



TOUR OF GOOLWA

23rd - 24th February 2019



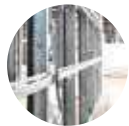


We strive for 'Better than Best' customer service in supplying building materials, to make your life easier. **That's ADXellent customer service.**

What you want, where you want, when you want



Ceiling Systems & Ceiling Tiles



Steel Stud Systems



Plasterboard & Accessories



Fibre Cement & Accessories



Timber Products



Aluminium Partitioning



Doors



Door Frames



Door Hardware



Insulation



Fasteners



Tools & Accessories



Edwardstown
844 South Road
Edwardstown SA 5039
08 8292 5000

Cavan
12 Jonal Drive
Cavan SA 5094

City CBD
130 West Terrace
Adelaide SA 5000

www.adxdepot.com.au

WELCOME TO THE 2019 ADX DEPOT TOUR OF GOOLWA CONDUCTED BY THE AHMCC

What could be better than spending a weekend cycle racing with your team over four testing stages? Sprinters, GC or climbers the TOG offers something for everyone. We hope the fun began long before the event as you formed teams and began some intensive team training. .

The TOG Committee welcomes you all to the seventh staging of the TOG. Blow out the cobwebs on the Stage 1 **PEDAL ACTION COACHING/FINNISS GENERAL STORE 15KM Time Trial**. This year everyone does the 15km so there'll be no chance of wrong turns! **EADES TRANSPORT** is again sponsoring the Finnis-Clayton-Milang Road Race. It may be a flat stage but for many it may feel like a long haul. Whatever the outcome The Royal Family Hotel at Port Elliot will be an excellent place to gather for a meal on Saturday night while you contemplate Sunday's tactics.

It's "hello climbers" on Day 2. The **ZERO FRICTION/PORT ELLIOT FAMILY HOTEL Stage 3** has multiple ascents of Flagstaff Hill. Sadly 12 months is an insignificant time geologically speaking so the gradient remains unchanged from 2018 at 20%. **ZERO FRICTION** rewards could make it all a whole lot easier than it was! Dan Kelly is again inviting you to dig deep in the Stage 4 **D & A KELLY CONCRETE "HARDEN UP" HILL CLIMB**. A mere 4km at average 6%. Break the TOG Crows' Nest record and win extra cash! Craig Ingram set the men's target last year at 09:18.59 while the longstanding record for females is Nusha Kerin's 11:04.3.

This year the **ADX DEPOT TOG CHAMPION TEAM** is sponsored by **CYCLE CLOSET**. This award takes into account the age adjusted times of all 4 team riders.

Cycle races don't just happen. Thanks to everyone who has "put in" to make this wonderful event. The AHMCC Committee has been pivotal to the event. Graeme Orchard, Jason Langbein and Cliff Grant have been busy from Day 1. Special mention must go to our friends at SDVLCC Paul McGregor, Graham King and Richard Tormet for their essential input. No event can be conducted without Referees so a big thank you to Bob Cotton and his team of Referees. There would be no results without our amazing timekeepers John Goddard and Phil Davill. Their expertise is invaluable. We thank the large team of First Aiders for their time. David Degenhardt does all the signage for the four events and organises our wonderful team of volunteer marshals. Thank you to them all.

Our sponsors have shown that they have continued faith in the TOG. We thank them all for making this event possible and we urge all competitors to support those who support them.

ADX DEPOT are again the major sponsor of the event. Stage sponsors are **EADES TRANSPORT, D&A KELLY CONCRETE, PEDAL ACTION COACHING, FINNISS GENERAL STORE, ZERO FRICTION CYCLING and PORT ELLIOT FAMILY HOTEL.**

We also thank the following generous sponsors

BICYCLE FIX, KNEED ME MASSAGE, A1 HIRE, DESIGN MC BUILDING DESIGN, CYCLE CLOSET, GRAVY BOAT DESIGN, DIGITAL PRINT AUSTRALIA, NGERINGA WINERY.

ENJOY THE 2019 TOG

Welcoming club. Great events. Friendly competition.



