

CAPE TO CAPE

WESTERN AUSTRALIA

2019 RIDE GUIDE

17-20 OCT 2020



WESTERN
AUSTRALIA



SHIMANO

CONTENTS

General Event Enquiries

Additional information can be found via the following:

Website: www.capetocapemtb.com

Phone: 1300 761 384

E-mail: capetocape@ironman.com

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WELCOME *to* Western AUSTRALIA

Top quality wine, world-class surf and international events have put the South West Region on the map, but it's the rest of the offering which keeps both Australian and overseas visitors coming back.



@WesternAustralia
#justanotherdayinWA



@ExtraordinaryWesternAustralia

CAPE TO CAPE TRACK

WESTERN AUSTRALIA

RACE DIRECTOR UPDATE

As we stage the twelfth edition of Cape to Cape, I acknowledge the change, growth and the loyalty of the team, our riders and our MTB community. Thank you to you all, the ride has been epic and will continue to evolve and improve.

Our mission and goal is to bring you the best 4 day stage race we can possibly deliver whilst showcasing an amazing part of the world in Margaret River, making the locals proud, the visitors captivated and the ride unforgettable.

In 2019, we introduce pairs racing and with this we bring the matching jersey, we allow a push up the hills by your team mate and encourage creative and cheeky names. We think it is an addition to the race that embodies the camaraderie and mateship of Cape to Cape. In saying this, we take no responsibility for any busted friendships, we recommend you choose your pair wisely!

We are incredibly fortunate to have the long standing support of Tourism WA, SHIMANO, Shire of Augusta, City of Busselton and GIANT who we are so very grateful for. To our partners at Camelbak, The Common, Koda, Metsal, Chobani, Global Diagnostics, Thule, Europcar, Active and FinisherPix, we thank you for your support.

We are proud to once again partner with Bike Dr, an awesome charity who develops, encourages and supports those less fortunate into the world of MTB.

Our venues are world class. What better place to start and finish a race than in the iconic and breathtaking location of Cape Leeuwin Lighthouse, Leeuwin Estate who showcase not only a beautiful vista but some of the best red I have ever had the privilege of drinking, Colonial Brewery with an unbeatable atmosphere and brew to match and finishing with my drink of choice at the Margaret River Gin Distillery. I feel like even without the ride, you're winning!

Sustainability is really important to us, so please don't litter on course and be mindful at the start lines. The land we ride on is so important to us all, I thank you for being respectful and if you see someone who isn't, let me know!

I have so much gratitude to every rider and support team person for choosing Cape to Cape as your ultimate MTB holiday for 2019. We honestly get such a thrill watching you cross the line every day.

Putting together an event like this is a 12 month job, one I feel very fortunate to have, however I never take it for granted and I certainly have a solid team of excellent people who I get to call friends as well as co-workers.

To our team, who encompasses everyone from the course crew, the rego team, marketing and media, our partnership people, the admin behind the scenes, the site crew, the film and photography master minds and last, but by no means least, the Volunteers out on course – I thank you all from the bottom of my heart.

And to the heroes of the event, our riders, YOU are the most important, have a blast, enjoy the course, be safe and respectful to everyone, have a beverage to celebrate and be sure to smile as the camera is always there.

Rock on Legends

Sally Hill
Race Director



WELCOME MESSAGE

The McGowan Government is a proud sponsor of 2019 Cape to Cape through Tourism WA's Regional Events Program.

The program supports medium to large regional events across the State to boost tourism, increase community vibrancy and participation, and develop regional areas.

The Regional Events Program plays an important role in positioning Western Australia as an exciting destination to visit and a great place to live by showcasing and promoting a region's unique and diverse attractions.

Tourism is a key part of the Government's plan to diversify the economy, create jobs and develop business opportunities, especially in regional Western Australia.

Events play an important role in this plan with the Government sponsoring a range of sporting, cultural, arts and culinary events across the State, through Tourism WA, to attract more visitors, encourage them to stay longer, disperse further and do more while they are here.

We hope everyone enjoys the event and takes the time to explore the South West region.

I'm excited to again be welcoming riders from all around the world to join our local contingent of cycling enthusiasts to participate in the 12th Cape to Cape Mountain Bike event.

The annual race is a favourite on both the Margaret River Region and mountain biking calendars, and it provides for health, wellbeing, and social engagement opportunities while activating the local economy.

Council fully supports Cape to Cape MTB's 'leave no trace' principles and thanks organisers for their commitment to showcasing, and responsibly managing, our pristine local environment.

The Shire is a biodiversity hotspot and we encourage you to responsibly enjoy all the wonderful offering of the local environment outside of the event so its beauty is preserved for generations to come.

Congratulations to all who have taken on the challenge and signed up to complete this year's event – your hard work has seen you to the start line.

I now wish you all the very best of luck for a challenging four days and look forward to seeing you exhausted, but delighted, at the finish line.



Hon Paul Papalia CSC MLA
Minister for Tourism



Hon Alannah MacTiernan
MLC
Minister for Regional
Development



Pam Townshend
President
Shire of Augusta Margaret River

The Shire of Augusta Margaret River

is a proud partner of the

2019 Cape to Cape Mountain Bike event



PO Box 61, Margaret River WA 6285

T (08) 9780 5255 F (08) 9757 2512

amrshire.wa.gov.au



Turner Caravan Park

*Stay in our brand new chalets
overlooking the Blackwood River*

- River frontage
- Brand new chalets
- Easy walk to Augusta town centre
- Shady, grassed powered and unpowered sites
- Camper's kitchen
- Laundry facilities
- Disability accessible
- Wood and electric BBQs

WELCOME MESSAGE

The City of Busselton welcomes spectators and competitors to the Cape to Cape MTB 2019.

The City is very proud to support Australasia's longest running and biggest MTB multi-stage endurance race again which takes in some of the State's most picturesque scenery and is proving to be very popular with intrastate, interstate and international participants.

The South West region is the perfect setting for this nature based event. The race showcases the extraordinary sights such as stunning beaches, tall-timber forests and world class vineyards. The Cape to Cape MTB 2019 offers a truly spectacular way to experience the unique beauty of the State's South West.

Busselton, Dunsborough and Yallingup are friendly and bustling towns offering great shopping, relaxed dining, and fantastic entertainment. We also encourage you to visit some of the many wineries and breweries our region has on offer.

I extend my congratulations to event organisers and wish participants and all those involved with the Cape to Cape MTB a fantastic race day.



Mayor Grant Henley
City of Busselton



The City of Busselton welcomes participants in the **2019 Cape to Cape MTB** Mountain Bike event. It's fantastic to see so many competitors here for another year of action packed adventure in one of the most beautiful and pristine parts of the world. We're committed to supporting healthy lifestyles and hosting high profile sporting events like the Cape to Cape MTB - it's an important part of our cultural identity. The City is proud of its natural environment and we are sure you will all appreciate the magnificent scenery as you cycle your way through the spectacular landscapes. It truly is where adventure meets nature.

The City of Busselton welcomes you and wishes you all the very best for a wonderful race and a fabulous Cape to Cape experience.



Visit

www.busselton.wa.gov.au

Join our community

@citybusselton

#EventsCapitalWA



Where adventure meets nature

EVENT SCHEDULE

*Event Schedule subject to change

Pre-Race Wednesday 16 October		
Time	Event	Venue
12:00pm – 7:00pm	Registration	Leeuwin Estate Winery - Stevens Rd, Margaret River
12:00pm – 7:00pm	Information Open	Leeuwin Estate Winery - Stevens Rd, Margaret River
12:00pm – 7:00pm	Expo & Official Merchandise Store Open	Leeuwin Estate Winery - Stevens Rd, Margaret River
4:00pm	Official Welcome and Race Briefing	Leeuwin Estate Winery - Stevens Rd, Margaret River
4:30pm	Time Trial (Top 20 Elite Teams)	Leeuwin Estate Winery - Stevens Rd, Margaret River
Stage 1 Thursday 17 October		
Time	Event	Venue
6:30am	Stage Parking	Augusta Boat Harbour Car Park
6:30am – 2:00pm	Shuttle Bus Service - Augusta Boat Harbour Carpark to Cape Leeuwin Lighthouse	Cape Leeuwin Lighthouse - Leeuwin Rd, Augusta
7:00am – 8:30am	Registration	Cape Leeuwin Lighthouse - Leeuwin Rd, Augusta
7:00am – 2:00pm	Information Open	Cape Leeuwin Lighthouse - Leeuwin Rd, Augusta
7:00am – 2:00pm	Bike Mechanic Services	Cape Leeuwin Lighthouse - Leeuwin Rd, Augusta
7:00am – 2:00pm	Official Merchandise Store Open	Cape Leeuwin Lighthouse - Leeuwin Rd, Augusta
8:45am	Race Briefing	Cape Leeuwin Lighthouse - Leeuwin Rd, Augusta
9:00am	Stage 1 Race Start	Cape Leeuwin Lighthouse - Leeuwin Rd, Augusta
12:30pm	Stage 1 Daily Awards	Cape Leeuwin Lighthouse - Leeuwin Rd, Augusta
From 5:00pm	Social Hub	Settlers Tavern, Margaret River
Stage 2 Friday 18 October		
Time	Event	Venue
6:30am	Stage Parking	Leeuwin Estate Winery - Stevens Rd, Margaret River
7:00am – 2:00pm	Information Open	Leeuwin Estate Winery - Stevens Rd, Margaret River
7:00am - 2:00pm	Bike Mechanic Services	Leeuwin Estate Winery - Stevens Rd, Margaret River
CLOSED	Official Merchandise Store	Leeuwin Estate Winery - Stevens Rd, Margaret River
7:45am	Race Briefing	Leeuwin Estate Winery - Stevens Rd, Margaret River
8:00am	Stage 2 Race Start	Leeuwin Estate Winery - Stevens Rd, Margaret River
12:30pm	Stage 2 Daily Awards	Leeuwin Estate Winery - Stevens Rd, Margaret River
From 5:00pm	Social Hub	Settlers Tavern, Margaret River
Stage 3 Saturday 19 October		
Time	Event	Venue
6:30am	Stage Parking	Carpark Osmington Rd (Approx. 300m Prior to Colonial Brewery Entrance)
7:00am – 2:00pm	Information Open	Colonial Brewery - 29 Osmington Rd, Bramley
7:00am - 2:00pm	Bike Mechanic Services	Colonial Brewery - 29 Osmington Rd, Bramley
CLOSED	Official Merchandise Store	Colonial Brewery - 29 Osmington Rd, Bramley
7:45am	Race Briefing	Colonial Brewery - 29 Osmington Rd, Bramley
8:00am	Stage 3 Race Start	Colonial Brewery - 29 Osmington Rd, Bramley
12:30pm	Stage 3 Daily Awards	Colonial Brewery - 29 Osmington Rd, Bramley
From 5:00pm	Social Hub	Settlers Tavern, Margaret River
6:30pm	Colonial Capers Social Function*Pre-Purchased Tickets	Colonial Brewery - 29 Osmington Rd, Bramley
Stage 4 Sunday 20 October		
Time	Event	Venue
6:30am	Stage Parking	Gloucester Park, Margaret River
7:00am – 2:00pm	Information Open	Margaret River Distilling Co - Carters Rd & Maxwell Rd, Margaret River
7:00am - 2:00pm	Bike Mechanic Services	Margaret River Distilling Co - Carters Rd & Maxwell Rd, Margaret River
7:00am – 2:00pm	Official Merchandise Store Open	Margaret River Distilling Co - Carters Rd & Maxwell Rd, Margaret River
7:45am	Race Briefing	Margaret River Distilling Co - Carters Rd & Maxwell Rd, Margaret River
8:00am	Stage 4 - Race Start	Margaret River Distilling Co - Carters Rd & Maxwell Rd, Margaret River
12:30pm	Stage 4 and Final Awards (Including Cape Epic Draw)	Margaret River Distilling Co - Carters Rd & Maxwell Rd, Margaret River
From 5:00pm	Social Hub	Settlers Tavern, Margaret River

RIDER CHECK-LIST

CHECK-LIST: Whether you are a returning rider, or it is your first time at Cape to Cape, we have provided the below checklist for convenience to make sure everybody is prepared to have an epic event.

