

DAMS CHALLENGE

RIDER GUIDE

SUNDAY 16 APRIL 2023

12 DAMS | 13 DAMS | 15 DAMS | 17 DAMS



WESTCYCLE

WestCycle acknowledges the generosity of our event Partners and Supporters in presenting the 2023 Dams Challenge

GOVERNMENT PARTNERS



Department of
**Local Government, Sport
and Cultural Industries**

EVENT PARTNERS



Pedal Mafia

BECOME A MEMBER OF WESTCYCLE



RIDE COMMUNITY
\$15 PER PERSON



RIDE A BIKE EVERY NOW AND THEN?

- Ride Community Membership is for people who support the organisation that supports people who ride bikes.
- Access member benefits from our partners including discounted bike accessories and apparel, tours, ferry tickets and more...
- Invitations and discounted entry fees for WestCycle events including social rides, bike training, seminars and workshops.

REGULAR RIDERS

- All member benefits included in the Ride Community membership, plus:
- Member discounts on WestCycle competitive events.
- Discounted bike insurance.
- Access to WestCycle programs (online and live) for participation ride event preparation.
- Paraplegic Benefit Fund membership (applies 24/7 – NOT just when riding bikes).



RIDE ACTIVE
\$69 PER PERSON



RIDE SECURE

\$139 PER PERSON \$109 CONCESSION
\$179 FAMILY OF 2 \$199 FAMILY OF 3+



REGULAR RIDERS WHO WANT PEACE OF MIND

- All member benefits included in the Ride Active membership, plus:
- Public Liability Insurance.
- Personal Accident Insurance cover.
- Membership and peace of mind for individuals, couples or families.

FIND OUT MORE AT [WESTCYCLE.ORG.AU/MEMBERSHIP](https://www.westcycle.org.au/membership)

2023 DAMS CHALLENGE RIDER GUIDE

CONTENTS

4. WELCOME MESSAGE

6. WHAT ARE THE DAMS

7. RIDING THE DAMS CHALLENGE

8. EVENT PROGRAM

9. EVENT VILLAGE AND PARKING

10. PIT STOPS

11. CUT OFF TIMES

12. RIDER INFORMATION

14. EVENT PREPARATION

17. RIDER WITHDRAWAL AN EMERGENCY INFO

18. 2 DAMS COURSE INFORMATION

21. 3 DAMS COURSE INFORMATION

24. 5 DAMS COURSE INFORMATION

29. POST EVENT

WELCOME MESSAGE



Congratulations on joining us for the 2023 Dams Challenge. The “Dams” started with humble beginnings in 2009 when around 350 riders took on a monumental one-day ride like no other in Australia.

Welcome to all returning riders. We trust you will have an enjoyable and rewarding ride. It is great to see the number of riders who move up to a longer ride, seeking to challenge themselves as their confidence and fitness build. We also wish to pay a special mention to the 9 riders who have

completed 5 or more Dams Challenges. Keep an eye out for them in their special gold Dams jersey. You can also see these riders listed in the honour roll in this guide.

For those taking on the Dams Challenge for the first time, you can be assured of a truly challenging and rewarding experience. There will be times when your quads will be screaming on the climbs and your heart pounding as you reach the top of the hills but the stunning scenery will help you meet the challenge of the next climb. However, as you cross the finish line you will be overcome with an enormous sense of achievement. You can then share your stories as you enjoy the post event meal at the finish.

The Dams is a personal challenge not a race. Ride safely and enjoy the spirit of the event.

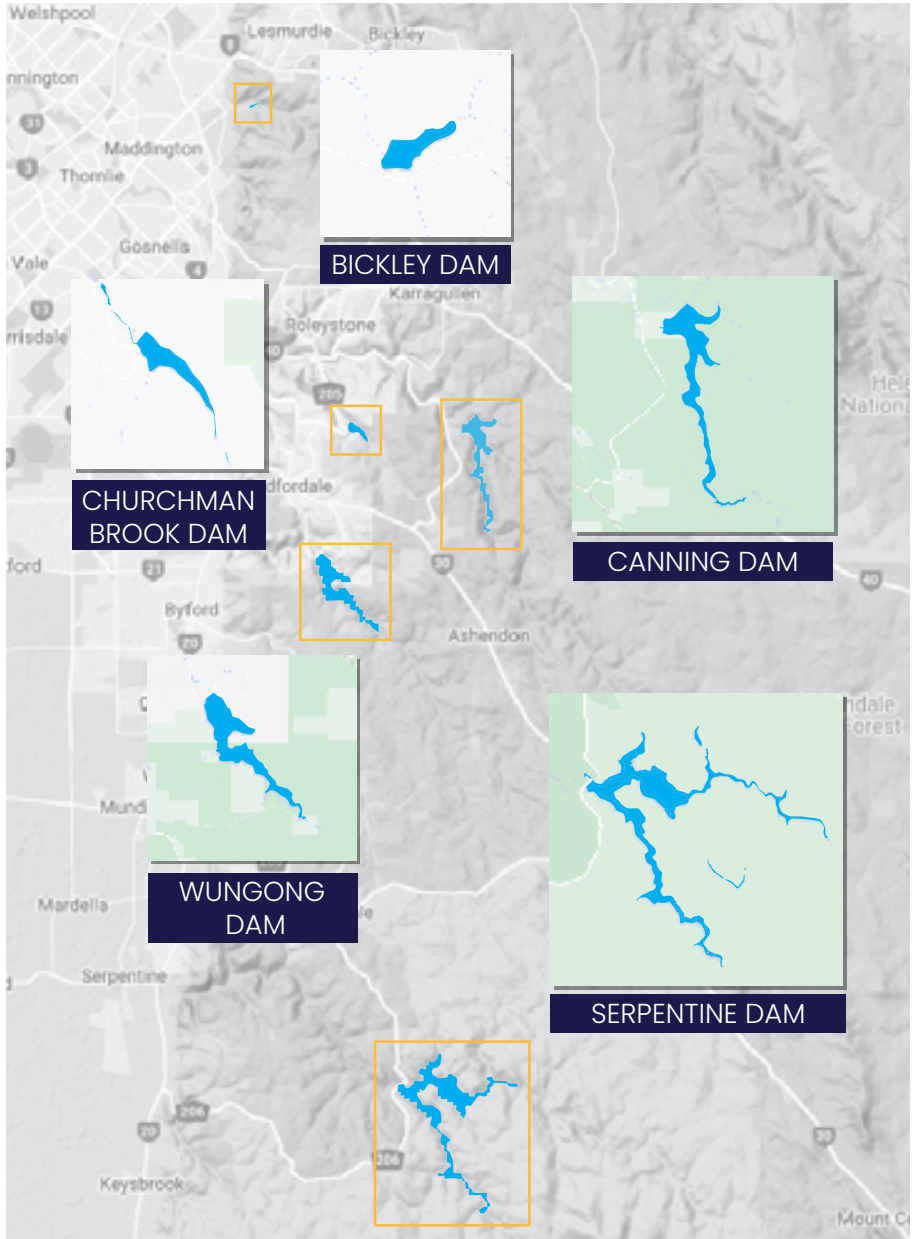
I acknowledge the hard work and dedication of the team at WestCycle and the incredible assistance of the army of volunteers who will be out there supporting you throughout the day. Without them, this event would not be possible.

