GO FOR BROKE | RIDE TO BEAT DEPRESSION

VIC100 RIDERS GUIDE

Lifeline

GFB|25

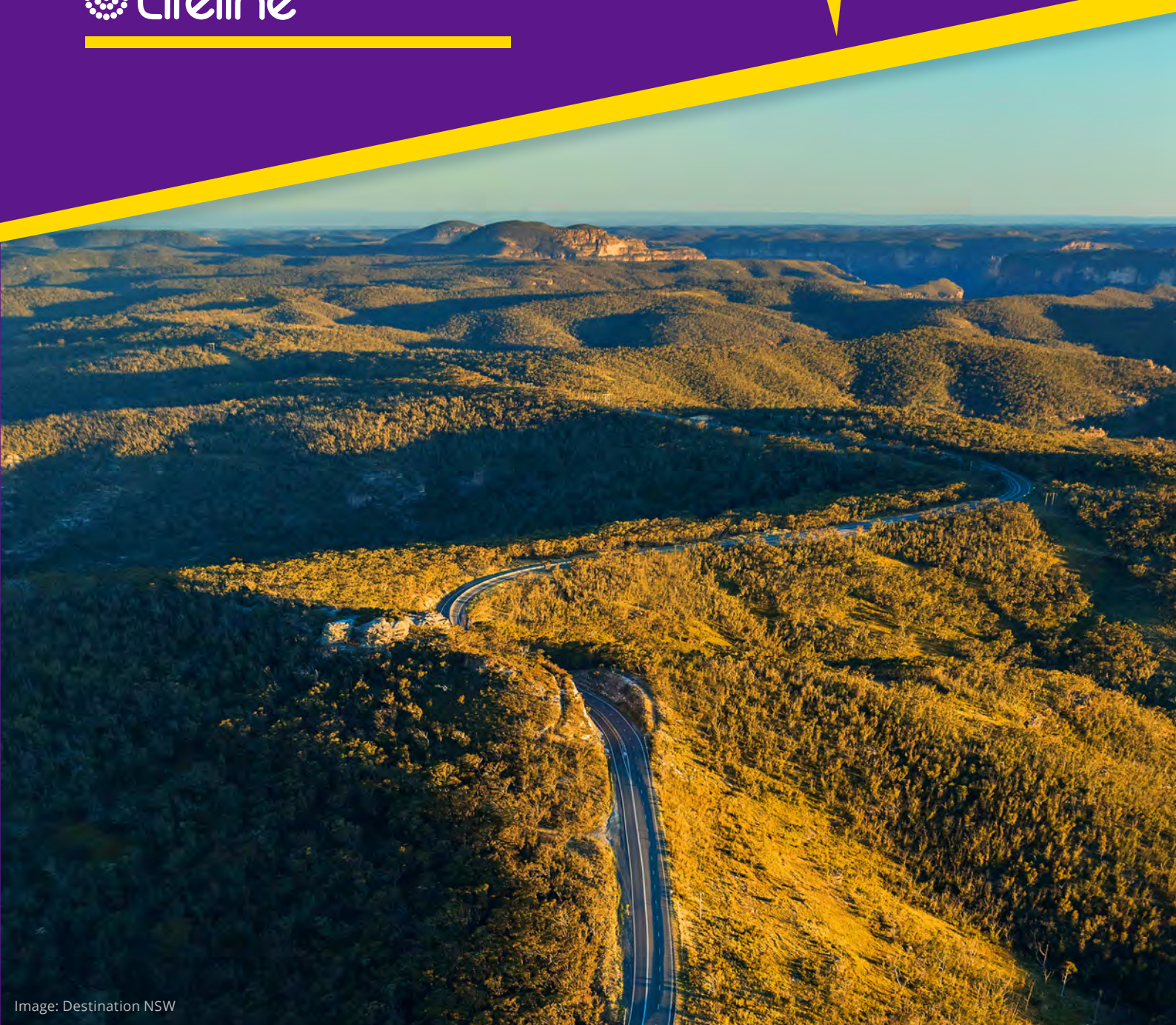


Image: Destination NSW

100km PENRITH 2 Mtn VIC SUN 16th NOV

RIDE BELLS LINE OF ROAD

VIC100 is an exciting new cycling event held on Sunday the 16th of November 2025. It's a 100km course from Penrith to Mount 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 at Go4Broke have created VIC100, working with Transport for NSW, Police and local communities to close Bells Line of Road to all through traffic. After ten successful years running our Berowra to Broke event, the team at Go4Broke want to give cyclists of all levels the opportunity to enjoy this stunning route supported and in safety.

We know if you train, 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. While VIC100 is not a race, 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; 2 in 5 Aussies have suffered from a mental health issue in their lifetime. Here at Go4Broke 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 Aussies a day lose their battle with mental health. For every person who suicides, thirty try. Funds raised by VIC100 goes to three Lifeline offices

- Macarthur Western Sydney,
- Central West, and
- Harbour to Hawkesbury Sydney

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.
Help us help Lifeline save lives.

THE COURSE

Starting beside Nepean River four groups of approx. 200 riders, with police escorts will head North for 26km along Castlereagh Road before the climbing starts after North Richmond.

