



**AUSTRALIAN
CYCLING ACADEMY**

USC SUNSHINE COAST



AUSTRALIAN CYCLING ACADEMY PRESENTS

VELOTHON TEAM EXPERIENCE

18 - 21 JULY 2019

TRIP DETAILS:

Dates: 18 - 21 July 2019

Duration: 4 days, 3 nights

Distance: 330km

Grading: Moderate - Hard

Price: \$2600pp Twinshare

Airport: Sunshine Coast

**MAKE YOUR BOOKING BY:
18 JUNE 2019**

BOOK NOW



WHAT'S INCLUDED?

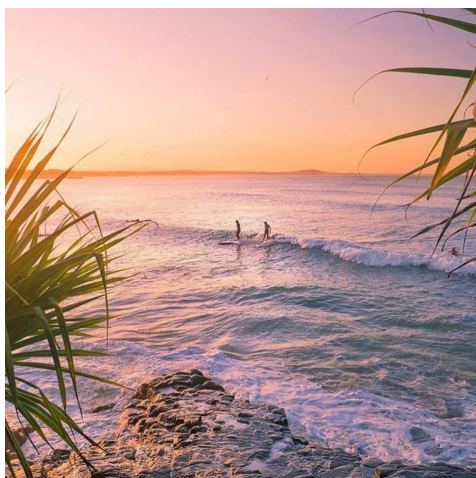
YOU ARE, AS PART OF THE TEAM!

- 3 nights **accommodation** at the Novotel Twin Waters Resort
- **Airport transfers** from Sunshine Coast airport (transfer from Brisbane possible-contact us for details)
- Nutritious pre-race **breakfast** each day
- Group **restaurant dinners** each night to refuel & trade stories from the day's racing
- **Team Registration** for the **3 day Velothon Sunshine Coast**, you'll be part of the official ACA team!
- **Race tips & strategies** before each stage from our **UCI-level team directors**
- **'Team Pack'** including jersey, socks, t-shirt, truckers cap & other goodies
- **Laundry** cleaned, dried & ready for each day
- Professional **bike mechanic** to build, clean and service your bike each day. Just wake up in the morning and your bike will be waiting, ready to go!
- All **race nutrition** and **drink bottles** provided and prepared for you each day
- **Professional sports massage** on Friday or Saturday afternoon
- Visiting and spending time in the **race village** where we will pick-up race numbers
- All transfers, including **luggage & bike transport**
- Optional single occupancy



WHO IS THIS TRIP FOR?

'THE CHALLENGER & REWARDER'



This trip is designed for the keen recreational cyclist who would like to experience an amateur **multi-stage cycling event** with the same level of **support & organisation that the pro teams receive**.

For most of the year, we're travelling internationally with our UCI-level 'Pro Racing Sunshine Coast' team, competing against the best in the world. But, we're excited to be back home on the **Sunshine Coast** this July for our favourite event, the **Velothon**. We'd like to give you the opportunity to **be on our team**. Let's ride together on our home soil.

We'll help you do what it takes to **prepare for the start line**, this is what the early mornings, long rides & tough climbs are for. Why not make the most of your commitment & training & be there listening to our **advice & motivation**. **Get the most out of your race** at this year's Velothon.

Join the ACA team & we'll give you the support & experience required to **race your best over 3 days**. As well as all our essential tour features, you'll receive **transfers to & from each stage, ride with real ACA team riders, have your equipment cleaned & ready for each day & learn from our professional race directors**. And above all you'll 'share the roads, the glory & the banter' with a fun group of like-minded people, creating memories that you'll never forget.

