

CAPE TO CAPE

WESTERN AUSTRALIA

2022 RIDE GUIDE

20 – 23 OCTOBER 2022



WESTERN
AUSTRALIA



SHIMANO

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WESTERN AUSTRALIA

WALKING ON A DREAM

MARGARET RIVER REGION

Australia's most premium wine region nestled among pristine beaches, ancient caves and tall-timber forests.

Choose your dream adventure

- Taste the region's finest drops on a winery, distillery or brewery tour, or go at your own pace - finish your foodie adventure with a long table lunch.
- Recharge your spirit and try coastering, stand up paddle boarding, mountain biking or horse riding.
- Picnic or camp among the karri trees in Boranup Forest and stargaze at an endless canopy of constellations at Injidup Natural Spa.
- Catch world class waves with over 135 km of coastline and 75 breaks to choose from - there's a wave here for everyone.
- Immerse yourself in Wardandi Noongar culture on an Aboriginal tour - taste the flavours and learn the stories of this region.
- Walk a section of the 135km-long Cape to Cape Track (or all of it, if you're game!), and spot sea creatures, beautiful wildflowers and magnificent coast along the way.
- Wander further and experience where the Southern and Indian Ocean meet at Cape Leeuwin Lighthouse, Australia's tallest mainland lighthouse.
- Go on an underground tour to explore the magical awe of the region's four ancient limestone caves - Jewel, Lake, Mammoth and Ngilgi.
- Hit the road less travelled and head out on one of the region's many mountain biking and cycling trails in Nannup and Pemberton, including the world-famous Munda Biddi.
- Cruise alongside migrating humpback, southern right and blue whales on a charter from Augusta, Busselton or Dunsborough.

Follow us at @WesternAustralia | #WAtheDreamState



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RACE DIRECTOR MESSAGE

Welcome to Cape to Cape 2022.

I can't believe it is already October, where has this entire year gone! I am very excited to be coming over to Western Australia for 4 days of good mates, great trails and good times rolling as we deliver the fourteenth edition of Cape to Cape. If you are a returning rider or first timer, welcome and thank you for choosing this race.

Our mission has always been to bring you the best 4 day stage race we possibly can whilst showcasing everything the amazing Augusta, Margaret River and Busselton Regions have to offer. We are incredibly fortunate to have the long standing support from our stakeholders Tourism WA, Shire of Augusta and City of Busselton. To our partners, we thank you for your support. To our amazing friends at BikeDr, who develop, encourage, and support those in our local community, we thank you for again choosing our race to support you.

This year, once again we kick things off down South at Cape Leeuwin Lighthouse and ride the same tried and tested course. From here we head North and begin our traditional Cape to Cape route between Cape Leeuwin and Cape Naturaliste. We are returning to the much loved Boranup which is still recovering from devastating bush fires. Stage 2 is set at a brand new venue, Mr. Barval Fine Wines. Straight into the weekend and you will hit the Pines and Compartment 10 trails of Margaret River. Our venue is right beside the trails and close to town at Margaret River Distilling Company. Please make sure you note the parking details for Stage 3 on page 29 as we do not have parking available at the venue. If you're staying in town give the legs a warm up and ride into the start. Sunday we take on stage 4, there are a few slight changes to the course but fear not, you will still take in magnificent views of crystal blue water as you ride down Eagle-Bay Meelup Road and then hit the trails at Dunsborough Mountain Bike Park. Wise Wines has welcomed us back after a great first year. Once you finish kick back and enjoy a few cold ones while taking in the views.

Sustainability is really important to us, so please don't litter on course and be mindful of your rubbish at the start lines. The land we ride on is important to all of us and takes us through some of the most pristine local environments around. Do your part and be respectful of the land and if you see someone who isn't, let us know.

To the crew behind the scenes, from the registration team, marketing and media, the partnerships people, the site crew, the film and photography masterminds and the volunteers out on course. Thank you.

I'd also like to thank Jason Dover and Brookesy for their continued dedication to this event. Make sure to say G'Day if you see the guys while you're out there.

Have fun out on the trails, look after each other, enjoy your journey from Cape to Cape, make some new friends along the way and don't forget to soak up the good vibes at the start and finish lines. I look forward to meeting you all there!

Happy Trails!

Jemma Baker
RACE DIRECTOR



WELCOME MESSAGES

**WELCOME MESSAGE FROM
HON ROGER COOK MLA, DEPUTY PREMIER; MINISTER FOR TOURISM
AND
HON ALANNAH MACTIERNAN MLC, MINISTER FOR REGIONAL DEVELOPMENT**

**Cape to Cape MTB
20-23 October 2022**

The McGowan Government is a proud sponsor of the Cape to Cape through its Regional Events Program.

The program was devised as a way for the Government to support medium to large events in regional Western Australia to boost tourism, increase community vibrancy and participation, and develop regional areas.

The Regional Events Program also 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 particularly to help regional economies and communities in 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 Western Australia, to attract visitors, encourage them to stay longer, disperse further and do more while they are here.

We hope everyone enjoys this event and takes the time to explore the Margaret River region.



**HON ROGER COOK MLA
DEPUTY PREMIER
MINISTER FOR TOURISM**



**HON ALANNAH MACTIERNAN MLC
MINISTER FOR REGIONAL DEVELOPMENT**

WELCOME MESSAGES

WELCOME MESSAGE FROM

**MAYOR GRANT HENLEY
CITY OF BUSSELTON**

**Cape to Cape MTB
20-23 October 2022**

On behalf of the City of Busselton I welcome spectators and competitors to the Cape to Cape.