After our **first rest stop at Kurrajong Village**, the climbing starts again with our first 1.8km timed KOM/QOM at Bell Bird Hill in Kurrajong Heights. Riders will be able to recover and **refill their drink bottles after the KOM/QOM on the right.**

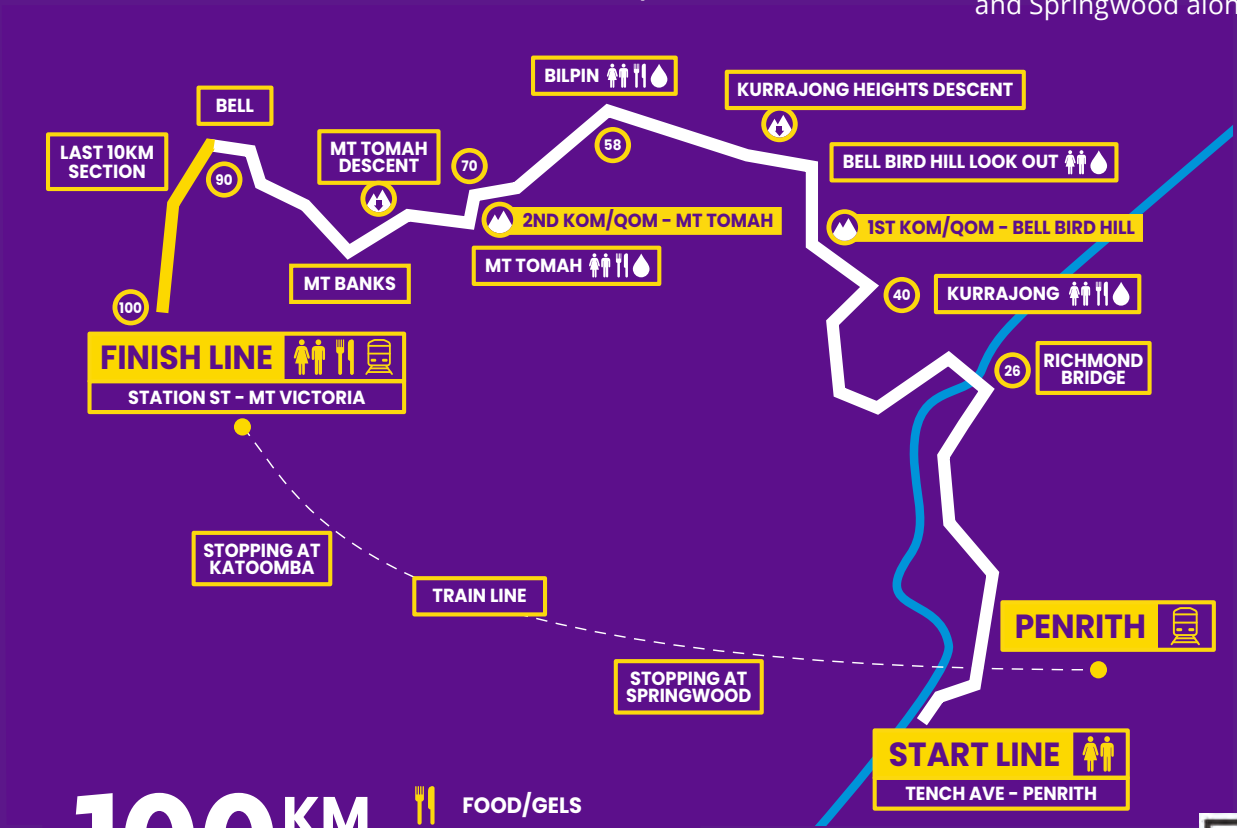
After cresting Kurrajong Heights, riders will enjoy the level course around **Bilpin and our third rest stop** before the climbing starts again with the 2nd 2.5km timed KOM/QOM finishing at Mt Tomah's 1010m. **Our fourth & last rest stop** is on the left, after the KOM/QOM.

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

As you turn onto Darling Causeway, this marks the start of the final 10km with the finish line at Mt Victoria in front of the 157 year old Victoria & Albert Guesthouse.

To celebrate, the Victoria & Albert Guesthouse will be the centre of a **post event festival from 10.30am to 4pm**. Riders, family, friends and the community are welcome to celebrate & enjoy an afternoon of food and entertainment.

To get back to Penrith special event trains will take you and your bike back, stopping at Katoomba and Springwood along the way.



100 KM

2,200

VERTICAL METRES

- FOOD/GELS
- TOILETS
- HYDRATION
- STEEP DESCENT
- HILL CLIMB
- 46 DISTANCE INDICATOR

Check out the Strava course on the Go for Broke Strava page.

EVENT INFO

START LINE - TICKETS, JERSEYS & FINISH LINE RIDER BAGS

RIDER TICKETS & JERSEY PICK UP

All Bike Timing Labels and jerseys can be picked up on Saturday the 15th or on the morning of the event.

Saturday 15th - 10am to 3pm
Tench Ave, Penrith
Go4Broke Marquee
We'll also do late entries.

Sunday 16th - 4.30am to 7am
Penrith Train Station
Go4Broke Marquee
We'll also do late entries.

START LINE PARKING

No riders can park at the car parks beside Nepean River or the large Restaurant Car Park near the start line. Road blocks will be in place and you'll be asked to park at Penrith Station by Traffic Control Marshals.
All riders are requested to catch a train or park at the large Penrith Station commuter parking area. On the morning of the event, riders must pick up their Rider Bike Timing Labels, drop off Finish Line Bags and do any late entries required at Penrith Station.