The ADX Depot Tour of Goolwa isn't our only event of 2019!

Our '3 Race Series' starts with a flat race at Langhorne Creek, then there's the hills of Kenton Valley and finishes with a kermesse around Bradbury.

Other great races include riding the gravel through Harrogate, climbing your way around the Five Peaks of Strathalbyn and Macclesfield. Plus, there's our 'Open' feature races; The Wolfgang Harder Handicap, Tungkillo and The Adelaide Hills Toyota Classic.

Anyone with an AVCC license is invited to join us PLUS we offer **Free Trial Rides** to ALL first time riders.

Check out our
2019 Race Calendar at
www.ahmcc.org.au



Saturday Feb 23rd

STAGE 1

Time Trial Sponsored by The Finniss General Store and Pedal Action

Start: Finniss General Store
From: 09:30 AM

STAGE 2

Finniss-Milang Road Race Sponsored by Eades Transport

Start: Finniss General Store
From: 1:00 PM

SATURDAY EVENING

Saturday Night Dinner

6:00 PM

Royal Family Hotel Port Elliot

Sunday Feb 24th

STAGE 3

Flagstaff Hill Road Race Sponsored by Zero Friction Cycling and The Royal Family Hotel Port Elliot

Start: Investigator College Goolwa
F Grade - Flagstaff Hill start
From: 09:30 AM

STAGE 4

Crow's Nest KOM TT Sponsored by D & A Kelly Concrete

Start: Waterport Rd Port Elliott
From: 2:00 PM

PRESENTATIONS

Following Completion of Stage 4

Royal Family Hotel Port Elliot

**In the case of a MAJOR MEDICAL EMERGENCY PHONE - 000
For event First Aid PHONE - 0499 463590**



32 North Terrace, Port Elliot 5212

Tel:(08) 8554 2219

www.royalfamilyhotel.com.au

Bar & Beer Garden - Live Music - Specials Nights Menu - Accommodation

The Royal Family Hotel is situated in the main street of the picturesque coastal township of Port Elliot, which is 80 kms south of Adelaide on the Fleurieu.

The Pub is in the central part of Port Elliot and in walking distance to many of the towns attractions. The Royal Family Hotel prides itself on having a family atmosphere, a reputation for good value, great food and friendly service.

Pedal Action/Finniss General Store Stage 1 Time Trial

TEAM TIME TRIAL

Distance - 15km

Teams - The team's time is taken on the finish time of the third rider. Each rider will be given their actual finish time for the purposes of the individual GC competition. Prize money for Stage 1 is for the Team placings only

Individuals - Riders who are racing in the Divisions as individuals will start in groups of 3-5 riders (depending on numbers) and are permitted to draft off riders in the same start group. In effect this group can race as Team time trial in order to be equitable with riders in the teams competition. There is however, no compunction for individuals to remain within the group as they are racing for individual time only and are free to ride as best suits their purposes. Each rider will be given their own individual time. Prize money for Stage 1 is for the team placings only.

F Grade (15 km)

Riders will set off from the General Store in 1 minute intervals. No drafting of other riders is allowed in F Grade.



