

CAPE TO CAPE

WESTERN AUSTRALIA



2018 RIDE GUIDE

18 - 21 OCTOBER



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EXPERIENCE EXTRAORDINARY

SHIMANO

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WELCOME TO Western AUSTRALIA

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

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INJIDUP NATURAL SPA
MARGARET RIVER REGION
PHOTO BY JARRAD SENG



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WELCOME NOTE



Sally Hill

A warm welcome to everyone for the 2018 edition of Cape to Cape MTB. One of my favourite things about this week is the “reunion” feeling when riders, event team and partners get to catch up, and connections are formed that transpose into lifelong friendships. Welcome to the new riders, we hope you’ll love your time with us all, enjoy the trails and be back again each year.

After changing things up in 2017, we couldn’t go back to the old format, it was time to keep things fresh. An overwhelming response of positivity towards loop courses, meaning super easy logistics and more recovery time, solidified the 2018 format. We’re thrilled to be returning home to Cape Leeuwin Lighthouse to start an epic four days of riding. Jason and the team have put together an incredible course, as always there is a combination of new and old, bits you’ll love and bits you’ll hate at the time but love that you conquered them!

Events like Cape to Cape cannot happen without our partners, thank you to Tourism Western Australia, SHIMANO and GIANT for your encouraging support, also to Augusta Margaret River Shire, City of Busselton and all our other partners, we truly appreciate your commitment.

And lastly but certainly not least, thank you to you, our riders. We are so excited to deliver this year’s stages for you. Stay Safe, look after each other on the trails and above all have a blast legends!



[#EventsCapitalWA](#)

Welcome to the City of Busselton

The City of Busselton welcomes participants in this year’s 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 pristine environment and we are sure you will all appreciate the magnificent scenery as you cycle your way through some of the State’s most spectacular landscapes. The Cape to Cape MTB event is proving to be a popular event. Some participants are motivated to win; others aim to achieve new personal bests; many are simply seeking a personal challenge. Whatever your motivation, it is a magnificent way to experience the wonders of the Capes region.

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

MINISTER WELCOME



WELCOME MESSAGE FROM

Hon. PAUL PAPALIA CSC MLA, Minister for Tourism

Hon. ALANNAH MACTIERNAN MLC, Minister for Regional Development

Cape to Cape Western Australia
18 – 21 October 2018

The McGowan Government is a proud sponsor of Cape to Cape – Western Australia 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 pillar of the McGowan Government's plan to diversify the economy, create jobs and develop business opportunities, especially in regional Western Australia. To achieve this we have a two-year action plan in place to help us attract more visitors to Western Australia, 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.

CITY WELCOME



GRANT HENLEY

Mayor, City of Busselton

The City of Busselton welcomes spectators and competitors to the Cape to Cape MTB 2018.

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 2018 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.



PAM TOWNSHEND

President, Shire of Augusta Margaret River

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 11th Cape to Cape Mountain Bike event.

The annual race is a favourite on both the Margaret River Region and mountain biking calendars, and is the perfect time of year to enjoy the offerings of our spectacular local riding tracks.

The Shire of Augusta Margaret River recognises the value this event brings to our residents and visitors in terms its economic impact, and the health, wellbeing, social engagement opportunities it provides.

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.

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.

SHIMANO



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XTR

EVENT SCHEDULE



WEDNESDAY, 17 OCTOBER	PRE-RACE	VENUE
3:00 pm – 7:00pm	Rider Welcome	Settlers Tavern, 114 Bussell Hwy, Margaret River
THURSDAY, 18 OCTOBER	STAGE 1	VENUE
7:00am - 8:30am	Rider Registration	Cape Leeuwin Lighthouse Leeuwin Rd, Augusta
7:00am-2:00pm	Bike Mechanic Services	
8:45pm	Race Briefing	
9:00am	Stage 1 Race Start	
1:00pm	Stage 1 Awards	
FRIDAY, 19 OCTOBER	STAGE 2	VENUE
7:00am - 2:00pm	Bike Mechanic Services	Leeuwin Estate Winery Stevens Rd, Margaret River
7:45am	Race Briefing	
8:00am	Stage 2 Race Start	
12:00pm	Stage 2 Awards	
3:30pm	Urban Time Trial	Margaret River Skate Park, Wallcliffe Rd, Margaret River
SATURDAY, 20 OCTOBER	STAGE 3	VENUE
7:00am - 2:00pm	Bike Mechanic Services	Gloucester Park, 33 Wallcliffe Rd, Margaret River
7:45am	Race Briefing	
8:00am	Stage 3 Race Start	
12:00pm	Stage 3 Awards	
6:30pm	Colonial Dinner Function	Colonial Brewery, 29 Osmington Rd, Bramley
SUNDAY, 21 OCTOBER	STAGE 4	VENUE
7:00am - 2:00pm	Bike Mechanic Services	Colonial Brewery, 29 Osmington Rd, Bramley
7:45am	Race Briefing	
8:00am	Stage 4 Race Start	
12:00pm	Stage Awards and Final Awards	
2:00pm- 6:00pm	After party and entertainment	

DOWNLOAD THE APP



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Google Play



PRE-RACE INFORMATION



RACE PLATES	
<p>Race Plates:</p> <p>Elite</p>	<p>Solo</p>
<p>ID Wristband</p>	

- Ensure you have photo identification such as drivers licence to bring to Rider Registration
- If you are an MTBA Race member, ensure you bring your MTBA Member Card. If you are unable to produce this, you will be required to purchase a race licence.
- Confirm that the person recorded as your Emergency Contact during the registration procedure, is not riding Cape to Cape.
- Only the registered rider can pick up their Rider Kit at Registration.
- For safety reasons non registered competitors are not allowed to compete under someone else's name. Doing so will result in exclusion from future Cape to Cape or associated MTB races.
- During Registration you will receive the following items - Race Plate with Timing Chip attached (and cable ties) and ID Wristband.

Download the event app *Epic Series Oceania*. This has all the important race day information you need. Available through the App store and Google Play!