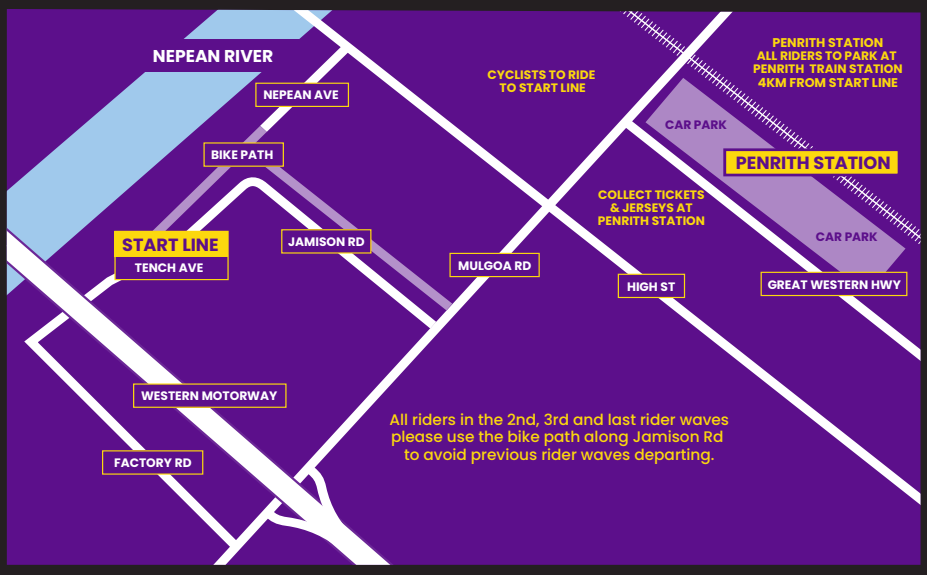
It's then a very easy 4km ride to the start line at Tench Ave.

FINISH LINE RIDER BAG DROP OFF AND PICK UP

Each Rider Bike Timing label has a separate Finish Line Rider Bag sticker with your unique rider number on it. If you wish to have a clothing bag taken to the Finish Line at Mt Victoria, use this sticker to label your clothing bag and drop off at Penrith Station.

SEE MAPS FOR MORE DETAILS ON NEXT PAGE.

Rider Bike Label with Timing Chip, Finish Line Bag label and Top Tube sticker



Penrith Train Station to VIC100 Start Line map

EVENT INFO

TICKETS, JERSEYS & FINISH LINE BAG PICK UP AND DROP OFF LOCATIONS

RIDER TICKETS AND JERSEY PICK UP ONLY

SATURDAY 15TH - 10am to 3pm
Tench Ave, Penrith
Go4Broke Marquee
We'll also do late entries.

Tench Ave Rider Ticket and Jersey pickup location map.

RIDER TICKETS AND JERSEY PICK UP SUNDAY MORNING 16TH - 4.30am to 7am
Penrith Train Station
Go4Broke Marquee
We'll also do late entries.

Penrith Train Station Sunday morning Rider Ticket, Jersey pickup and Rider Bag Drop off location map.

EVENT INFO

RIDER WAVES & COURSE INFO

RIDER WAVE START TIMES

Four waves will depart the start line at Tench Ave at Penrith. Arrive at least 20 MIN AT THE START LINE BEFORE your start time to be Welcomed to Country, hear last minute event information and the important rider brief-in.

Group 1 avg speed 15-20km
Arrive at 5:10am
Departure 5:30am

Group 2 avg speed 20-25km
Arrive at 5:55am
Departure 6:15am

Group 3 avg speed 25-28km
Arrive at 6:40am
Departure 7:00am

Group 4 avg speed 28-33km
Arrive at 7:10am
Departure 7.30am

The speed ranges above are a guide only.

GROUP WAVES & SPEED

If you're not sure what wave to go in, go down to an earlier group. While we have given speed guides for each wave, the earlier waves also have more time to stop along the route. In all cases refer to the the **VIC100 Route Course Guide with Cut-Offs** on page 8 and supplied with your rider bike label and timing chip.

NEUTRAL ZONE FIRST 5.8KM

The first 5.8km of VIC100 will be run under Neutral Conditions as riders travel through Penrith CBD. From the Start Line until the 5.8km point, Police Escort Vehicles (front and rear) will keep riders together. If a bunch splits at traffic lights, the lead Police vehicle will slow down, allowing the riders to regroup. When the wave is together after the 5.8km mark the bunch can ride at it's own determined pace.

RIDER WAVES AND FIRST 27KM

The front and rear Police escorts will leave each wave after North Richmond Village after the 27km mark. At that point riders can ride at their own pace, in large or small pelotons or as individuals.

One Police escort will remain off the front of the leading rider/ peloton until the finish line at Mt Victoria.

OPEN AND CLOSED ROADS

While the majority of the VIC100 course is on closed roads, the first 41km is on shared roads. Approx 1km after you leave Kurrajong Village, when you turn onto Bells Line of Road, the westbound lane is closed to all through traffic, with police road blocks at Kurrajong, Bell and Mt Victoria. That said there will be event vehicles, including mechanical support, video/photography, St John Ambulance, emergency and police on course.
AT ALL TIMES you must obey all NSW road rules.

While local residents and event vehicles will be using the eastbound lane at all times. Event and some cafe staff vehicles (under escort) will also be passing riders in a westerly direction at various times.

Even though Bells Line of Road and Darling Causeway is closed to all through traffic, only ride in the left hand lane. An event, police or emergency vehicle could come in the opposite direction at any time.

EVENT PHOTOS

There will be photographers and videographers on course during the event. Photos will be available shortly after the event.