OVERVIEW OF THE TRIP

ON THE BIKE AND BY THE BEACH

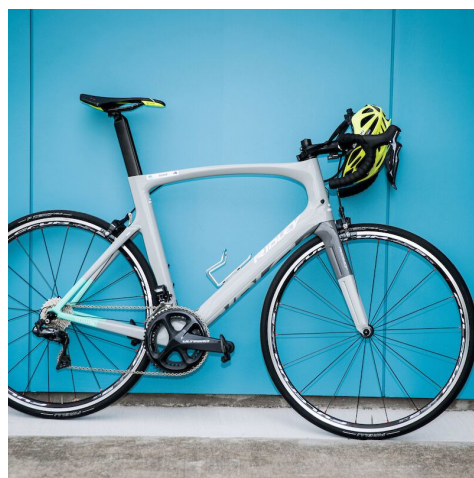
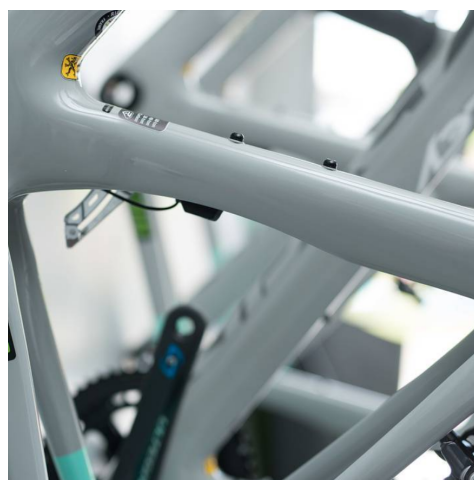
Day 1 - Arrive in the **Sunshine Coast**. Airport transfers to your hotel **The Novotel Twin Waters Resort**, where the ACA team will get you set up to race this weekend. **Race briefing** with our expert coaches & Velothon organisers before a **welcome dinner tonight**.

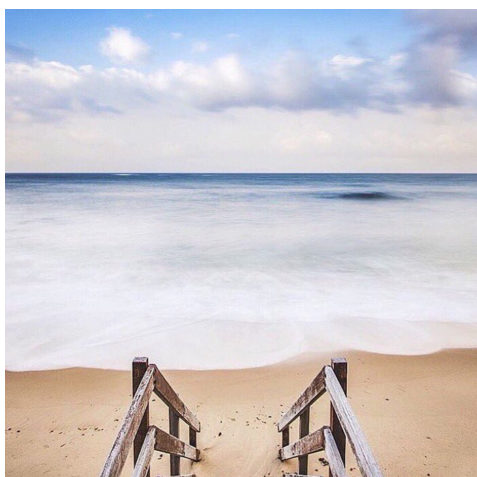
Day 2 - **Ride with the ACA team**, enjoying on-the-go tips and motivation from the **pros**. **Post-race transfer** back to the hotel to rest & recover while your bike & kit are cleaned for tomorrow. Regroup this arvo for an **ACA team meeting before dinner**.

Day 3 - Another **early transfer to the race start** for the short but sharp 'Hinterland Climbing' stage. Afternoon **massages** to aid recovery, before **daily race briefing & then a group dinner**.

Day 4 - The queen '**Glass House Mountains**' stage to finish followed by **drinks at the Velothon HQ**. Afternoon pack up followed by **airport transfers**.

Got any questions? Contact us on +61422768617.





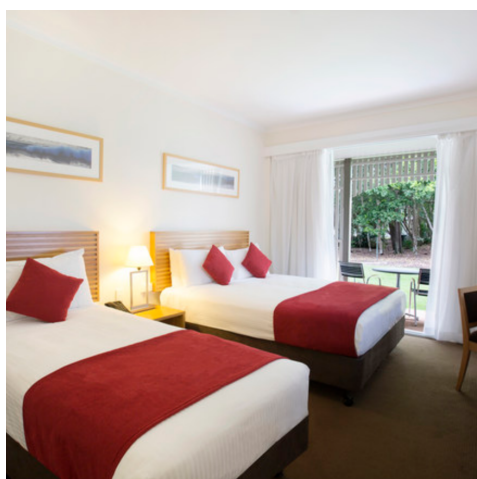
DAY 1

THE ACA WELCOMES YOU

Welcome to the **Sunshine Coast**. This afternoon you will be met at Sunshine Coast Airport & transferred to the **Novotel Twin Waters Resort**, your accommodation for the next 3 nights. Here your tour **staff & team mechanic** will be waiting to help you **check-in & get your bike setup** for the weekend.



Having taken a bit of time to relax, settle in & maybe even have a **swim at the beach**, we'll regroup this afternoon for our **trip welcome**. We'll introduce our staff & the trip ahead before jumping into our first **race strategy session** ahead of tomorrow's opening stage.