CAPE TO CAPE
WESTERN AUSTRALIA

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START LINE INFORMATION



	GETTING TO THE STAGES			
	Stage 1- Cape Leeuwin Lighthouse	Stage 2- Leeuwin Estate Winery	Stage 3- Gloucester Park	Stage 4- Colonial Brewery
FROM MARGARET RIVER	40 mins	10 mins	In Margaret River	10 mins

BAG DROP

As 2018 Cape to Cape is made up of loop courses the only day you'll need a bag drop is stage 3, just drop your bag at Information and we'll make sure it gets to the finish line for you.

BIKE MECHANIC

We are stoked that Bike Dr has jumped on board as Cape to Cape's official mechanical service for 2018.

You'll find the team there to help you at the Start and Finish lines. The guys will be providing assistance and spares as required, as well as offering overnight repairs if needed. Please note that this is on a user pays basis.

Thanks guys for keeping everyone's wheels rolling for the entire ride!

BIKE DR.

COMPULSORY RIDER BRIEFINGS

All riders are required to attend the compulsory pre-race briefing each day. These will be delivered 15 minutes prior to that stages 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.

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 strategically positioned on course; however it is advised that riders carry any dietary specific products as well as "get out of jail" supplies!

Taking a small puncture repair kit and spare tube/s on your ride is also highly recommended.

INFORMATION

Got a question? Be sure to come see us at the Information tent. Located within rider Check-In, information will open from 8:00am Stage 1 and 7:00am for Stages 2,3 and 4.

WATER POINTS

Each stage will include at least one water point. Resources available will include;

- Water
- GU Electrolyte
- GU Gels
- Lollies

Bottle Drop is also available, bottles must be dropped at the Information tent before 8:00am for stage one and 7:00am for the following stages. They will be taken to the Water Point for you to collect during your race, please ensure these are labelled with your name and race number. Don't forget to collect your bottle at Information at the end of the day, but don't stress if you leave before the truck is back you can always pick it up in the morning before the next stage.

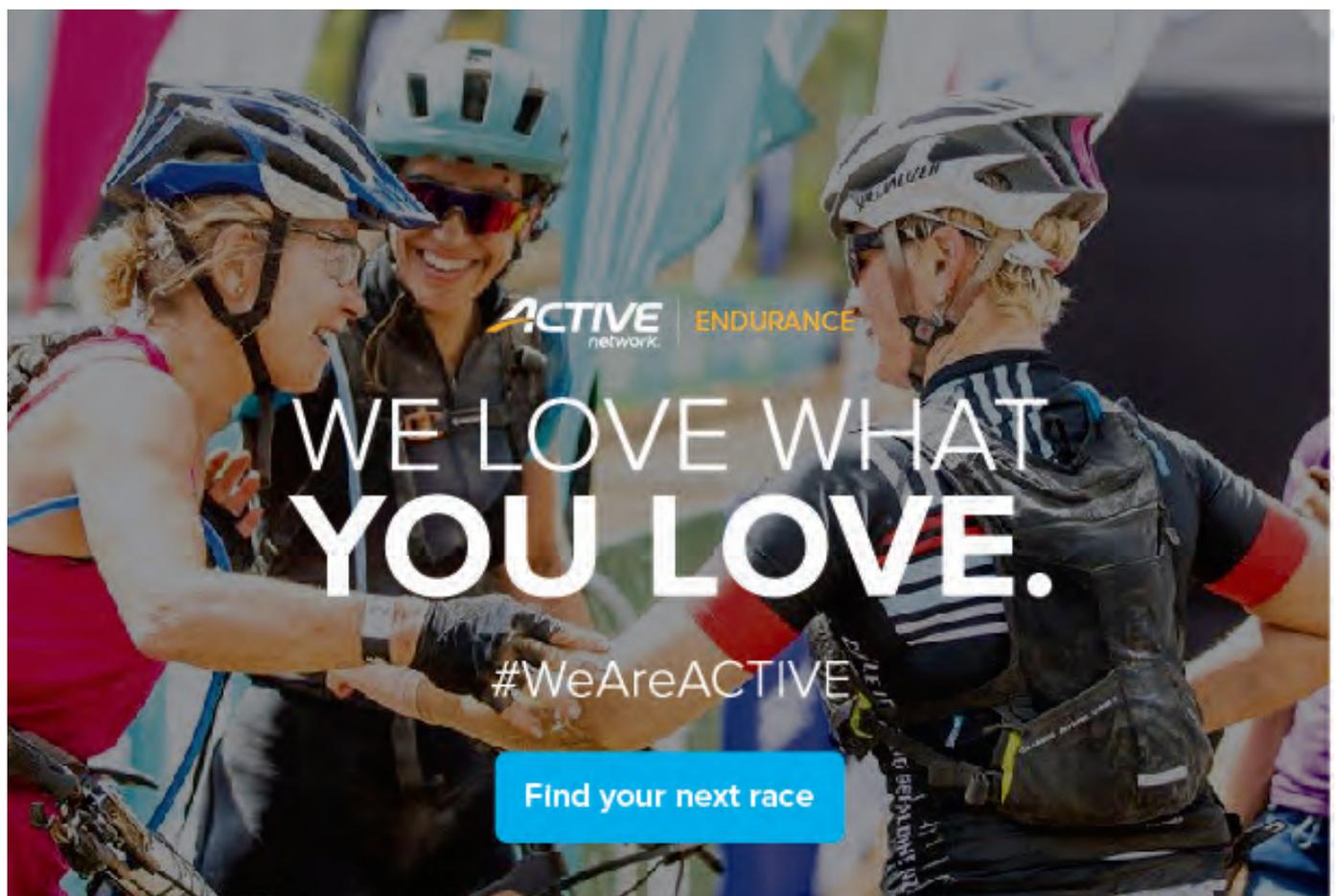
FIRST AID

Medical assistance is available at the Start/Finish line and on course each day. If you require medical attention on course you can either make your way to the next communication point and we can get medics to you, or else send another rider ahead to the communication point on your behalf to arrange a medic to come and check up on you.

DIVERSIONS

Cape to Cape has been designed for riders of all abilities who are looking to challenge themselves. As a result our objective is to keep all riders on course for as long as it is possible but without compromising the safety of other riders or members of the event team. Diversions – the Race Manager will monitor the pace of each group with an expectation that all riders can maintain a minimum speed of 10 – 12 km/h so that they can complete the course within the allotted time limit. Failure to do so will mean that riders, at the discretion of the Race Manager, can be diverted onto a shorter route to the finish.