The City of Busselton, Events Capital of WA, plays host to a diverse calendar of events all year round – food, film and wine festivals, adventure races, arts and crafts and everything in between. We are very proud to again support Australia's largest, longest running and most popular four day staged MTB endurance race.

Taking place from some of WA's most picturesque scenery, we look forward to sharing our warm hospitality, stunning beaches, pristine forests, along with world-class vineyards and breweries.

The Cape to Cape truly offers a spectacular way to experience the unique beauty of the South West Region. Busselton, Dunsborough and Yallingup are friendly and bustling towns offering great relaxed dining and fantastic entertainment. Discover locally owned retailers with an eclectic mix of clothes, gifts, books, gourmet produce and homewares.

In need of a bevy or two? Why not visit some of the many wineries and breweries our region has on offer... you won't be disappointed.

Don't forget to take advantage of direct flights between Melbourne and Busselton. Busselton Margaret River Airport is located 6.5km from the Busselton town centre.

I wish participants and all those involved with the Cape to Cape a fantastic race. See you very soon!



**MAYOR GRANT HENLEY
CITY OF BUSSELTON**

WELCOME MESSAGE FROM

**PAULA CRISTOFFANINI
SHIRE OF AUGUSTA MARGARET RIVER, PRESIDENT**

**Cape to Cape MTB
20-23 October 2022**

Welcome to Augusta Margaret River for the 2022 Cape to Cape Mountain Bike Race. Our Shire has recently been named the first certified ECO destination in WA and we're sure you'll enjoy the spectacular views and unique terrain through the forest, and along the coast and vineyards. With over 1,000 riders at this year's event, please help us to look after this unique environment and enjoy the race!



**PAULA CRISTOFFANINI
SHIRE OF AUGUSTA MARGARET RIVER, PRESIDENT**

EVENT SCHEDULE

Event Schedule is up to date as at 04/10/2021 and is subject to change.

View the Event Schedule [online](#) and on the [Epic Series App](#) for the most up to date information.

WEDNESDAY 19 OCTOBER

Event	Venue	Time
Rider Registration	Settlers Tavern, Margaret River	11:00am – 6:00pm
Event Information	Settlers Tavern, Margaret River	11:00am – 6:00pm

THURSDAY 20 OCTOBER - STAGE 1

Event	Venue	Time
Stage Parking	Augusta Boat Harbour Car Park	6:30am
Shuttle Bus Service - Augusta Boat Harbour Carpark to Cape Leeuwin Lighthouse *Schedule	Cape Leeuwin Lighthouse - Leeuwin Rd, Augusta	6:30am – 2:00pm
Rider Registration	Cape Leeuwin Lighthouse - Leeuwin Rd, Augusta	7:00am – 8:30am
Event Information	Cape Leeuwin Lighthouse - Leeuwin Rd, Augusta	7:00am – 2:00pm
Bike Mechanic Services	Cape Leeuwin Lighthouse - Leeuwin Rd, Augusta	7:00am – 2:00pm
Race Briefing	Cape Leeuwin Lighthouse - Leeuwin Rd, Augusta	8:45am
Stage 1 Race Start	Cape Leeuwin Lighthouse - Leeuwin Rd, Augusta	9:00am
Stage 1 Daily Awards	Cape Leeuwin Lighthouse - Leeuwin Rd, Augusta	12:30pm
Social Hub	Settlers Tavern, Margaret River	From 5:00pm

FRIDAY 21 OCTOBER - STAGE 2

Event	Venue	Time
Stage Parking	Mr. Barval Wines, 7087 Caves Road, Margaret River	6:30am
Information Open	Mr. Barval Wines, 7087 Caves Road, Margaret River	7:00am – 2:00pm
Bike Mechanic Services	Mr. Barval Wines, 7087 Caves Road, Margaret River	7:00am - 2:00pm
Race Briefing	Mr. Barval Wines, 7087 Caves Road, Margaret River	7:45am
Stage 2 Race Start	Mr. Barval Wines, 7087 Caves Road, Margaret River	8:00am
Stage 2 Daily Awards	Mr. Barval Wines, 7087 Caves Road, Margaret River	12:30pm
Social Hub	Settlers Tavern, Margaret River	From 5:00pm

EVENT SCHEDULE

Event Schedule is up to date as at 04/10/2021 and is subject to change.

View the Event Schedule online and on the [Epic Series App](#) for the most up to date information.

SATURDAY 22 OCTOBER - STAGE 3

Event	Venue	Time
Stage Parking	Margaret River Recreation Centre, 51 Wallcliffe road, Margaret River	6:30am
Information Open	Limeburners & Giniversity in Margaret River, Maxwell Street, Carters Rd, Margaret River	7:00am – 2:00pm
Bike Mechanic Services	Limeburners & Giniversity in Margaret River, Maxwell Street, Carters Rd, Margaret River	7:00am - 2:00pm
Race Briefing	Limeburners & Giniversity in Margaret River, Maxwell Street, Carters Rd, Margaret River	7:45am
Stage 3 Race Start	Limeburners & Giniversity in Margaret River, Maxwell Street, Carters Rd, Margaret River	8:00am
Stage 3 Daily Awards	Limeburners & Giniversity in Margaret River, Maxwell Street, Carters Rd, Margaret River	12:30pm
Social Hub	Settlers Tavern, Margaret River	From 5:00pm