KEEP THE MOUNTAINS CLEAN

Bins are available at all rest stops. Don't leave or drop letter anywhere along the course

EVENT INFO

FOOD, DRINK & RIDER SAFETY

FOOD & DRINK ON ROUTE

The ride will have four rest stops

- Kurrajong Heights (40km),
- Bell Bird Hill Look Out (44.5km),
- Bilpin (58km), and
- Mt Tomah (70km).

Food options on course
- Bananas
- Watermelon
- Winners Gels & Chews
- Tailwind Hydration (pre-mixed)
- Water

Please note: Only Tailwind Hydration & water is available at Bell Bird Hill Look Out rest stop.

Sunscreen will also be available at Kurrajong and Mt Tomah.

If you have any specific dietary requirements, please ensure you bring what you require to ensure you can complete the ride within the set times.

At the finish line, all riders will receive a sausage sandwich and drink.

RIDER SAFETY

The safety of our riders is always our highest priority. If you feel unwell on the ride please let one of our team know.
- volunteers on course
- motor cycle marshals
- St John Ambulance on course

If you need to pull over for whatever reason on course, high light you need assistance by placing your bike upside down.

For any emergency we have an ambulance on standby.

PLEASE NOTE: Riders must not wear any type of head phones, including bone conducting during the ride. This is so you can clearly hear any calls from fellow riders during the event.

MECHANICAL SUPPORT

TREK Bikes will have three vehicles at the start line and on course in case your bike has any mechanical issues. Make sure you bring a spare tube and/or tubeless plug kit suitable for your bike.

IT IS RECOMMENDED that you have your bike serviced before the event. We ask all riders to check your bike thoroughly the day before, ensuring all batteries are charged and your tyres are clear of glass or large cuts.

WEATHER CONDITIONS & RIDER SAFETY

The event organisers will email all riders within the last 48 hours prior to the event with the latest forecasted weather conditions.

As VIC100 travels from sea level to over 1000 meters, riders could experience extreme heat, cold, sleet, snow or strong winds during the ride.

We highly recommend that all riders review the latest forecast and dress appropriately, riding within their limits based on predicted weather conditions.

BRING THE ESSENTIALS

All riders must have
- **An approved helmet** and comfortable riding clothes to suit weather conditions.
- **Tool kit, including:** spare tube, pump and tyre levers.
- **At least one drink bottle** and enough food/snacks to reach Kurrajong at the 40km mark. There will be no event supplied food or drinks available at the start line.
- **As low cloud or fog is possible during the event ensure you have a working front and rear bike light.**

EVENT INFO

RIDER ETIQUETTE

GOOD PASSING ETIQUETTE

VIC100 is one of the few gran fondo events that replicate a handicap race format - slower riders first, faster riders last.

This has been done so the event has less impact on local communities as roads like Bells Line of Road and Darling Causeway can open up earlier.

Due to this, we have included a special Rider Passing Guide on page 14 to ensure all riders know the best and safest way to pass each other along the route.

Good Rider & Bunch Etiquette

For VIC100, or any ride you do solo or with a bunch, use the list below to make you a better and safer rider at all times.

- Follow all road rules
- Ride within your limits
- Concentrate and be aware of riders & traffic around you
- Keep left unless passing
- Ride consistently and smoothly
- No erratic movements or changes in direction or speed
- No passing on the left
- Don't pass riders on steep descents or sharp corners
- Call and point out any sticks or pot holes.
- If in a group pass messages back & forwards through the bunch.
- Call TURNING LEFT or TURNING RIGHT when approaching a corner
- On wet roads, allow more time and distance to brake.
- Be vocal when riding. Let those around you know of any issues or if you need to pull over or stop.
- Unless you need to do an emergency stop, gentle apply your brakes. The term is often called 'feathering' your brakes.
- On steep descents put your weight towards the rear of your bike and favor your rear brake to avoid losing control if you need to slow down quickly.
- Brake before corners, not through corners. Wipe excess speed off before you arrive.
- If you need to slow down, when in a peloton, clearly and loudly say 'SLOWING'.
- To hear all these calls when riding don't wear head phones.

EVENT CANCELLATION

In the unlikely event that the ride is canceled due to bad weather forecast or bush fire risk in the 48 hours prior to the event, VIC100 will email all riders. Please also check the Go for Broke Facebook & Strava page on the morning of the event. If there is a major traffic incident on the Great Western Highway just before or during the event, there may be a requirement to cancel the event at short notice to re-open Bells Line of Rd to traffic.

CUT-OFFS & SAG WAGON

It is important that any rider who can't make the event cuts-offs below, withdraw from the event. You'll be asked to board the event sag wagon with your bike placed in a separate vehicle.

If you're unable to complete the ride for any reason, you and your bike will be taken to the finish line at Mt Victoria.