STAGE 1	STAGE 2	STAGE 3	STAGE 4
No Diversions	11.30am Diversion (32.5KM) Riders will be diverted to the 39.5KM point and given a 30-minute penalty.	12Noon Diversion (36.7KM) Riders will be diverted to the 42.6KM point and given a 45 min penalty	11.30am Diversion (36.3KM) Riders will be diverted to the 42.5KM point and given a 30 min time penalty.
	1pm Diversion (56KM Mark) This will reduce the course by 2km and no penalty will be given		



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ACCIDENTS ON COURSE

If a rider crashes in front of you, this is not an opportunity to pass them! Stop immediately and ask if they need assistance. The first rider on the scene of a crash oversees the situation and should remain with the injured rider as long as necessary. 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.

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. This is why we recommended you obtain adequate personal medical insurance or travel insurance with the relevant coverage.

Carbon storage device

Wood is a natural solution to tackle climate change.

It's renewable and continues to store carbon once it is harvested.

Choosing sustainably sourced wood reduces your carbon footprint.

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DIRECTIONAL SIGNAGE ON COURSE

SIGNAGE

The Cape to Cape Course 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.

START LINE PROCEDURE

For stage one each rider will be asked to seed themselves based on ability and expected ride time. Elites and top 200 finishers of past P2P and C2C riders will be given priority entry at the front.

At the stage one finish line riders will be allocated a coloured dot representing the waves they are allocated to begin the following day's stage.

The first 200 riders in the elite rider's group will be followed by waves of 100 -150 riders each. This system will be used for stages 2 - 4.

If at any time you believe you should be in a faster or slower start zone (due to mechanical or other reasons) please visit Race HQ at the finish line discuss with our Race Manager.

Start zones for the start of stages 2 - 4 are as follows:

- 8:00am – Black Dot
- 8:05am – Blue Dot
- 8:10am – Red Dot
- 8:15am – Green Dot
- 8:20am – Pink Dot
- 8:25am – Orange Dot
- 8:28am – Purple Dot
- 8:30am – Gold Dot



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LOST & FOUND PROPERTY

Any lost or found property that is handed in will be taken to the Information tent located at the start/finish line. Please note that no responsibility or liability is taken by the Event Organisers for lost property. After the event has concluded all lost property will be returned to our office in Noosa, QLD. It will be your responsibility to cover any cost for its return to you. For any enquiries after the event please contact IRONMAN on 1300 761 384 or

capetocape@ironman.com

MASSAGE

After a big day on the bike you'll be loving the sight of the amazing 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. Sessions are on a user pays basis charged at \$20/ 15 minutes or \$40/ 30 minutes. Strapping is charged at \$20 per application. Bookings can be made at the massage tent during opening hours or pre-booked by emailing Paula at

ruralfitness@westnet.com.au

BIKE WASH

A free of charge Bike Wash will be available at each finish line.

You can also take advantage of the Bike Dr Wash and Lube Service; the guys will be at the end of each stage to give your bike the bath and lube it so deserves.

Book your ticket [here](#).

EVENT PHOTOS

Don't forget to check out your epic photos captured by the guys at FinisherPix. Photos will be available within 2 days of the final day of the event. You can purchase these shots at

finisherpix.com

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CAPE TO CAPE

STAGE 1: 46.6KM

CAPE LEEUWIN



LEGEND

- START
- FINISH
- WATER POINT / FEED ZONE
- SPECTATOR POINT



course subject to change

STAGE 1
CAPE LEEUWIN

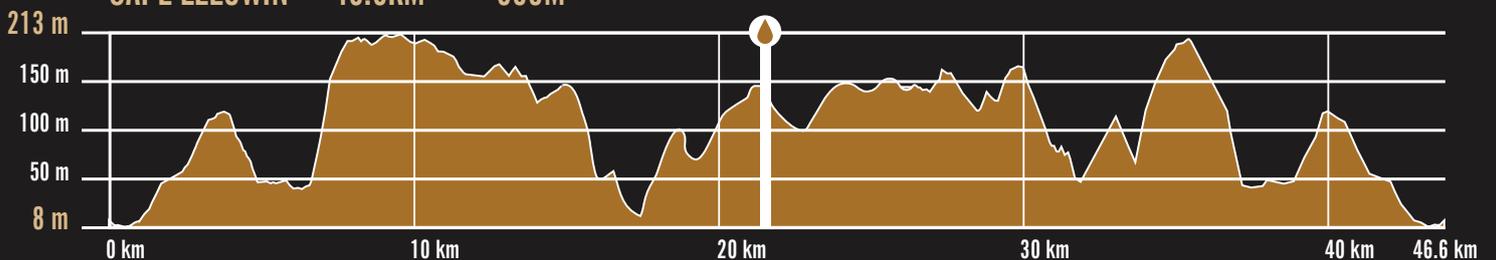
DISTANCE
46.6KM

ELEVATION GAIN
908M

Cape Leeuwin Lighthouse



Cape Leeuwin Lighthouse



STAGE 1:



CAPE LEEUWIN

Thursday 18 Oct

Start/Finish

Cape Leeuwin Lighthouse

Distance: 46.6km

Climbing: 915m

Format: Mass Start

Start Time: 9:00am

Riders shall “self-seed” in order of expected ride times fastest to slowest. Results will be based on the rider’s net time.

Expected Finish Time

First Riders: 11:00am

Last Riders: 2:00pm

COURSE HIGHLIGHT

You can’t go past the spectacular Cape Leeuwin Lighthouse as a highlight for Stage one. It’s amazing to be back, and for the first time you’ll truly appreciate the beauty as you cross the finish line, a view that’s usually left behind as you set out for the day. Some of you will be all grins with the beach removed for this year’s edition, don’t worry Stage one is still a test and will accelerate the legs into four days of awesomeness.

COURSE DESCRIPTION

We are super excited to return to the traditional starting place of Cape to Cape – the Cape Leeuwin lighthouse south of Augusta. Whilst the venue is renowned for one of the most spectacular start lines in Australian mountain biking it will also double as the finish line for Stage one in 2018.