- Read the Ride Guide in its entirety
- Familiarise yourself with the [event schedule](#)
- Book flights and accommodation ensuring you arrive in time for [Registration](#). We strongly suggest all Riders (solo and pairs) register on Wednesday 16 October between 12:00pm – 7:00pm. If you can't make it during these times, no stress we have a short window each stage morning to register (see the [event schedule](#) for more info). *You will only need to attend Registration once.*
- Ensure you have photo identification (driver's licence, passport etc) and bring to Registration. You will not be able to Register without photo ID.
- [Bring your Mountain Bike Australia member card](#) to registration. If you aren't a member, you will need to ensure a race licence was purchased upon registration. *All MTBA members who don't have their card at registration will need to purchase a race licence on the spot.*
 - **Hot Tip:** Take a photo of your licence and have it on your phone! This will be accepted.
- Our massage team, Rural Fitness are here to ensure you are ready to rumble each morning! Either rock up on the day or guarantee your spot prior! See the [website](#) for more information.
- Check the Rider list online (available from Wednesday 18 September) and ensure your name, country and category are correct (if incorrect please contact capetocape@ironman.com).
- Confirm that your Emergency Contact person will be contactable on Race Days and ensure that the full number including area / country code is provided. If you have a change contact us at capetocape@ironman.com or amend at registration.
- Confirm your Medicare/health insurance details are current.
- Check the weather forecast to ensure you bring all relevant clothing and equipment.
- Familiarise yourself with the [venues](#) and any [road closures](#)
- Familiarise yourself with the [course information](#) provided – it is your responsibility to know the course. Please note the course will be clearly marked each stage.
- Pairs only - are you interested in being in the ABSA Cape Epic draw? Ensure you have opted in during registration or contact us at capetocape@ironman.com. Please note a \$10 AUD fee will be required to register your interest which will be donated to one of the [Absa Cape Epic official charity partners - Qhubeka](#)

MOUNTAIN BIKE AUSTRALIA MEMBERSHIP: Every rider is required to hold a valid race membership with Mountain Bike Australia (MTBA), either an Annual Race Membership or Race Licence.

OPTION 1 - RACE MEMBERSHIP: You must hold a valid MTBA race membership for the current season. You will need to enter your membership number when you enter the event.

- Note: Recreation Membership does not cover you for this event. You can upgrade your membership to include race coverage for \$15AUD by contacting [MTBA directly](#). Proof of the upgrade must be presented at Registration Onsite
- Note: MTBA have a [free trial membership*](#) that includes race coverage. The trial membership is valid for 8 weeks from when you sign up for it. If you wish to take advantage of this, you will need to register for Cape to Cape via the General Category and purchase the Race Licence at the time of entry. Once you have registered for your free MTBA trial membership, email capetocape@ironman.com with the receipt of free trial membership. We will then refund your Race Licence fee of \$33.
- *Terms and conditions apply

OPTION 2 - RACE LICENCE: If you don't hold a valid MTBA race membership you will be required to purchase a MTBA race licence when you enter (AUD\$33).

ONSITE PROCESS: RACE MEMBERSHIP:

- All riders must present their MTBA annual race membership card. Either a physical card or photo on their phone (ie in the App)
- Alternatively you can log into your MTBA account via the [MTBA](#) website
- If you do not present a valid membership you will be required to purchase a race licence

RACE LICENCE:

- If you purchased a race licence with your entry you are not required to present any proof at Registration.

Not sure if you purchased a Race Licence? Check your email confirmation/receipt or contact capetocape@ironman.com.

For more information about what the race membership and race licences include please view the [Mountain Bike Australia web page](#).

PRE-RACE INFORMATION

REGISTRATION: We strongly suggest Riders (Solo and Pairs) register on Wednesday 16 October.

Date	Time	Location
Wednesday 16 October	12:00pm – 7:00pm	Leeuwin Estate Winery - Stevens Rd, Margaret River
Thursday 17 October	6:00am – 7:30am	Cape Leeuwin Lighthouse, Leeuwin Rd, Augusta

**Please note if you aren't attending Stage 1 Registration is during Information hours.*

WHAT YOU WILL NEED:

- Photo Identification (Driver's Licence or Passport). You will not be able to pick up your race pack without ID.
- Mountain Bike Australia (MTBA) members will be required to bring their MTBA card to registration. *All MTBA members who don't have their card at registration will need to purchase a race licence on the spot.* If you aren't a member, you will need to ensure a race licence was purchased upon registration.
- Only the person registered can pick up their Race Kit at Registration. Please note that it is illegal for someone else to compete under your name or for you to compete under someone else's name. This will result in suspension from future Cape to Cape events or any Epic Series events.

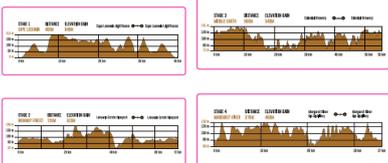
HANDLEBAR RACE PLATE: This is your race identification. All riders need to ensure their Race Plate is secured (using zip ties provided within your pack) prior to each Stage Race Start.

Category	Colour
Pairs/Open Men	Yellow
Pairs/Open Women	Orange
Pairs Mixed	Red
Masters	Green
Grand Masters	Blue
Great Grand Masters	Purple

JERSEY RACE NUMBER: This is your secondary race identification. All riders need to ensure their Race Number is secured to the back of their jersey prior to each Stage Race Start.

RIDER WRISTBAND: Your ID wristband must be worn at all times as this will be your entry to 'athlete only restricted areas.' Your ID wristband will be secured to your wrist prior to leaving Registration and will be required to stay on until the end of Stage 4.

YOUR RACE KIT:

Item	Image
Envelope	
Handlebar Race Plate	
Jersey Race Number	
Athlete Wristband	
Elevation Stickers	
Timing Chip	
Zip Ties	You will receive 4 x zip ties. 3 x Handlebar Race Plate 1 x Timing Chip

WEDNESDAY REGISTRATION PARKING: Leeuwin Estate Winery, Stevens Rd, Margaret River. Free parking is available onsite. As you enter the venue, you will be directed onto the grassed areas to park prior to the entry gates. Approx. 2min walk to venue

PRE-RACE INFORMATION

ATHLETE GIFT: Each rider will receive a Cape to Cape cap and T-shirt.



SOLO CATEGORIES

Your category is based on your age as at 31 December 2019

Category	
Open Men	Male riders aged 15years to 39years
Open Women	Female riders aged 15years to 39years.
Masters Men	Male riders aged 40years to 49years
Masters Women	Female riders aged 40years to 49years
Grand Masters Men	Male riders aged 50years to 59years
Grand Masters Women	Female riders aged 50years to 59years
Great Grand Masters Men	Male riders aged 60years or older
Great Grand Masters Women	Female riders aged 60years or older

PAIRS CATEGORIES

Your category is based on your age as at 31 December 2019. The age of the youngest team rider determines the race category

Category	
Open Men	Both riders are male 15years to 39years
Open Women	Both riders are female 15years to 39years
Mixed	One rider is male and one rider is female
Masters Men	Both riders are male 40years to 49years
Masters Women	Both riders are female 40years or older
Grand Masters Men	Both riders are male 50years to 59years
Great Grand Masters Men	Both riders are male 60years or older.

HAND CYCLISTS

At Cape to Cape 2019 we welcome hand cyclists to the event on all 4 stages.

Our fantastic course team have created diversions to ensure the trails with limited space and log roll overs are taken out allowing you to have the best experience possible on your hand cycle. However, please bear in mind that there are some water crossings we just couldn't avoid. Your support rider will be vital here!!! We want you to be as prepared as possible!

For more information, please contact our Race Director on capetocape@ironman.com

PRE-RACE TRAINING

We are lucky to be granted access to some amazing trails and private land during the event period. Therefore, there is limited access to the full course prior to each Stage. Any rider who is found to be riding on these private lands will be banned from future Epic Series events.

PRE-EVENT SERVICE / BIKE BUILD

Flying in for C2C? Send your steed to the BikeDr ([Unit 3, 448 Roberts Road in Subiaco](#)), where they'll build it up and give it a pre-race check over for just \$95. Bookings are essential and can be made by calling (08) 6162 1527 or via <http://www.bikedr.com.au/booking>

SERVICES AVAILABLE:

- **ADJUSTMENT SERVICE (45MINS)** - Gear adjustment, brake adjustment, safety check. \$65AUD
- **BASIC SERVICE (45MINS)** - Gear adjustment, brake adjustment, wheels trued in bike, bearing health check, drivetrain degrease & lube, bike wash, safety check. \$120AUD
- **FULL SERVICE (1HR 30MINS)** - Gear adjustment, brake adjustment, wheels trued in stand & tension check, all bearings serviced, cables lubed (replace if required, no charge), drivetrain degrease & lube, bike wash and safety check. \$245AUD
- **DELUXE SERVICE (1HR 30MINS)** - Full Service plus all new stainless cables (gear and brake), your choice of tyres and handlebar tape. \$495AUD

GENERAL INFORMATION

TIMING CHIPS: *New in 2019 - All Riders will receive a Timing Chip within their Race Kit. All riders are to ensure that the Timing Chip is secured to the fork of their bike correctly (see instructions below).

Please ensure you put your Timing Chip in a safe place and remember to have it with you on race morning.

If a Timing Chip is lost during the race, you will need to inform Event Personnel at Information or Race HQ, so that timing providers can do their best to replace that chip in order to record splits for the rest of the race.

There will be a timing mat placed on each stage at approximately the half way point. This mat will be used to ensure riders are staying within the 2 minute distance of the pair and assist in ensuring diversions and penalties are correctly applied.

