

## Cancer Voices South Australia Cycling Team

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### Why join the Cancer Voices SA Cycling Team

**JOIN** our team and show your support for the 100% all volunteer work that we do ‘**raising a voice for people affected by cancer**’.

**Whenever you ride with our team name on your jersey, we aim to:**

- **Raise awareness of cancer,**
- **Raise awareness of Cancer Voices South Australia**

A healthy lifestyle is important for **cancer prevention** as well as **assisting recovery** and **delaying or preventing relapse of cancer**.

[World Cancer Day](#) is on 4th February each year. In 2010, the focus is on ‘*Healthy lifestyle choices to prevent cancer later in life*’. For 2011 the focus will be on educating the younger generation to be “sun smart”.

## Answers to some Frequently Asked Questions (FAQs) about the Cancer Voices Cycling Team

- 'Cancer experience' is not a pre-requisite to join the Cancer Voices SA team. You don't need to have had cancer, or know anyone with cancer to join the team.
- Some of our riders are cancer survivors, partners, family, friends, neighbours or supporters of someone with cancer. We greatly value the opportunity to hear of the experience, thoughts and ideas from 'people affected by cancer'.
- Our riders participate in a number of cycling events throughout the year.
- We encourage riders at all levels of experience and fitness.
- Regular Training Rides are led by professional trainers from [EFM Health Club-Stonyfell](#). (Thank you Ben Flanagan, Nick and other trainers for your support).
- Wear our jersey whenever you ride, to promote Cancer Voices SA (When riding in an event that promotes with its own jersey, please support the event by wearing the jersey provided, if applicable). We expect every rider who has our jersey to wear it on Training Rides.
- [BikeSA](#) support the Cancer Voices SA team by providing BikeSA membership benefits at their corporate rate.
- Cancer Voices SA Cycling Team members automatically become members of Cancer Voices SA and are placed on this mailing list also. If you wish to unsubscribe to either, email [info@cancervoicessa.org.au](mailto:info@cancervoicessa.org.au) or phone: 0403 925 599.

### To JOIN the Cancer Voices SA Cycling Team,

Please send your details to [info@cancervoicessa.org.au](mailto:info@cancervoicessa.org.au) (ie. your name, address, phone contact, 'in case of emergency' contact name and phone number & your jersey size). Check your Jersey size [here](#) ([http://www.cancervoicessa.org.au/docs/cycling/cvsa\\_jersey\\_size\\_P20C\\_SPEC\\_SHEET.pdf](http://www.cancervoicessa.org.au/docs/cycling/cvsa_jersey_size_P20C_SPEC_SHEET.pdf)).

We now have our own jersey 'Thanks' to Ashleigh Moore for the design concept, vision, persistence, attention to detail & quality and Jo West of [West Creative Graphic Design](#).



## RIDE Information

**Where:** Starting 8am Sunday mornings at St Peters Girls College car park off Hallet Rd, Stonyfell.

We usually ride for ~2 hrs in the Adelaide Hills, but more recently, a 'flat ride' option to Glenelg or similar has been added, for people new to cycling or returning after being 'off the bike' for awhile.

**When:** Dates for 'team rides' including events we enter are listed at our online [Rides Calendar](#) or check for latest updates on rides, times etc at [Adelaide Cyclists Cancer Voices SA Discussion Forum](#). Email Updates will keep you informed of other rides that Cancer Voices SA Riders will be teaming up to enter.

### Training rides or Group rides.

**Training rides** are generally held on a Sunday every 4 weeks and led by Ben Flannagan (from EFM, Stonyfell). We split into ~3 groups based upon speed, experience and numbers attending. Each Training Ride will include a 15 minute pre-ride training/briefing session by Ben (eg on ride techniques, etc that can then be practiced).

**Group rides** are available every Sunday; they are a less formal arrangement and not led by Ben. Whoever rolls up can decide a leader and route.

**Social:** We usually meet for coffee, refreshments and a chat after a ride at *Taylor's Blend* on Hallet Rd, Stonyfell (usually), but occasionally the *Place Next Door* on the corner of Glynburn and Greenhill Roads, 'Feathers' roundabout.

Training Rides will be scheduled not to conflict with large community rides eg. [Grand Slams](#) (run by BikeSA) or other major cycling events.