The event format will be returning to the mass start for stage one with the whole field of 1400 riders commencing at once. The new course alignment will begin with the long climb up Skippy Rock Road before dropping off into the forest to the west of Augusta, where riders will soon reacquaint themselves with the infamous Heartbreak Hill before coming out of the Telstra Tower tracks onto Hillview Road and heading straight to the coast.

Riders will suddenly be familiar with the Greenhill Road descent as they plummet rapidly into the stunning Karri forest to see the course swing back towards the finish. A couple of testing climbs must be conquered before competitors can enjoy the 4km descent down Skippy Rock Road back to Cape Leeuwin Lighthouse. We expect this to be one of the best stage alignments that we have ever put together for the Cape to Cape- at a bit under 45km with 915 meters gained it will offer a mix of climbs, descents and breathtaking views that will have tongues wagging at the finish line.

We expect the fastest riders to complete Stage one in just under 2 hours while the slowest riders should take no longer than 5 hours to complete this stage.

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.

PARKING

Event Parking is available on the ocean side of Leeuwin road ONLY, the left side will be coned off. Additional parking is available at Augusta Boat Harbour. A Shuttle bus is available for spectators to the start line. Riders are encouraged to ride to the start line from the boat harbour.

SPECTATOR POINTS

22KM FEED ZONE/SPECTATOR POINT:

Cresswell Road – approx 20 min drive from the start line.
From the start line take Leeuwin road north for approx. 7km, continue onto Blackwood ave, turn left at Allnut terrance, take caves road to Cresswell road in Deepdene. Park and walk up to the turn and climb point. This location is only 5 min drive to Jewel café also!

The below points will see the riders $\frac{3}{4}$ through the stage and be a great time to cheer your rider on. Please pick one or the other, due to road closures you'll struggle to see your rider at both.

33.5KM SPECTATOR POINT:

Greenhill Road – From the start line take Leeuwin Road to the north for approx. 7km. Continue onto Blackwood Ave, turn left at Allnut Terrance and left into Hillview Road. You will then need to take a right onto Hart Road, continue onto Lukes Road. Turn Left onto Jane and left onto Greenhill where you will meet a marshal and course signage.

36KM SPECTATOR POINT:

Hillview Road – From the start line take Leeuwin Road to the north for approx. 7km. Continue onto Blackwood Ave, turn left at Allnut Terrance and left into Hillview Road. Drive along Hillview until you reach the road closed signs. Park on Hillview and then walk up Hillview until you reach the course marshal. You'll see riders as they leave Hillview and ride up towards Sally's Hill where they will be sure to need a boost!



TRAIL POWER

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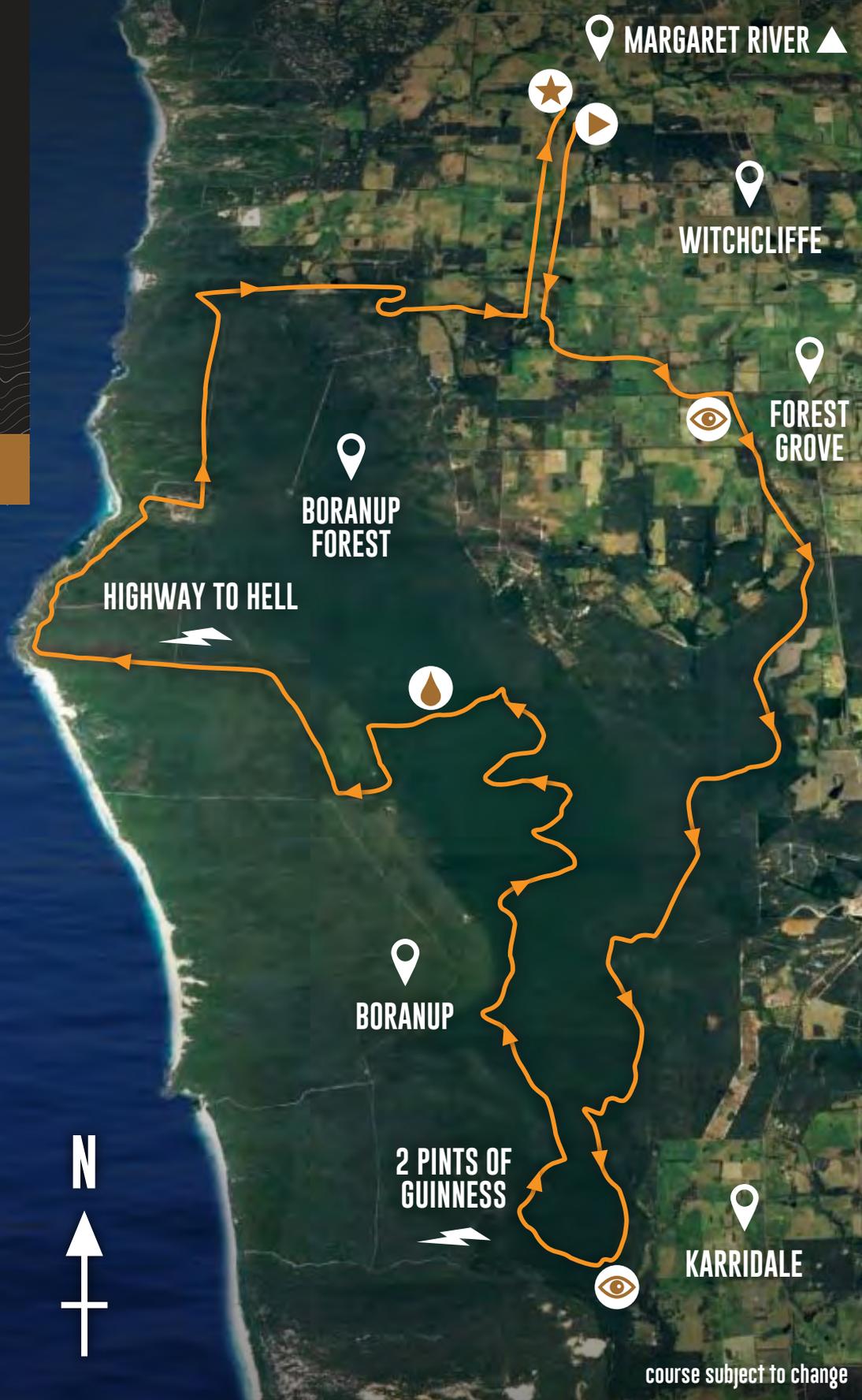
*Faster up the climbs, longer loops, more singletrack fun on any given day.
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 **GIANT**