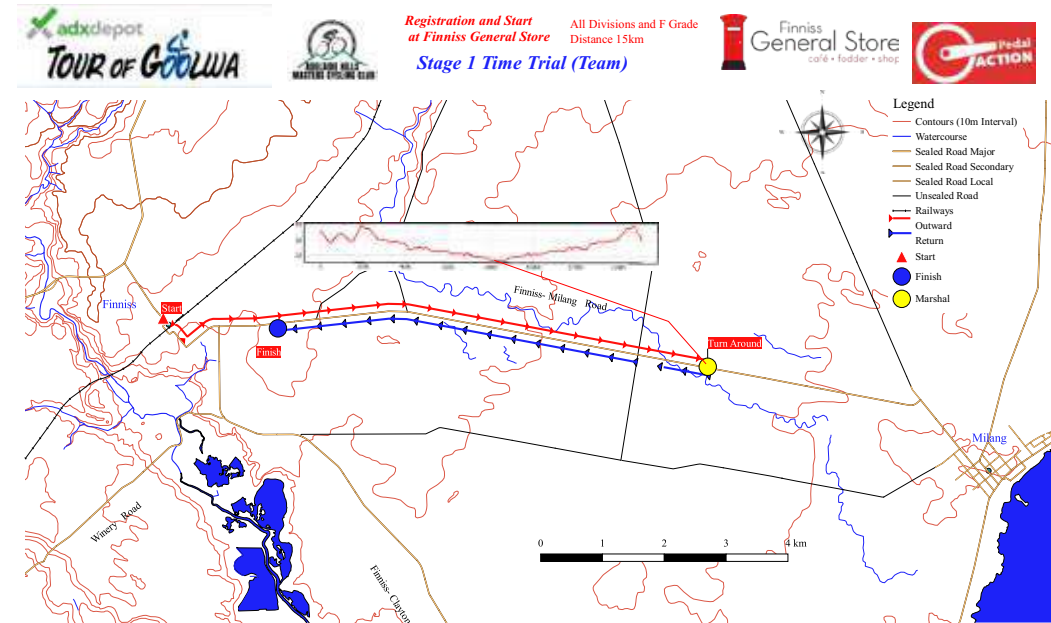
Equipment

All time trial equipment approved for use by the AVCC (eg TT bikes, disc wheels, skinsuits and aero helmets) is allowed for all riders. No drafting of vehicles or riders with differing start times is permitted.

Transponders

If using a dedicated time trial bike for the Stage1 Time Trial please ensure that your Orion transponder is mounted on it. No transponder means no recorded time!

At the completion of the time trial also remember to put the transponder back on your road bike for the next road stage.



Want to get faster?

We help you go faster on a bike. We sell training plans and one on one coaching services in Australia and around the world.

Michelle & Phil Crick from Pedal Action have been coaching five years in Australia working with elite, masters and junior athletes. Delivering goal focused training using a proven scientific approach to prescribe training that is efficient and effective. Under their guidance athletes have reached many goals including winning National and State championships, road races, time trials, criteriums and qualifying for World Championship events.



For more info go to www.pedalaction.com.au

Eades Transport Stage 2 Finniss Road Race

The big loop. Can you back up after this mornings efforts? It's flat but it will be windy.

The Course

From the General Store in Finniss riders will head to the Finniss - Milang Road.

Divisions 1 and 2 will turn toward Clayton and on to Milang and then back to Finniss. They will then do another lap. Divisions 3, 4, and 5 will initially continue along the Finniss-Milang Road until the turnaround point near Nine Mile Road, head back toward Finniss and then turn left toward Clayton and onto Milang and Finniss. F Grade only do one Clayton lap and do not go out to the turnaround.

