



ENDURANCE FUELS

RIDE GUIDE

2018 Hammer Nutrition Flinders Ranges
Outback Epic MTB Race
Saturday 27 October – South Australia



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Abbreviations

Flinders Ranges By Bike (FRBB), Department of Environment & Water (DEW), Rawnsley Park Station (RP), Gum Creek (GC), Willow Springs (WS) & Wilpena Pound Resort (WP), Map Reference referring to a location on the downloadable route map and schedule (MR)

Introduction

The Flinders Ranges in South Australia is the location for this unique endurance mountain bike race – the Flinders Ranges Outback Epic. To be held on **Saturday 27 October 2018**, riders can choose from three distances – 64km, 109km or 205km. The Flinders Ranges By Bike Route provides the course, with tracks and trails easy enough for most riders with basic skills. There is a 16 hour cut-off for the longest distance and different categories for those wanting to ride unsupported and those wanting the help of private supporters. This Epic will put the “adventure” into Adventure Tourism and we hope will eventually feature on every mtb rider’s “bucket list”!

Welcome

Adnyamathanha people are the Traditional Owners of the Wilpena Pound (Ikara) and Flinders Ranges area, and are co-managers of the [Ikara Flinders Ranges National Park](#) that surrounds the Resort. Adnyamathanha means rock or hills people in Yura Ngawarla, the language of the Flinders Ranges.

We would like to acknowledge this land that we meet on today is the traditional lands for Adnyamathanha people and we respect their spiritual relationship with their country. We also acknowledge the Adnyamathanha people as the custodians of the region and that their cultural and heritage beliefs are still as important to the living Adnyamathanha people today.

Facts

1. DATE: **Saturday 27 October 2018**.
2. FIRE DANGER SEASON: started on **22 October 2018** so fires and solid fuel fires are prohibited everywhere, including official campgrounds
3. TIMES:
 - a. Flinders Ranges Outback Epic 205 (205km) has 6:30am start and 10:30pm finish.
 - b. Flinders Ranges Outback Epic 109 (109km) has 10:30am start and 10:30pm finish.
 - c. Flinders Ranges Outback Epic 64 (64km) has 12pm start and 10:30pm finish.
4. LOCATIONS: <https://www.google.com/maps/d/edit?mid=zrEiCm9z9biU.kD7WlwOw1NoA>
 - a. Flinders Ranges Outback Epic 205 starts and finishes at WP where the Mawson Trail enters the WP campground from the north. MR1 & MR40
 - b. Flinders Ranges Outback Epic 109 starts at Willow Springs MR20 and finishes at Wilpena Pound MR40.
 - c. Flinders Ranges Outback Epic 64 starts at Gum Creek MR30 and finishes at Wilpena Pound MR40.
5. ROUTE: <http://ridewithgps.com/events/Flinders-Ranges-Outback-Epic-MTB-Race>
 - a. Flinders Ranges Outback Epic 205 follows the entire Flinders Ranges By Bike Route, including Pugilist Hill MR7&8 and Red Hill MR33&34 but excluding Sacred Canyon MR11 and Skull Rock MR21. It is a 205km anti-clockwise loop that includes some of the best sections of the Mawson Trail.
 - b. Flinders Ranges Outback Epic 109 starts at Willow Springs MR20 and follows the Flinders Ranges By Bike Route including the Pantapinna Plains MR22-MR26 and Red Hill MR33&34.
 - c. Flinders Ranges Outback Epic 64 starts at Gum Creek and follows the Flinders Ranges By Bike Route, including Red Hill MR33&34, a 63.5km track that is predominantly Mawson Trail.

Facts (contd)

6. GENERAL CATEGORIES:

- a. The Flinders Ranges Outback Epic 205 is the premier challenge for riders to race the complete distance non-stop. There are "SUPPORTED" and "UNSUPPORTED" categories. Short stages between Wilpena Pound & Rawnsley Park (25.7km), Rawnsley Park & Willow Springs (69.9km), Willow Springs & Gum Creek (45.7km), Gum Creek & Wilpena Pound (63.5km) can be ridden as separate sections by individual riders if they are part of a Flinders Ranges Outback Epic 205 relay team.
- b. Flinders Ranges Outback Epic 109 and 64 are for riders seeking a shorter distance. Relay Teams can also enter the Flinders Ranges Outback Epic 109.