With your preparation now completed, the only thing left now is for you to enjoy the ride.

Ride safely

Wayne Bradshaw
Chief Executive Officer. WestCycle

WHAT ARE THE DAMS?



RIDING THE DAMS CHALLENGE

This is a challenging event on open roads. There are no road closures and you will be sharing the roads with other vehicles.

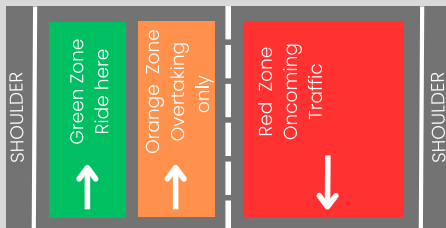
There are some difficult climbs and technical sections. It is essential you ride safely and sensibly, particularly towards the end of the ride when fatigue can begin to affect your skill and concentration. It is essential you keep your safety and that of other riders in mind throughout the day.

WestCycle requests you observe the following:

IT IS IMPORTANT THAT YOU DO NOT TAKE ANY RISKS THAT COULD PUT YOURSELF OR OTHER RIDERS IN A LIFE-THREATENING SITUATION.

RIDERS AND OTHER ROAD USERS AND OBEY EVENT OFFICIALS AT ALL TIMES

- Obey all road rules
- Ride a maximum of two abreast
- Please ride single file on all climbs and only pass when safe to do so
- Albany Highway between Jarrahdale Road and Wungong Dam is strictly single file only
- Ride as close as possible to the left hand side of the road
- Do not ride within 2 metres of the rear of a moving vehicle
- Keep left unless overtaking
- Do not unnecessarily obstruct the flow or movement of other vehicles
- Please refrain from any unsafe riding practice including bunch riding and drafting
- Communicate hazards on the road verbally and with hand signals
- Ride with care and consideration for other road users
- Follow the directions and instructions given by event officials, marshals and traffic controllers



SHARE THE ROAD
BE AWARE THAT YOU ARE RIDING ON

If the shoulder is sealed, this can be a good place to ride.

RIDE in the GREEN ZONE
OVERTAKE when safe in the ORANGE ZONE
STAY OUT of the RED ZONE

EVENT PROGRAM

PRE EVENT: 14-15 APRIL 2023

What's on	When
Rider Registrations and Rider Pack Collection	Leederville Sporting Club 78 Cambridge St, West Leederville, 6007 Friday 14 April - 10:00AM - 6:00PM Saturday 15 April - 8:00AM - 12:00PM Strictly NO pick up on event day

Rider Packs must be collected on the dates outlined above, packs will not be available on event day. You must bring confirmation of your registration on the day (hard copy or email on your phone). Each Rider Pack contains:

- Pedal Mafia jersey (if purchased in the early bird period)
- Self-adhesive rider number/timing chip to be affixed to your seat post underneath your saddle, along with the front and left side of your helmet.
- Wristband 1- essential to wear on event day, this is your after ride food voucher.
- Wristband 2 - if you ordered on course lunch.

EVENT DAY: SUNDAY 16 APRIL 2023

5 Dams Challenge	Rider Briefing: 6:00AM Start time: 6:15AM in groups of 20 riders
2 Dams Challenge	Rider Briefing: 6:45AM Start time: 7:00AM in groups of 20 riders
3 Dams Challenge	Rider Briefing: 7:10AM Start time: 7:15AM in groups of 20 riders