CAPE TO CAPE

STAGE 2: 63KM

BORANUP FOREST



LEGEND

-  START
-  FINISH
-  WATER POINT / FEED ZONE
-  SPECTATOR POINT

course subject to change

STAGE 2
BORANUP FOREST

DISTANCE
63KM

ELEVATION GAIN
575M

Leeuwin Estate   Leeuwin Estate



STAGE 2:



BORANUP FOREST

Friday 19 Oct

Start/Finish

Leeuwin Estate

Riders will start in their allocated wave start time as defined by your finish time on stage one. More information see *Start Wave Procedure* above.

Distance: 63km

Climbing: 575m

Format: Wave Start

Start Time: 8:00am

Expected Finish Time

First Riders: 10:20am

Last Riders: 1:15pm

COURSE HIGHLIGHT

Boranup Forest has some of the most spectacular coastal forest views around the stage includes old favourites such as Two Pints of Guinness, Emu Drive, Donovan, Tunnel Run, 3 Rocks, Lord of the Rings, The Quarry and Highway to Hell.

COURSE DESCRIPTION

Stage two sees the Cape to Cape move north up the Cape to the picturesque start/finish venue of Leeuwin Estate which will again host stage two which will be centred around Boranup Forest. Riders will set off for stage two in their allocated wave times leaving Leeuwin estate and heading south on a new set of back roads down toward Jarrahdene.

The course will again hit the coast at Conto's Beach where competitors will face the long climb out as they head north to Bobs Hollow before returning to the finish line at Leeuwin Estate via a section of technical single track, lined with the famed WA pea gravel. This stage will again finish within the beautiful grounds of Leeuwin Estate with their world-renown wine on offer along with a wide selection of local food and craft beer.

At approximately 63 kms in total distance with 575 meters gained, Stage two is one of the longest stages but definitely one of the fastest and most enjoyable with all of the sweet flowing single track and coastal views. Previous riders of Cape to Cape will be familiar with this stage as it covers all the traditional areas of Stage two ridden over the last ten years.

We expect the lead riders to complete this stage in around 2 hours and 20 minutes and the slower riders to come in at just over 5 hours to complete stage two.

RACE TIP

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

PARKING

Event Parking is available at Leeuwin Estate Winery. The event village opens at 7am for a race start at 8am. From Margaret River take the Bussell Highway, turn left at Gnaraway road, turn left at Stevens Road and follow the event signage.

COURSE DIVERSIONS

Diversion 1:

Riders who are yet to reach the 32.5km mark by 11:30am will be diverted to the 39.5km mark and given a 30-minute penalty.

Diversion 2:

Riders yet to reach the 56km mark by 1pm will be diverted to a short-cut reducing the course by 2km, no time penalty will be given.

SPECTATOR POINTS

There's plenty of places to see along the way as a spectator today. Boranup Café is a great spot for a morning tea stop and don't forget to take advantage of the many lookouts.

8KM SPECTATOR POINT:

Harrison Road - This is early on, so you'll need to head here before the start however you'll still see riders in packs as they turn off Hadley road onto the Rails to trails. It's a 15-minute drive from Leeuwin Estate. Take Bussell Highway south, turn right onto Hadley and park. Walk up to the intersection of Harrison and Hadley.

22KM SPECTATOR POINT:

Boranup Drive - Beautiful Forest views and the most southern part of the day's race

37KM FEED ZONE/WATER POINT:

Intersection of Donovan Drive and Boranup Drive - If you catch the 8km spectator point first you can head this way by going back out onto Bussell Highway, continue south and take a right at Forest Grove Road (Beware of riders and this is crossing the course). Take Caves Road and you'll encounter many sites along the way. Just after the Boranup Forest View Point you'll turn right at Boranup Drive and head for less than 1km. Park up and walk down to the intersection of Donovan Drive and Boranup Forest.

Finish up on the grounds of Leeuwin Estate and round out the day with a glass of some of the best wine in the region.



CAPE TO CAPE

STAGE 3: 45KM

MARGARET RIVER

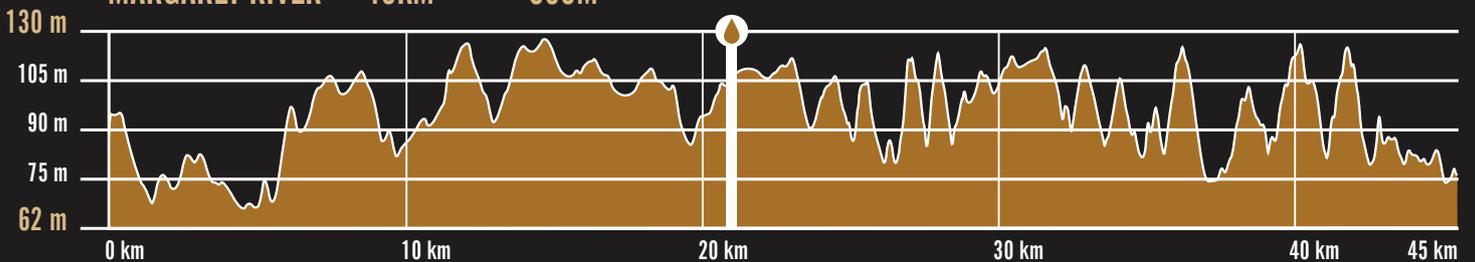


STAGE 3
MARGARET RIVER

DISTANCE
45KM

ELEVATION GAIN
560M

Gloucester Park ▶ → ★ Margaret River Distilling Co



STAGE 3:



MARGARET RIVER SPECIAL STAGE

Saturday 20 Oct

Start/Finish

Margaret River

Riders will start in their allocated wave start time as defined by your finish time on stage one. More information see *Start Wave Procedure* above.

