



RIDING TO
CURE CANCER



3 to 4 DAY **TOUR** SURVIVAL GUIDE

2nd Edition
February 2020

This guide is intended as a resource for 3 to 4 day Tour team members, especially for those new to Tour and the way we roll on the road. The collective advice, tips and tricks it contains have been assembled very unscientifically... however they do represent the combined wisdom of a bunch of tour veterans who've collectively completed over 50 Signature Tours; that's 500 days and 75,000 kms... or twice around the world... so we hope that at least some of the content resonates and will help make your tour an even more enjoyable and rewarding experience!

In general terms, a myriad of information is disseminated each day on Tour, and is sometimes altered as the day rolls on. It can be pretty overwhelming until you get into the swing of things - so initially just take the basics of what you need to get the day started, follow along, and worry about the next bit when you need to; eg. Where and what time's bag drop? Where and what time's breakfast? What colour kit are we riding in? That's pretty much all you need to know, until breakfast. Then check which peloton you're in and when you're rolling out, etc.

If there's something in the guide that you're not sure about, have a chat with your Mentor. The Mentors have all been on Tour, they're familiar with how it rolls and more than likely will be able to clarify things for you.

Now onto the more specific points...

TDC TOUR SURVIVAL GUIDE



Packing & Kit	4
Rider Stuff	5
Bike & Mechanical Stuff	6
On the Road	7
On Tour	7
Support Crew	8
Schools	9
Technology	10
Social Media	10
Medical/Hygiene	11
Accommodation	12
Meals & Catering	12
Laundry	13
Fluffy Stuff	14
General	15

TDC TOUR SURVIVAL GUIDE

Packing & Kit

- **Pack light! Pack light! Pack light! Pack light! Pack light!**
- Detailed 'what to pack' info is on the back-end of the Tour de Cure website.
- Lycra for riding, long pants / shorts and black shirt for the evening. That's about all you need!
- The support crew have been known to hand out fines for heavy bags!
- Put something on your bag so you can see it quickly amongst 200 + bags – eg. A ribbon.
- Separate zip lock bags inside your kit bag are handy for quick retrieval of gear. Eg. casual wear, cycling kit, etc.
- Label EVERYTHING including shoes - washing is communal and laundry bags can split!
- Bring a permanent marker pen to mark up additional jerseys, etc
- Bring sunscreen and a couple of lip balms and lip sunscreen.
- Bring gear for a quick cold dip if a pool is available. Budgie Smugglers if you dare!
- Check the fit of your kit prior to tour. Make any changes, at pick up.
- Once you're happy with the fit, wash your kit – it just feels nicer!
- Travel to tour in your TDC black shirt and start raising awareness.
- Last but not least - bring ear plugs... shared rooms, enough said!



Rider Stuff

- Get onto Strava & join the TDC state Strava group.
- The Lexus support vehicles are stocked with bars, electrolytes, water, etc.
- Helmet
- Consider bringing spare pair of bike shoes in case they get wet.
- Bring lights and chargers for your bike ... there's always one peloton that finishes in the dark!
- Bring cold weather gear - arm & leg warmers, undershirt, long fingered gloves, etc.
- If you have them, bring boot covers for rain.
- You'll be given new, clean, hygienic bidons.
- You'll be loaned an all weather jacket for riding in when cold or wet.
- At the end of Tour make sure you return your loaned all weather jacket.
- If you have it bring compression gear... good for the muscles & warmth if it's chilly.
- Bring two pairs of cycling gloves – as they'll be washed on alternate days.
- There will be foam rollers available – use them ... pain is good, especially when it comes to stretching!
- A small gear bag is provided for each rider, these travel in the lead car of your peloton... but don't go crazy and squeeze everything into the gear bags, even a Lexus is only so big and the support crew have to load and unload these bags.
- Suggested gear bag inclusions; runners, butt cream, toe covers, spare gloves, spare Di2 battery, arm and leg warmers.
- You will need to take out all the necessary insurance to cover yourself, your bike and 3rd party liability, for personal and property. Contact your insurance company or cycling assoc.