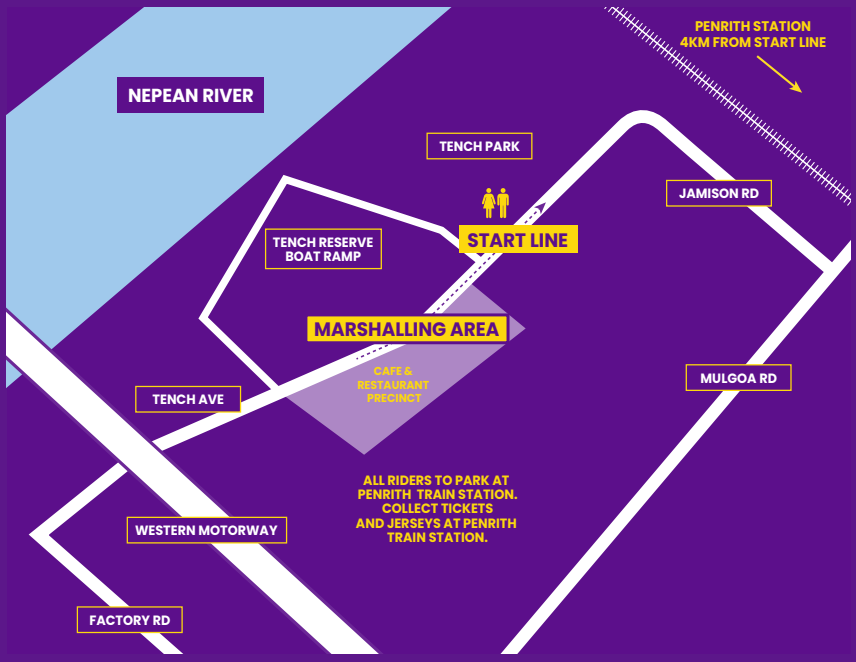
GO4VIC100

0 KM	**Start** - Tench Ave
5.8 KM	End Neutral Zone
25.8 KM	Richmond Bridge **TIME CUT 8.30am**
39.5 KM	Kurrajong Village Food/Rest Stop
Bell Bird Hill KOM/QOM **42.5** KM / **44.3** KM	
44.4 KM	Bell Bird Hill Drink/Rest Stop **TIME CUT OFF 9.30am**
57.8 KM	Bilpin Food/Rest Stop **TIME CUT OFF 10am**
Mt Tomah KOM/QOM **67.8** KM / **70.3** KM	
70.5 KM	Mt Tomah Food/Rest Stop **Mt Tomah Cut Off 10.30am**
91 KM	**Bell** **Bell Cut Off 12 noon**
100.6 KM	**Finihs** - Mt Victoria **TIME CUT OFF 12.30pm**

Rider Top Tube sticker

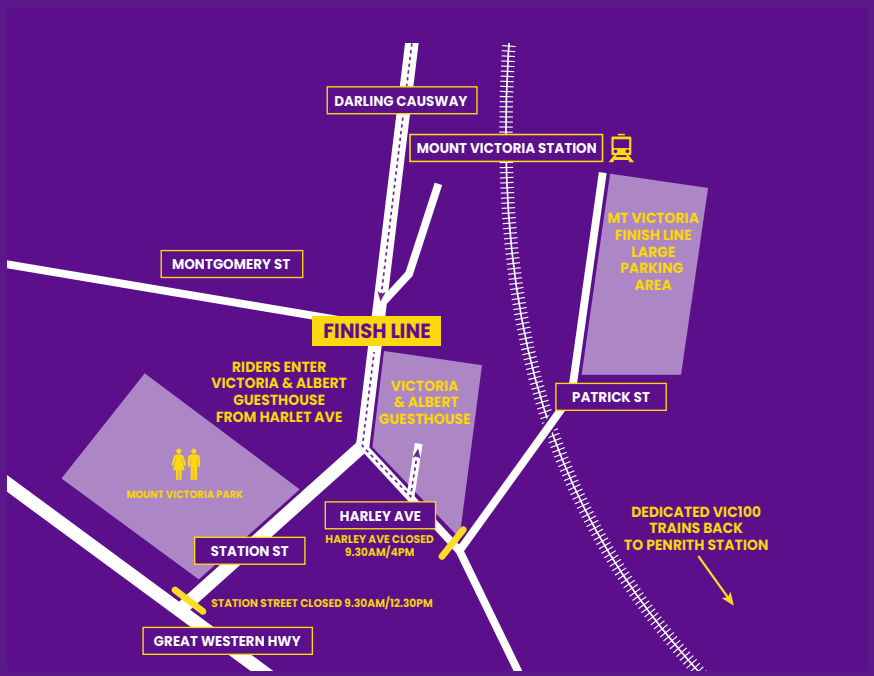
START LINE

The start line is located at Tench Ave at Tench Park, Jamisontown. We encourage all riders to either arrive by train or park at Penrith Station, a 4km ride from the start line. All riders must arrive 20min before your departure time for rider briefings. The car park behind the cafes & restaurants can't be used by riders. VIC100 also offers a bag service for all riders to Mount Victoria.



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. **Participants are not permitted to ride back to Penrith due to safety concerns along Great Western HWY.**



PREPARATION

BIKE LABEL & JERSEY COLLECTION

Your Bike Label with timer chip can be collected between 10am to 3pm on Saturday 15th at Tench Ave, Penrith or Penrith Train Station on the morning of the event from 4.30am.

RIDER BAG SERVICE

Your Bike Label with timer chip also has a Finish Line bag label with your rider number on it. Attach this label to your bag and hand in at the collection point at Penrith Train Station from 4.30 am. Your bag will be waiting for you to collect at Mt Victoria.

PENRITH AND MT VICTORIA PARKING AND TRAIN SERVICES

Special event trains have been organised to take riders and their bikes back to Penrith Station from Mt Victoria. No parking is available at the start line.

Friends or family meeting you at Mt Victoria can park at the large parking area off Patrick St Mt Victoria, 300m from the finish line. Access Patrick St, VIA Great Western HWY and eastern end of Harley Ave.