SUNDAY 23 OCTOBER - STAGE 4

Event	Venue	Time
Stage Parking	Wise Winery, 237 Eagle Bay Road, Eagle Bay	6:30am
Information Open	Wise Winery, 237 Eagle Bay Road, Eagle Bay	7:00am – 2:00pm
Bike Mechanic Services	Wise Winery, 237 Eagle Bay Road, Eagle Bay	7:00am - 2:00pm
Race Briefing	Wise Winery, 237 Eagle Bay Road, Eagle Bay	8:45am
Stage 4 - Race Start	Wise Winery, 237 Eagle Bay Road, Eagle Bay	9:00am
Stage 4 and Final Awards (Including Cape Epic Draw)	Wise Winery, 237 Eagle Bay Road, Eagle Bay	12:30pm
Social Hub	Settlers Tavern, Margaret River	From 5:00pm



City of Busselton proud sponsors of the Cape to Cape 2022

The City offers a place that is relaxed, safe and friendly, supporting healthy lifestyles and wellbeing. Sheltered along the shores of Geographe Bay, Busselton is a perfect location to host this world class event.

With much to do, we hope you have time to enjoy all that the South West region has to offer. You will be spoilt for choice with wineries, micro-breweries, gourmet produce and boutique retail offerings. Our beautiful landscapes, beaches and natural forests are well worth a look.




City of Busselton
Events Capital WA

Follow us



www.busselton.wa.gov.au

RIDER CHECK-LIST

PRE EVENT

- Read the Ride Guide in its entirety
- Book/confirm accommodation & flights (if applicable)
- Ensure event registration is confirmed (check for confirmation email)
- Familiarise yourself with [Event Schedule](#)
- Ensure you have booked your appointment time for Rider Registration. You will receive an email three weeks from race day with a link to book these times. We strongly suggest all Riders (Solo and Pairs) register on Wednesday 19 October between 11:00am – 6:00pm. 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 Rider Registration once*
- Review/update of medical & emergency contact details check. You will receive an email three weeks from race day with instructions
- Pack photo ID in your luggage. (driver's licence, passport etc)
- [Bring your AusCycling member card](#) to registration. If you aren't a member, you will need to ensure a race licence was purchased upon registration. ***All AusCycling 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!
- Check the weather forecast to ensure you bring all relevant clothing and equipment
- Familiarise yourself with the course - it is your responsibility to know this on race day
- Check rider list online & on event app
Note: web list won't be updated after Tuesday 20 September. Event app will be updated at close of Registration prior to race day. If any details are wrong contact us via capetocape@ironman.com or 1300 761 384
- 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 \$10.93 AUD fee will be required to register your interest which will be donated to one of the Absa Cape Epic official charity partners – Qhubeka

ONCE I ARRIVE (PRE RACE)

- Familiarise yourself with the event venue and key areas
- Attend registration and collect race kit
- Pack items for race day

RACE DAY

- Ensure you have all items for your race including, helmet, race plate, race bib
- Start the race - be at the start line at least 15 minutes prior to your start time
- Finish the race
- Collect your finisher medal (stage 4 only)
- Recover

POST RACE

- If an award winner, ensure you attend presentations
- Upload your #medalmonday photo on your social media

RACE KIT

HANDLEBAR RACE PLATE

This is your race identification. All riders need to ensure their race plate is secured (using cable ties provided within your pack) prior to each Stage Race Start.

Your timing chip is attached to the back of your handlebar race plate. **Do not bend this!**



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.



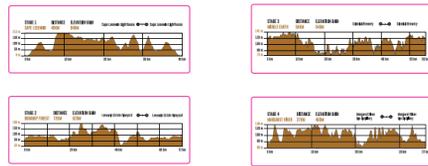
RIDER WRISTBAND

Your ID wristband must be worn at all times as this will be your entry to 'rider only 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.



ELEVATION STICKERS

You will receive 4 x elevation stickers for each stage. Prior to each stage you can stick the elevation sticker to your bike. This is not required and up to the individual rider if they choose to use.



CABLE TIES

You will receive 3 cable ties that are for your handlebar race plate. If you require more, please see Event Information.

RACE KIT

Your race plate, jersey race number, elevation stickers and cable ties will all be found in your personal race kit.



RIDER GIFT

Each rider will receive a Cape to Cape trucker hat and rider tee.

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PRE-RACE INFORMATION

RIDER REGISTRATION

Located at Settlers Tavern, Margaret River on Wednesday 19 October and Cape Leeuwin Lighthouse on Thursday 20 October. We will be operating registration by appointment only. You will receive an email three weeks from race day with a link to book these times.

All race kits will need to be collected during registration opening hours. **Please note, no kits will be posted out prior to the event.**

WHAT YOU WILL NEED TO BRING:

- Photo ID (drivers licence or passport)
- AusCycling annual membership card
- ACTIVE QR Code: Rider Active QR Codes will be provided 1 week prior to event

WHO CAN COLLECT?

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.

AUSCYCLING MEMBERSHIP

Every rider is required to hold a valid race membership with AusCycling, either an Annual Race Membership or Competition Licence.

OPTION 1 - RACE MEMBERSHIP:

You must hold a valid AusCycling race membership for the current season. You will need to enter your membership number at time of registration.