Distance: 45km

Climbing: 560m

Format: Wave Start

Start Time: 8:00am

Expected Finish Time

First Riders: 9:45am

Last Riders: 1:00pm

COURSE HIGHLIGHT

Made up of 70% single track stage three will not disappoint. The Pines takes on a whole new aspect as you ride in and out of the tree canopy's and new harvest. Whilst there is plenty of good stuff in the middle we're still putting on a show with the main street roll out as well as welcoming the Gin Distillery, our newest finish line host... G&T's on the menu for sure.

COURSE DESCRIPTION

In 2018 the Margaret River Special Stage will again return to the Saturday (Stage three) with the traditional mass roll out through town. Riders will officially re-start the stage at Carters Road with a labyrinth of the best single track in the whole region awaiting them.

The Margaret River Special Stage will feature all the best trails around this region including Carters Road, Farm Run, Burnside Loop, Princess Leia, The Pines, Compartment 10, Big Pine and Wharnccliffe Mill. A new section of 14km of trails are also planned for this area and we are expecting them to be opened by the time the event comes to town in October.

The design of the Margaret River Special Stage for 2018 will essentially create a closed course format with riders remaining off road for the whole stage before returning to the finish line back on Carters Road at the Margaret River Distillery. It will be the first time that the Distillery will be a finish venue host where riders can experience a unique venue and be treated to food and drinks as well as their feature Ginversty experience.

Current plans are for a 45km stage distance (including a 1km roll out) with around 550m gained, the course includes all the trails to the west side of the highway and no major road crossings.

The fastest riders are expected to go under the two-hour mark whilst the slower riders shouldn't take longer than 4.5 hours for this stage.

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 $\frac{3}{4}$ of the way through you'll want the encouragement out there to come home strong.

PARKING

Whilst stage three is our only stage with a different start and finish line, they are both in Margaret River. We encourage you to leave your cars at your accommodation and ride to the Start line. We will have a bag drop on the day, so you can collect your items at the finish. If you do need to bring your car, parking is available at Gloucester Park. There is no parking available at the finish line.

FROM MARGARET RIVER

Get to Wallcliffe Road (off Bussell Highway) and follow the signs. Please note you will not be able to drive to the finish line due the road closure at Carters Road. It is recommended you park at the Start, walk down to the main street for the roll out and then take the scenic 15-minute stroll to the finish line via the river walk.

COURSE DIVERSIONS

Riders who are yet to reach the 36.7km mark by 12pm will be diverted to the 42.6km mark and given a 45-minute penalty.

SPECTATOR POINTS

The spectacle of 1400 riders heading down the main street of Margaret River is quite incredible to view. 10 years ago when Cape to Cape first began, the region was known for the vineyards and beaches, mountain biking now is a major tourism economy for the region and nothing says it better than this magnificent roll out. Head into the local stores and Saturday Market and support them for embracing Cape to Cape and the mountain bike community.

1KM SPECTATOR POINT:

Main Street - Find yourself a window seat, grab breakfast and a coffee and enjoy the view as riders head down the main street. With over 70% single track we suggest you leave your car in the start line car park or at your accommodation and take the stroll to the finish line, along the rails trail to Carters Rd then find the crossover into The Pines and Coffee Van (10KM). You'll also be able to explore compartment 10 and new trails in RAC Nature park from here.

20KM FEED ZONE:

Echo Road - 10mins drive from Margaret River. Take Bussell Highway north, head left towards Echo Road. You will see the marshal, park up on the side of the road and walk to the point. Oh, and be sure to grab a G&T at the Margaret River Distillery as you cheer your rider across the finish line!



Pull Your Socks Up

With **BIKE DR.** @ **C2G**

Come and find the BikeDr Team at registration to guarantee you get your BikeDr/Dismantle charity socks for 2018. This year the socks are electric blue. Hopefully they'll make you go like lightning. The funds that are donated could spark a love for everything bikes in the youth it reaches. If you miss us at Registration, the BikeDr Team will be at the start/finish village everyday, cleaning, lubing and fixing your trusty 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.

CAPE TO CAPE

STAGE 4: 57KM

MIDDLE EARTH



MIDDLE EARTH



COWARAMUP

TREETON

OSMINGTON

LEGEND

- START
- FINISH
- WATER POINT / FEED ZONE
- SPECTATOR POINT

COLONIAL BREWING CO

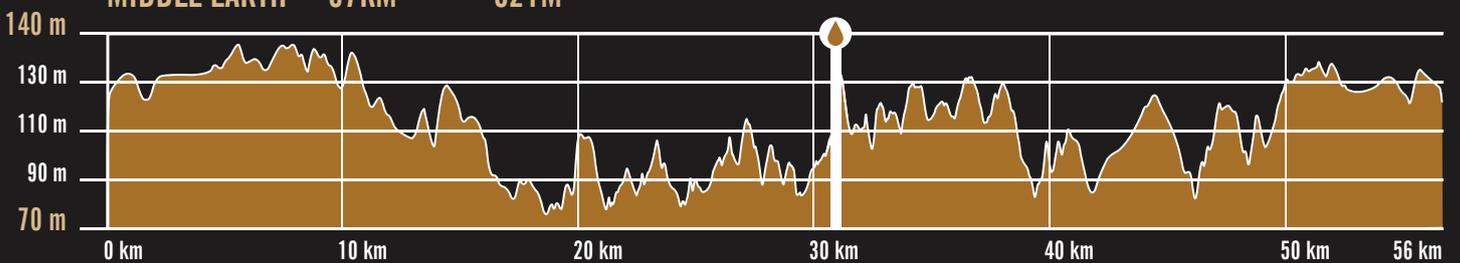
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STAGE 4
MIDDLE EARTH

DISTANCE
57KM

ELEVATION GAIN
521M

Colonial Brewing Co Colonial Brewery Co



STAGE 4:



COWARAMUP – MIDDLE EARTH

Sunday 21 Oct

Start/Finish

Colonial Brewery

Distance: 57km

Climbing: 521m

Format: Wave Start

Start Time: 8:00am

Riders will start in their allocated wave start time as defined by your finish time on stage one. More information see *Start Wave Procedure* above.

Expected Finish Time

First Riders: 9:45am

Last Riders: 12:45pm

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!