Process	
	<p>Step 1 – Remove the chip from the envelope and place blu tac on the rear side. The blu tac provides a level of cushioning and protection. Please do not use if the chip has no blu tac on the rear.</p>
	<p>STEP 2 – Using the cable tie provided, thread the cable through the chip eyelet and around the fork. The cable tie ratchet must remain on the outer side of the chip when completed. Tighten at approx 50mm above the skewer.</p>
	<p>STEP 3 – Trim the cable tie back to the ratchet. For bikes with wider forks, cable ties can be joined to increase the length. Additional cable ties are available at race pack collection.</p>
<p>When you have completed riding the chip must be returned on the day as penalty fees apply to non-returned chips. The timing chip remains the property of Multisport Australia at all times</p>	

FIRST AID: Basic first aid is available at each Stage's Start/Finish lines and on course at each Stage. If you require medical attention on course,

Either:

- Make your way to the next communication point
- Ask a passing Rider to ride ahead to the nearest communication point to have a Staff Member radio through the Race HQ. Please see *Accidents on Course* section of this Ride Guide for more information.

INFORMATION: Our friendly Staff are here to assist if/when you have any questions.

Wednesday 16 October	12:00pm – 7:00pm
Stage 1	7:00am – 2:00pm
Stage 2 – Stage 4	6:00am – 2:00pm

LOST PROPERTY: Any lost or found property that is handed in will be taken to Information. Please view the times and locations Information will be open on the Event Schedule. Please note that no responsibility or liability is taken by the Race Organisers for lost property.

All lost property will be held for 30 days post event. After this time all left over items will be donated to charity. For any enquiries after the event please contact Cape to Cape team on 1300 761 384 or capetocape@ironman.com

SOCIAL HUB: At the end of each day's racing you'll find most riders and the crew kicking back for a great meal, a frothy top and all the day's banter you could ask for at Settlers Tavern. Located on the main street of Margaret River, Rob and the team are long time supporters of the Cape to Cape. You will find specials just for riders when you show your rider wristband and each night, they'll be showing some of the day's highlights on the screens. See you all there.

CONTINGENCY PLAN: If/when a contingency plan needs to be implemented you will be notified by the Race Director through the Event App or by the Commentator.

CHANGED TRAFFIC CONDITIONS: Please take time to make yourself aware of all changed traffic conditions for yourself and all spectators on each Stage.

RACE VILLAGE SERVICES

BOTTLE DROP:

LOCATION: Information Tent located at each Stage Start Line.

TIME: 7.30am (All bottles must be dropped prior to 7.30am)

We highly recommend that you carry enough water for the day. There will be refill stations at the race village and one on course water station per stage where you can have fill up or have your bottle dropped to assist in keeping you hydrated.

If you wish to use the Bottle Drop service, please be mindful of the above timings and your bottle will then be taken to the water point each day.

Please ensure you clearly label your bottle with your name and race number.

BOTTLE COLLECT - Bottles will be delivered back to the Information tent after the last rider has arrived back at the finish line and the course has been swept. Riders can either wait to collect or collect the follow stage morning. Remember that if you are at the front of the field it is likely your bottle will not beat you back!

ALWAYS BE PREPARED - It is recommended all riders commence each stage with at least one full water bottle and enough food to sustain their energy levels. Water Points will be at approximately half way on each stage; however it is advised that riders carry any dietary specific products as well as "get out of jail" supplies.

MASSAGE:

LOCATION: Massage Tent located at each Stage Venue

COST: Sessions are on a user pays basis charged at \$20/ 15 minutes or \$40/ 30 minutes. Strapping is charged at \$20 per application.

After a big day on the bike you'll be loving the sight of the amazing Professional Event Massage team from Rural Fitness who will be at the finish line each day to get those weary muscles recovered and ready for the next stage. The team can also offer professional strapping if required.

Bookings can be made at the massage tent during opening hours or pre-booked by emailing Paula on ruralfitness@westnet.com.au.

BAG DROP:

LOCATION: BikeDr Tent at each Stage Start Line

TIME: Prior to 9am (Stage 1), 8am (Stages 2-4)

COST: Gold coin donation

Our friends at BikeDr are here to keep your gear safe as you hit the trails. All bags will need to be collected prior to 1pm each day.

Please label your bag with your name or race #.

MECHANICAL SUPPORT:

BIKE DR.

BikeDr. will be providing mechanical support for riders at the start and end of each stage for a donation. While the BikeDr will have spare parts with them (available on a user pays basis), riders need to ensure they are self-sufficient and have with them:

- Spare tube
- Tyre levers
- Multi tool
- Pump and/or CO2
- Quicklink
- Spare hanger and Fiberfix emergency spoke/spare proprietary spokes.

BIKE WASH:

LOCATION: Each Stage Finish Line

COST: Free!

HAVE YOUR BIKE WASHED FOR YOU!: As well as offering mechanical support, BikeDr. will also be on hand at the end of each stage to provide their famous wash & lube service. Just like previous years, they'll be set up at the end of each stage where you can leave your bike along with a \$20 donation, go grab a beer with your mates, and they'll have your bike ready to shred the next stage!

PURCHASE TICKETS >

<https://www.eventbrite.com.au/e/bikedr-wash-lube-2019-cape-to-cape-mtb-tickets-64761733087>

FINISH LINE HYDRATION: After you have finished each stage, feel free to take advantage of the post finish facilities available. Located within the Post Finish area will be:

- The Post Finish Hydration Area (including water and KODA electrolyte)
- Medical & Massage support

RACE INFORMATION

RACE BRIEFING:

LOCATION: Start Line – Each Stage

TIME: 7:45am

All riders are required to attend the compulsory pre-race briefing at each Stage. These will be delivered 15 minutes prior to that stage's start. The briefing will inform you on what to expect on course, road rules, dismount zones and rider etiquette. Time penalties will be awarded to riders who do not obey the race rules.

START LINE PROCEDURE:

STAGE 1: Top 200 grid made up of Elite riders both Pairs and solos at the front of the wave*, with the rest of the field (self-seeded) to follow. **Riders are eligible if they finished in the top 200 at a past Epic Series event (Cape to Cape, Port to Port, Reef to Reef, The Pioneer, Cape Epic).*

All riders eligible for this wave will receive a black dot on their race plate upon registration. All Black Dots have now been allocated. If you believe you are eligible and haven't pre-requested, please contact us at capetocape@ironman.com

STAGE 2, STAGE 3 & STAGE 4

On finishing stage 1 riders will be seeded into the following start times via coloured dot system which will determine their start for subsequent stages.

Each wave (stages 2-4) will see approximately 200 riders per wave, a mix of teams and solos, however the grid will prioritise pairs at the front of each wave.

Time	Category	Colour Dot
8:00AM	PAIRS	BLACK
8:05AM	SOLOS	BLACK
8:10AM	PAIRS	LIGHT BLUE
8:15AM	SOLOS	LIGHT BLUE
8:20AM	PAIRS/SOLO	RED
8:25AM	PAIRS/SOLO	GREEN
8:30AM	PAIRS/SOLO	PINK
8:35AM	PAIRS/SOLO	ORANGE
8:40AM	PAIRS/SOLO	YELLOW

DIRECTIONAL SIGNAGE ON COURSE:

SIGNAGE: Each Stage is clearly marked with signage (pictured) and lime markings on the ground. If you have not seen a marker for a while, you have gone the wrong way. Turn back until you find a course marker.



COMPULSORY DISMOUNT: At Cape to Cape there are 2 major road crossings both on Stage two that require riders to dismount and walk across the road under traffic management. You will see signage as you approach the compulsory dismount pen. Riders who fail to dismount will receive a time penalty at the end of the stage. These dismount pens are for the safety of everybody.

WATER POINTS: Each stage will include at least one Water Point. Resources available will include:

- Water
- Bottle Drop collection
- KODA Electrolyte tabs
- KODA gels
- Lollies
- Fruit
- Radio communications to HQ

RACE INFORMATION

ACCIDENTS ON COURSE: We will also have mobile medics on course. If you require medical assistance on course OR you come across a rider who needs this please report to the next Marshal point stating the riders plate number, name and condition and we will be there as soon as possible. If a serious injury occurs, ask the second rider on the scene to direct oncoming riders and send the third rider to the nearest communication point for assistance. Remember, if a rider is seriously injured do not move them, even if they are blocking the entire trail.

If you cannot leave the rider please call A) an ambulance if it is life threatening or call HQ on 0408 304 193.

Keep in mind that time considerations will always be given to those who stop and assist injured riders. The bottom line is: at the end of the day, (as awesome as it is) Cape to Cape is just a mountain bike race, you are here to enjoy it and we're all here to get you over that Finish Line safely!

It is strongly advised that you have adequate Personal Accident or Personal Life insurance regardless of whether you are an Australian resident or from overseas. We highly recommend that Australian residents hold valid private health insurance and that international riders check with their travel insurance or personal insurance provider to confirm what they are covered for.

Under Australian legislation, all non-Australian residents are not covered for medical costs or ambulance transport costs. If you have an accident you must pay for your own medical expenses and transport.



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Climb steep trails, conquer high peaks and extend your singletrack adventures. Our collection of electric MTB include everything from XC hardtails to full-suspension bikes for more technical terrain. Experience it all with one of our E-MTB machines!

 **GIANT**

WELCOME & TIME TRIAL

LEEUWIN ESTATE WINERY

WEDNESDAY 16 October

LOCATION Leeuwin Estate Winery, Stevens Rd,
Margaret River

WELCOME & RACE BRIEFING: 4:00pm

TT COURSE OPEN: 4:15pm

START TIME: 4:30pm

time credit will be applied to the GC time post Stage 1. This doesn't affect Stage 1 podium results, just GC.

The top 20 pairs will either be invited based on their past results in an epic series event, or by application to the Race Director.

The Pairs will battle it out in a 4.6km course starting and finishing right in front of the registration hub at Leeuwin Estate. So, come along, get your registration sorted, grab a bite to eat, a glass of wine and watch our Elite Pairs on show.

Rider list coming soon

Cape to Cape will kick off in 2019 with our Welcome Event at the breath-taking Leeuwin Estate Winery. A feature of this Welcome will be the Elite Pairs Time Trial.

The Time Trial will be open to PAIRS only, no solo riders and the time credit will apply to all riders based on their finish result. The



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COURSE OVERVIEW

Cape to Cape continues its evolution in 2019. So do many of the iconic trails which are joined this year by some new, exciting and super fun trail additions.

So get ready for the best riding WA has to offer with a tasty mix of flowing singletrack, spectacular coastal trails, the most epic start/finish venues around at a winery, a distillery, a brewery and an iconic lighthouse. Every stage brings yeeew worthy trails with highlights that'll have your mates at home plumbing the depths of FOMO over your Insta pix.

Cape to Cape courses can only be ridden in their full format at event time. Locals heroes open up their gates and allow access to their private land for the Cape to Cape riders as the event benefits the community in so many ways. Please respect private property and make sure we are able to continue accessing these tracks by not pre-riding the course.