- Note: Lifestyle Membership does not cover you for this event. You can upgrade your membership to include race coverage by contacting AusCycling. Proof of the upgrade must be presented at Registration Onsite.

- Note: AusCycling have a free trial membership (T&Cs apply) that includes race coverage. The trial membership is valid for 4 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 AusCycling trial membership](#), email capetocape@ironman.com with the receipt of free trial membership. We will then refund your Competition Licence fee.

OPTION 2 - RACE LICENCE:

If you don't hold a valid AusCycling race membership you will be required to purchase an AusCycling race licence when you enter (AUD\$54.65 inclusive of all fees and taxes).

ONSITE PROCESS

RACE MEMBERSHIP:

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

RACE LICENCE:

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

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

For more information about what the membership and competition licences include please view the [AusCycling Website](#).

PRE-RACE INFORMATION

SOLO CATEGORIES

Your category is based on your age as at 31 December 2022.

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 2022. 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

** A minimum number of 5 Pairs will be required to enter this category to make it competitive. If this number is not reached all Pairs currently within the category will be rolled into the lower age category.*

HAND CYCLISTS

At Cape to Cape 2022 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 obstacles and 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 denied entry from future Epic Series events.

PRE EVENT BIKE CHECKS

BikeDr will be providing free race checks at their CBD workshop only.

Race check includes:

- Gear adjust
- Brake adjust
- Safety bolts checked
- Perishables check
- Test ride

To book go [HERE](#) and book in under a race/ride check. Proof of C2C race entry when dropping off your bike is required.

CHANGED TRAFFIC CONDITIONS

Please take time to make yourself aware of all changed traffic conditions for yourself and all spectators on each Stage. For more details on road closures head to our website [here](#).

A group of approximately ten triathletes are gathered outdoors on a grassy area, celebrating their finish. They are wearing various athletic gear, including jackets, hats, and sunglasses. Many are wearing orange lanyards with medals around their necks. Some are holding up small cards or photos. The background shows trees and a building under a clear blue sky. The overall mood is joyful and energetic.

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ENDURANCE

RACE VILLAGE SERVICES

BOTTLE DROP

LOCATION: Event Information located at each Stage Start Line.

TIME: Stage 1 and 4 - 8:30am (All bottles must be dropped prior to 8:30am)

Stage 2 and 3 – 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 Event Information 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 following 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.

BAG DROP

LOCATION: BikeDr Tent at each Stage Start Line

TIME: Prior to 9am (Stage 1,4), 8am (Stages 2-3)

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

BikeDr. will be providing mechanical support for riders at the start and end of each stage for a donation. While 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!

COST: 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 wash with Squirt Bike wash and provide a 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! Alternatively, you can purchase this service all 4 days for \$60.

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 support.

MASSAGE

LOCATION: Massage Tent located at each Stage Venue.

COST: Sessions are on a user pays basis charged at \$20/20mins.

Cash Only.

RACE DAY INFORMATION

RACE BRIEFING

LOCATION: Start Line – Each Stage

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.

STARTLINE 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.

TIME	DETAILS
9:00AM	First wave of elite riders Pairs & Solos with pairs at the front of the wave
9:05AM	All other riders self seeded

STAGE 2. STAGE 3 AND 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 Pairs and Solos, however the grid will prioritise Pairs at the front of each wave.

Please note: Stage 4 will start at 9am

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

DIRECTIONAL SIGNAGE ON COURSE

Each Stage is clearly marked with signage (pictured) and lime markings on the ground. If you have reached an intersection that is not marked you have gone the wrong way. Turn back until you find a course marker.



MEDICAL

A first aid provider will be engaged to provide first aid at all events operated by The IRONMAN Group.

First aid will be positioned in a variety of locations. First Aid responders will be mobile along the course and can be accessed at each waterpoint along the course. The exact positions of first aid/waterpoints can be viewed [here](#) on the maps. Riders are responsible for any costs incurred as a result of a medical incident. This includes but is not limited to ambulance transfers, hospital stays, specialist treatment. It is therefore strongly advised that all athletes hold adequate personal insurance. Australian residents are recommended to hold valid private health insurance (inclusive of ambulance cover) whilst international riders are strongly advised to have adequate travel or personal insurance that will provide coverage for participation in an IRONMAN Group event. Riders are responsible for understanding the terms and conditions of insurances held.

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 an ambulance if it is life threatening or call Race HQ on 0447 224 132

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!

RACE DAY INFORMATION

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.

FINISH LINE PHOTO

Sportograf is the official event photographer.

How to Get your Best Photos:

- Ensure your race plate is visible on the FRONT of your handlebars.
- Keep your race number visible on the BACK of your body.
- Watch out for our photographers and SMILE into our cameras.
- Smile and have your photo taken as you cross that finish line!
- Don't worry about touching your watch, the timing company will ensure an accurate record of your achievement.

Your personal race photos will be available within 24-48hrs after the race at www.Sportograf.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.

Make sure you stick around and catch up with your mates at the end of each Stage.

See you all there!

RACE RULES

Please ensure that you familiar yourself with the Cape to Cape [Race Rules](#).

- The 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 in the Race Rules.
- The interpretation of any rule by the Race Director will be final and binding on all race participants



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POST RACE INFORMATION

RESULTS

Results can be viewed at the following locations:

- [Epic Series App](#)
- [Event website](#)

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 Race Rules regarding protests.*

LOST & FOUND PROPERTY

Any lost or found property that is handed in will be taken to Event Information. You can lodge your own lost items using the QR code below.