EVENT INFORMATION

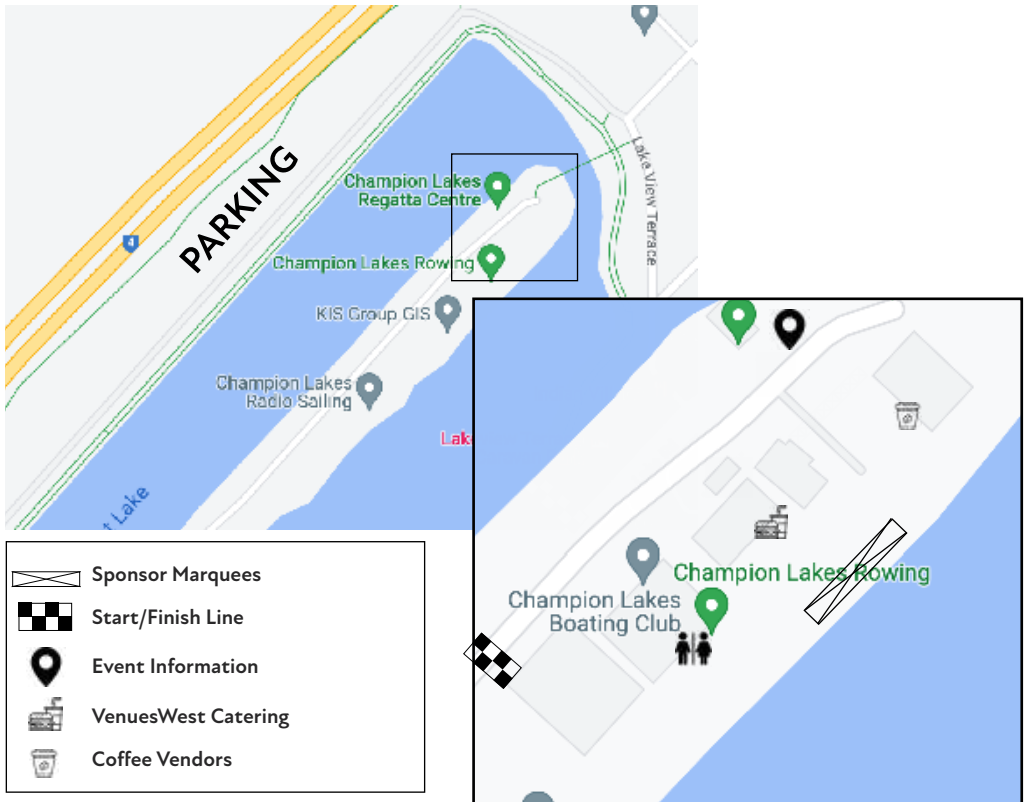
EVENT VILLAGE AND PARKING

The start and finish area for the 2023 Dams Challenge is at Champion Lakes Regatta Centre, Champion Lakes WA 6111.

The following facilities will be available at the Event Village:

- Free Parking
- Toilets
- Coffee, drinks and snacks for purchase from the Coffee Van
- St Johns Ambulance
- Sunscreen
- Event Information Tent

Parking is free and on the North-West side of the lake at Champion Lakes. Access off Champion Drive only with strictly no access via Henley Drive. There will be signage and parking marshals to direct you where you need to park and how to access the event village. Please remove any valuable items from your vehicle prior to parking.



PIT STOPS

DISTANCE KM AND SERVICE

PIT STOP NUMBER	LOCATION	5 DAMS	3 DAMS	2 DAMS
1	Cnr Hall/Fisher Road	45.9km Gear Drop Bananas Water Electrolyte Toilets	45.9km Gear Drop Bananas Water Electrolyte Toilets	
2	Cnr Kingsbury Dr/ Jarrahdale Road	72.9km Bananas 2 Gel max Water Electrolyte Toilets	72.9km Bananas 2 Gel max Water Electrolyte Toilets	
3	Bedfordale (Lunch stop for 5 Dams and 3 Dams)	104.7km Lunch Stop: Selection of wraps/rolls and cake Bananas 1 Gel max First Aid Water Electrolyte Toilets 5 Dams Valet	104.7 km Lunch Stop: Selection of wraps/rolls and cake Bananas 1 Gel max First Aid Water Electrolyte Toilets	
4	Welshpool Rd East	150.5km 1 Gel max Killer Pythons Bananas Water Electrolyte Toilets		
5	McNess Dr/Croyden Road	175.2km Killer Pythons Bananas 1 Gel max First Aid Soft Drink Water Electrolyte Toilets		24.7km Bananas First Aid Water Electrolyte Toilets

CUT OFF TIMES

Cut Off Times are imposed in the Dams Challenge for the following reasons:

- 1. Duty of care and welfare of the participants** – if riders are not able to meet the event cut off times then the participants will be out on the course for a long period of time, which could have a detrimental consequence on the health of the rider. WestCycle have a duty of care for the welfare of those unable to maintain this speed. These riders will have been exposed to the conditions for a long period of time and this can have long term effects on their physical and mental health. Some of the most challenging sections of the course are still to come
- 2. To adhere to the times approved in the Traffic Management Plan** – to ensure that WestCycle do not exceed the road closure/Traffic Guidance Scheme (TGS) implementation time approved by all stakeholders
- 3. Restricted access to Water Corporation Dams** – this event can only be conducted with the ongoing support of the Water Corporation and access to Wungong and Canning Dam is normally restricted. The event approval only allows access to these dams during specific periods

Any riders not meeting the cut off times are welcome to get into the Tail End Charlie (TEC)/Broom Wagon vehicle to be transported back to the Event Village (at the end of the event). Alternatively, riders may once checked by event staff choose to make their own way back to the finish via a shorter route. From that point on they will be officially withdrawn from the event and no-longer be followed by the support vehicles.

The speed used to calculate the cut-off times is based on the last rider to start their respective distance and the following speeds;

5 Dams - 21km per hour PLUS 45mins for Pit Stops

3 Dams - 18km per hour PLUS 30mins for Pit Stops

The following cut off times will be enforced during the 2023 Dams Challenge:

Location	5 Dams	3 Dams
Pit Stop 3 (Lunch)	12:00pm	1:45pm
Springfield Rd – entry to Wungong Dam	12:05pm	1:55pm
Urch Road and Canning Mills Road	1:05pm	N/A
Pit Stop 4	2:20pm	N/A
Pit Stop 5	3:32pm	N/A
Finish	5:00pm	5:00pm

RIDER INFORMATION

EVENT TIMING

This event is fully timed and results will be published on the Dams Challenge website after the event.

Correct timing sticker placement is essential. Place the long sticker around your seat post ensuring the timing chips are facing the back of your bike and are not touching anything (eg. carbon, toolkit bag etc.).

Do not alter the sticker in any way as this could compromise the integrity of the timing chip. Place one small sticker on the front of your helmet and one on the left hand side of your helmet to enable easy identification when on course.

Split timing will be recorded at the following

RIDER ETIQUETTE

In order to maintain a safe and enjoyable event for all riders, participants should be mindful of rider etiquette prior, during and after the event.

- Please use the toilets provided at the Event Village and at the Pit Stops.
- Follow the road rules and ride no more than two abreast. Please move into single file where appropriate such as when overtaking and built up roads such as Albany Highway.
- Follow the instructions from all event staff and officials.
- Take the time to show your respect and say thank you to volunteers who have given up their time to support the event. Without the work of dedicated volunteers, the event could not be run.
- Please do not encourage non-entered riders

locations:

- Start/Finish Line
- Serpentine Dam
- Jarrahdale
- Bedforddale - Pit Stop 3
- Bickley Brook Reservoir
- Churchman Brook
- Welshpool Road
- Canning Dam

A 'dead-zone' is provided at the lunch stop at Bedforddale. Time spent at this stop will not be counted in your overall time and timing will recommence when you exit and cross the timing mat.

to participate with you. This is your event that you have paid for and all resources are calculated on entries received. Those not entered will not be allowed to receive any items at the pit stops or gain entry to any of the 3 secure Dams. These Dams will be monitored and managed by authorised Water Corporation security personnel.