STAGE 1

CAPE LEEUWIN LIGHTHOUSE

THURSDAY 17 October

START/FINISH Cape Leeuwin Lighthouse, Leewin Rd, Augusta

RIDER BRIEFING: 8:45m

START TIME: 9:00am

DISTANCE: 39KM

ELEVATION GAINED: 856M

FORMAT: Self-Seeded Start

EXPECTED FINISH TIME:

FIRST RIDERS: 11:00am

FINAL RIDERS: 2:00pm

COURSE DESCRIPTION: It's one of the most spectacular start lines in Australian mountain biking and it's back again as the start and finish location for

Stage 1 of the 2019 Cape to Cape... the Cape Leeuwin Lighthouse. A more impressive venue you cannot imagine as the spectacular coastline is only overshadowed by the imposing ridge that extends to the north from Cape Leeuwin.

A mass start will see you roll out from the lighthouse and up Skippy Rock Road before dropping down into the bush on the western side of Augusta. The infamous Heartbreak Hill reminds you why you're there, before coming out of the Telstra Tower tracks onto Hillview Road and heading straight for the coast.

Returning riders will recognise the course but also discover a couple of extra sections of single track.

At 39km in distance and 856 meters gained it's a fast and furious stage with a challenging mix of pinchy climbs, fast descents and breathtaking views that'll give you plenty to talk about and the perfect selfie backdrop for your first Instagram bragging post.

Pros will complete stage 1 in under 2 hours. Our last riders to cross the finish line at stage one will do so in around 4 to 5 hours – but only because they slowed down to appreciate the incredible scenery.

As riders cross the finish line they will be seeded into wave starts for the following stages in order to maximise safety and minimise congestion throughout the rest of the race.



LEEUWIN ESTATE THE ART OF FINE WINE

[RESTAURANT](#)

| [CELLAR DOOR](#)

| [ART GALLERY](#)

CONTACT

www.leeuwinestate.com.au

(08) 9759 0000

STAGE 1

WATER POINT LOCATION:

21km

Resources available will include:

- Water
- Bottle Drop collection
- KODA Electrolyte tabs
- KODA gels
- Lollies
- Fruit
- Radio communications to HQ

COURSE HIGHLIGHT: Stage one, our seeding stage will not disappoint. The Telstra loop will give you a challenge we have not presented yet in this stage, you think you know it, however you haven't done the loop yet, buckle up! It is so hard to go past the Start/Finish line as a highlight, the most south-westerly point on the mainland of the Australian Continent, doesn't get much more hard core than that!

RACE TIP: Don't cook yourself straight up! You've got four awesome days ahead, set a steady pace and be sure to take in the view.

COURSE DIVERSION: Riders who have not reached the Telstra Tower Loop (26.5km marker on course) by 11.45am sharp will be redirected cutting off 3.5km off the course and be penalised by 30 mins (this will be added to their finish time).

HANDCYCLISTS - No Redirection

DRIVE TIME AND PARKING

DRIVE TIME: 40mins

PARKING: Augusta Boat Harbour Carpark

DROP OFF: Prior to 7am drop off available at the Cape Leeuwin Lighthouse. Otherwise Official drop off location within the Parking area. Riders will then have a brisk 2km ride to the start line.

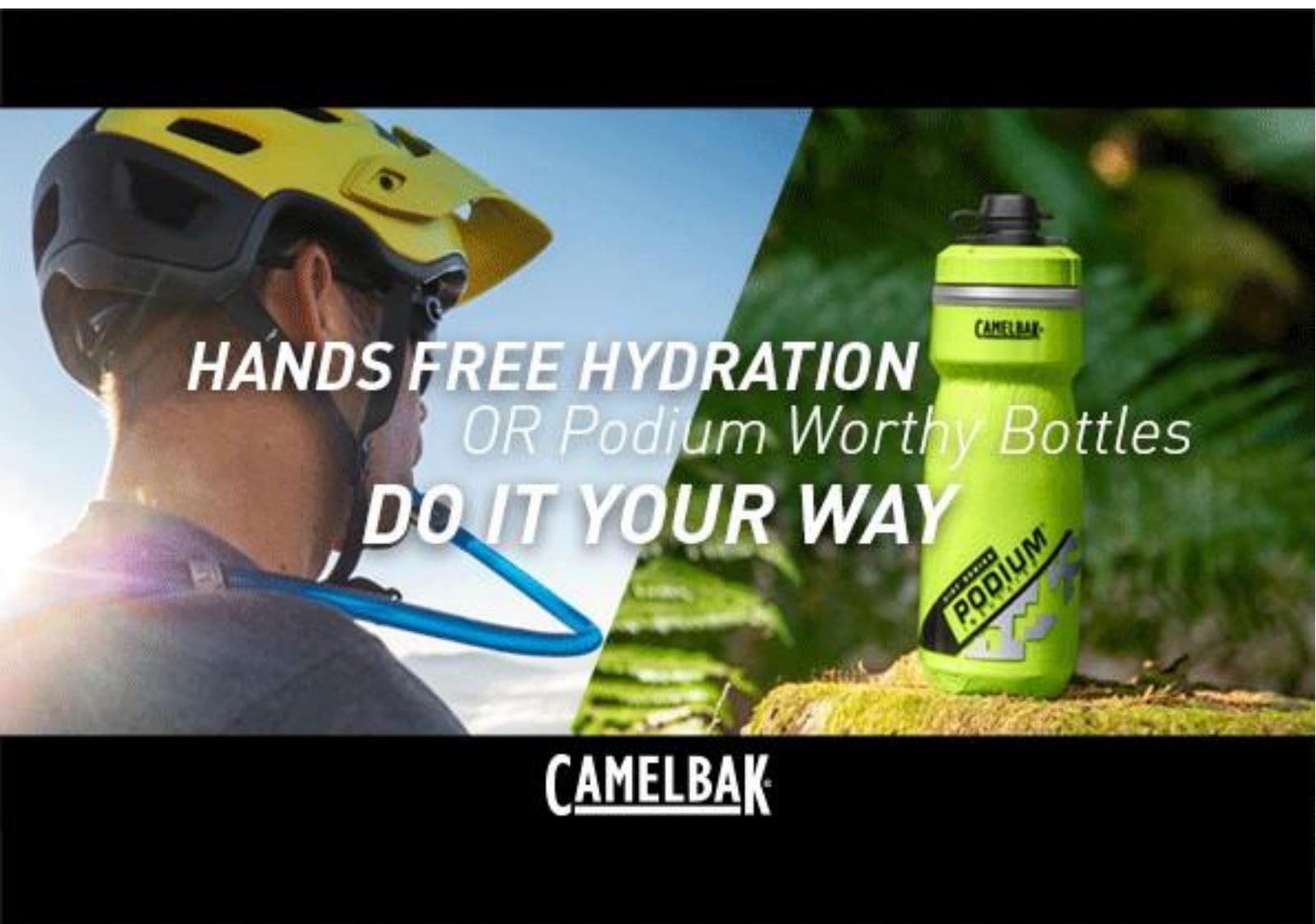
SHUTTLE BUS SERVICE: Spectators will have access to the Shuttle bus service. See scheduled times [here](#). No bikes accepted on the bus.

AWARDS*

Location: Finish Line Cape Leeuwin Lighthouse, Leeuwin Rd, Augusta

Time: 12:30pm

*See Awards Section for more information.



STAGE 1



STAGE 2

LEEWIN ESTATE WINERY

FRIDAY 18 October

START/FINISH Leeuwin Estate Winery, Stevens Rd,
Margaret River

RIDER BRIEFING: 7:45am

START TIME: 8:00am*Note earlier start time than stage 1

DISTANCE: 72KM

ELEVATION GAINED: 620M

FORMAT: Dot Allocation Wave Start

EXPECTED FINISH TIME:

FIRST RIDERS: 10:20am

FINAL RIDERS: 1:15pm

COURSE DESCRIPTION: Just a short trip up the road from Margaret River, Stage 2 will start and finish at the picturesque Leeuwin Estate. The perfect host for some riding and relaxing. Riders will start amongst the vines, and head south along back roads and the old rail trail before hitting the spectacular Boranup Forest. Sweet flowing single trail will greet the riders for the next 20km through one of the most beautiful locations in the south-west. The course takes maximum advantage of the amazing trail network that snakes through Boranup Forest and includes names that you will not soon forget; Emu Drive, Tunnel Run, 3 Rocks, Lord of The Rings, The Quarry, and finally... Highway to Hell.

Time for something new ... after the thrilling descent down the Highway to Hell to the coastline at Contos, instead of the old leg-burning, lung-busting climb out, this year you'll head back into Boranup to the north via Point Road, connecting the course through to some old (but still epic) trails at the back of Jarrahdene.

Get ready for some hectic water crossings before you make it back to the finish line at Leeuwin Estate where you can unclip and enjoy some world-class vino and a wide selection of local food and craft beer. It's your happy place for an afternoon of relaxation, reflection and storytelling.

At approximately 72kms in total distance with 620 meters gained, stage 2 is the longest stage but one of the fastest and is super-fun, with plenty of sweet, flowing single track and endless coastal views.

The front end of the field will take around 2.5 hours, and with all the riches on offer at the finish line, we don't expect many on course beyond the 5.5 hours mark.

WATER POINT LOCATION: 37km

Resources available will include:

- Water
- Bottle Drop collection
- KODA Electrolyte tabs
- KODA gels
- Lollies
- Fruit
- Radio communications to HQ

COURSE HIGHLIGHT: Boranup Forest has some of the most spectacular coastal forest views around, stage 2 is our queen stage and whilst the 72km might be on the longer side, it's not scary at all! It's fast, flat (relatively) and fun riding, you'll get lost in the Boranup loops and enjoy the Contos views.

RACE TIP: The longest day of all four, so make sure you're carrying enough water and nutrition to get you through.

COURSE DIVERSION: Riders who have not reached Donovan Road (37.3km marker on course) by 11.30am will be redirected cutting off 12km off the course and be penalised by 1 hour (this will be added to their finish time).

HANDCYCLISTS - By-pass Vincent, Left @ Donovan x Boranup (If cyclists don't make 11.30am redirection)

DRIVE TIME AND PARKING:

DRIVE TIME: 10mins located in Margaret River

PARKING: Free parking is available onsite. As you enter the venue, you will be directed onto the grassed areas to park prior to the entry gates. Approx. 2min walk to venue

DROP OFF: Official drop off location within the Parking area. No access closer to the event venue.