Alternatively view the Event Schedule (page 8) for times and location.



Please note: 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 The IRONMAN Group on 1300 761 384 or capetocape@ironman.com.

MILLIMETERS MATTER

Cycling is a sport of precision, whether you are negotiating a technical stretch of single track, chasing your personal best, or trying to find the perfect piece of kit, a few millimeters can make the difference between failure and success. At Ciovita we understand this need for accuracy, and that's why every piece of kit we create is precision engineered, down to the millimeter.

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COURSE OVERVIEW

COURSE OVERVIEW

Cape to Cape is back in full swing for 2022!

Our course team has scoured the South West Region in search of the best trails to put your two tyres on, including endless days spent out riding trails (that must be so hard for them...) but they always come up with the goods and 2022 will be no different!

What's in store? We'll kick things off beneath the iconic Cape Leeuwin Lighthouse for Stage One, kick it at Mr. Barval Fine Wine and devour the Queen stage on Stage Two. Stage Three sees us back at Limeburners & Giniversity hitting the trails of Compartment 10 and The Pines. Finally, after its long awaited return in 2021, Cape to Cape will again return to Cape Naturaliste with an epic stage four!

Good times rolling is locked and loaded!



Welcome to **Wadandi Boodja**

**Please look after our delicate environment while adventuring under the tree canopy and racing along our trails.
Thanks for your help and enjoy the race!**



Refill your bottles with our clean local water instead of using single-use plastic.



Stick to the trails to protect fragile vegetation.



Make sure your rubbish is secure so it can't blow away into the environment.



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STAGE 1

CAPE LEEUWIN LIGHTHOUSE THURSDAY 20 OCTOBER

START/FINISH

Cape Leeuwin Lighthouse, Leeuwin Rd, Augusta

RIDER BRIEFING

8:45m

START TIME

9:00am

DISTANCE

39KM

ELEVATION GAINED

949M

FORMAT

Self-Seeded Start

EXPECTED FINISH TIME

FIRST RIDERS: 10:45am

FINAL RIDERS: 1:00pm

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 2022 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 will roll out from the Lighthouse and up Skippy Rock Road in a bunch that's way cooler than any at the TDF, before dropping down into the bush on the western side of Augusta. The infamous Heartbreak Hill reminds your legs why they're there, before coming out of the Telstra Tower tracks onto Hillview Road and heading straight for the coast.

Returning riders will recognize the course, but also discover a couple of changes to keep you guessing... a new northern loop will bring riders back south-bound, with the pinch climbs coming in the final third of the stage that will separate those who trained from those who enjoyed too many post-training beers...

Flying back down the hill you'll see the Lighthouse growing ever bigger in your vision as you make your way up to the finish and cross the line, one quarter of your Cape to Cape journey complete!

At 39km in distance and 949 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 over the post-stage beers.

The elite riders 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.

STAGE 1

WATER POINT LOCATION

21km

Resources available will include:

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

COURSE HIGHLIGHT

It is 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 epic 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 views, especially the return down Skippy Rock Rd to the Finish Line.

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 of the course and be penalised 30 mins. This will be added to their finish time.

HANCLYCLISTS: 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 2km ride to the start line.

SHUTTLE BUS SERVICE: Spectators will have access to the shuttle bus service. [See scheduled times](#). **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.

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STAGE 1



STAGE 1
CAPE LEEUWIN

DISTANCE
39KM

ELEVATION GAIN
949M

Cape Leeuwin Lighthouse ▶ → ● Cape Leeuwin Lighthouse



STAGE 2

MR. BARVAL FINE WINE FRIDAY 21 OCTOBER

START/FINISH

Mr. Barval Wines- 7087 Caves Road, Margaret River

RIDER BRIEFING

7:45am

START TIME

8:00am *Note earlier start time than Stage 1

DISTANCE

54KM

ELEVATION GAINED

720M

FORMAT

Dot Allocation Wave Start

EXPECTED FINISH TIME

FIRST RIDERS: 10:00am

FINAL RIDERS: 1:30pm

COURSE DESCRIPTION

For the first time since 2019 we're headed back to the fabled forest of Boranup for Stage 2!

With the towering trees and snaking trails in Boranup Forest, the highway to hell section with coastal views that better represent heaven, and a vineyard setting for your start and finish – we can definitely crown Stage 2 the Queen for 2022.

Rolling out in their waves from a brand new venue in 2022 – Mr. Barval Fine Wines, riders will make their way down a selection of back country roads towards the looming Boranup Forest.

The forest underwent significant damage from fires in late 2021, but we're happy to see it regenerating and our course team is getting to work developing trails for riders again.

The trails in here are rolling, ebbing and flowing and you'll meander your way through here up until KM 38, where you exit the forest and head for the coast down the infamous Highway to Hell.

Coastal views delight as you send it down the trail – the hardest part being keeping your eyes on the trails and off the stunning views!

From here there's a few decent rollers that will take you back to Mr. Barval where a glass of their finest (or another tasty beverage of your choice) awaits!

STAGE 2

WATER POINT LOCATION

31km

Resources available will include:

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

COURSE HIGHLIGHT

The coastal views down highway to hell are pretty epic, but this stage is known and loved for the Boranup forest trails. Another variation in trail type, these ones are much less machine manicured and much more natural – adding a different kind of fun trails to your Cape to Cape experience.