COURSE DESCRIPTION

The 2018 Cape to Cape will finish at the fan favourite host site of Colonial Brewery. Whilst the venue has hosted the stage four start line in the past, it will now be home to the final day finish line and the perfect place for rider celebrations. Before the champagne corks are popped and the frothy tops are poured, riders will need to successfully navigate the amazing trail network of Middle Earth.

A slightly revised start alignment will see riders head north towards Cowaramup before branching off into the North East Margaret River Forest. Last year this area was guarded by a number of wild ostrich who may or may not be seen on the course in 2018. The course will then move north through Treeton and across some neighbouring farm land before entering Middle Earth.

A slightly revised course is planned through Middle Earth for this year, but riders can again expect around 20km of technical single track that includes favourite tracks Bilbo Baggins, Gaylords Leap, Mordor, Rivendell, Fun Park and Fangorn Forest.

After successfully navigating Middle Earth competitors will leave the forest and take a series of gravel roads back to the south with only a couple of testing water crossings standing between them and the finish line. At this early stage we can't predict how deep the second water crossing might be but if riders can safely negotiate this hazard only a short burst remains to the finish at Colonial where they will collect their well-earned medal after conquering four big days of the Cape to Cape.

Again, coming in at around 57km with just over 500m gained, the new Stage four will present a strong test of mind, body and bike but the rewards will be worth it as Colonial Brewery will host for the first time as the final Cape to Cape Finish line.

RACE TIP

HAVE FUN! Cape to Cape is all about the enjoyment and having an unforgettable experience. Those endorphins will get you through. . . just think about how good it is you're on your bike and not at work! As a final tip to riders and spectators you may want to book an extra night's accommodation for Sunday so you don't leave the finish line festivities early!

PARKING

Parking is available right next door to Colonial Brewery. No public parking is available at Colonial. The Event Village opens at 7am for a race start of 8am.

COURSE DIVERSIONS

Riders who have not yet reached the 36.3km mark by 11:30am will be diverted to the 42.5km mark and given a 30-minute penalty.

SPECTATOR POINTS

While it is hard to leave the inviting grounds of Colonial Brewery and the large selection on beer on tap, we're sure your rider will appreciate the heckling as they finish off an incredible four days.

17KM SPECTATOR POINT:

Treeton Road - Take Busselton Highway towards Cowaramup and turn right at Treeton. Head along this road until you see the event signage, park on the side of the road and walk up. There is opportunity to see the riders here at 17km and then when they return at 48km if you walk a little further down the road so be sure to take a coffee and some snacks.

30KM FEED ZONE/WATER:

You'll catch the riders here just before they head into Middle Earth. Take Bussell highway past Cowaramup, turn right at Gale Road, Right at Carabanup South. Park up on the side of the road and walk down in to the forest.

FTP TRAINING
Frothers in Cycling

FTP Training offers custom event programs or one on one coaching. Our coaches are all Cycling Australia/MTBA accredited with years of experience in helping riders of all levels and abilities improve performance and be AWESOME on the bike. FTP Training has been working with riders for over 25 years with over 100 years of coaching experience between our 10 coaches. Our riders have won all the stage race events in Australia such as Port to Port and Cape to Cape, the likes of Peta Mullens, Cam Ivory, Mark Tupalski and Chris Hamilton are all FTP Training frothers and winners.

One on one coaching packages start for as little as a cup of coffee a day and come with premium account with Today's Plan. This is the software used by Team SKY to prescribe and analyse data, so, rest assured you will be using the very best. Our custom event-based programs all written by head FTP Training "Frother" and founder Mark "Fenz" Fenner. Custom event plans offer incredible value with access to the FTP Training HUB containing huge amounts of information, videos, and advice for every type of rider.

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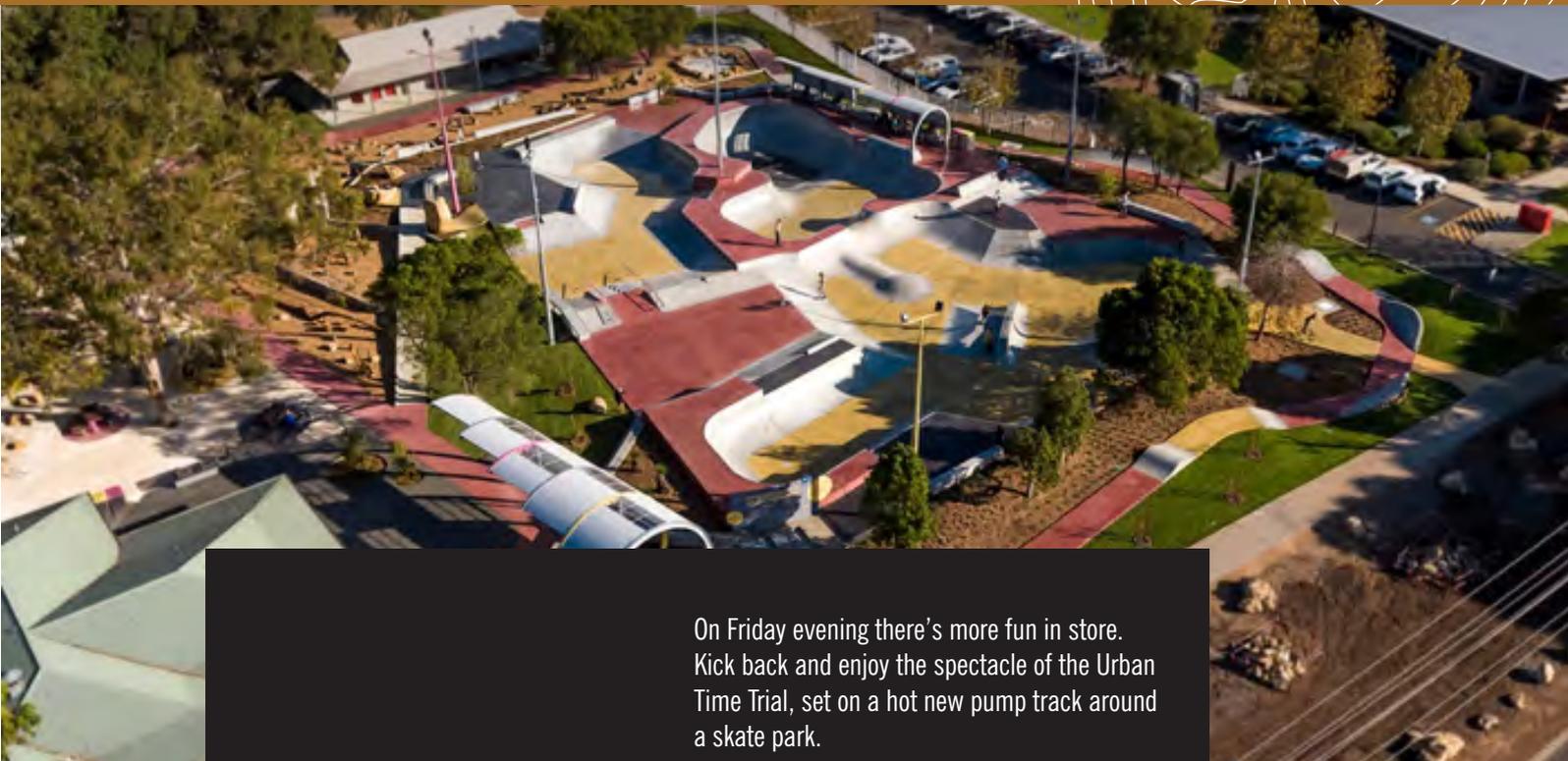
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IN NSW