Div 1 & 2 - 85km
Div 3, 4 & 5 - 66km
F Grade - 43 km



Time Bonuses

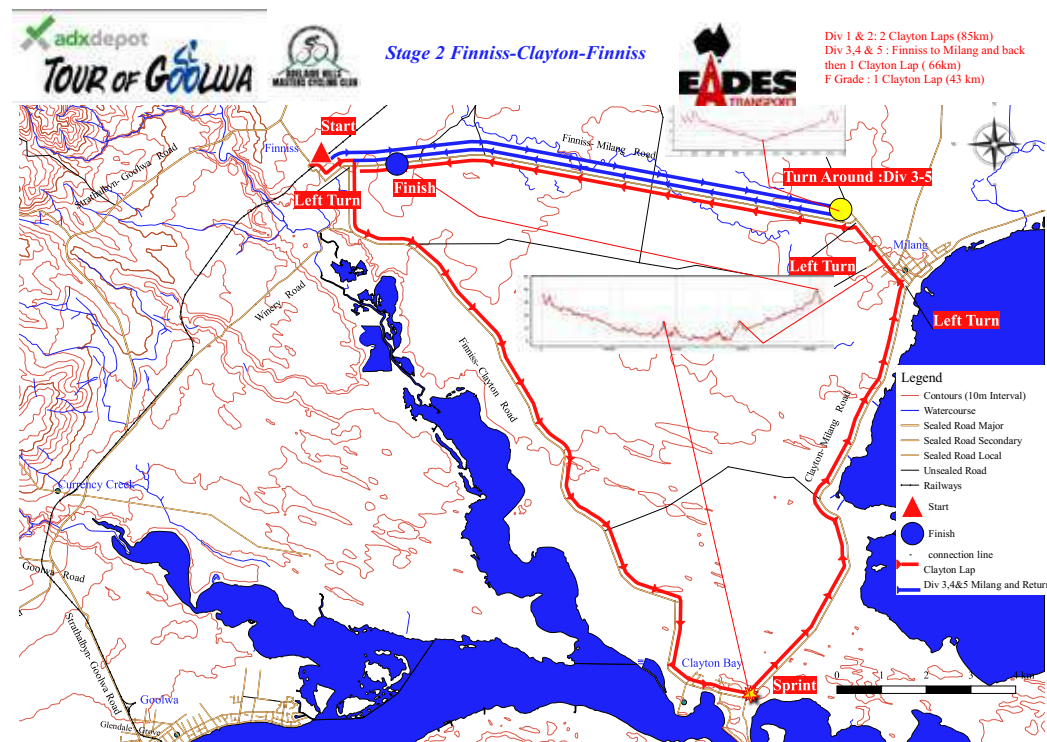
Time bonuses are available for the first 6 riders at the finish. Time bonuses are also on offer to the first 5 riders to cross the finish line area on lap 1 (heading westward - not F Grade). The Clayton Sprint also has time bonuses available.

Finish - 15, 10, 7, 5, 3, 2 seconds

End of Lap 1 - 10, 6, 4, 3, 2 seconds

(Not F Grade)

Clayton Sprint 10, 6, 4, 3, 2 seconds
(Lap 1 only)





Finniss General Store

café • fodder • shop

The Finniss General Store, also known as 'the Old Post Office' has been restored to a version of its glory days
Now operating as a Cafe, General Store and Fodder Shop, come in for a coffee, a meal or some fodder and say hello today!

3 Railway Terrace, FINNISS, SA 5255 Phone (08) 8536 0116

Zero Friction Cycling/Royal Family Hotel Port Elliot Stage 3 Flagstaff Hill Road Race

Starting near Investigator College in Goolwa this course provides a challenging start to day 2 with multiple ascents of the short but very sharp Flagstaff Hill Rd.

F Grade will start at the top of Flagstaff Hill and complete a single loop of the course

Distance

Div 1,2 : 46.8 km

Div 3, 4, 5 : 28.3 km

F Grade : 17.5 km

Start Times

From 9:30am

**Zero Friction
Cycling**



Time bonuses

First time top of Flagstaff Hill 5, 3, 2 seconds (not F Grade)

Finish - 7, 5, 3, 2, 1 seconds

Parking

All cars are to be parked in the paddock provided at the top of the hill. This will be clearly signposted. No cars are to be parked along the roadside due to safety concerns.



NGERINGA IS REMARKABLE.

“We allow the soil, the site, the season and the variety to express itself in our wines.”

Our vineyards are located in the beautiful Adelaide Hills, South Australia, a region reputed for producing some of Australia’s most elegant cool climate wines.

