or 8.6 million have experienced a mental health disorder in their life time.\* Here at Go for Broke we want to promote how exercising and riding with mates can make a difference. For both guys and girls, young and old, whatever walk of life you're from, we want our riders to have a great time, make friends and take on the challenge to help us beat depression.

## WHAT IS DEPRESSION?

While we all feel sad, moody or low from time to time, some people experience these feelings

intensely, for long periods of time (weeks, months or even years) and sometimes without any apparent reason. Depression is more than just a low mood - it's a serious illness that has an impact on someone's physical and mental health.

Nine people a day lose their battle with mental health. For every person who suicides, twenty try. Funds raised by Go for Broke goes to Lifeline with up to 20% used to meet event costs while we limit rider numbers in our first year. By participating and raising funds you help yourself, friends, family and the community battle this insidious disease. Enjoy the ride and thanks for sharing the journey.



# THE COURSE

Starting beside the Nepean River the course heads North for 26km along river flats before the climbing starts.

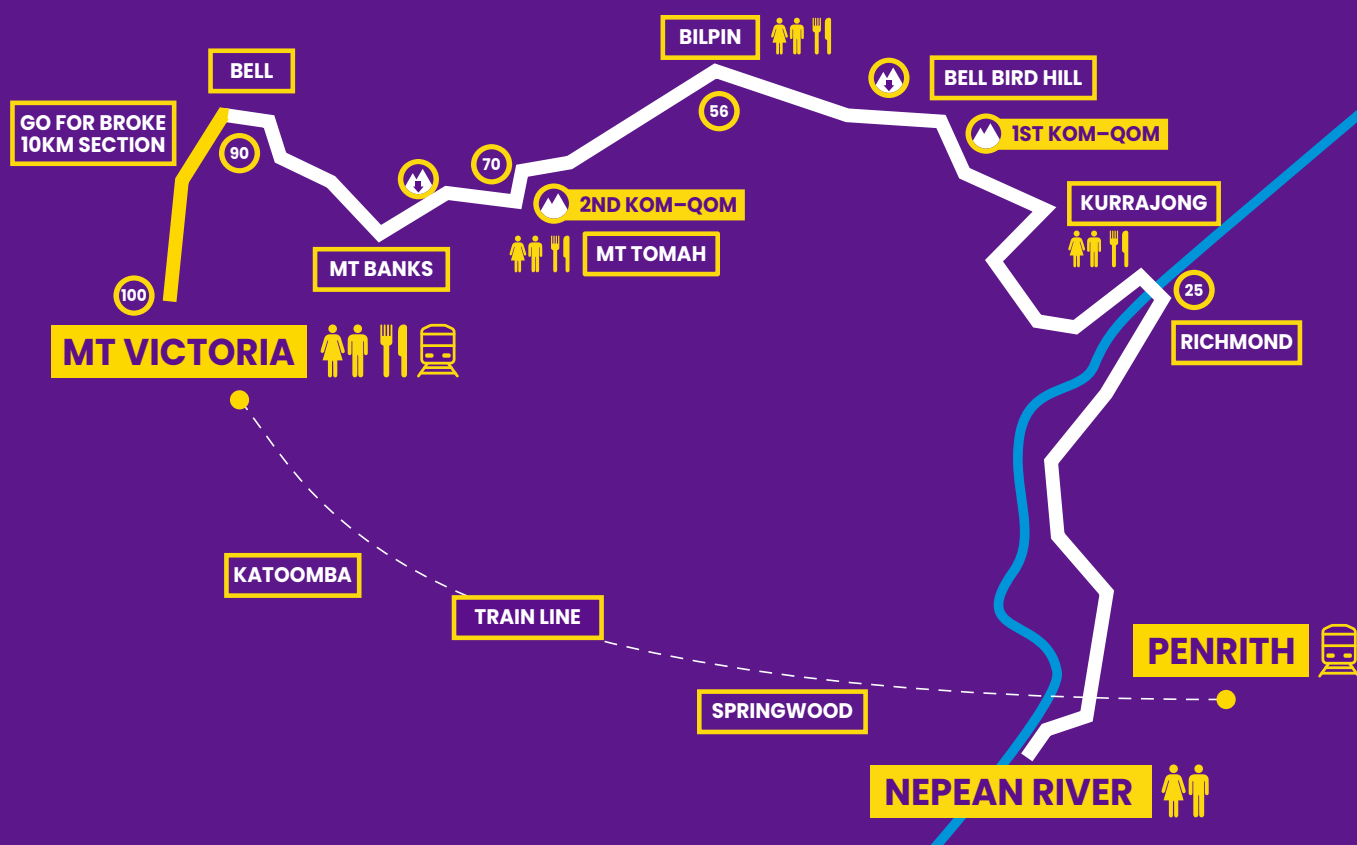
After the first rest stop at Kurrajong Village, VIC100 travels along the iconic Bells Line of Road. The climbing starts up the first and toughest KOM/QOM of the day at the top of Kurrajong Hill. Beware Bell Bird Hill, maxing out at 17% gradient.