PERTH HILLS ARMADALE

Come see us!

Escape the hustle of the city to discover wide open spaces and sweeping views. Play, stay and explore in the Perth Hills.

Visit the Perth Hills Armadale Visitor Centre on 40 Jull Street to begin your adventure.

 @PERTHILLSARMADALE

 #PERTHILLSARMADALE



Naked Apple Cider

1088 Brookton Highway, Karragullen
nakedapple.com.au



Seven Sins Perth Hills

1 Soldiers Road, Roleystone
sevensinsperthhills.com.au



Last Drop Elizabethan

25 Canns Road, Bedfordale
lastdropelizabethan.com



Armadale Reptile Centre

304-308 South Western Highway, Wungong
armadalereptilecentre.com.au





Avocados Perth

2 Mount Street, Kelmscott
avocadosperth.com



Off the Beaten Track WA

WA Hiking and Experiences
offthebeatentrackwa.com.au

  perthhillsarmadale.com.au
(08) 9394 5410 | 40 Jull Street, Armadale



EXPERIENCE
PERTH
HILLS
ARMADALE



CITY OF  Armadale

EVENT PREPARATION

BIKE PREPARATION

It is vital you ensure your bike is in excellent working condition. It is recommend that you have your bike fully serviced before the event and should using new tyres and brake pads.

VAULT CYCLE SERVICES WILL BE AVAILABLE AT THE EVENT VILLAGE AND BEDFORDALE PIT STOP TO PROVIDE LAST MINUTE EMERGENCY REPAIRS IF NEEDED

You may encounter punctures during the ride - ensure you carry spare tubes, gas cylinders and a repair kit and ensure you know how to change a flat tyre. Pit Stops and motorbike marshals will carry limited spares which you are able to purchase (your name and rider number will be recorded for payment after the event).

CLOTHING

Make the most out of your Dams Challenge Experience with the Dams Challenge Gear drop and the 5 Dams Valet.

GEAR DROP

The weather in April can be unpredictable, so please be prepared. Along with the usual cycling kit or official event jersey, you might need to consider arm warmers, gloves, shoe covers, rain jacket or a wind vest in the event of cooler weather.

Once your body is warmed up you may not need to hold onto these extra pieces of clothing and/ or equipment. Not to worry, Riders in the 3 and 5 Dams Challenge will be given the opportunity to drop off any additional pieces of clothing/ equipment at Pit Stop 1, located on the corner of Hall and Fisher Road, 45km into the course. Your personal belongings will then be transported back to the Event Village at Champion Lakes, for you to collect at the end of your ride.

Please note; these bags will NOT BE REFRIGERATED, so please be wary of what you place inside of these bags. Items are left at the riders risks with no responsibility for lost or broken items by WestCycle.

5 DAMS VALET

The 5 Dams Valet service has returned, an additional service to allow 5 Dams participants to have their own supplies transported to Pit Stop 3 (lunch - approx 105km into the course) for collection. This can be used to replenish any personal requirements; i.e. additional spare parts, mobile phone battery pack, drinks/nutrition, sunscreen or other personal items. Your valet items will then be transported back to the Event Village, for you to collect at the end of your ride.

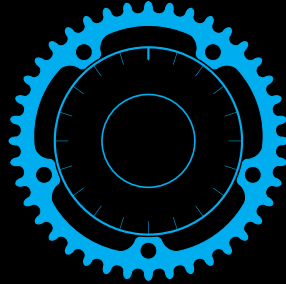
Please utilise your WestCycle draw string bag for the 5 Dams Valet, which you will receive at Rider Pack Collection. You need to attach your 5 Dams Valet sticker to your draw string bag for rider identification. Valet bags can be left at the rider pack pick up or dropped on the morning prior to the start of the 5 Dams event.

The 5 Dams Valet will only be available for 5 Dams

*Trusted by Tour de France Stage winners
and AIS athletes*

VAULT

CYCLE SERVICES



**Precision bike maintenance
with personalised service**

**Drop off & pick up from your home or work
Servicing Perth CBD and surrounds**

**Contact Richard on
(08) 9321 2463 or 0406 518 812**

**Book online at
www.vaultcycleservices.com.au**

10% discount for first time customers

EVENT PREPARATION

NUTRITION

Nutrition plays a vital role for extended rides such as the Dams Challenge, not only for maximising performance, but also simply ensuring you complete the ride in a healthy state.

On an endurance ride it is recommended you consume around 30 - 60 grams of carbohydrates per hour, this is equivalent to 1-2 gels per hour.

Prior to the event, ensure you have a low GI breakfast such as porridge or muesli and stay ahead of your hunger - eat before you get hungry on the ride!

Pure Sports Nutrition is the nutrition partner for the 2023 Dams Challenge and their electrolyte and gels will be available on course at select pit stops. Their energy products do not contain any artificial ingredients or colours.

Please note: There is no on course nutrition available for the 2 Dams course.

3 and 5 Dams riders - 2 gels max at pit stop 1
1 gel at pit stop 2- 4

YOU WILL HAVE ACCESS TO LIMITED PURE SPORTS NUTRITION PRODUCTS OUT ON COURSE, BUT IT IS ALWAYS CRUCIAL TO MAKE SURE YOU PLAN ADDITIONAL REQUIREMENTS IN ADVANCE

BIKE MAINTENANCE

Here are some helpful tips from Vault Cycle Services

1. Ensure that your bike is well maintained. If you're not confident that your bike is in tip top running order make sure you have it serviced before the ride.
 2. The most common problem you'll run into on the day are punctures. These can be minimised by running suitable new (not old) quality tyres for your bike, with the correct tyre pressure. If you are running tubeless wheels, then make sure your sealant is topped up the week before the event and has two or three rides before the event to make sure the sealant is doing its job. DO NOT add sealant or new tubeless tyres the day before the event without having ridden them.
 3. If you're running tubulars, make sure you carry the appropriate size spare tube (minimum of 1) and the tools to change them.
 4. The middle of the race is not the time to learn how to change a tube! Practice it at home.
 5. Drive chain optimisation! You can have the most expensive bike on the day, but if your drive chain (i.e. chain, derailleur, cassette and rings) are not perfectly clean and well-lubed you may as well do an extra 5km before you start. Running a preferably new, but definitely not old, well-lubed chain will help you immensely.
 6. Make sure your brakes, if they are mechanical, are running smooth new cables with at least 70% pad life present.
- Now is the time to make sure your bike is running perfectly. Don't leave it to the last minute!