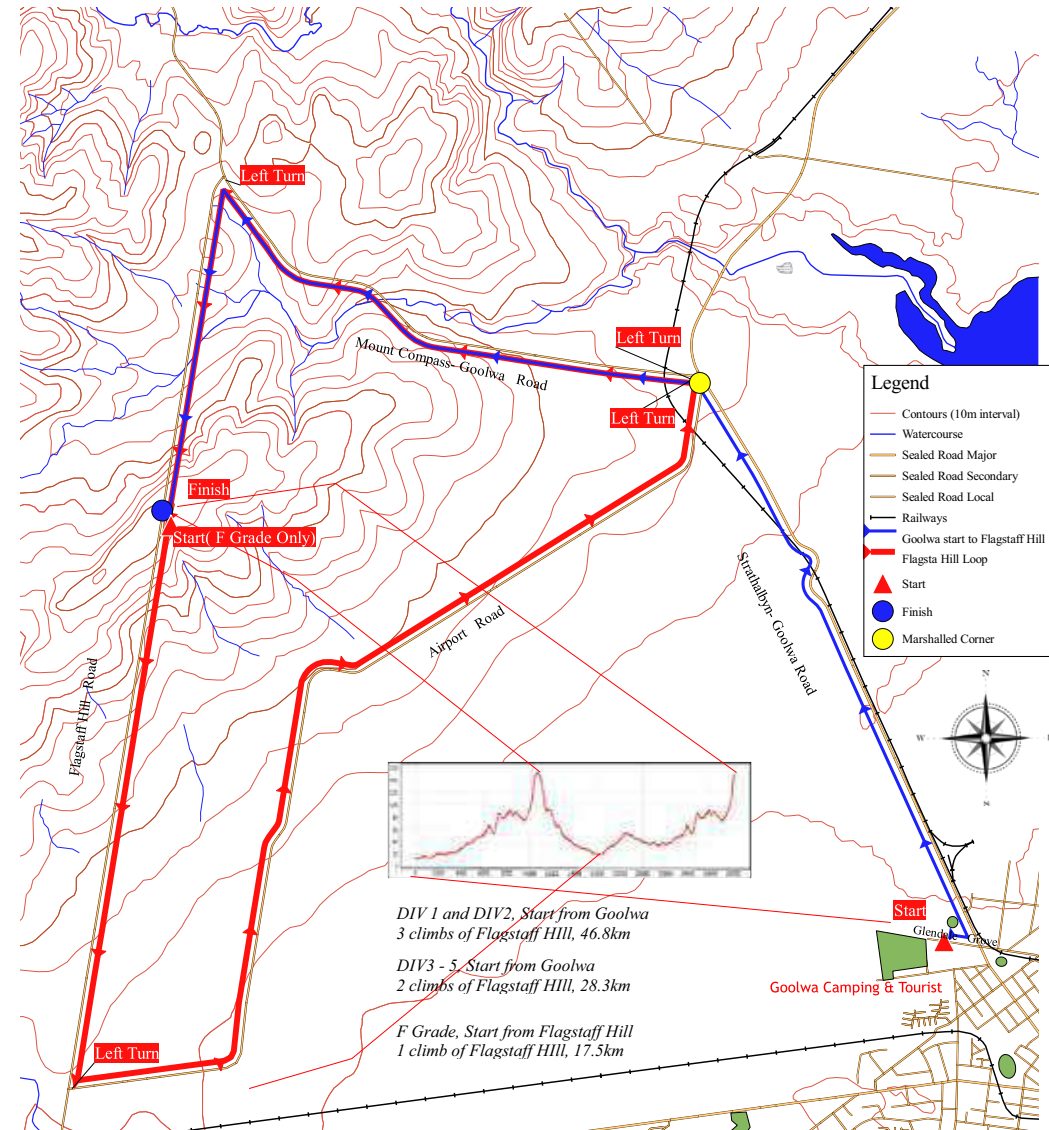
www.ngeringa.com

119 Williams Rd, Mount Barker Summit, South Australia 5251

TOUR of GOOLWA Stage 3. Flagstaff Hill



*F Grade Start at Flagstaff Hill, ALL OTHER GRADES Glendale Close Goolwa



D & A Kelly Concrete "HARDEN UP" Crow's Nest Hill Climb Stage 4

Distance: 4km
Average Gradient: 6%
Elevation Gain: 222m

An individual hill climb Time Trial from Port Elliott and up the beautiful Crow's Nest Road. This is it, the final stage. The team's time is taken as the sum of the 3 fastest riders' times.

Take a teaspoon of wet cement and harden up! Precious time can be gained or lost here for those with GC aspirations. Suck it up and go hard. No time bonuses on offer for this stage so make it count.

Start

The staging area for riders is at the base of Crows Nest/Waterport Rd. Riders should ensure they are at the staging area at least 5 minutes before their allocated start time.