RACE TIP

The Queen Stage title is given to the longest stage of the race – and any stage that earns that title must be respected. Take it easy early on as much of the climbing comes after halfway. Take a bottle or two, some snacks, and be sure to stop off at the water point to refuel – there's nothing worse than hitting the wall with 10km still on the clock!

COURSE DIVERSION

There will be no course diversions for this stage.

HANCLYCLISTS: No Redirection

DRIVE TIME AND PARKING

DRIVE TIME: 10mins from Margaret River. Allow extra time (approx. 30mins) arriving at the venue.

PARKING: Free parking is available onsite, Entry off Caves Road. As you enter the venue, you will be directed left into the grassed area to park, please follow directions from parking staff. Access to the event venue is a short 1min up the gravel road where you entered the parking area. Please respect our private properties and keep away from fenced off areas.

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

AWARDS

LOCATION

Stage located at Mr. Barval Wines

TIME

12:30pm *See Awards Section for more information.

STAGE 2



DISTANCE
54KM

ELEVATION GAIN
720M

Mr Barval ▶▶🚰 Mr Barval



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STAGE 3

LIMEBURNERS & GINIVERSITY SATURDAY 22 OCTOBER

START/FINISH

Limeburners & Giniversity in Margaret River, Maxwell Street, Carters Road.

RIDER BRIEFING

7:45am

START TIME

8:00am *Note earlier start time than Stage 1

DISTANCE

42KM

ELEVATION GAINED

763M

FORMAT

Dot Allocation Wave Start

EXPECTED FINISH TIME

FIRST RIDERS: 9:45am

FINAL RIDERS: 1:30pm

COURSE DESCRIPTION

The Margaret River stage of the Cape to Cape is always a highlight but promises to still be the one to remember! Starting and finishing at the distillery means an epic stage that promises the best of The Pines and Compartment 10 trails.

Once off Carters Rd a myriad of single-track delight awaits with riders tackling the Return of the Jedi before popping out in the north-east corner of The Pines. From here you will not believe The Pines as mass logging, combined with a huge new trail build project, will leave the area you are navigating totally unrecognisable from the last event.

The Pines are a delight and we guarantee you will enjoy the alignment as we send you into a combination of new trails including Pumpity Dumpty, Buffalo Girls, Angry Dolphin and The Portal before you hit Compartment 10. Here you will reunite with old favourites including Big Pine, Bender, Cut Cork, Pedilup, Pugsly, Rock N Root and Line Manager.

The single track delight will culminate around Wharncliffe Mill and the beautiful combination of the Fluid loop of trails before making your way to the finish back at the distillery.

STAGE 3

WATER POINT LOCATION

25km

Resources available will include:

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

COURSE HIGHLIGHT

The new trail build in The Pines looks amazing and we are calling the new trail that descends the western side called Buffalo Girls as one of the most exciting to look forward to. Dropping out of a run through the baby Pines at the north end of the old plantation, the trail drops rapidly into a section of bush that used to be the area we ran through called Farm trail. The new trail runs south all the way through to the old entry off Carters Road through a stunning section of natural bush.

RACE TIP

Ride within your ability on the single track through this stage. There is literally heaps of single trail in the middle of this stage so if you are struggling move aside for a moment and let faster riders pass safely before rejoining the trail behind them. If you come across a slower rider have patience and pass when safe and call them politely so they know you are there and which side you will pass.

COURSE DIVERSION

There will be no course diversions for this stage.

HANCLYCLISTS: No Redirection

DRIVE TIME AND PARKING

DRIVE TIME: The Limeburners & Giniversity is located on the outskirts of Margaret River township. If staying in town we recommend riding to the venue as there is no on site parking.

PARKING: Free parking is available at the Margaret River Rec Centre off Wallcliffe Road. From here it's a short 5 min ride to the venue through town.

DROP OFF: Official drop off location at the rotary park on Bussel Highway, please follow the directions of staff and follow the footpath over to the event venue.

AWARDS

LOCATION

Limeburners & Giniversity in Margaret River

TIME

12:30pm *See Awards Section for more information.

STAGE 3



DISTANCE
42KM

ELEVATION GAIN
763M

Limeburners & Giniversity in Margaret River

Limeburners & Giniversity in Margaret River



STAGE 4

CAPE NATURALISTE - WISE WINERY SUNDAY 23 OCTOBER

START/FINISH

Wise Winery – Eagle Bay

RIDER BRIEFING

8:45am

START TIME

9:00am *Note later start time than Stage 2 & 3

DISTANCE

34KM

ELEVATION GAINED

705M

FORMAT

Dot Allocation Wave Start

EXPECTED FINISH TIME

FIRST RIDERS: 10:15am

FINAL RIDERS: 12:20pm

COURSE DESCRIPTION

Welcome back to Cape Naturaliste and do we have some sights in store for you, along with a bunch of the best trails around Dunsborough and Meelup.

Starting and ending within the spectacular grounds of Wise Winery; the final stage of Cape to Cape 2022 promises a short but very sweet course. Having worked you over through the first three stages we hope you have just a little bit left in the tank to smash out the final 34km of the event.

From the start line a mass start will take all riders out onto Eagle Bay Rd before we send you through a fire break and straight up onto Eagle Bay-Meelup Beach Rd to break up the field before you hit the bush tracks. Ride hard here and jostle for position within your group as you seek out the clean air before the awaiting single trail...