WHAT TO PACK ON THE DAY

COMPULSORY ITEMS

Australian Standards bike helmet

Front and rear lights (5 Dams riders)

Rear lights (3 and 2 Dams riders)

2 x drink bottles

Spare tubes and gas cylinders

Puncture repair kit

Nutrition - food, snacks, gels etc.

Mobile phone

Cash/Card

Timing sticker and helmet sticker

Wristband

Photo identification

RECOMMENDED ITEMS

Gloves

Sunglasses

Sunscreen

Arm warmers

Rain/wind jacket

Multi-tool or allen key

Change of clothes for after the event

2023 Dams Jersey



RIDER WITHDRAWAL AND EMERGENCY INFO

ROUTE SUPPORT AND RIDER WITHDRAWAL

The 2023 Dams Challenge is an open road event and volunteer marshals will be on course to direct riders. Please pay close attention to the directional signage along the route. Motorbike marshals will follow and support riders as required.

Limited mechanical supplies will be available for purchase at Pit Stops and from motorbike marshals.

If you require assistance from a motorbike marshal or the broom wagon, identify yourself by pulling off the road and signal that you need assistance when they arrive. Alternatively, you can contact Event Control on 0403 967 206 who will contact a marshal and direct them to assist you.

The broom wagon can assist riders who have a mechanical breakdown or are unable to continue to ride due to fatigue. The broom wagon will sweep

the tail end of the course and transport you to the closest Pit Stop where you can arrange your own transport back to the event village, or you can stay in the Broom Wagon until it comes back to the Event Village at the end of that distance

FIRST AID AND MEDICAL EMERGENCIES

First aid support is available from motorbike marshals, checkpoints and broom wagons. First Aid Staff will be stationed at Pit Stop 3 and Pit Stop 5.

If you choose to withdraw please SMS
Event Control on
0403 967 206
with your rider number and location

You may choose to wait for the BROOM
WAGON which will take you and your bike
to the next checkpoint for someone to
collect you

EMERGENCY PROCEDURE

Is it an Emergency?
(Does it need an ambulance, fire or police?)

NO

Contact Event Control
0403 967 206

YES

Contact Emergency
Services on 000
Contact Event Control
0403 967 206


In the event of an accident or incident
please contact

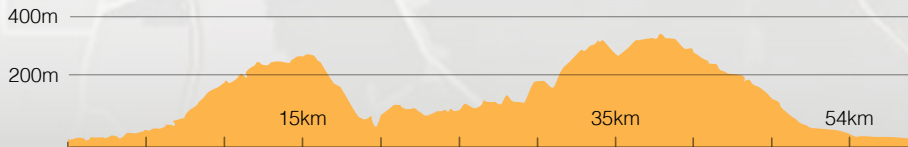
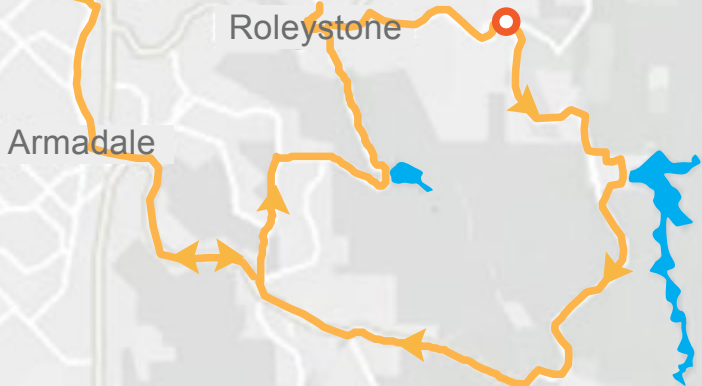
EVENT CONTROL
0403 967 206

Dial '000' for life threatening emergencies only

DAMS CHALLENGE

 Start/Finish line

 Pit Stop



2 DAMS COURSE

53.72 KM / 813 M

2 DAMS CHALLENGE

DISTANCE	NOTE
0.00 km	Head southeast on Henley Dr toward Lake Rd
0.6 km	At the roundabout, continue straight onto Cammillo Rd
0.7 km	Head east on Cammillo Rd
2.9 km	At the roundabout, Turn Right taking the 2nd exit onto Railway Ave
4.05 km	Continue onto Railway Ave
4.50 km	At the roundabout, take the 1st exit and stay on Railway Ave
5.8 km	Turn left onto Armadale Rd
6.74 km	Head east on Armadale Rd towards Albany Hwy
6.79 km	Head straight on through lights onto Albany Hwy
11.3 km	Turn left onto Waterwheel Road
11.5 km	Turn left onto Canns Rd
12.02 km	Head north on Canns Rd toward Settlers Rd
14.0 km	Turn right onto Churchman Brook Rd
17.89 km	Continue on along Soldier Rd
20 km	Head north on Soldiers Rd toward Brookton Hwy
20.2 km	Turn right onto Brookton Hwy
21 km	Turn right onto Croyden Rd
23.45 km	Head southeast on Croyden Rd toward McNess Dr
24.5 km	Turn right onto McNess Dr
25 km	Turn right into Pit Stop
29 km	Turn left onto Canning Dam Loop Rd
30 km	Continue over Canning Dam - Restricted Usage Road
30.5 km	Turn left onto Canning Dam Rd
36.3 km	Turn right onto Albany Hwy
39.90 km	Continue west on Albany Hwy
46.97 km	Proceed straight through lights and continue onto Armadale Rd
47.8 km	Turn right onto Railway Ave just after Rail Crossing
50.8 km	At the 4th roundabout take the 1st exit onto Cammillo Rd
53 km	Continue straight onto Henley Dr
54.27 km	Finish