AWARDS:*

Location: Finish Line Leeuwin Estate Winery, Stevens Rd, Margaret River

Time: 12:30pm

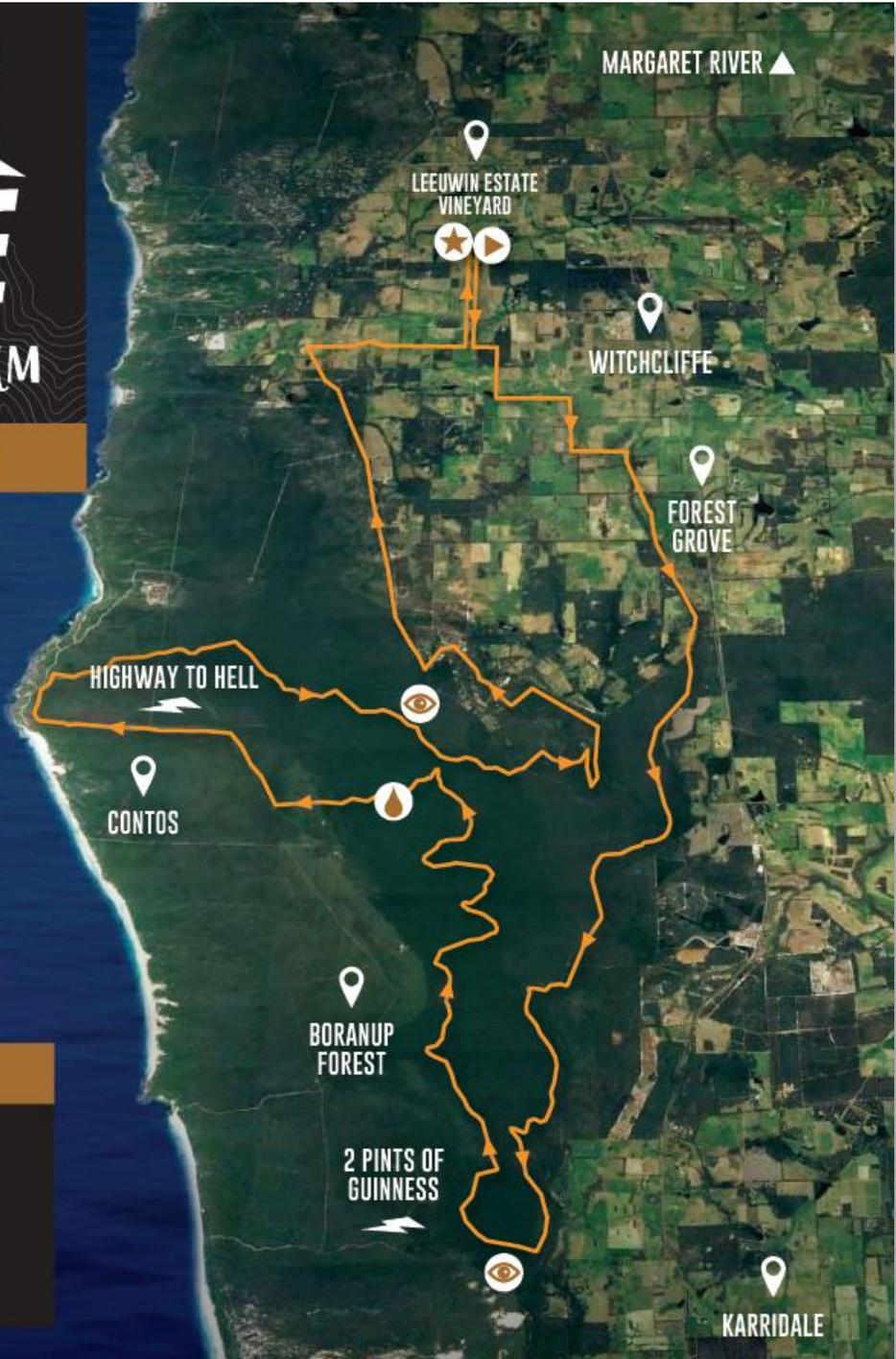
*See Awards Section of the Ride Guide for more information.

STAGE 2

CAPE TO CAPE

STAGE 2: 72KM

BORANUP FOREST



LEGEND

- ▶ START
- ★ FINISH
- 💧 WATER POINT
- 👁️ SPECTATOR POINT

STAGE 2
BORANUP FOREST

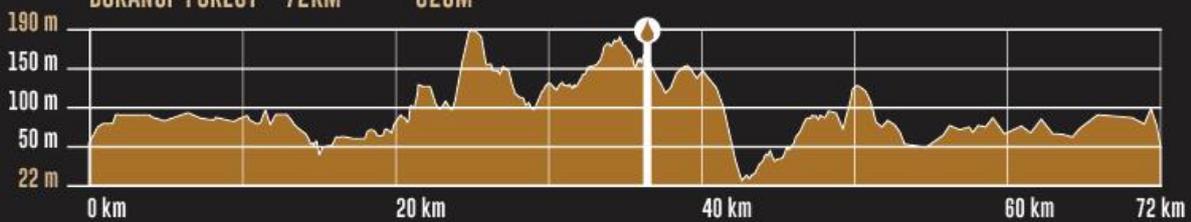
DISTANCE
72KM

ELEVATION GAIN
620M

Leeuwin Estate Vineyard



Leeuwin Estate Vineyard



STAGE 3

COLONIAL BREWERY

SATURDAY 19 October

START/FINISH Colonial Brewery, 29 Osmington Rd, Bramley

RIDER BRIEFING: 7:45am

START TIME: 8:00am *Note earlier start time than stage 1

DISTANCE: 56KM

ELEVATION GAINED: 540M

FORMAT: Dot Allocation Wave Start

EXPECTED FINISH TIME:

FIRST RIDERS: 9:45am

FINAL RIDERS: 1:00pm

COURSE DESCRIPTION: When you rock up to the stage 3 start line you may be tempted to settle in for the day. One of the region's best craft breweries, on acres of beautiful land, and just outside Margaret River... welcome to Colonial.

To make sure you climb back on the bike – we'll be sending you out to ride the famous and fabulous trails of Middle Earth.

Backroads and forest trails take riders to Cowaramup and Middle Earth. With a combination of tight twisty sections, creek runs, a few bumps and some technical rock gardens, it's no mystery as to why these trails are much loved. Our course team delights each year in surprising riders with a new fun course from the endless labyrinth of singletrack; Bilbo Baggins, Gaylords Leap, Mordor, Rivendell, Fun Park and Fangorn Forest – it's a tasty combination of dirt and not an orc in sight.

Once your wheels are pointed to the finish line, it's a fast ride on the backroads and forest trails... but before you get to your finish line frothy tops, you'll face your final challenge. A couple of super-fun water crossings between you and the finish line. Nobody knows how deep the second crossing might be (we'll have divers on stand-by) but once safely negotiated, you're only a short burst away from the famous finish at Colonial and an icy cold brew (or two).

Chill on the lawn and celebrate... three stages down, with just one absolute ripper to come.

Stage 3 comes in at around 56km with 540m gained during a strong test of mind, body and bike. The show ponies out front will be back in about 2.5 hours – race rules state that you are not allowed a celebratory drink until the final rider arrives, which should take around 4.5 hours... (we are kidding).

WATER POINT LOCATION:

40km

Resources available will include:

- Water
- Bottle Drop collection
- KODA Electrolyte tabs
- KODA gels
- Lollies
- Fruit
- Radio communications to HQ

COURSE HIGHLIGHT: Middle Earth! The trails in this area are amazing and offer almost every different terrain imaginable from technical rocky sections, big grippy berms, large log rollovers, quick descents and tree ride throughs, all linked by long flowing sections of sweet single trail. And we just love that we finish with Colonial, you can have that extra pint without worrying about riding with a hangover the next day!

RACE TIP: Whist Colonial is an awesome incentive to put the speed on, be sure to take your time in Middle Earth. It will equally take your concentration and froth factor to new heights so focus and be aware. Pending the weather forecast you may also need your snorkel!

COURSE DIVERSION: Riders who have not reached the 30km mark within Middle Earth by 11.30am will be redirected cutting off 9km off the course and be penalised by 1 hour (this will be added to their finish time).

HANDCYCLISTS – Boundary Road to Farm

DRIVE TIME AND PARKING:

DRIVE TIME: 10mins located in Margaret River. Allow extra time (approx. 30mins) arriving at the venue as there is one way in and out.

PARKING: Free parking is available onsite (Osmington Rd), approx. 300m prior to Colonial Brewery entrance. As you enter the venue, you will be directed onto the grassed areas to park prior to the entry gates. Access to the event venue is on grass. All spectators/riders will need enter via this path for their safety and not via the road. Approx. 1min walk to venue.

Please walk bikes – Do not ride. Please respect our private properties

DROP OFF: Official drop off location within the Parking area. No access closer to the event venue.

AWARDS:*

LOCATION: Finish Line Colonial Brewery

TIME: 12:30pm *See Awards Section of the Ride Guide for more information.

STAGE 3

CAPE TO CAPE

STAGE 3: 56KM

MIDDLE EARTH



LEGEND

- ▶ START
- ★ FINISH
- 💧 WATER POINT
- 👁️ SPECTATOR POINT

STAGE 3
MIDDLE EARTH

DISTANCE
56KM

ELEVATION GAIN
540M

Colonial Brewery



Colonial Brewery



STAGE 4

MARGARET RIVER DISTILLING CO

SUNDAY 20 October

START/FINISH Margaret River Distilling Co - Carters Rd & Maxwell Rd, Margaret River

RIDER BRIEFING: 7:45am

START TIME: 8:00am*Note earlier start time than stage 1

DISTANCE: 41KM

ELEVATION GAINED: 536M

FORMAT: Dot Allocation Wave Start

EXPECTED FINISH TIME:

FIRST RIDERS: 9:45am

FINAL RIDERS: 1:00pm

COURSE DESCRIPTION: After 3 epic days of riding you might think it can't get any better, but then there is the Margaret River Special Stage. Before we break out the bling - you'll ride the sweetest single track in the south-west of WA.

In the bush at the edge of the town, the fabulous Margaret River Distilling Company is your start and finish line for your final day of Cape to Cape 2019. Major roadworks mean we skip the traditional rollout through town, but that just means you get into the trails faster. A couple of leg-busting climbs in the first 5km will break up the field ready for single track ahead.

Yeeewwws will ring though the trees as you hit the trails in The Pines, Compartment 10, Wharnccliffe Mill and the Star Wars (Burnside) Loop – it reads like craft beer menu, but all the frothiness will be your own for this special experience! You'll forget it's a race as you ride on rails though these cranking trails. It's a closed course which means that you'll be off road for the whole stage before returning to the finish line back on Carters Road!

What won't be closed is the Margaret River Distillery your final finish line destination. We can't think of a better way to complete your Cape to Cape experience. All that remains is to collect your medal, your thoughts, your composure and celebrate conquering four big days of 2019 Cape to Cape. (TIP: You may want to book an extra night's accommodation for Sunday, so you don't leave the final day festivities early!)

On Cape to Cape stage 4, you'll cover 41km, with 536m elevation gain... as well as gaining a much deeper appreciation of the G in G&T. The first riders will emerge from the goodness in under 2 hours - others will want to savour the mint riding – coming in after 4.5 hours

WATER POINT LOCATION:

24km

Resources available will include:

- Water
- Bottle Drop collection
- KODA Electrolyte tabs
- KODA gels
- Lollies
- Fruit
- Radio communications to HQ

COURSE HIGHLIGHT: Virtually a closed course, Stage 4 is a treat you can bury yourself in as the grand finale of Cape to Cape. We became acquainted with Wharnccliffe in 2018, with the understanding of the Pines harvesting plan for the future and we absolutely love it, however 2019 will see the last time inclusion of Pines favorites Aunt Lou, Mr Nice and Lily trail. What a stage! Finish it off with a G&T at the finish line and we call that a win in any book.

