The event
The numbers

- 1000km unsupported
- 22,000m of climbing
- Mostly offroad
- Very little singletrack, but much of the 4wd trails that it uses are like riding technical singletrack (particularly when loaded)
- The huge amount of climbing results in lots of fast, tricky descents
- It is very much a “Mountain Biking” event - to be safe, you need to have reasonable experience of trail riding
- 7 days or more (8 this year for 'Grand Depart)
The Terrain

• Stunning High Country
• Rugged and remote
• Feels like you are permanently climbing!
• Infrequent re-supply points (many of them tiny shops with short/irregular hours)
  • Longest stretch 170km (Harrietville - Licola)
• Highlights - The Jujungals, Mt Kosciuoszkco, Howitt High Plains, the creeks and rivers
• Lots of Mountain Huts
About me

• 39 years old
• Small business and two small children (so very little time to train)
• Mountain biking since a teenager
• Very limited bikepacking experience
  • Couple of 3 day “bikeglamping” trips
• Reasonable amount of camping/bush experience
• 'Fit and healthy', but most of my riding is commuting
• Comfortable that I could get myself out of a tricky situation
• Resolved to completing the ride
Preparation

• Long term planning required
• Unless you're incredibly fit and experienced, I don't think this is an event you can/should 'pull out of a hat'
• I committed about 6 months out
• Ride the bike you are going to use as much as physically possible (commute on it etc.)
• A few months of increased intensity commuting
• Then I added a 32km, 650Vm offroad section to my commute (couple of times weekly)
• Strava was useful for tracking and motivating
Preparation

• 95km, 2200m vertical ride after work 4x in the two months before the event
  • Learning how to eat on the bike!
• I rode about 100-200kms a week for the two months before the event
• One overnighter to test gear (not enough!!!!)
• 'Tapered' one week out.
• Minimum of couple of overnighters, and a 3 day ride (Goldfields track would be good option)
• Lots of Mountain Bike riding (preferably loaded) if you are not an experienced mountain bike rider.
The bike

- Surly Karate Monkey, Steel MTB can be run 27+ or 29”
- Fully rigid
- 29 x 2.35 Maxis Ardent Race (front), 29 x 2.2 Maxxis Ikon (rear). Tubeless,
- 1x11 - 32T, 11-46
- Jones Bars
- Hydro brakes
- 2” tyres the absolute minimum
- Lowest gearing possible (Dan Hunt runs 30T, 11-50 with a very light set-up).
Luggage

• Revelate full frame bag (8L)
  • Cooking set-up
  • Bulk food (breakfast cereal and Quinio/Rice mix)

• Apidura Expedition (dry) 17l seatpack
  • Sleeping bag, Sleeping matt, Spares, First Aid Kit, some clothing

• 2 feed bags (Apidura and Surly)
  • One for food. One for water bottle.

• Apidua Top Tube bag
  • Sunscreen, Lube, Multi-Tool, Aquatabs, Painkillers

• 2 x King Many Thing cages (fork mounted) with Sea to Summit 5L dry bags
  • Tent in one
  • Puffer and wet/cold weather gear in the other

• Surly 8-Pack Rack with Wald 137 Basket and Terra Rosa canvas bag (10L?)
  • Food, 3rd water bottle, clothing (that was coming on and off that day), random stuff.

• Velo Orange Mojave cage on downtube with 1.4L Nalgene bottle

Commuter Cycles 2018
Technology & Navigation

- Spot tracker (GPS beacon)
- Garmin eTrex 30
- iPhone (for photos and offline detailed maps)
  - Mapout App is brilliant - very handy for day-to-day planning
  - Quadlock mount
- 10,000ma battery
- Battery powered rear light
- USB Rechargeable 300 Lumen front light (didn't plan on riding much at night)
### Pack list

<table>
<thead>
<tr>
<th>Group</th>
<th>What</th>
<th>Description</th>
<th>Qty</th>
<th>Group</th>
<th>What</th>
<th>Description</th>
<th>Qty</th>
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Commuter Cycles 2018
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<th>Group</th>
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Food & Water

• 3L of water (with extra 1L emergency)
  • Treated everything (aquatabs)
  • Some people filtered (nicer taste, slightly annoying/time consuming)
• Muesli, Quinoi/Rice Mix as staples
• Anything else I could get along the way
• The food I eat/bought along the way is one area that I think I could get much better at with practice - what to eat in, what to take away etc?
Getting there

• Sent Gas Cannisters ahead (can't take on plane)
• Box bike yourself (so you can build it at the other end)
• Built at Airport and rode to accommodation (good shakedown)
• Nervous few beers and lots of pizza the night before
Day 1
Canberra - Happy's Hut.
173km, 3500Vm
Day 2
Happy's to Cascade Hut
118km
2900Vm
Day 3
Cascade to Big River
150km
2500Vm
Day 4
Big River to Twins Rd
143km
3900Vm
Day 5
Twins Rd to Guy's Hut
100km
LotsVm
Day 6
Guy's hut to Woods Point
122km ??Vm
HUNT 1000

IF YOU WANT

Food
Acc
Drink e.t.c

Call Darren

CH GO UHF

on door
Day 7
Woods Point to Melbourne
190km