Start Times

From 2:00 PM

Riders in Divisions 1-5 will be sent off as individual teams or composite

groups of 3-5 riders as per stage 1. Riders do not have to ride together and are permitted to draft only off riders from their own start group. Riders in F Grade will be set off at 30 second intervals as directed by the starter. During the event, riders in F Grade are not permitted to draft behind other riders or vehicles.

Cash bonus for record breakers

\$50 cash bonus for anyone who can set a new ToG record on the Crows Nest climb.

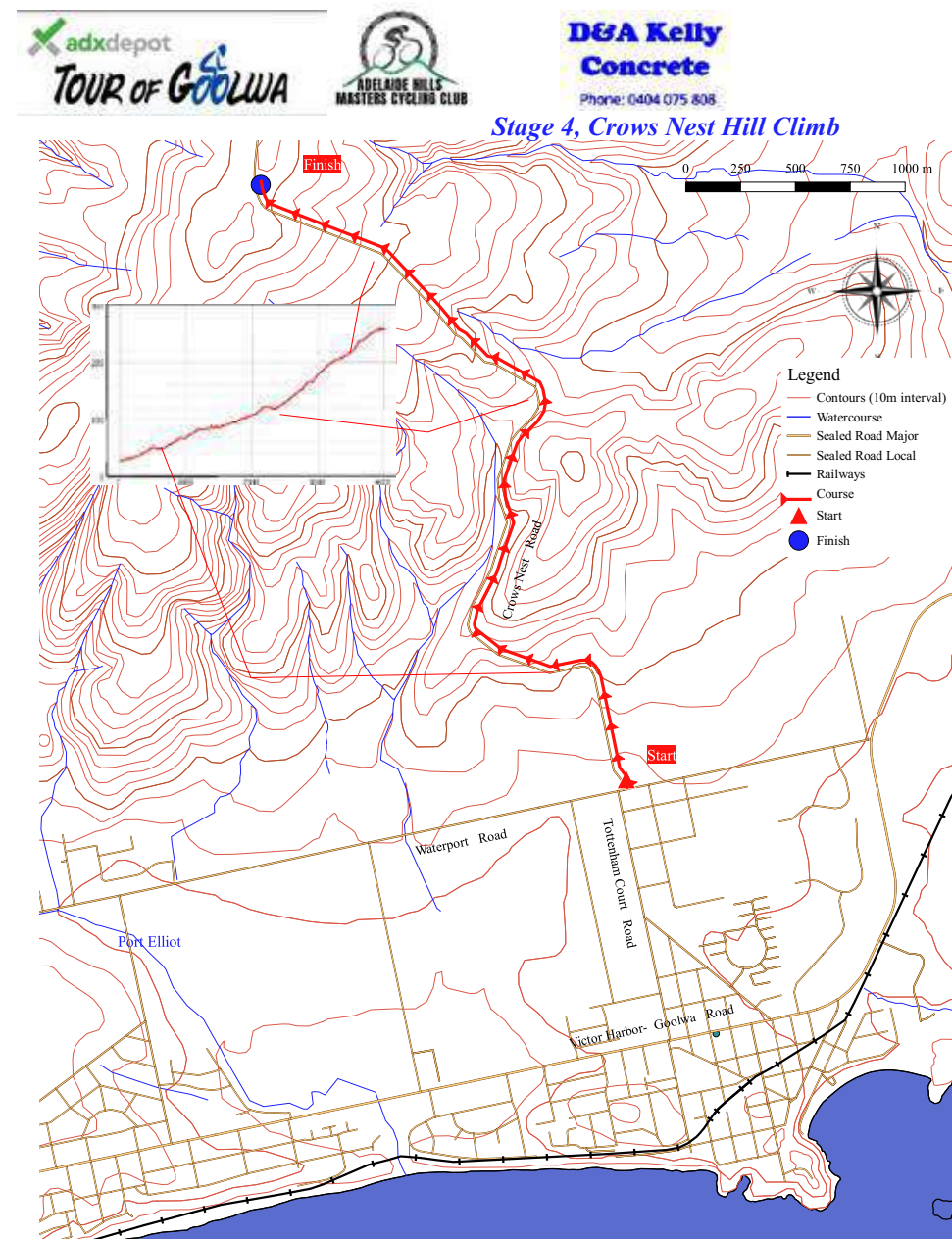
Current Record Holders

Men: Craig Ingram 09:18.59

Women: Nusha Kerin 11:04.3

Fastest Times

For the fastest time in each Division there is a specially prepared YBN SLA Molten Speed Wax chain. The overall fastest male and female riders up the climb will each receive not only a YBN SLA chain but also their choice of UFO drip or a bag of wax. All courtesy of Zero Friction Cycling.



2018 Team Winners

Div 1- Bicycle Express 1
 Div 2A - Dimmer Switch 2
 Div 2B - Bicycle Express 2
 Div 3A - Power On 1
 Div 3B - Mercedes Blackchrome
 Div 4 - Strangers By Drivewear
 Div 5 - Bicycle FX
Overall Team- Bicycle FX
Individual Overall
 Div 1 Craig Ingram
 Div 2A Michael Kepka
 Div 2B Russell Kirk
 Div 3A Bill Robinson
 Div 3B Paul Masters
 Div 5 Mike Zbierski
 F Grade Jim Hamilton

2014 Grade Winners

A - Scott Nolan
 B - Adam Kerin
 C - Bill Drodge
 D - Maarten Nieuwenhoven
 E - Geoff Hillman
 F - Teresa Molyneux

2017 Grade Winners

A - Dave Cullen
 C - Claudio Cosca
 D -Jon Herd
 E - Ronald Balfour
 F -Gavin Tamblyn
TEAMS
 Div 1- Bicycle Express
 Div 2 - ADX Depot 2