The City of
Newcastle



SHIMANO

URBAN TIME TRIAL



MARGARET RIVER SKATE PARK

Friday 19 Oct - From 4pm

On Friday evening there's more fun in store. Kick back and enjoy the spectacle of the Urban Time Trial, set on a hot new pump track around a skate park.

While you watch the top of the field battle it out for all important time bonus local skaters will be carving it up in the centre bowl, a DJ rocking the beats and don't forget to grab a bite at the food trucks!

The urban time trial is an epic battle between the top 20 males and top 10 females for the all-important time bonuses. The result of the time trial can change the overall standings!

TOP 10 WOMEN

Position	Credit
10	0:01
9	0:02
8	0:03
7	0:04
6	0:05
5	0:10
4	0:20
3	0:30
2	0:45
1	1:00

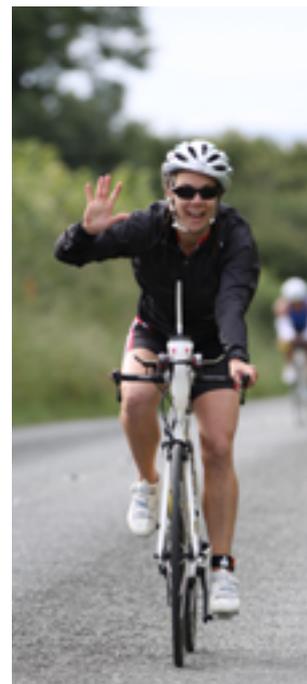
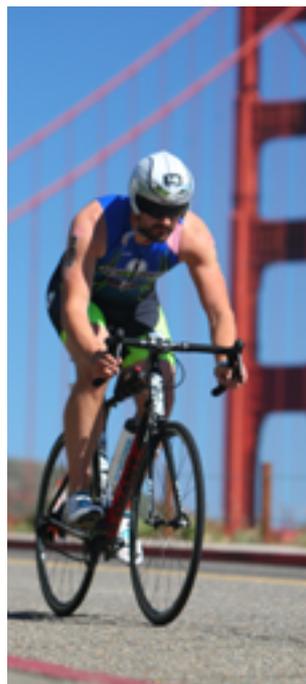
TOP 20 MEN

Position	Credit	Position	Credit
20	0:01	10	0:11
19	0:02	9	0:12
18	0:03	8	0:13
17	0:04	7	0:14
16	0:05	6	0:15
15	0:06	5	0:16
14	0:07	4	0:17
13	0:08	3	0:30
12	0:09	2	0:45
11	0:10	1	1:00



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COLONIAL CAPERS

SAT 20 OCT FROM 6:30PM



ROLL UP

to the social night of *Cape to Cape* and enjoy beers, banter and a great feed. Hosted by *Colonial Brewery*, your start line for Stage 4.

You'll get to hang out with new friends and old, share stories of the day and hear great tales from some of our elite riders.

SATURDAY 20 OCT from 6:30PM

\$30 ticket

(dinner only, drinks available for purchase from the bar)

Riders, family and friends, everyone welcome. Limited tickets available. Get in quick! For more information check out the [Colonial Capers Function page](#).

Don't forget to purchase your tickets [here!](#)



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AWARDS

LEADER JERSEYS

From the yellow to the purple to the green, the leader jerseys are a statement of superiority. Whether worn for just one stage or awarded for an overall victory, the mountain bikers who carry these on their shoulders are champion riders and deserving of great respect.

Cape to Cape is proud to bestow the leader from each of the riding categories an exceptional leader's jersey for 2018. Each daily GC winner in every ride category will be presented their exclusive Leader jersey at the daily awards presentation on the finish line.

DAILY AWARDS

A daily awards ceremony is held at the end of each stage at the finish venue. This will include the awarding of the 'Leaders Jersey' in each age category. In addition to this, prize money will be provided to top 3 in Open Male and Open Female categories. Prizes will be awarded for daily stage winners in master's categories.

The Final Awards will be held end of Stage 4, and prizes will be awarded to winners in each age category and the below prize money will be awarded to the overall team winners.

To honour the memory of "Willo" and remember his great contributions to Cape to Cape MTB before his tragic passing while racing the Cape Epic in South Africa in 2010, we will once again be awarding the James Williamson Medal to the overall winner of Cape to Cape.

YEAR	MALE	FEMALE
2017	Brendan Johnston	Samara Sheppard
2016	Tasman Nankervis	Samara Sheppard
2015	Kyle Ward	Peta Mullens
2014	Mark Tupalski	Bec Henderson
2013	Andy Blair	Jenny Fay
2012	Lachlan Norris	Jenny Fay
2011	Andy Blair	Jenni King
2010	Dan McConnell	Niki Fisher
2009	James Williamson	Niki Fisher
2008	James Williamson	Niki Fisher



OUR EVENT PARTNERS