2 DAMS COURSE ROUTE

<https://rb.gy/7om4r2>

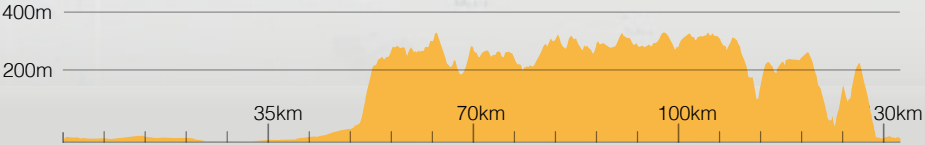
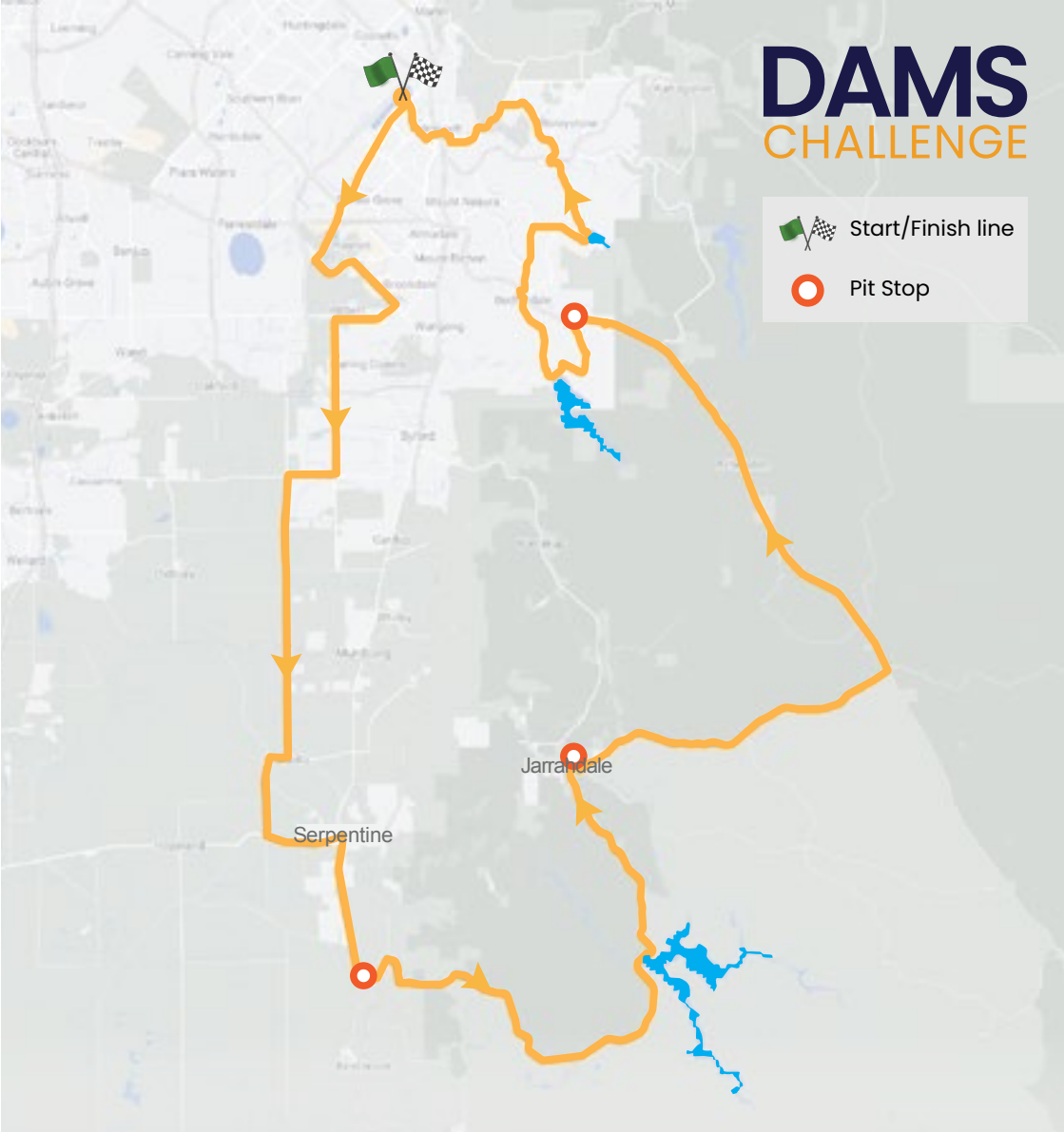
DAMS CHALLENGE



Start/Finish line



Pit Stop



3 DAMS COURSE

133.09 KM / 1,579 M

3 DAMS CHALLENGE

DISTANCE	NOTE
0.00 km	Head southwest towards Henley Dr
0.7 km	At the roundabout, take the 3rd exit onto Lake Rd
5.5 km	At the roundabout, take 1st exit onto Ranford Rd
6.1 km	At the roundabout, take 2nd exit onto Twelfth Rd
7.9 km	Turn left onto Forrest Rd
9.80 km	Turn right onto Eleventh Rd
9.81 km	Head southeast on Eleventh Rd
12.1 km	At the roundabout, take the 2nd exit right onto Rowley Road
14.7 km	Turn left onto Hopkinson Rd
14.71 km	Head south on Hopkinson Rd
20.7 km	Turn right onto Orton Rd
20.71 km	Head west on Orton Rd
22.6 km	Turn left onto Kargotich Rd
22.61 km	Head south on Kargotich Rd
29.4km	At the roundabout, take 2nd exit onto Kargotich Rd
33.6 km	Turn right onto Lowlands Rd
34.3 km	Turn left onto Rapids Rd
34.31 km	Head south on Rapids Rd
37.3 km	Turn left onto Karnup Rd
37.31 km	Head southeast on Karnup Rd
40.3 km	Turn right onto Hall Rd - before railway line
40.31 km	Head south on Hall Rd
45.9 km	Pit Stop 1 - located on the Cnr of Fisher and Hall Rd
45.9 km	Continue onto Fisher Rd
46.6 km	Turn left onto South Western Hwy
47.5 km	Turn right onto Kingsbury Dr
63.7 km	DAM 1 - SERPENTINE DAM
64.6 km	Head northwest on Kingsbury Dr
72.7 km	Pit Stop 2 - Cnr Kingsbury Dr/Jarrahdale Road
72.7 km	Turn right onto Jarrahdale Rd
86.5 km	Turn left onto Albany Hwy Single File - Tail Light On
104.5 km	Turn left into Pit Stop 3 - Lunch Stop
106.3 km	Turn left onto Springfield Rd
106.31 km	Head south on Springfield Rd
108.8 km	Continue onto Admiral Rd across Wungong Dam
109.9 km	DAM 2_ WUNGONG DAM