RACE TIP: Work together, you'll be head down loving every minute of the stage, but those fun trails are best spent with good mates and at ¾ of the way through you'll want the encouragement out there to come home strong.

COURSE DIVERSION: Riders who have not reached the 35.1km mark within Wharnccliffe 12.30pm will be redirected cutting off 2.5km off the course and be penalised by 20 minutes (this will be added to their finish time). **HANDCYCLISTS** – Up Big Climb Jig Rd – follow course around fire trail up to 30km – Cut out Wharnccliffe Mill

DRIVE TIME AND PARKING:

DRIVE TIME TO START LINE: 4mins from Town Centre

DRIVE TIME TO PARKING: 3mins from Town Centre

PARKING: We encourage you to leave your cars at your accommodation and ride to the Start line. If you do need to bring your car, parking is available at Gloucester Park. Approx. 10min walk to venue or 6min ride.

DROP OFF: No designated drop off area located at the Start/Finish line.

FINAL AWARDS:*

LOCATION: Finish Line Margaret River Distilling Co

TIME: 12:30pm

*See Awards Section of the Ride Guide for more information.

STAGE 4

CAPE TO CAPE

STAGE 4: 41KM

MARGARET RIVER



LEGEND

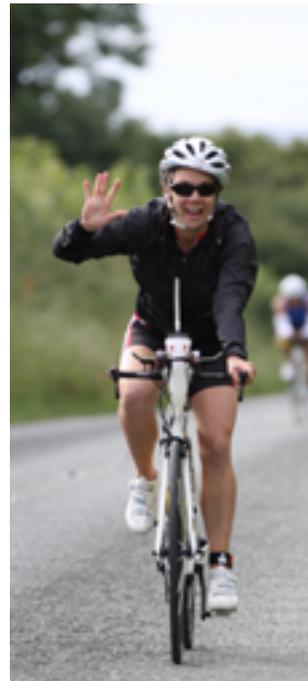
- ▶ START
- ★ FINISH
- 💧 WATER POINT
- 👁️ SPECTATOR POINT





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AWARDS

DAILY AWARDS: Cape to Cape is lucky enough to award Prize Money to daily Stage Winners in the Male, Female and Mixed Pairs.*
*Prize money is per Pair

Time Trial			
Place	Male Pair	Female Pair	Mixed Pair
1 st	\$500	\$500	\$500
Stage 1			
Place	Male Pair	Female Pair	Mixed Pair
1 st Place	\$200	\$200	\$200
2 nd Place	\$150	\$150	\$150
3 rd Place	\$100	\$100	\$100
Stage 2			
Place	Male Pair	Female Pair	Mixed Pair
1 st Place	\$200	\$200	\$200
2 nd Place	\$150	\$150	\$150
3 rd Place	\$100	\$100	\$100
Stage 3			
Place	Male Pair	Female Pair	Mixed Pair
1 st Place	\$200	\$200	\$200
2 nd Place	\$150	\$150	\$150
3 rd Place	\$100	\$100	\$100
Stage 4			
Place	Male Pair	Female Pair	Mixed Pair
1 st Place	\$200	\$200	\$200
2 nd Place	\$150	\$150	\$150
3 rd Place	\$100	\$100	\$100
GC			
Place	Male Pair	Female Pair	Mixed Pair
1 st Place	\$3,000	\$3,000	\$3,000
2 nd Place	\$1,000	\$1,000	\$1,000
3 rd Place	\$500	\$500	\$500
4 th Place	\$200	\$200	\$200
Overall Winning Pair			
Awarded the James Williamson Medal			

1st to 3rd place Awards will be presented at the finish (12.30pm) of each stage for both stage and GC results in each Category and age group daily.

Daily Stage Winners (excluding Male, Female, Mixed Pairs) will receive a variety of super cool prizes including Camelbak, Shimano, Colonial Prizes, Thule, prizes from Margaret River Distilling Co and wine from our friends at Leeuwin Estate Winery.

LEADERS JERSEY: Each Stage a daily GC winner in every category will be presented with their exclusive Leaders Jersey.



TRIPLE CROWN LEGEND: What's better than riding one Aussie Epic Series MTB bike stage race? Riding all three.

Once you have completed Port to Port, Reef to Reef and Cape to Cape you will have ridden the Triple Crown, and you will become a Triple Crown Legend. As well as the awesome achievement and having the best MTB holidays ever, Triple Crown Legends will be rewarded with a shiny new Triple Crown belt buckle.

Take it straight to the pool room or wear it with pride as you remember all the fun trails, good mates and cold beers you enjoyed in earning your Triple Crown Legend status. You'll also enjoy widespread fame as you are added to the Legends list on our websites.

Awarded at Final Awards, Stage 4.



FOUNDING RIDERS: Awarded at Welcome Wednesday 16 October.

Founding Riders are those that have successfully complete Cape to Cape every year since its conception in 2007. From 2019, every year on we will recognise our founding riders with a special Founding Rider gift awarded at the Opening Ceremony.



**REEF
TO
REEF**
TROPICAL NORTH QUEENSLAND



**CAPE
TO
CAPE**
WESTERN AUSTRALIA

BECOME A TRIPLE CROWN LEGEND



Ride Port to Port, Reef to Reef and Cape to Cape, become a Triple Crown Legend and claim your Triple Crown belt buckle.



**PORT
TO
PORT**
NEWCASTLE AUSTRALIA

AWARDS

BEACON AWARD



The Beacon Award has become a key part of our Cape to Cape event over the years. The award is passed on to the person considered to be the 'shining light of the Cape to Cape. Each year, event organisers together with our Ambassador Johnny Waddell, identify one rider who most embodies the true spirit of our unique event. If you see anyone who does something extraordinary for another rider, has overcome a personal challenge to compete or you feel simply needs acknowledging, make sure you find Johnny or place your suggestion in the suggestions box located at Information to submit your nomination before the final stage awards.

Year	Winner
2008	Johnny Waddell
2009	Bruno Wiki
2010	Robert Campbell
2011	Penelope Lewis
2012	Antony Butcher
2013	Johnathon West
2014	Ben Eksteen
2015	Boe Helm
2016	Morgan March
2017	Rod Lakelin
2018	Neil Wylie

JAMES WILLIAMSON MEDAL



The overall winner of Cape to Cape is awarded the James Williamson Medal. James was one of the first riders to sign up to Cape to Cape in 2008 winning the first 2 events and fast became Cape to Cape's biggest advocate on the east coast. In those first couple of years James also developed a love for the craft beer scene in the south west and thought it went perfectly with a hard days riding on the bike.

Sadly, James passed away at the 2010 Cape Epic in South Africa, before the 3rd event with a rare heart condition. In 2010, it was then decided that the overall winner of Cape to Cape would carry the name of James "Willo" Williamson – a true champion of Australian Mountain Biking and a friend of our event to be remembered by us all.

Year	Winner
2010	Dan McConnell
2011	Andy Blair
2012	Lachie Norris
2013	Andy Blair
2014	Mark Tupalski
2015	Kyle Ward
2016	Tasman Nankervis
2017	Brendan Johnston
2018	Brendan Johnston

ABSA CAPE EPIC

FIND OUT MORE ABOUT THE ABSA CAPE EPIC

Come along on Wednesday 16 October to the Welcome Function to hear about the Absa Cape Epic and why it's an experience you don't want to miss.

OVERALL MEN AND OVERALL WOMEN -WILDCARD ENTRY

The overall men's and women's winning pairs qualify for a guaranteed wildcard entry into the Absa Cape Epic. This must be requested via the [Absa Cape Epic wildcard system](#) within 7 days of winning the Port to Port.

Any professional UCI registered rider may apply via the [Absa Cape Epic wildcard system](#), but entries are offered at the sole discretion of the Absa Cape Epic organisers.



QUALIFICATION GUIDELINES: View the Pair Race Rules below in the Ride Rules section of the Ride Guide. To be eligible to race 2020 Absa Cape Epic you must be 18 years of age as at 17 October 2019.

A number of entries will be allocated to the 2020 Absa Cape Epic through the Draw Allocation.

DRAW ALLOCATION: The Draw Allocation provides the opportunity to purchase one of five guaranteed 2020 Absa Cape Epic entries. These will be drawn at Stage 4 Cape to Cape final awards presentation.

- Draw Allocation is eligible to Cape to Cape 4-day Pair riders only (i.e. excludes 4-day solo).
- The Draw Allocation slots are per individual within a 2-person pair. The individual is free to choose any partner, i.e. it is not necessary that his/her partner participated in Cape to Cape.
- Riders must register their interest during the online registration process or from your MyEvents account in active.com at a later date. A \$10 AUD fee to register your interest will be charged which will be donated to Qhubeka one of the [Absa Cape Epic official charity partners](#).
- Riders must be present at the final awards on Sunday 20 October 2019, Margaret River Distilling Co - Carters Rd & Maxwell Rd, Margaret River.
- Should a rider decide not to take up the entry or not be present at the final awards ceremony, the entry will be re-drawn at the time of the awards ceremony.
- An immediate non-refundable deposit of \$1000 USD per guaranteed entry must be made on Sunday 20 October 2019. Deposit will be taken in AUD at the current conversion rate that day. Credit card only, no cash will be accepted.
- The remaining balance of the 2020 Absa Cape Epic pair entry fee is due by Sunday 10 November 2019 (4 weeks) via online credit card payment. 2020 Absa Cape Epic total entry fee is \$6290 USD (VAT inc). Riders will be emailed details on how to complete the payment.

All entries are for the 2020 Absa Cape Epic and cannot be transferred to another year. Once payment has been received, the standard Absa Cape Epic cancellation policy applies.

SPECTATOR INFORMATION

<https://capetocapemtb.com/riders-info/riders-support/>

STAGE 1 SPECTATOR POINTS: We recommend dropping your riders off at the Start Line at Cape Leeuwin. If you are early, it's a short walk to the start line where you can get a feel for the atmosphere and grab a coffee. If you want to see the riders on course, we recommend getting out of there before the race briefing and stage start at 9am and heading out to the middle of the course.

Stage 1 is fairly short at less than 40km so we suggest getting into the middle of the course where you can see some of the action.

Head to the bottom of Greenhill Road and the intersection with Diana coming from the Augusta township side and park then walk up Greenhill and into the course. Here you will see one of the most spectacular descents in Stage 1 amidst the beautiful Karri trees and a nice single trail that runs off to the north.

If you get out there early enough you'll see the elite riders and be amazed at the speed that they come down this section of the course. Once you have seen your riders go through this section you can cheer on the others before heading back to the finish line at the Lighthouse. Enjoy the rugged ocean scenery and enjoy a bite to eat and drinks along with the rider's stories from Stage 1.

VIEW STAGE 1 SPECTATOR POINTS >

STAGE 2 SPECTATOR POINTS: This is the big stage for the 2019 Cape to Cape event and there are a couple of on course viewing options.