None of the Cancer Voices SA rides are 'mandatory' for Cycling Team members. Our rides provide opportunities to get on your bike, ride with good mates while raising awareness around cancer.



# Cycling Team Rules and Guidelines

**All Cancer Voices SA members are WELCOME** on training rides, especially our new Team members. We invite newcomers to come on a 'trial' ride or two, but for insurance and safety reasons we expect riders to officially join the team if they wish to continue attending Training rides.

Due to the increasing number of team members and to ensure rider safety it has become necessary to develop clear Rules and Guidelines.

## Rules

Members of the Cancer Voices SA Cycling Team ride with understanding and acceptance of our Rules and Guidelines:

- **Riding is at your own risk.**
- **Bicycle accident insurance which includes 3<sup>rd</sup> party insurance is required by all members.** Cancer Voices SA facilitates corporate team membership with BikeSA which provides the benefit of this insurance. See the BikeSA accident insurance details [here](#)<sup>1</sup>.
- **Ride safely, adhere to road traffic laws and look after your riding buddies.** See the [Group Riding Tips](#) section for more details.

## Guidelines

**Jerseys.** Wear our jersey whenever you ride to promote Cancer Voices SA. However, our distinctive jerseys makes it even more important when on team rides, in cycling events and when on the road alone, that we always do our best to be respectful and represent Cancer Voices SA with safe, courteous riding. We do not want Cancer Voices SA to be famous for all the wrong reasons. We expect every rider who has our jersey to wear it on Training Rides. In events where there is a jersey provided to promote the event's cause, we encourage team members to participate in this. Where there is no event-jersey option, we encourage you to wear the Cancer Voices SA jersey.

**Concerns.** Any incidents, issues or concerns should be discussed with the Group Leader after a ride, email [info@cancervoicessa.org.au](mailto:info@cancervoicessa.org.au) or ph: 0403 925 599.

**Fundraising.** Cancer Voices SA does not fundraise as a Team for any organisation other than for Cancer Voices SA, unless approved by Cancer Voices SA Executive. Individuals are entitled to fundraise for any charity they wish, but this is their personal choice and they should not impose on members of Cancer Voices SA to support their fundraising efforts.

**Media.** All Media should all be referred to the Cancer Voices SA cycling team's nominated media spokesperson(s) - [Ashleigh Moore](#) 0403 925 599 or [Jim Vlahakis](#) 0412 390772.

Cancer Voices SA Cycling Team members will be placed on the Cancer Voices SA mailing list. If you wish to unsubscribe, email [info@cancervoicessa.org.au](mailto:info@cancervoicessa.org.au) or phone: 0403 925 599.

Cancer Voices SA will presume permission to use photographs taken during a cycling related event for promotion purposes.

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<sup>1</sup> <http://www.bikesa.asn.au/servlet/Web?s=2060570&action=changePage&pageID=717125560>

## Cancer Voices SA Cycling Team: How we got started!

The news that **Lance Armstrong** would commence his comeback to cycling to promote cancer awareness (the **LIVESTRONG Global Cancer Campaign**) at the 2009 Tour Down Under (TDU) was the stimulus for our cancer advocacy group, Cancer Voices SA, to 'get on their bikes'. By recruiting riders to a Cancer Voices SA team for the Mutual Community Challenge Ride, we aimed to raise awareness of cancer and promote Cancer Voices SA.



**Ashleigh Moore**, Chair of Cancer Voices SA, needed just 5 people to form a team, then kept inviting others to join. We started training together in early December 2008, in preparation for the 2009 Tour Down Under Community Challenge Ride. Thanks Ben Flannagan from Stonyfell EFM Health Club, for volunteering to take us on training rides.

The training tips plus encouragement from these rides helped many to achieve a 'personal challenge' way beyond expectation.

A jersey signed with the names of all 123 riders in the Cancer Voices SA 2009 TDU team was presented to Lance. Having a team of 123 members set a TDU record!

After the 2009 TDU many riders expressed interest in continuing to ride with us.

**Cancer Voices SA made a 'Commitment to Action' for the LIVESTRONG [Global Cancer Campaign](#) which involved increasing community involvement and cancer awareness through cycling during 2009 - 2010.**

We were invited to attend the [Global Cancer Summit](#) in Dublin, Ireland in Aug 09. (Read more about the Summit and Cancer Voices involvement in the Global Cancer Campaign [here](#).)