 Div 3 - ADX Depot 3
 Div 4 - C Howwego
Overall Team- ADX Depot 2
Individual Overall
 Div 1 Richard Walsh
 Div 2 Daniel Key
 Div 3 Vin Kelly
 Div 4 Colin Chapman

2014 Team Winners

TEAMS
 BE BMW
Individual Overall
 Mark Sierp

2016 Grade Winners

A - Michael Tenniswood
 B - Sam Jeffries
 C - Tony Simes
 D -Graham Joyce
 E - Jason Langbein
 F - John Toshach
TEAMS
 Div 2- Walkerville Physiotherapy
 Div 3 - Smart Switch Electrical
Overall Team- Smart Switch Electrical

Individual Overall
 Div 2 Mark Sierp
 Div 3 Dave Dobson

2013 Grade Winners

A - Adam Lockwood
 B - Ben Whitlock
 C - Andrew John
 D - Tony Simes
 E - Geoff Hillman
 F - Chris Cuthbert

2015 Grade Winners

A - Jarrod Currie
 B - Mark Long
 C -Bryan Wilson
 D - Paul McCarron
 E - Geoff Hillman
 F - John Toschach

TEAMS
 Little Red Grape
Individual Overall
 Simon Little



D & A KELLY CONCRETE



- Foundations • Additions • Shed Floors •
- Driveways • Brick Paving & Exposed Ag •
- Brick Pizza Ovens • Landscaping •
- Tight Access Bobcat Work •



Phone: 0404 075 808





Australia's largest specialty cycling apparel store

We care about offering real choice for every cyclist


Corner Hyde & Pirie St
 Adelaide 5000
 08 7226 1994 // www.cyclecloset.com

Prize Presentation sponsored by

- Location Rear Courtyard at the Port Elliott Family Hotel from 2.30pm.
- Finger food and nibbles available from 3 pm to all at no cost.
- Full Lunch Menu available all afternoon until 4pm for purchase.
- Full Bar Facilities available all afternoon for purchase.
- Family Friendly and semi shaded courtyard with playground.
- Invite your family to attend and share in your weekend and presentation.