MAKE SURE YOUR BIKE IS READY

To make most of the ride ensure your bike is in good working condition. Check both tyres, brake calipers & pads, derailleur and cables. **We recommend that you put your bike in for service before the ride with our event partner, Trek Bikes.**

You must have a working front and rear light and wear an Australian Standards approved helmet.

TRAINING TIPS, BIKE CHECK & COACH

1. **BIKE SET UP**
   Your position on the bike is critical. If you haven't had a professional bike set-up, we recommend having one done before embarking on any training regime.
2. **START SLOW/FINISH FAST**
   Always try to start the climb as slow as you can in an easy gear, finish your ride with speed and try to carry that speed to the end.
3. **BREATHING**
   Focus on your breathing when riding as it is one of the most important techniques to remember.
4. **RELAX YOUR UPPER BODY**
   Use a lot less energy and therefore ride longer with more power by totally relaxing your upper body. Arms, chest, neck, shoulders and back should be relaxed.
5. **SET A REALISTIC GOAL**
   Ultimately your performance comes down to how much time you've spent preparing for the event. Set yourself mini goals leading up to VIC100, starting as early as possible.
6. **PRE-EVENT PREPARATION**
   Cycling is a sport of endurance, placing a very high demand on the cardiovascular system. As with any sport, a cyclist has to know the best foods to eat. It is essential that the foods consumed go down easy and stay down. A nutritional plan, low in fat and high in carbohydrates will provide the needed energy for the ride. **Our event partner Tailwind Nutrition is supplying all hydration for VIC100.** Water will also be available at each rest stop.

RULES AND SAFETY

It's important that you exercise extreme caution at all times and ride in a protective manner, constantly scanning the environment to be aware of what is happening around you.

Your behavior on the course has a major impact on the success and safety of the ride. For the safety of other cyclists, volunteers, local residents and the general community, all participants must abide by the road rules and obey police directions at all times.

You'll be sharing the road with event vehicles and local traffic. You must follow all NSW road rules at all times. Only pass riders when safe to do so. Event, emergency and other support cars will be on course. Always check for traffic coming in the opposite direction and from behind before passing.

If a course marshal, St John or member of the NSW Police force believes you are riding dangerously or a danger to others, you'll be asked to complete the ride in the event sag wagon.

In the case of illness, fatigue or injury St John Ambulance Volunteers will be on course.

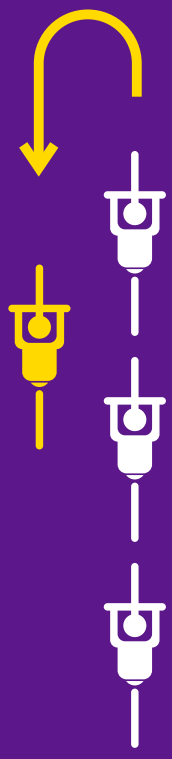
PLEASE READ & FOLLOW THESE INSTRUCTIONS TO ENSURE A SAFE & ENJOYABLE DAY FOR EVERYONE

- Obey all road rules including traffic signals & signage.
- Always ride on the left-hand side of the road (don't cross double white lines).
- Listen to and obey directions of NSW Police & course marshals.
- Call and signal any turns, danger on the road to your fellow riders. Call any holes, gravel, sticks etc.
- Always look behind before pulling out to avoid traffic or other passing riders.
- Call out to fellow riders any vehicles or riders coming up from behind.
- When passing other riders loudly call out 'RIDER RIGHT - PASSING'.
- TREK Bikes will have three support vehicles on route. Place your bike upside down and call the Event Hot Line, or flag down any on course marshals or St John who will let TREK know.
- There are steep descent after Kurrajong Heights and Mt Tomah. Course marshals and signage will remind you to slow down and ride within your limits. No passing on steep descents or sharp corners.
- If riding in a bunch, if you drop something and need to stop due to a puncture, signal that you need to stop and stop slowly.
- If you're feeling unwell let one of the course marshals, St John Ambulance volunteers or member of the NSW Police know.
- Bikes must be mechanically sound with both front and rear brakes & lights in working order.
- Give way to all vehicles and pedestrians on course and when turning at intersections.
- Always ensure your helmet is correctly fitted when cycling.
- A number of cafes around Bilpin will be open for riders. Look out for CAFE OPEN signs.
- Roads will open up behind the event. Your top tube sticker shows the event cut-off times. Any rider who doesn't make the cut-offs will need to go in the event sag wagon.
- **VIC100 is not a race.**

SINGLE FILE PACE LINE GUIDE

01.

02.



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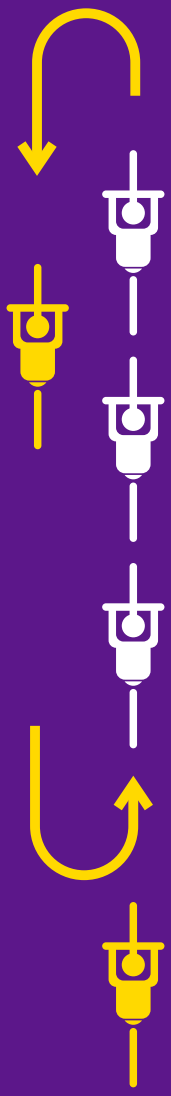


01.
Single File

Riders cycle in a single line (1-2 Feet apart. Best in small groups.

02.
Single File - Roll Through

Front - When you want to leave the front position indicate with your elbow twice and call 'roll through'

The leading rider moves left (or right) and fades back when it is safe to do so.