After coming into the back of Wise Winery from a large fire trail that overlooks Eagle Bay, the course will wind back up into the winery and cross back through the event site where spectators will be able to get up close and personal with the riders. Descending through the handcut Lot 80 trails, riders will continue right down to sea level and get a glimpse of Meelup Beach before encountering the long climb out to the trails around Dunsborough Country Club.

Here you will come across the famed West Australian pea gravel and you will need to muster every last bit of strength and concentration to smash out this section of nearly 16km of single track mixed with a bit of fire trail to break things up!

One last climb back up Cape Naturaliste Road will bring you back to the finish line at Wise Winery where you can toast your achievements with either a VINO, craft beer or maybe even a gin, made especially for the event by the master distiller at Wise.

STAGE 4

WATER POINT LOCATION

20km

Resources available will include:

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

COURSE HIGHLIGHT

The host venue of Wise Winery offers not just spectacular views over Cape Naturaliste but also outstanding food, wine, beer and gin from this beautiful part of the world. The highlight will be here for both riders and spectators as the course comes back through the winery grounds offering spectators to get a great view of their favourite riders and cheer them on as they hit the big climb in from the north or enjoy the awesome Lot 80 single trail on the other side of the property.

RACE TIP

Pea gravel is like riding on marbles and it can get very sketchy on the trails around Meelup and the Dunsborough Country Club. Keep your wits about you and try to avoid rapid movement with your steering. The trick to staying upright is to look well ahead into the slippery berms and pick the higher line that is smoother and stay out of the pea gravel litter at the bottom.

COURSE DIVERSION

There will be no course diversions for this stage.

HANCLYCLISTS: Bottom of Wise Winery, Fire trail through Meelup/Dunsborough CC. Complete first part of course until you enter the top of Meelup/Dunsborough Country Club. Divert via Firey's Decent following the outer border of the Country Club before taking on the slalom and then re-joining the course near Endicot Loop. This will give you a taste of the trails and avoid the sticky bits or rock drops through the Country Club.

DRIVE TIME AND PARKING

DRIVE TIME: 45 minutes from Margaret River. Make sure to give yourself extra time in the morning to drive from Margaret River to Wise Winery. This is the longest transit time out of all the stages, but it'll be worth it when you get there.

PARKING: Parking is available onsite at Wise Winery. Enter off Eagle Bay Road. Entrance to parking is on your left hand side as you enter the venue. Please pull into the parking area as instructed.

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

AWARDS

LOCATION

Wise Winery – Eagle Bay

TIME

12:30pm *See Awards Section for more information.

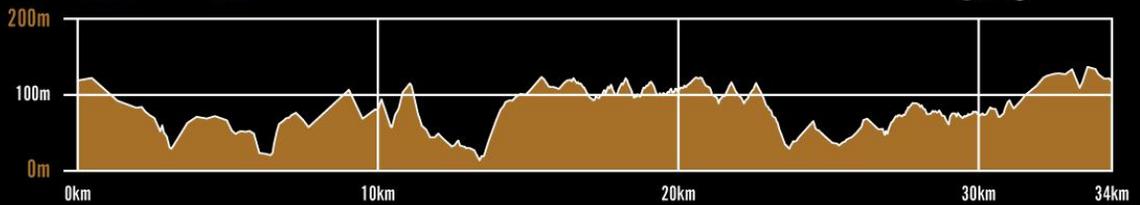
STAGE 4



DISTANCE
34KM

ELEVATION GAIN
705M

Wise Wine Wise Wine



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AWARDS

DAILY AWARDS

A daily awards ceremony is held at the end of each Stage at the Finish Line. This will include the awarding of the 'Leader Jersey' in each Solo and Pairs age category.

In addition to this, prizes will be awarded for daily stage 1st-3rd winners in each Pair and Solo category.

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

PRIZE MONEY

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.*

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
Overall Winning Pair			
Awarded the James Williamson Medal			

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 jersey for 2022. Each daily GC winner in every ride category will be presented their exclusive leader jersey at the daily awards presentation on the Finish Line.



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.



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 Event 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
2019	Matt Shields
2021	Brett Falkingham

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
2019	Brendan Johnston & Jon Odams
2021	Jon Gregg & Nathan Jones

FOUNDING RIDER

Since Cape to Cape's inception in 2008, there's been one rider who has participated in **every** Cape to Cape event!

We can't wait to see **Bruno Wicki** back out there again in 2022! If you see him, don't forget to stop and congratulate him on this epic achievement!





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get your personal pictures on **SPORTOGRAF.COM**



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ABSA CAPE EPIC

ABOUT THE ABSA CAPE EPIC

The Absa Cape Epic is held over 8 days in March every year, covering approximately 700 kilometres with 15,000m of climbing in South Africa's Western Cape.

Every year, the early bird entries sell out faster than you can say 'Indwa' (the Zulu name for South Africa's national bird, the Blue Crane). But, as an entrant in Cape to Cape, you have the unique opportunity to purchase an entry through a draw for yourself and your partner.

WHAT YOU HAVE TO DO

To qualify for one of the entry slots, you will need to register your interest on your Pairs Active registration form prior to the race (only available to Pairs riders). If you forgot to tick that box and would like to register your interest you can email us at capetocape@ironman.com.

Need more time to consider the challenge? You can still sign up at the event by seeing the crew at Event Information until the completion of stage 2.

QUALIFICATION GUIDELINES

View the Pairs Race Rules [here](#). To be eligible to race 2024 Absa Cape Epic you must be 18 years of age as at 2022 Stage 1 date.

