

# COOPER Creek to CUNNAMULLA BIKE RIDE 'FOUR RIVERS & A CREEK'

Cost: \$500.00 per participant; \$400.00 per supporter (which includes the overall Masters nomination fee allowing you to enter other sports on the weekend and only paying the nominal sports fee)

Bus to starting point – an extra \$100.00

This recreational ride is held in conjunction with the Cunnamulla "Outback" Masters Games and is open to all ages. The ride takes three and a half days to complete with an average of 130km per day. In 2009 the Cooper Creek to Cunnamulla ride will start on the Tuesday morning, with all riders assembling at Noccundra by 5:00pm on the previous night (Monday 27<sup>th</sup> April). This will allow time for the organisers to go over risk management procedures prior to the event and instruct riders on some of the more interesting hazards that they may encounter, i.e. road trains and grids. All meals are catered for, and include Breakfast, smoko's x2, lunch, and dinner each day. Unfortunately we cannot reduce the cost of the ride by allowing riders to cater for themselves as this would then make it non-profitable for our most valued supplier of fine foods and service.. Mr Dogga Dare & Co., besides, which some of the more memorable moments will be during these times of rest and the discussions had by all.

Camping fees will be covered in your overall nomination, however if you find that this is roughing it a bit too much after these long rides, please contact the pubs or motels in each of the overall stops. Contact details are listed on this page.

Support vehicles will assist the riders throughout the event, with one at the front, one travelling between, and one at the back of the group. It is not uncommon for the more experienced riders to finish the day two hours ahead of the slower riders, but by having regular food and drink breaks the group tends to stay fairly close together. Support vehicles will carry water as will the caterers; however, it is advisable to carry as much water as you may need for at least 2 ½ hours at a time.

Teams are encouraged to enter, which would mean that you would need to bring your own support vehicle. This has been a fantastic option for many participants who were a little bit unsure about their fitness levels, and on that note, it is recommended that participants undertake a full medical check prior to undertaking this ride.

Personal supporters who are not participating still need to share a large percentage of the costs as the overall charges for food, camping and insurances do not decrease with this group. We welcome these supporters as they certainly lessen the load carried by the Masters Support Vehicles and from previous feedback can assure them that they will manage to have a great time and see part of Australia that is truly spectacular.

Don't forget your entry fee includes your overall registration in the Masters Games, so stay and participate in a range of sporting events, which will then only cost you the extra nominal sports fee.

Should you need transport to the starting point of the ride, please note in the nomination form that there is an extra cost of \$100.00 per person for the hire of the bus to this point. The bus will leave from Centenary Park near the Visitors Information Centre on Monday at 12:00 noon, with everyone being there by 10:30am for participants to pack their bikes and gear in support vehicles.

Should you be driving out yourself, or with a support person, please be at Noccundra by 5:00pm Monday 27<sup>th</sup> April 2009.

**Itinerary:**

**Monday 27<sup>th</sup> April 2009**

Assemble at Noccundra 5:00pm

Camp at Noccundra

For two nights we camp beside the Wilson River near the famous Noccundra Hotel.

**Tuesday 28<sup>th</sup> April 2009**

Travel to Cooper Creek via bus or supporters vehicles.

Ride Cooper Creek to Noccundra **135km**

Camp at Noccundra

**Wednesday 29<sup>th</sup> April 2009**

Ride Noccundra to Thargomindah **139km**

Camp at Thargomindah

**Thursday 30<sup>th</sup> April 2009**

Ride Thargomindah to Eulo **127km**

Camp at Eulo

**Friday 1st May**

Ride Eulo to Cunnamulla **66km**

**Ride across the Warrego around the CBD and assemble at Centenary Park near the Visitor Information Centre.**

**Contacts:**

Karen Ticehurst Ph: 0746550253 hm Mob 0432 431 812 or email [k.ticehurst@bigpond.com](mailto:k.ticehurst@bigpond.com)

Other Accommodation for participants include:

**Noccundra:**

Noccundra Hotel (07) 46554317

**Thargomindah:**

Oasis Motel (07) 46553155 Motel Style

Bulloo River Hotel/Motel (07) 46553125 Hotel/Motel

Explorer's Caravan Park (07) 46553307 Cabins/ Motel

**Eulo:**

Eulo Queen Hotel (07) 46554867 Hotel/Cabins

**Cunnamulla: See accommodation lists on Website**

**Nominations: Please note that payment for nominations via the website will only allow one sporting event at a time to be debited to your Credit Card (i.e) If you wish to go in two or more sporting events (Cooper Creek to Cunnamulla Bike Ride & Athletics) you will need to make two transactions. The Masters Games fee of \$50.00 is included in the overall nomination fee for the bike ride, therefore should you stay and participate in any other events you will only need to pay the nominal sports fee.**