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Bike & Mechanical Stuff

- Bike service is a must before tour! Follow the pre-Tour mechanical instructions.
- Bring a spare derailleur hanger. Order it when you book in your bike service.
- Check your cleats & **bring a spare pair** ... you'll spend a lot of time in your shoes!
- You don't need to bring spares and tools for you bike - unless specifically requested.
- The rear vehicle in each peloton carries enough spares for everyone.
- It's a user pays system. Please make sure you settle up with the mechanics ASAP after Tour.
- Be super nice to the mechanics ... they're your bike's best friend and these guys work hard to keep us on the road. See if you can lend a hand.
- To minimize flats, tyres should be less than 500km old.
- Bring spare batteries for your Di2.
- Legal sources tell us you will need to add a bell to your machine.



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On The Road

- Make sure you wear the designated kit for each days ride and get your socks right. You'll be told the riding kit for the next day at dinner and later by team leaders.
- Go early and go hard with the butt cream. Don't wait until you're in pain to start!
- Each day's a series of approx 50km rides; start to morning tea, morning tea to lunch, etc.
- Being attentive to calls for roll out, instructions etc. really helps make the Tour flow.
- Get out of your cycle shoes at breaks. It helps!
- At breaks, fill bidons, use the bathroom before anything else, including eating.
- Don't lean bikes on peloton cars ... car moves, bike damaged!
- Put something on your gear bag so you can find it among the 30 other gear bags.
- Understand that the riding etiquette is done for safety , efficiency, brand and the law .

On Tour

- You'll receive an WhatsApp each night with full details of the next day. **Read it, read it again!** Not on WhatsApp? Download the App and embrace it!
- The WhatsApp includes ride, kit & peloton details, bag drop and breakfast times and locations.
- Teams carry out daily 'chores'... it's not a big deal, embrace it as part of the experience.

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Support Crew

- On Tour we are one big team – not Riders & Support crew. **One big team!**
- Our Support Crew are amazing, help them where you can.
- Ask if you can help in any way - “What can I do to help? What else can I do?”
- The guys who load and unload up to 200 bags each day would really love some help!
- Support Crew are also there to help you so ask if you need something... but these guys are super busy, so before you ask, ask yourself – “Do I really need to ask?”
- Alternatively, maybe it’s something that your Mentor or a mate can help you with.



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Schools

- The school visits are a highlight of Tour. Embrace the experience and get involved!
- Each school and each school presentation is unique.
- Schools and the local communities love having TDC visit. **Make the visits special.**
- Interact with the kids – play , ask questions and have fun.
- If you're not presenting sit among the children and enjoy the show with them.
- Get familiar with the schools presentation. It's in 'Resources' section of the website. **DO IT!**
- For obvious reasons, don't take photos at the schools without per mission.



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Techy Stuff

- Save your TDC login details, mobile numbers for your team and other key contacts into your mobile.
- Remember to bring phone and computer chargers.
- Label computers, phones, chargers, etc.
- Pack a power board or multiple USB charger... think small room, single power point, multiple occupants!
- When possible turn your mobile off – you'll enjoy the journey more with less distraction.
- During the day computers, tablets, etc travel in a box on one of the trucks. Bring protective neoprene sleeve covers, no laptop backpacks please.
- Don't be tempted to pack computers, etc into your kit bag – bags get moved, computers get damaged. It's that simple!

Social Media

- Use it! Facebook, Twitter , Blog ... get on it and share the journey!
- Ensure you're connected to TDC's social media pages -Facebook, Twitter & Instagram. Great content is showcased which you can share to show your network why you're on Tour!
- Year round you're encouraged to share your TDC experience via social media ... check in with the crew at TDC Central to get the current hashtags, handles, etc'
- Schedule time each day for social media & stick to your plan.
- Share the difference you and TDC are making with your network.
- Photos really do speak a thousand words... so use them!
- Use your own pictures or grab some fr om the TDC web site.
- At the beginning of tour the hashtags we will be using will be shared and you'll be r minded of them daily .