BICYCLEFIX

• Sales • Service • Repairs • Hire



Bicycle Fix is owned by Steve and Kirsty Krajc and have created a unique, positive and relaxing shopping experience for the cycling community in the Adelaide Hills.

33 Onkaparinga Valley Road, WOODSIDE SA 5244
(08) 8389 7495 bicyclefix@bigpond.com www.bicyclefix.com.au



Building Design specialising in Residential, Commercial, Hospitality, Retail, Domestic, Aged Care & interior design.








Contact Paul McGregor 0408 900 889
e: paul@designmc.com.au w: www.designmc.com.au

Zero Friction Cycling

w www.zerofrictioncycling.com.au
e info@zerofrictioncycling.com.au
m 0416168071 - Adam

Specialist in lowest friction chains, lubricants and bearing upgrades

-  Australian importer for Molten Speed Wax, the tested and proven fastest chain lubricant.
-  Molten Speed Wax is also the cleanest chain lubricant, and delivers parts longevity unmatched by any drip lube. Save lots of money whilst saving lots of friction, and have the cleanest drivetrain possible all the time.
-  Top bearing upgrades that don't break the bank.
-  Zero Friction Cycling focus on finding and stocking the genuine best in class products only, and products that are fully tested and proven. Not just manufacturer claims.
-  Highest level of support and service.



BLACKBIRD WEDDING PRODUCTIONS

Email: blackbirdweddingproductions@gmail.com
Mobile: 0434 146 149
Website: blackbirdweddingproductions.com

Blackbird Wedding Productions is run by Adelaide Hills based couple, Kevin and Olivia. We film weddings across South Australia and Victoria and provide a quality video service to capture your wedding day. We understand that your wedding day is one of the most important days in your life and we go above and beyond to create a bespoke product for you and your family to enjoy for years to come.

We work as a two-person videography team, shooting and editing each wedding ourselves. We are discreet and unobtrusive in our work, capturing natural and candid moments. We are friendly and professional and love filming weddings!
Get in touch today if you wish to discuss us filming your big day

We also offer a Photo booth service:
Get in touch today to book the Good Times Photo Booth for your next event!

Email: thegoodtimesphotobooth@gmail.com
Mobile: 0434 146 149
Website: thegoodtimesphotobooth.com



massage and natural therapies

68 Onkaparinga Valley Rd Woodside T. 8389 7314

Our aim is to provide a safe, holistic and professional environment in which to relax and rejuvenate within the beautiful energy of the Knead Me clinic. We all love what we do and are passionate in finding what works for you from the large range of therapies we offer.

www.kneadme.co Tel:08 8389 7314

68 Onkaparinga Valley Rd (Main Rd) Woodside SA 5244



- Digital Print
- Business Cards
- Photo books
- Calender Printing

www.digitalprintaustralia.com

Dave Dobson | (08) 8232 3404

GRAVYBOAT

Web design



Graphic Design
Print Production
Website Design
Website Maintenance

www.gravyboatdesign.com.au

For all your hire needs ...

General machinery, event and party equipment



20 Adelaide Rd, Victor Harbor
8552 7744

Goolwa depot 8555 5969

Visit: www.a1hirevictor.com.au

Good luck to all cyclists in the Tour of Goolwa



Transport cargo efficiently and effectively with Adelaide's most reliable transport team



It's Just Too Eadesy!!!

At Eades Transport, we deliver service you can trust and count on. Here at Eades Transport we can deliver your refrigerated product on time, on temperature and damage free. Whether you are transporting your goods interstate or locally, Eades Transport can provide a cost effective option to meet your transportation needs.

Eades Transport understands there is no margins for errors when transporting refrigerated freight. We supply state-of-the-art refrigerated trailers with GPS tracked temperatures with real time down loads to our Eades Transport management team, this makes us the most reliable refrigerated freight service available today.

We are a South Australian company that transport a range of goods ranging from fresh fish from the Wharf to interstate, fresh eggs, hanging and boxed meat, produce and packaging. South Australia is a central location to be able to go East, West or North.



4 Olivdale St, Birdwood, SA 5234
0419 836 069

darrell@eades.net.au www.eades.net.au