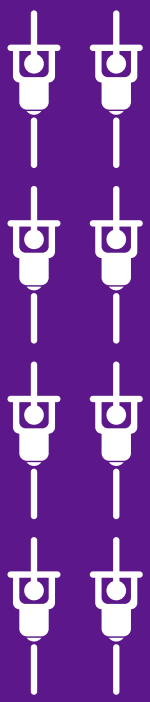
Rear - When you reach the rear of the pace line, move across so you're drafting the rider in front.

03.
Recovery Area

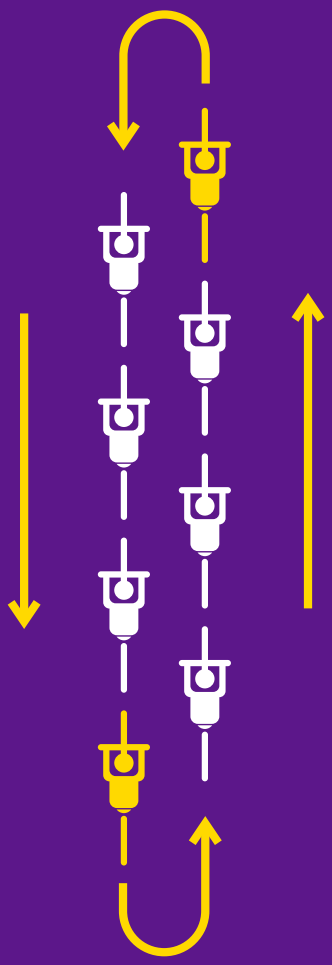
If you're unable to recover between turns in the pace line when you get to the back of the pace line, call to fellow riders 'roll through' as you stay at the back of the bunch.

DOUBLE FILE PACE LINE GUIDE

01.



02.



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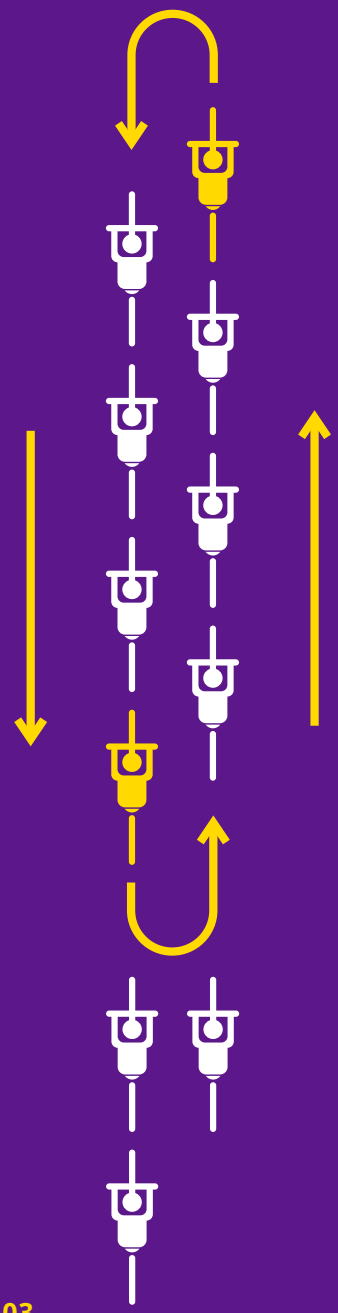


01.
Double File

Riders cycle in two parallel lines. (1-3 Feet apart front to back and 2-3 feet apart side by side)

02.
Double File - Roll Through

Front - When you want to leave the front position indicate with your elbow twice and call ‘roll through’. The lead rider fades back while the following rider advances forward. When the advancing rider is clear of you, call ‘over’ so they can move in-front.