Bilpin offers respite and the second rest stop before the climbing starts again with the

2nd KOM/QOM at the top of Mt Tomah 1000m above sea level. Our third and last rest stop is 100m on the left, straight after the KOM/QOM.

The next 20km offers great scenery, not that you'll notice. This lumpy section offers up many rises and small descents as you make your way to Bell.

As you turn on to Darling Causeway this marks the start of the 10km Go for Broke section with the finish line at Mt Victoria in front of the Victoria & Albert.



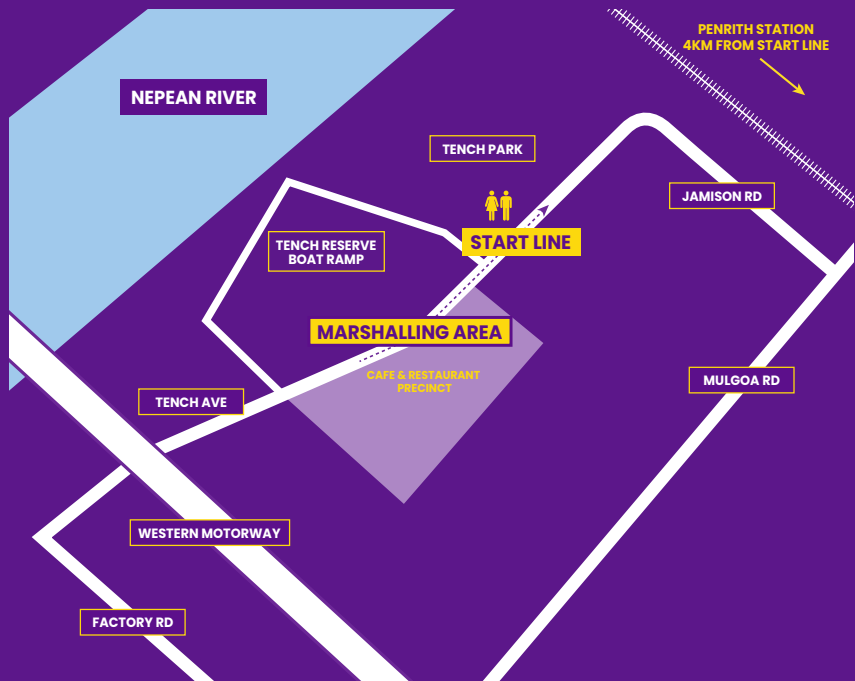
**100km**  
**2,200**  
**VERTICAL METRES**

-  DRINK/FOOD STOP
-  TOILETS
-  STEEP DESCENT
-  HILL CLIMB
-  DISTANCE INDICATOR

# START LINE

The start line is located at Tench Ave at Tench Park, Jamisontown. We encourage all riders to arrive by train or park at Penrith Station, a 4km ride from the start line.

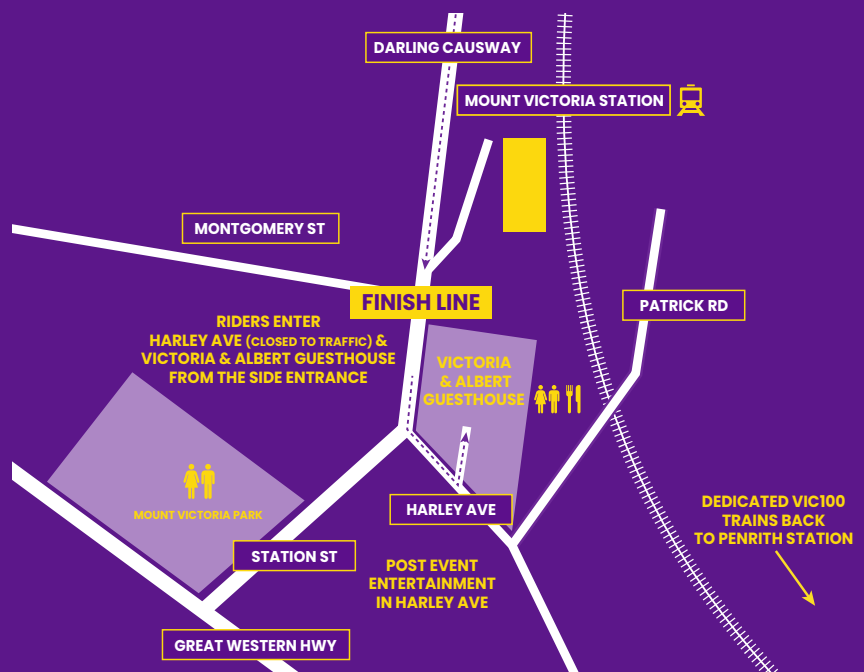
All riders must arrive 30min before your departure time for rider briefings. The car park behind the cafes & restaurants can't be used by riders.



# FINISH LINE

The finish line is located at the intersection of Station and Montgomery Streets Mount Victoria. After crossing the finish line, riders will turn left into Harley Ave before turning into the rear of Victoria & Albert Guesthouse where food & drinks

will be available. Rider clothes bags will be available for pickup. Trains have been organised to take riders and their bikes back to Penrith. As part of our event approvals, riders aren't allowed to ride back to Penrith via the Great Western HWY.





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