We suggest taking Caves Road south out of the start line at Leeuwin Estate and heading toward Boranup Forest. Heading toward the south end of Boranup Drive where it comes off Caves Rd is the best viewing point to begin with. Then drive north along Caves Rd to the north end of Boranup Drive where you will see riders come back. There is about 20km of course between these two points so you have time to grab a coffee or something to eat at Café Boranup on the way. Please note that Boranup Drive through the middle of the forest will be closed to cars so you cannot drive through on that road as the course crosses over here multiple times. An alternative option is to take Contos Road out to the coast where the course will now intersect with Point Road as another viewing point which is between the two Boranup Drive options. If you can tick off two of these three spots you will have seen some great trails.

Finally head to the finish at Leeuwin Estate for some tasty food and a sneaky glass of wine or two.

VIEW STAGE 2 SPECTATOR POINTS >

STAGE 3 SPECTATOR POINTS: The Colonial/Middle Earth stage is the most difficult one for spectators as the trails we use to get out to and back from Middle Earth are difficult to access by car. It is important that spectators stay off the course on this stage as the few roads that we do use are still open to traffic and spectators in these areas can cause risk management issues with other road users.

Instead we encourage you to drop your riders off at Colonial and then head into Cowaramup for breakfast and coffee.

Then head out to the intersection of Treeton Rd North and Carbanup Rd South. Here the course comes from the south up Carbanup Rd and there is a small offshoot trail down to a water crossing.

You can park either on Treeton Rd North or Carbanup Rd away from the course, it is a great spot to see the riders.

You can then proceed north up Carbanup Rd – but do so with caution as you will soon come back upon the course. If you proceed further along you will go past the Boundary Rd intersection and further north come upon the outskirts of Middle Earth where you can park and proceed in by foot to find the labyrinth of trails.

Once you have explored this section of the course, head back to Colonial via Cowaramup and the main highway to enjoy a beer with the riders and hear all of the great stories from Stage 3 and Middle Earth.

VIEW STAGE 3 SPECTATOR POINTS >

STAGE 4 SPECTATOR POINTS: The Margaret River Special Stage is a fully closed course so there is no access by car. There is not much parking right beside the start line / venue so, the best option is to park at one of the main spots within the town and walk down the Rails Trail to Carters Road (which is closed to traffic on the day).

Here the course intersects on a number of occasions and you can either walk east to see the riders first come down from the start and turn right up toward Wharnccliffe Mill or head west up to the double crossover out of The Pines and Compartment 10.

If you want to drive north out of town to a different spot take the highway and go through the new roundabout and head north toward The Pines. Take the first little offshoot road into The Pines which runs parallel backwards to the Highway. There will be a Cape to Cape Spectators Parking sign. Park on the roadside here and then proceed by foot into The Pines where the course comes in and out of the surrounding fire roads and trails a number of times.

Spectator cannot access The Pines areas past the two outside roads to maintain rider safety. Please also obey the instructions of all event marshals in this area. Once you have enjoyed either Carters Road or The Pines and seen the riders, make your way back into town and park up then walk to the Start/Finish at The Margaret River Distillery on Carters Road and enjoy the Paella and G&Ts. There will be festivities, presentations and celebrations and maybe even a home pack of gin!

VIEW STAGE 4 SPECTATOR POINTS >

VOLUNTEERS

The 2019 Cape to Cape requires the support of over 50 Volunteers in order to deliver the event.

Our team of Volunteers at the event will contribute a combined total of around 10,000 Hours to assist, support and motivate you from the start to the finish of your Cape to Cape journey.

We encourage you to say THANK YOU to the Volunteers whenever possible! Without the Volunteers, we simply would not be able to run any Epic Series events.

A large group of runners of various ages and ethnicities are gathered together, smiling and celebrating. Many of them are wearing medals around their necks. They are dressed in athletic gear, including jackets, hats, and running shoes. The background shows a grassy area with some trees and a banner that partially reads "ROCKWALL TRI CLUB".

ACTIVE network ENDURANCE

WE LOVE WHAT YOU LOVE.

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Find your next race

BIKE DR.

PULL YOUR SOCKS UP

FOR THE YOUTH OF WA

Seek out the BikeDr Team at registration to grab your BikeDr/Dismantle charity socks for 2019. The funds that are donated could spark a love for bikes in the youth it reaches. If you miss us at rego we will be at the start and finish of every stage cleaning, lubing and fixing your steed.

BikeDr. is a social enterprise that financially contributes to Dismantle, a charity that supports at-risk young people in Perth and WA. Dismantle hosts bike mechanic workshops to help out young people who are having a tough time. All profits raised through BikeDr. are funnelled towards these programs that will enable Dismantle to reach more than 400 young people in 2018. In the programs, young people work alongside youth workers to fully restore two old bicycles in a workshop environment. One bike is donated to a local charity as a way to 'earn' the second to keep. It takes about 3 months, and while that's happening, there's a whole lot of other conversations going on that allow Dismantle staff to support each individual with what they're going through. Beyond the mentor program, BikeDr. has a Traineeship Scheme in place for promising participants. Trainees gain work experience alongside BikeDr.'s professional mechanics - it's basic stuff like sweeping floors and emptying bins, but it's also writing a resume, turning up on time, interacting with customers, following instructions and getting used to a work environment. All this contributes to a huge boost in self-esteem and employability skills and BikeDr. Trainees go on to a very different path than where they started.

CHARITY PARTNER & SUPER SOX SATURDAY

Don't miss your opportunity to nab this year's incredibly bright and daring BikeDr Dismantle charity socks! Come and find the BikeDr crew at registration on Wednesday or at the event village at the start and finish of each stage to secure your pair before Saturday's special stage. BikeDr has been the charity partner for the Cape to Cape since 2015, providing mechanical support and bike washing for competitors. BikeDr and Dismantle are best friends, working together in a bunch of ways to create unique opportunities that benefit youth participants.

This year we have something a bit special - last year's fundraising efforts have allowed Dismantle to run two school holiday programs for at-risk young people in the South West, during the September school holidays. Program participants have been invited to work alongside BikeDr mechanics, helping them wash and lube the hundreds of bikes that come through after each stage. It's paid work, and likely to be each young person's first job ever, but while the work is only going to last a few days, each youth trainee will get assistance to build a work pack - which will have everything they need to be prepared for their next job application.

Cost: \$25per pair



SUSTAINABILITY

As part of the event sustainability practice you'll see lots of innovative and new ways we're trying to reduce waste and leave a cleaner footprint.

We're asking all crew, riders and spectators to jump on board and commit to these 3 easy ways you can HELP!

1. Please help us in our mission by bringing your own Keep Cup for your morning brew.
2. Don't forget your refillable water bottles each day and we'll have the Camelbak water filters to refill as you go.
3. PLEASE recycle in line with the bins provided that will separate cardboard, cans & bottles and soft plastic.

POST RACE INFORMATION

RESULTS: Stage and GC Results will be available through the 'Epic Series' App or [online](#).

We will also have iPads available at Information at each Stage Finish Line where you can check your results.

- Result acronyms:
 - TR = where both riders have started and finished all stages
 - IF = where only 1 pairs rider has started and finished all stages
 - BR = where 1 pairs rider has failed to finish a stage

Please refer to Ride Rules regarding protests.

MERCHANDISE: There is a great range of Merchandise available onsite during Venue Open Hours. Be sure to get in early to ensure you don't miss out!

Wednesday 16 Oct 12pm – 7pm
Thurs 17 Oct 7am – 2pm
Sunday 18 Oct 7am – 2pm

OFFICIAL EVENT PHOTOS: Get your personal race photos with FinisherPix!

FinisherPix is the official photographer at Cape to Cape. Your personal race photos will be available at www.finisherpix.com. Your personal race photos will be available within 24-48 hours after the race.

How to get your best photos:

- Register your email address at www.finisherpix.com to be notified as soon as photos are online.
- Watch out for our photographers and SMILE into our cameras
- Smile and celebrate when you cross the Finish Line! Don't worry about touching your watch, the timing company will ensure an accurate record of your achievement
- Visit <http://www.finisherpix.com/> within 24-48 hours after the race to view, order, and share your photos from your Cape to Cape!

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DURING,
AFTER
EXERCISE

AFTER
EXERCISE

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PAIN RELIEF CREAM

This medicine may not be right for you. Always read the label. Follow the directions for use. If symptoms worsen or change unexpectedly, talk to your health professional.

AU-2019-08-0011



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POST RACE INFORMATION

EVENT APP: Cape to Cape is available on the Epic Series App and has everything you need to know about the event as an athlete or a spectator:

Live athlete tracking, race leaderboard, race results, course maps, event schedule and info.

- Track the athletes live throughout the course, including their time splits.
- Live leaderboards keep you up front with who's in the lead. And you can filter by age group.
- Easy, intuitive searching to find and create your own list of your favourite athletes to follow.
- Check out the post-race final results.
- Always know where you are and where you want to be with interactive maps.
- Event info and clear schedules ensure you know what's going on, where and when.

Epic Series App is available for Apple and Android. Search for 'Epic Series' in the Apple App or Google Play Stores.

GET SOCIAL: See, like and share all the excitement of Cape to Cape.

Facebook: @capetocape

Instagram: @capetocape

Don't forget to tag us in your photos! #C2C

SUNDAY TO THURSDAY 10AM - 6PM
FRIDAY AND SATURDAY 10AM - 7PM
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RACE RULES

The following race rules may be updated and amended at the discretion of the Race Director up to the start of the race.

- Failure to comply with any of the rules may result in a penalty, which could include a rider's disqualification in certain circumstances. The various categories of penalties are set out below.
- The interpretation of any rule by the Race Director will be final and binding on all race participants.

RACE CATEGORIES

PAIRS:

The age of the youngest pairs rider determines the race category.

- Men – Both riders are male aged 15*-39 years on 31 December of the year of the race
- Women – Both riders are female aged 15*-39 years on 31 December of the year of the race
- Mixed – One rider is male, and one rider is female
- Masters Men – Both riders are male aged 40-49 years on 31 December of the year of the race
- Masters Women – Both riders are female aged 40 years or older on 31 December of the year of the race
- Grandmasters Men – Both riders are male aged 50-59 years on 31 December of the year of the race
- Great Grandmasters Men – Both riders are male aged 60 years or older on 31 December of the year of the race

SOLO:

- Open Men – Male riders aged 15*-39 years on 31 December of the year of the race
- Open Women – Female riders aged 15-39 years on 31 December of the year of the race
- Masters Men – Male riders aged 40-49 years on 31 December of the year of the race
- Masters Women – Female riders aged 40-49 years on 31 December of the year of the race
- Grand Masters Men – Male riders aged 50-59 years on 31 December of the year of the race
- Grand Masters Women – Female riders aged 50-59 years on 31 December of the year of the race
- Great Grand Masters Men – Male riders aged 60 years or older on 31 December of the year of the race
- Great Grand Masters Women – Female riders aged 60 years or older on 31 December of the year of the race

*Minimum age is 15 on the day of the event.