Medical/Hygiene

- Whilst on Tour advise the medical team if you feel unwell in anyway.
- **Every participant on tour has completed a mandatory Medical**
- Basically make sure you're up to tackling the endurance event that is Tour.
- The TDC medical director is available if you have specific medical concerns to discuss in confidence.
- Get a pre-Tour tetanus shot if you're not up to date or not sure.
- If you've got a niggle get onto it with the medics - don't wait for it to become an injury.
- Make sure you increase or maintain the fluids - cramps hurt!
- Perhaps take a magnesium supplement if you're prone to or are experiencing cramps. - Seek professional advice.
- Train with 2 bidons on your bike... one water, the other electrolyte/carbohydrate.
- Go easy on the alcohol!
- Try to get as much sleep as you can. **Sleep is imperative for recovery.**
- Wearing double knicks can help as your under carriage can get tender!
- Don't try new electrolytes, etc on Tour. Use what you know and trust.
- BYO electrolytes if you have a sensitive stomach.
- It's really important to stretch before and after each ride.
- Bring a face mask and a small hand sanitiser for your jersey pocket (min 60% alcohol base), you can top up your bottle as you go with TDC sanitiser- be covid safe

Accommodation

- Leave your hotel room tidy – it helps the provider to remember TDC fondly.
- When leaving check your room for the kit and stuff you're about to leave behind.
- Remember to leave your hotel room key at the hotel or as instructed.
- Be respectful of noise as we may not be the only guests in the accommodation.
- Say thanks to the hotel staff and management - we may visit again next tour!

Meals & Catering

- Eat for the next day... riders! Don't leave yourself hungry, there's no shortage of food.
- But... it can be tempting to overeat! Don't eat too much as overeating drains energy.
- Drink (water) for the next day. Don't get to the point of being thirsty - it's hard to catch up.
- Wash/sanitize your hands before every meal - hygiene is a must for the whole group. Don't wear your gloves when eating!
- Leave helmet and gloves on your bike when stopping for food.
- Encourage others to wash and sanitize. Gastro is very different to gastronomy!
- Check in with the catering crew. These guys are super special, ask if you can help!
- Thank the crew for the great food they produce from a truck, often in the middle of nowhere!
- Special dietary requirements? Let the TDC office know well in advance of Tour.

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Laundry

- Straighten out your riding socks before they get washed and they'll be sure to come back dry!
- Don't bring your favorite gear; stuff gets mixed and trust us, mixed wash issues are an issue. Label everything.
- If we use Orange Sky for our laundry, please make a donation to this amazing charity, these guys are invaluable - pay up!
- Suggested minimum donations for laundry are \$30 Riders, \$20 Support Crew & \$10 Tour Experience Riders ... paying is much easier than doing your own laundry!



Fluffy Stuff

- Be open to the Tour experience and you'll have an amazing adventure.
- Embrace the journey and the people you meet along the way .
- Hugs are the currency of Tour... share them around!
- Get to know as many people on Tour as possible; sit with different people for meals, etc.
- Every person has a backstory, be curious as these stories will make your tour very special.
- Spend the week before Tour enjoying time with your family
- Tell friends and family how much you appreciate the sacrifices they've made for you.
- Embrace the (same gender) shared room philosophy... it's a great way to get to know people!
- Get involved with, and get to know, the communities we visit along the way.
- Remember if you're hurting so are others - you will get through it.
- Your Tour attitude is 'What can I do to help?' - everybody doing a little bit helps a lot.
- We are all there to support each other through the tough times.
- Try to be mindful of others around you.
- Tell your team captain if you have any problems or worries - they're there to help.



TDC TOUR SURVIVAL GUIDE

General

- Time is short on tour, think efficiency.
- The days on Tour pass unbelievably quickly... be sure to take time out to process the experience.
- Pack a journal to take notes of moments and places. It will help you to remember and reflect.
- Enjoy the community dinners, they're fun!
- If you see someone struggling let someone know so it can be dealt with.
- If you have questions or issues pre or on Tour - talk to your Mentor or Team Captain.
- Try to leave Tour in a richer place than it was at the start.





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tourdecure.com.au