There will also be an official **Velothon race briefing** at the club house before our **team dinner** at a local restaurant.

During your stay the ACA staff as well as our friends at Twin Waters will make your trip as memorable & enjoyable as possible.

DAY 2

REACH NEW HEIGHTS

Rise early this morning for breakfast & a short transfer to our race start at Velothon HQ in Cotton Tree Park. A few last-minute words of wisdom from your team directors on the start line before you take off on the **opening 103km 'Coastal' stage**.

From Maroochydore, you'll wind your way up the stunning coastline to Noosa before climbing up Cyndier Drive and getting a flavour for what's in store for the rest of the weekend with some epic hinterland riding, passing through Yandina and Bli Bli.

Arriving back at Cotton Tree, leave the dirty work to us while you take a rest and have a drink at the **race-finish village**. Following a transfer home & few hours for recovery, we'll regroup this afternoon & head back over to Velothon HQ for a **team meeting, race briefing & group dinner**.

Download the **3 Day Velo - Stage 1 Course Map PDF**

Get ready for a brand new course - using the same stunning roads but taking a bit of the sting out of ride.



DAY 3

A STONES THROW AWAY...



Today's **90km 'Hinterland Climbing' stage**, in particular the famed Obi Obi climb, is one for the featherweights. If you haven't already, signing up for a **complimentary massage** this afternoon may be "just what the doctor ordered."

Wind your way up through Bli Bli, Yandina and Eumundi and head west to face the leg burning battle that is Obi Obi. Once you've reached the top, your reward will be a breathtaking ride across the top of the Blackall Range to the charming hinterland town of Montville, where the locals will cheer you on to the finish line.



When you cross the finish line, you'll quickly know why you chose to ride with the ACA. Your **team soigneur** will meet you with a **Scratch Labs post-race protein shake** & take your bike to be loaded on the **team car** while you rest, rehydrate & refuel. Later, we'll wash your cycling kit & give your bike a full clean & checkover ahead of the next day's stage.



Download the **3 Day Velo - Stage 2 Course Map PDF**

Every stage will start at the Velo Clubhouse - grab a coffee, catch the Tour de France highlights & watch the sun rise over the Maroochy River.

DAY 4

YOUR VELOTHON VICTORY

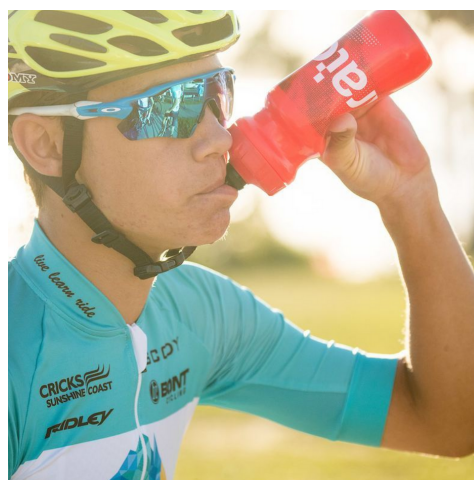
Our final day. Only the 137km '**Glass House Mountains' stage** stands between you & your 3 day Velo finisher's medal. Who knows, maybe you're in the hunt for one of the **leaders jerseys** as well?

The Queen stage, taking in all things that make the coast great with ocean views, rolling hinterland hills and expansive views of the Glass House Mountains. The climbs will be worthwhile with fast and winding descents flowing back towards the coast through Woombye, Diddillibah and on to the finish in Cotton Tree.

Whatever the result, we'll definitely all have earned a **post-race drink at the Velothon HQ** together before returning to the hotel to begin preparations for your **airport transfer**.

Download the **3 Day Velo - Stage 3 Course Map PDF**

Medals for all 3 Day Velo riders - Grab a drink and celebrate in style with your ACA teammates at the Velo Clubhouse.





BE PART OF OUR TEAM

If you have any questions about the trip, contact our friendly team at:

Phone: +61422768617

Email: bookings@lifecyclestravel.com

**BOOK YOUR SPOT BEFORE:
18 JUNE 2019**

BOOK NOW