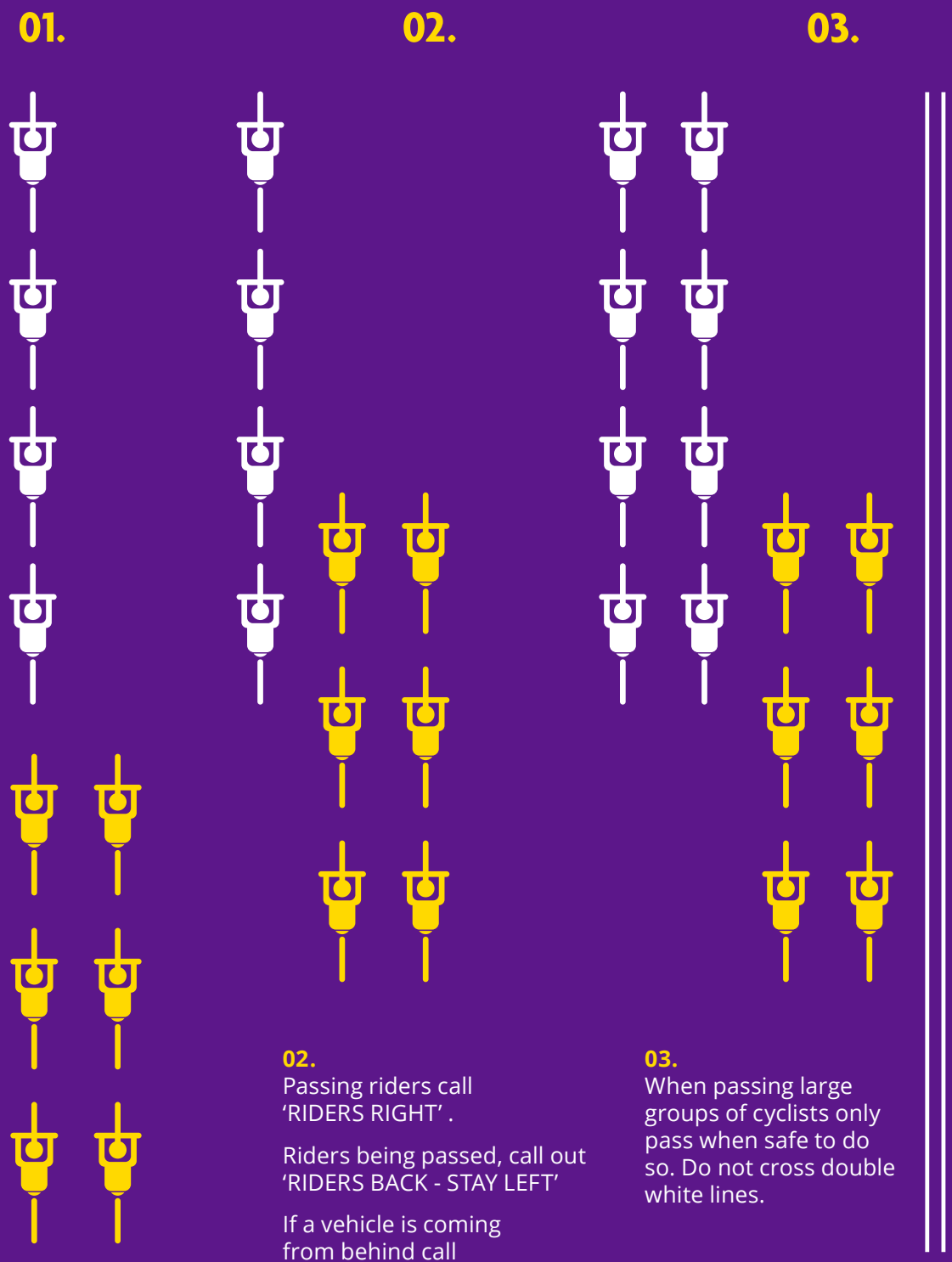
Rear - When you move across to the advancing pace line, call ‘last wheel’ to the rider beside you.

Option - Two riders can roll through at the same time to the front and stay in place taking a turn until they call ‘roll through’.

03.
Recovery Area

If you’re unable to recover between turns in the pace line when you get to the back of the peloton, indicate to fellow riders to ‘roll through’ as you stay at the back of the bunch.

SAFE PASSING GUIDE



01.
Approaching riders from the rear call to warn cyclists ahead ‘RIDERS BACK’.

02.
Passing riders call ‘RIDERS RIGHT’ .

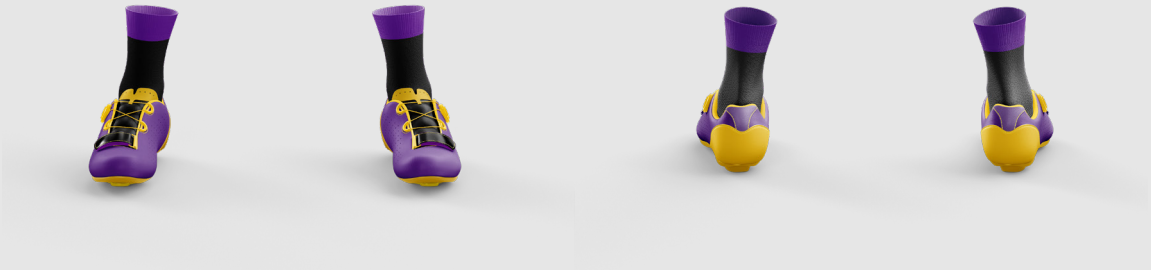
Riders being passed, call out ‘RIDERS BACK - STAY LEFT’

If a vehicle is coming from behind call ‘CAR BACK - STAY LEFT’.

03.
When passing large groups of cyclists only pass when safe to do so. Do not cross double white lines.

THE KIT

VIC100 riders can purchase an event jersey with your registration. Contact the event organisers if you wish to purchase one after the event. Being keen cyclists as well as the event organisers we want to have great kit that people like to wear before and after the event. Our jersey partner is Blackchrome Paladin.



THE YELLOW JERSEY

The top three fund raisers will receive a special yellow jersey on the start line. We only produce three each year.

The top three fund raisers are determined at 8pm the Saturday night before the event so make sure have all your donations in by then.

If you see someone on the ride wearing a yellow jersey congratulate them for their great efforts.

ROUTE FLAGS

Look out for signs and flags while riding. Make sure you see the **KOM/QOM** and **5km and 1km** to go signs.

COURSE SIGNAGE

In addition to Traffic Control, Police and volunteers, pay attention to all course signage to ensure you have an enjoyable and safe ride.

PRIZES

To add fun and excitement to VIC100 we'll have prizes or certificates awarded at the finish line for...

1. **First Across the line**
   First male and female across the finish line.
2. **Fastest**
   Fastest male and female from Penrith to Mount Victoria.
3. **Bell Bird Hill KOM/QOM**
   First male & female.
4. **Mt Tomah KOM/QOM**
   First male & female.
5. **Last male and female rider**

To ensure as many people as possible have fun and are recognised for their efforts no individual cannot take out more than one prize. In that case, the second award will go to second place.

Berowra Heights
NSW 2082

FOLLOW US

GFB 25 | Lifeline