A number of Pairs entries will be allocated to the 2024 Absa Cape Epic through two ways; Wildcard Entry and Draw Allocation.

OVERALL MEN AND OVERALL WOMEN – WILDCARD ENTRY

The overall men and women winning Pairs qualify for a guaranteed wildcard entry into the Absa Cape Epic. This must be requested via email to registration@cape-epic.com within 7 days of winning the Cape to Cape.

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.

DRAW ALLOCATION

The Draw Allocation provides the opportunity to purchase one of five guaranteed 2024 Absa Cape Epic entries. These will be drawn at final awards at the end of Stage Four.

- Draw Allocation is eligible to Cape to Cape 4-day Pairs riders only (i.e. excludes 4-day Solo).
- The Draw Allocation slots are per individual within a 2-person Pairs. 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](#) at a later date. A \$10.93 AUD fee to register your interest will be charged which will be donated to Qhubeka one of the [Absa Cape Epic official charity partners](#).
- If you are successful in obtaining an Absa Cape Epic slot, we will be in contact up to 48 hours after the race to advise.
- Should a rider decide not to take up the entry, the entry will be re-drawn
- A non-refundable deposit of \$100 USD per guaranteed entry must be made to secure the entry. This deposit will be deducted from the entry fee.
- The team entry fee for the 2024 Absa Cape Epic will be announced in March, 2023. Riders will be emailed details on how to complete the payment.
- All entries are for the 2024 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

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 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 one 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 One 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 One.

STAGE 3 SPECTATOR POINTS:

The Margaret River Stage is a fully closed course with very little access by car. The start and finish will be on Carters Road just off the main highway through Margaret River. Please note: Carters Road will be closed for the morning will the race is on and there will be little parking available near the start line for riders or spectators so please park in town and make your way there by foot.

If spectators wish to base themselves from the start/finish line near the Distillery they can walk up the course into The Pines or head up on foot behind Riverglen where the course comes in east of the Wardandi Track around Wharncliffe Mill, close to the finish of the Stage.

The other option for spectators if they want to drive north out of town, through the new roundabout and take the first offshoot road on the left into The Pines which runs back parallel to the highway. Park on this road and make your way by foot into The Pines where you can see riders head out and back and around the Compartment 10 trails. Please note that cars cannot access The Pines to ensure safety for our riders so please obey all road closure signs and marshals in this area.

STAGE 2 SPECTATOR POINTS:

A return to Boranup and the coastline awaits riders in what is a traditional Stage Two of the Cape to Cape. After the massive bushfires went through this region at the start of Summer in late 2021 access for spectators will be limited. Please note that Boranup Drive will be closed to all traffic from both the north and south ends to keep riders safe and limit access to the area for spectators.

Riders will start and finish within the beautiful property at Mr. Barval Winery. If spectators wish to go and watch the race on course we suggest two spots that can easily be accessed off Caves Road to the south and north of Boranup Forest which the majority of the course goes through.

The first spectator location is to the north of Boranup Lookout. Enter Boranup Drive from the south and drive to the top, park near the lookout before the road closure which will be in place. This is a great spot to not only see riders as they finish a big climb up to the top of Boranup at the 23km mark of the course but also enjoy the fantastic views from the Lookout west over the coast while you are up there.

The second spectator spot is to the north of Boranup only 8km from the finish line. Enter off Caves Road near Lake Cave and drive west on Contos Road parking near the campgrounds before the road closure. Riders will come up a long climb past Contos Beach and turn left into a rocky firebreak which will take them north toward the finish line at

Mr. Barval Fine Wines.

STAGE 4 SPECTATOR POINTS:

The best place to view all of the action for Stage Four is at Wise Winery – Eagle Bay. While at Wise Winery you will be able to access the start/finish line, see the riders come through before they head out to the epic trails of Meelup Mountain Bike Park, and watch them tackle Lot 80 in and around Wise Winery. The Stage Four course will be the fastest day out on the trails which will make it difficult to catch up with the riders out on the course. There is also limited access/parking along the course, so please don't try and chase the race. Stage 4 is all about the atmosphere and good vibes with plenty of action taking place just minutes away from the start/finish line. So grab your mates, enjoy the food and beverage offerings at Wise Wine and cheer on your riders as they conquer the brand new Stage 4 alignment.

ADDITIONAL INFORMATION

VOLUNTEERS

The 2022 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! A special mention to those joining us from the Margaret River Off Road Cycling Association (MRORCA) and Dunsborough District Country Club. Without the Volunteers, we simply would not be able to run any Epic Series events.

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 to refill as you go.
3. PLEASE recycle in line with the bins provided that will separate cardboard, cans & bottles and soft plastic.

OFFICIAL EVENT APP

Cape to Cape is available on the [Epic Series App](#) and has everything you need to know as a rider or a spectator.

Available for both iPhone and android, the app includes live rider tracking, race leaderboard, race results, course maps and event schedule.

- Update it to get the latest race info.
- Track riders live throughout the course, including their time splits.
- Live leaderboard to keep you up front with who's in the lead. You can then filter by age group.
- It's super easy to find and create your own list of your fav riders to follow.
- You can receive notifications when the riders you're following cross key race points.
- Check out the final results post-race.
- Always know where you are and want to be with interactive maps.
- Event info and clear schedules ensure you know what's going on, where and when.

Get all the race info and updates in your pocket. Download the Epic Series App now!

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