If there are insufficient registrations in any one category that category can be combined by decision of the race director up until 1 week prior to the event.

PAIRS RACING

- The pairs event sees pairs of two ride in the same cycling jersey, staying no more than two minutes apart throughout the four days of riding. Timing mats will be placed on course to ensure this is adhered to.

COMPETITORS

- Participants competing in the event must be a minimum of 15 years old on day one, the first stage of the race.

MEDICAL

- It is the rider's responsibility to ensure that they are in good health and well prepared.
- Race management reserves the right to remove a rider from continuing the race on receipt of medical advice from an official race doctor or any other medical doctor recognised by the race organisers. The decision of the race organisers in this matter will be final.

BIKES

- Only mountain bikes in good working order and race ready at the start of each stage will be allowed to start that stage. "Race ready" means the following:
- Handlebar Race Plate board is securely fitted and visible from the front;
 - The frame marking is displayed as per instructions received at registration;
 - The bike is in safe working order, as determined in the discretion of the Race Director;
 - Handlebar ends and handlebar extensions shall be plugged and must not have sharp or jagged edges.
- The use of tribars and bladed wheels is not allowed.
- Bicycles may be propelled only through a chainset and by the rider's leg action, without any form of assistance (electrical or otherwise).
- Tandem bikes are not allowed.
- Each rider is responsible for the maintenance of his/her own bike for the duration of the race. Limited mechanical support is available at the race village.
- In all cases of maintenance and repair, riders are required to complete the full distance of the stage and must complete the stage within the maximum time. Time spent on maintenance and repair will not entitle a rider to any extension of the maximum stage time.

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RACE RULES

HELMETS AND CLOTHING

- Helmets – all riders must wear an Australian Standard approved helmet that is in good condition and well maintained.
- Appropriate riding attire, including a shirt, must be worn at all times.

RIDER IDENTIFICATION

- On registration each rider will receive a wrist band, number Plate, a timing chip and a Jersey bib. All items **MUST** be worn while racing.
- Riders must display their race numbers at all times.
- Bike numbers must remain firmly fixed on the front of the bike and may not be obscured by cables or any other items.
- Race numbers may not be modified or mutilated in any way, including cutting, adding stickers, removing existing stickers or trimming.
- Emergency contact details must be completed on the rear of the number plate and failure to do so will result in disqualification. Please ensure the emergency contact details are current and your emergency contact is aware that you are taking part in the event.'

STAGE STARTS

- The start chute opens 25 minutes before the start of each stage, unless communicated otherwise.
- Differential start zones will be allocated according to overall ranking in the race, and the organisers may allocate different (i.e. "staggered") start times for each starting zone. Should staggered start times be allocated, any reference to start times in these rules will be to the start time applicable to the particular rider's start zone.
- The seeded starting zones will close strictly 10 minutes before their start time.
- Riders must enter the start zone as a pair with their bikes, and once entered must remain in the start zone with their bikes.

ROUTES AND STAGES

- Riders must complete the full designated route and distance of their respective races prologue, if applicable.
- Only riders who complete each of the stages within the maximum stage time will qualify as official race finishers.
- The actual race distance or route may vary from the published or briefed distance.
- A rider must at all times follow the official route, obey the directions of the course marshals, and may not take any shortcuts or take any other advantage of a similar nature against competitors. The responsibility for following the official route lies with each rider.

- Riders who exit the route for any reason must return to the course at the same point from which they exited.
- No rider shall trespass at any time of the year on land which is not open to the public for mountain biking and which forms part of the race route

PROHIBITED EQUIPMENT

- The race organisers may at any time prohibit any other item of equipment (other than essential cycling equipment) at their discretion and riders shall at all times comply with any such prohibition.
- Headphones / earphones – are not allowed to be worn on course at any time. For safety reasons it is important that riders are fully aware of other competitors and instructions from course marshals.

RACE TIMING

- No rider may carry more than 1 transponder at any time, and no rider may pass his/her transponder on to anyone else at any time throughout the event.
- Any rider who does not make the start time must report to the Race Director within 5 minutes of the start time to seek approval for a late start.
- No rider is allowed to start late without approval. If no approval for a late start has been given, the rider will be considered a DNS (did not start) and will not receive a result.
- The maximum stage time will not be adjusted for any rider who is permitted a late start and/or who started in a start zone with a later start time than his/her own.
- Stage 1 or the prologue will see riders timed from rolling over the START mat to rolling over the FINISH mat.
- Stage 2 – 4 will see riders timed from the GUN Start of their wave (eg 8.00am, 8.05am etc) to rolling over the finish mat. If a rider starts in an incorrect wave, they will receive a time penalty.
- A timing mat will be placed at approximately the halfway point on each stage to ensure riders are adhering to the 2-minute time ruling
- The pairs time is the time at which the second pairs member passes the stage finish line.
- Result acronyms:
 - TR = where both riders have started and finished all stages
 - IF = where only 1 pair rider has started and finished all stages
 - BR = where 1 pair rider has failed to finish a stage

RACE RULES

ABANDONING THE RACE

- The race organisers may abandon any stage at any time, in their sole discretion, for safety concerns or any other reason which they consider appropriate.
- Any rider who withdraws from the race before any official abandonment or who does not reach the designated cut-off point for abandoning the event will be classified as a DNF (did not finish).

TRAFFIC REGULATIONS

- Road Rules Apply – if at any time riders are on, or cross, a bitumen or gravel road it is important to remember that normal road rules apply unless directed otherwise by a traffic controller or member of the Police Force. Failure to do so may result in a penalty or disqualification
- The race will not always have exclusive use of any public or private roads throughout the event.
- All regular traffic regulations must be observed at all times during the race (in Australia we drive/ride on the left hand side of the road!)
- Instructions of marshals must be strictly adhered to.

DIVERSIONS

- There will be checkpoints during each race.
- The stage checkpoints, times and penalties are worked out around an average speed of 10-11km/hr and aim to have all riders finish within 5 hours.

REGISTRATION AND BRIEFING

- Race registration takes place at the venue, time and location indicated on the race website.
- Riders must report to registration and bring a form of ID including a photograph on it, such as a passport or driver's licence.
- A pre-race briefing will take place at the time and place indicated on the race website event schedule.

RIDER SUPPORT

- Hydration and Nutrition – there will be at least one Water Point on each stage however all riders should carry sufficient fluids and nutrition with them.
- No outside assistance is permitted under any circumstances including physical assistance by any person other than a fellow competitor or any accredited check point staff.
- Drafting is allowed between riders.
- No other form of drafting is permitted whatsoever, including but not limited to drafting behind private vehicles, motorcycles, trucks and official race vehicles.
- Specific escort vehicles not provided by the race organisers are not permitted to follow the race route.

However, supporters may drive their own vehicles along public roads to reach pre- designated viewing points to vocally support riders.

- Some sections of the course may be closed to all non-event traffic – including some public roads. Their closure must be respected by all.
- No rider and/or pair supporter may access any restricted and/or prohibited area in the race village.

MEDICAL AND MECHANICAL ASSISTANCE

- Medical assistance will be available by the race organisers at the event base.
- Riders who have a known pre-existing medical condition, such as asthma, are required to carry their own medication for the duration of the event. All competitors are encouraged to carry a basic first aid kit with them.
- Mechanical assistance will be available at the event village and riders will be required to pay for spare parts.

WITHDRAWALS

- If at any time a competitor needs to withdraw from the event whilst on course, please ensure that you communicate this with an event official at one of the check points along the route. Checkpoints will be located approximately every 5km.
- Riders that choose not to start on any day should inform the race office.
- Should any rider or pair fail to inform the race office of his/her/its withdrawal and should a search and rescue operation be initiated for such rider, the cost of the search and rescue will be for the account of that rider/s.
- Should one member of the pair withdraw at any time, the remaining partner may finish the race as a lonely emu. They will be given stage timings, however, not qualify to stage awards or a GC time.

ENVIRONMENTAL AND ETHICAL

- Riders must respect the environment at all times, absolutely no littering or damage to the environment will be tolerated. This will result in time penalties and may result in disqualification and removal from the race.

PROTESTS

- All protests must be submitted in writing, on the official protest sheets provided in the race office, to the Race Director after the rider has crossed the finish line, within the allocated time period set out below.
- Race protests must be submitted within 2 hours of the rider crossing the finish line.
- Result protests must be submitted within 2 hours of posting of preliminary results for the relevant stage.

RACE RULES

WRONG TURNS

- The course is clearly marked with branded arrows (red on white backing) and lime markings on the ground. If you have not seen a course marker or a marshal in more than 2km's you need to turn back as you have missed a marker.
- No time credit will be awarded for riders who miss a course marker. In the instance (where proven) that course markers have been tampered with and as a result several riders have taken a wrong turn course the race director will make the appropriate adjustments based on Garmin timings and course reports.

RIDER ETIQUETTE

Riders who are reported to:

- Disobey dismounts and road rules
- Be rude or disrespectful to other riders or marshals
- Who behave in a way that puts any rider or marshal in danger
- Is reported to litter on course;
- Will be given a first warning of a 10-minute time penalty. A second report will result in disqualification. These riders are to be reported to HQ by race number and will be dealt with by the race director.

- IRONMAN believes in the honest and supportive culture of mountain biking and hold the safety of our riders a priority. If you stop to assist a rider with a mechanical or injury, please report to HQ and a time credit will be awarded at the discretion of the race director

AWARDS AND PRIZES

- Awards will be presented at the finish of each stage for both stage and GC results in each Category daily.
- Overall event GC podium results will be OVERALL in each category. Eg top 4 GC Male pairs regardless of age group will podium and receive prize money.
- Riders who have registered but not completed ALL 4 stages are eligible for stage podium only, not GC podium (eg. If a rider has a mechanical on a stage, they are still eligible for stage podium on the next stage completed, however not eligible for GC)
- Riders who have registered and completed ALL 4 stages are eligible for stage and GC podium
- Riders who register for 1 or 2 days are NOT eligible for stage podium or GC

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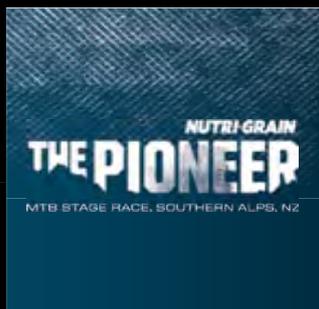
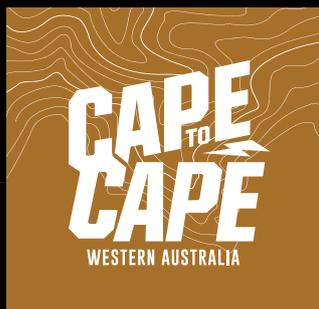


17 - 20 OCT 2020

1 - 6 DEC 2019

21 - 24 MAY 2020

6 - 9 AUG 2020 (TBC)



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1 - 6 DEC 2019

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21 - 24 MAY 2020

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6 - 9 AUG 2020 (TBC)

**CAIRNS
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