3 DAMS CHALLENGE CONT.

DISTANCE	NOTE
110.2 km	Continue onto Admiral Rd
110.7 km	Head north on Admiral Rd
113.8 km	Turn left onto Albany Hwy
114.2 km	Turn right onto Waterwheel Rd
114.4 km	Turn left onto Canns Rd
116.9 km	Turn right onto Churchman Brook Rd
117.9 km	Continue onto Soldiers Rd
119.5 km	Dam 3 – Churchman Brook Dam
123.0 km	Turn right onto Brookton Hwy
123.1 km	Turn left onto Peet Rd
123.9 km	Turn left onto Urch Rd
126.6 km	Turn left onto Canning Mills Rd
129.1 km	At the roundabout, take the first exit to continue straight onto Orlando St
129.5 km	Turn right onto River Road
129.7 km	Continue straight into Fancote St
130.0 km	Turn left into Fancote St
130.2 km	At the traffic signals, continue straight onto Davis Rd
130.8 km	At the roundabout, take the 3rd exit to turn right onto Cammillo Rd
132.5 km	Continue through the roundabout onto Henley Drive
133 km	Finish

3 DAMS COURSE ROUTE

<https://rb.gy/kzqlht>

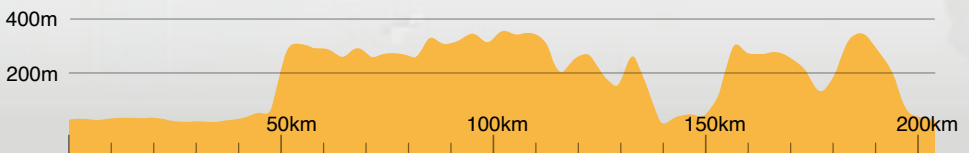
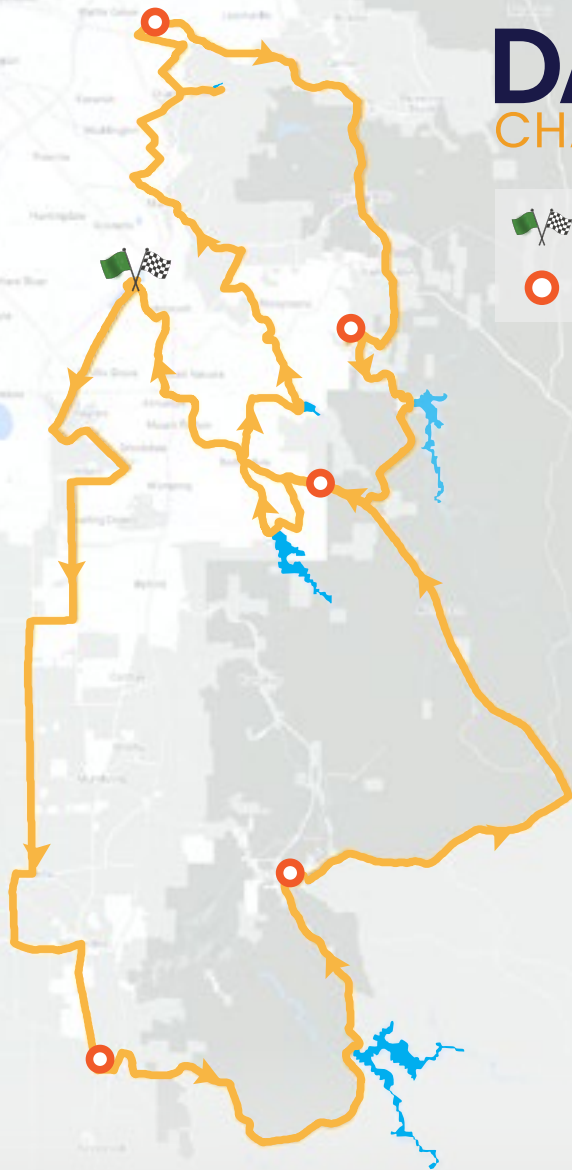
DAMS CHALLENGE



Start/Finish line



Pit Stop



5 DAMS COURSE

204.34 KM / 2,672 M

5 DAMS CHALLENGE

DISTANCE	NOTE
0.00 km	Head southwest towards Henley Dr
0.7 km	At the roundabout, take the 3rd exit onto Lake Rd
5.5 km	At the roundabout, take 1st exit onto Ranford Rd
6.1 km	At the roundabout, take 2nd exit onto Twelfth Rd
7.9 km	Turn left onto Forrest Rd
9.8 km	Turn right onto Eleventh Rd
9.81km	Head southeast on Eleventh Rd
12.1 km	At the roundabout, take the 2nd exit right onto Rowley Road
14.7 km	Turn left onto Hopkinson Rd
14.71 km	Head south on Hopkinson Rd
20.7 km	Turn right onto Orton Rd
20.71 km	Head west on Orton Rd
22.6 km	Turn left onto Kargotich Rd
22.61 km	Head south on Kargotich Rd
29.4 km	At the roundabout, take 2nd exit onto Kargotich Rd
33.6 km	Turn right onto Lowlands Rd
34.31 km	Turn left onto Rapids Rd
34.31 km	Head south on Rapids Rd
37.30 km	Turn left onto Karnup Rd
37.31 km	Head southeast on Karnup Rd
40.3 km	Turn right onto Hall Rd before railway line
40.31 km	Head south on Hall Rd
45.9 km	Pit Stop 1 - located on the Corner of Fisher and Hall Rd
45.91 km	Continue onto Fisher Rd
46.6 km	Turn left onto South Western Hwy
47.5 km	Turn right onto Kingsbury Dr
63.7 km	DAM 1 - SEPENTINE DAM
64.6 km	Head northwest on Kingsbury Dr
72.7 km	Pit Stop 2 - located on the Cnr of Kingsbury and Jarrahdale
72.7 km	Turn right onto Jarrahdale Rd
86.5 km	Turn left onto Albany Hwy - Single File - Tail Lights On
104.5 km	Turn left into Pit Stop 3 - Lunch Stop
106.3 km	Turn left onto Springfield Rd
106.31	Head south on Springfield Rd
108.8 km	Continue onto Admiral Rd across Wungong Dam
109.9 km	DAM 2 - WUNGONG DAM