The team continues to grow and now participates in a variety of cycling events throughout the year, as well as having regular training rides.

While a number of our riders are cancer survivors or have been closely affected by cancer, this is by no means a pre-requisite. However, you may be interested to see some of our **cyclists 'survivors stories' captured in the media<sup>2</sup>**.

- [Livestrong and Cancer Voices in Australia](#) *A Current Affair* 19th Jan 2009.
- Interview with Cancer Voices SA (20 Jan 2010) [LIVESTRONG Blog](#)
- Riding for their lives (20 Jan 2010) [ABC 7.30 Report](#)

**Cancer Voices SA is 'Raising a Voice for those affected by Cancer' through: [Advocacy](#), [Involvement](#), [Awareness](#), [Information](#), Our Aim is to:**

***represent*** the views of those affected by cancer;

***promote*** these perspectives to health professionals, government and the public;

***ensure*** patients and supporters are receiving the best possible information, treatment and care;

***work*** to increase funding for prevention, detection, research and improved treatments.

<sup>2</sup> Visit our cycling website page at <http://www.cancervoicessa.org.au/cycling.asp>

## Group Riding Tips<sup>3</sup>

While riding in a Group provides benefits and advantages (both socially and from a safety standpoint), there are also a number of inherent dangers riding in close proximity to another rider. Riding in a group also carries responsibilities. Everyone needs to stay alert, ride predictably, and follow a few basic guidelines.

In the interest of your own safety and the safety of other riders in the group, all riders should adhere to the following:

### **Always obey the road rules:**

- Stop at red lights and stop signs.
- Give hand signals where necessary.
- Traverse roundabouts on the correct side.

### **Share the road:**

- Unless riding on a road where a bike lane is evident, riding two abreast is legal. Riding more than two abreast is not permitted.
- Be courteous by not taking up more room than necessary to ride safely.
- When stopped at a red light, avoid blocking turning lanes.
- When passing parked cars, stay at least one metre wide to avoid being "doored."
- When the road narrows and there is traffic, we MUST work together to share the road as well as use available bike lanes.
- If you're holding up traffic, (particularly in the back when the pace can sometimes be slow), then you could be upsetting a driver that might take it out on the people in the front.
- When you hear "CAR!" MOVE OVER and/or single up. The goal is to move as a coordinated unit.

### **Communicate warnings:**

- Let others know your intentions.
- If you are slowing, stopping, or turning, signal or call out your intentions.
- Watch for potholes, storm drains, sand, and other hazards and point them out.
- If you hear a car approaching from behind, shout, "Car back!"

### **Passing another rider**

- Always pass on the right.
- Check for overtaking traffic and call out, "On your right" as you approach the other rider to let them know you're there.
- Try to pass on a flat, straight section of road.
- Passing on curves or downhill runs can be dangerous.
- Try to match the pace of the other riders and avoid frequent passing.

### **Turning:**

- When making a right or left turn, maintain your position within the group.
- Don't swerve or pass during the turn. Especially avoid passing on the inside of a left turn.
- Use hand signals when approaching a turn.
- When preparing for a right turn, check for overtaking traffic, signal your intent, and move to the right.

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<sup>3</sup> Adapted from PALS cycling team (<http://www.pals.sacycling.net.au>)

**Be alert:**

- Socializing with the other riders is part of the fun of group riding but stay tuned in to what's going on around you.

**Be cool:**

- If something unexpected happens, **please don't slam on your brakes**. That can create a pileup.
- Keep riding smoothly.
- The group will usually do a controlled stop a short distance up the road.

**Look after your riding buddies:**

Look after those around you and stop to help team members in the event of a puncture, accident or incident. Let others in the group know your intentions eg. If you intend to turn back, want the rest of the group to wait, or 'know your way' and will continue on and maybe catch up later. We recommend that riders put the contact number for the Cancer Voices Cycling Team coordinator Jim Vlahakis Mobile 0412 390772 or of their Group Leader into their phone, for emergency contact during a team ride.

**IMPORTANT**

**Riding for Cancer Voices SA you have an added responsibility to behave in a safe and law abiding manner.**

**HAPPY AND SAFE CYCLING!!!**

Acknowledgements: 'Group riding Rules and Tips' adapted from PALS Cycling Group Guidelines (<http://www.sacycling.net.au/pals/docs/guidelines.pdf> )