5 DAMS CHALLENGE CONT.

DISTANCE	NOTE
110.2 km	Continue onto Admiral Rd
110.7 km	Head north on Admiral Rd
113.8 km	Turn left onto Albany Hwy
114.2 km	Turn right onto Waterwheel Rd
114.4 km	Turn left onto Canns Rd
116.9 km	Turn right onto Churchman Brook Rd
117.9 km	Continue onto Soldiers Rd
119.5 km	DAM 3 - CHURCHMAN BROOK DAM
123 km	Turn right onto Brookton Hwy
123.1 km	Turn left onto Peet Rd
123.9 km	Turn left onto Urch Rd
126.7 km	Turn right onto Canning Mills Rd
128.6 km	Turn left onto Mills Rd East
133.5 km	Enter the roundabout, take 2nd exit and continue onto Mills Rd West
133.8 km	Straight on at traffic lights, across Tonkin Highway
134.9 km	Turn right onto Gosnells Rd West
135.8 km	Enter the roundabout, take 2nd exit and continue onto Gosnells Rd West
136.3 km	At the roundabout, take 1st exit to turn left onto Alcock St
137.0 km	At the roundabout, take 2nd exit to turn right into Dellar Rd
138.5 km	Turn right onto Maddington Rd
140.9 km	Proceed straight onto Hardinge Rd
142.3 km	Dam 3 – Bickley Brook Reservoir
142.8 km	U-turn on Hardinge Rd
144.4 km	Turn right onto White Rd
145.6 km	At the roundabout, take the 2nd exit, right onto Kelvin Rd
147.2 km	Turn left onto Crystal Brook Rd
149.3 km	Turn right onto Welshpool Rd E
150.5 km	Head east on Welshpool Rd E - Pit Stop 4 Fish and Bird Place
156.8 km	Turn right onto Canning Rd
159 km	Head south on Canning Rd
168.7 km	Turn left onto Brookton Hwy
169.3 km	Turn right onto Gardiner Rd
172.3 km	Road bends right onto Croyden Rd
174.4 km	Turn left onto McNess Dr
175.0 km	Turn right into Pit Stop 5

5 DAMS CHALLENGE CONT.

DISTANCE	NOTE
179.2 km	Turn left onto Canning Dam Loop - Restricted-usage road
180.2 km	DAM 5 - CANNING DAM - Head south-east across Canning Dam wall
181.2 km	Turn left onto Canning Dam Rd
186.5 km	Turn right onto Albany Hwy
197.1 km	Continue straight onto Armadale Rd
197.8 km	Turn right onto Streich Ave - just before Rail crossing
201.4 km	At the traffic signals, turn left onto Davis Rd
201.9 km	At the roundabout, take the 3rd exit to turn right onto Cammillo Rd
203.6 km	At the roundabout, take the 2nd exit straight onto Henley Dr
204.34 km	Finish

5 DAMS COURSE ROUTE

<https://rb.gy/laqxqz>

VOLUNTEERS

Organising such an iconic event with so many riders would not be possible without the support of a large team of volunteers. Remember to thank them for giving up their time and expertise to make this event such a success.

WestCycle is currently seeking enthusiastic volunteers to assist at the 2023 Dams Challenge. We have a variety of roles available on the event day. If you have friends or family not riding ask them to support you by volunteering at the event. Volunteer opportunities can be found [HERE](#)



EVERY VOLUNTEER WILL RECEIVE A 12 MONTH WESTCYCLE RIDE ESSENTIAL MEMBERSHIP, PEDAL MAFIA CAP AND A WESTCYCLE VOLUNTEER T-SHIRT AS A TOKEN OF OUR APPRECIATION

RUBBISH DISPOSAL

The event takes you through some beautiful scenery in the Perth hills and accesses important public drinking water source areas managed by the Water Corporation. These areas provide the water we drink and without permission and approval from the Water Corporation the event could not go ahead.

Please **DO NOT LITTER** and respect the natural environment, water supply and local residents that allow this event to happen. Riders caught littering may be removed from the event at the discretion of the Event Director.

It is your responsibility to dispose of your rubbish. There will be bins at each checkpoint and throughout the course. Hold on to wrappers and other waste until the next stop. Your cooperation is essential. Anyone found to be littering may be removed from the event.

POST EVENT

Once you have made it back to the event village we have services to reward you and provide you with post ride support.

Celebrate your finish by receiving your finisher's medallion.

There will be a complimentary lunch item and drink available for you once you arrive back to the event village. Please ensure you keep your wristband on as this is your lunch voucher!

Star Physio Massage Therapist, will be at the event village to offer complimentary treatments and massages.

All that is left to do is rest, recover and enjoy the atmosphere!

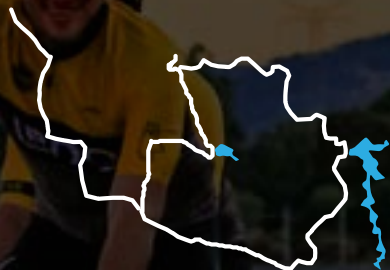
ON COURSE PHOTOGRAPHY

Make sure to look out for our on course photographers and give them a smile as you ride by. Individual photographs will be available for purchase from Super Sport Images post race. Look out for an email with more information.



www.SUPERSPORTIMAGES.com

2 DAMS COURSE



**813M OF
CLIMBING**



**53.72 KM
IN THE LEGS**



**CANNING
DAM**



**CHURCHMAN
BROOK
DAM**

3 DAMS COURSE



**1,579M
CLIMBING**



**133.09 KM
IN THE LEGS**



AVERAGE TEMP
26°

**SERPENTINE
DAM**

**CHURCHMAN
BROOK
DAM**

**WUNGONG
DAM**



5 DAMS COURSE



**2,672M
CLIMBING**



**204.34 KM
IN THE LEGS**



**AVERAGE TEMP
26°**

SERPENTINE BICKLEY

CANNING

CHURCHMAN
BROOK

WUNGONG

DAM DAM DAM DAM DAM