7. A RACE SCHEDULE sets a maximum of 16 hours for all riders in all races to be finished.

Awards

1. 205 Epic
 - a. UNSUPPORTED Male & Female, 1st for 18-19yrs, then 10 year age groups from 20-29yrs & onwards to 60+, Gravel Grinders
 - b. SUPPORTED Male & Female, 1st for 18-19yrs, then 10 year age groups from 20-29yrs & onwards to 60+, Gravel Grinders.
 - c. SUPPORTED RELAY TEAMS – 1st male, female and mixed = 12 trophies. 2-4 riders
2. 109 Epic
 - a. SUPPORTED Male and Female, 1st for 16-17yrs, 18-19yrs, then 10 year age groups from 20-29yrs & onwards to 60+, Gravel Grinders
 - b. SUPPORTED RELAY TEAMS – 1st mixed = 2 trophies. 2 riders
3. 64 Epic - SUPPORTED Male and Female, 1st for 14-15yrs, 16-17yrs, 18-19yrs, then 10 year age groups from 20-29yrs & onwards to 60+, Gravel Grinders

Time Table

Friday 26 October

1330-1530hrs at Wilpena Pound – Registration & Late Entry for all races. Others can Register for you but you need to attend if you wish to Enter.

1530hrs at Wilpena Pound – Comprehensive briefing

1800hrs at Wilpena Pound Resort reception on the lawns near the pool –Adnyamathanha welcome to country ceremony

Saturday 27 October

0500hrs at Wilpena Pound – Emergency Registration for 205 Epic & Emergency Late Entry for all events

0600hrs at Wilpena Pound – Abbreviated Briefing for 205 Epic

0630hrs at Wilpena Pound – Start for 205 Epic

0930hrs at Willow Springs - Emergency Registration for 109 Epic BUT NO LATE ENTRY

1000hrs at Willow Springs – Abbreviated Briefing for 109 Epic

1030hrs at Willow Springs - Start for 109 Epic

1100hrs at Gum Creek - Emergency Registration for 64 Epic BUT NO LATE ENTRY

1130hrs at Gum Creek - Abbreviated Briefing for 64 Epic

1200hrs at Gum Creek - Start for 64 Epic

1600hrs from Wilpena Pound - shuttles start to Willow Springs and Gum Creek for drivers who need to collect cars:

1600hrs to Gum Creek

1730hrs to Willow Springs

1830 hrs to Gum Creek

2000hrs to Willow Springs

2230hrs at Wilpena Pound or after last finisher – finish for all Epics

Before the Epic

Entry & insurance

- A start list of entrants will be posted to the event website prior to the event.
- No personal accident insurance is provided. We recommend joining [BikeSA](#) or organising private cover that extends to your participation in this activity and includes ambulance transport.

The routes

- All routes can be seen online here <http://ridewithgps.com/events/Flinders-Ranges-Outback-Epic-MTB-Race>
- You can change to satellite view, zoom in, drag your cursor over the elevation profile that corresponds to the map and more
- You can export a gps file to load on to your device

Bike hygiene

- DEW have not asked for bike wash downs, but please clean your bike of dirt and seeds anyway.

Travel & communication

- If you are responsible for a vehicle that will be entering the Ikara-Flinders Ranges National Park you must pay a vehicle entry fee & display the pass you are issued.
 - You can do this in advance and online https://www.parks.sa.gov.au/find-a-park/Browse_by_region/flinders-ranges-outback/ikara-flinders-ranges-national-park/booking/vehicle-entry-fees
 - Or in person at an agent eg Wilpena Pound Resort Visitor's Centre https://www.parks.sa.gov.au/book-and-pay/parks-passes/Parks_Pass_outlets
- We strongly advise against driving vehicles at speed north of Hawker unless you can see there are no kangaroos in the vicinity. This means that you must take extreme care driving at night.
- The only mobile phone coverage we have found is in the immediate vicinity of the Wilpena Pound Resort on Telstra
- The Event phone is 0411 495 635

Course inspection

- Only the Mawson Trail may be ridden outside of the event unless you follow the Flinders Ranges By Bike rules and pay the required fee.
- A recommended warm up is north from the finish at Wilpena Pound to the Old Wilpena Homestead and back (approx. 8.5km). This is the most technical section of the routes.

Registration

- Registration is where you tell us that you will be racing and provide us with essential information, and we give you the things we need you to race with
- We will ask you to ID your Emergency Support by writing down their name, mobile phone number (not that we can use it up there but still required), vehicle rego, where you are staying in the Flinders. Please bring this information with you.
 - If you do not have Emergency Support, the ID you provide will be "Race Ops" ie us. If this is your choice then you accept these conditions:
 1. We will not leave anyone out there, but our commitments to the event come first
 2. The best we can probably do is give you a ride back to Wilpena once Race Ops clear the route after the last rider, which might be midnight.
 - If you do have Emergency Support, please make sure they actively monitor your progress right up to your finish (see below for more information)
- Each rider will be given a race number plate with timing tags on the back, a card to be presented to receive your post-ride bbq and drink, and a FRBB map. Relay Teams will get 4 numbers, one for each rider to be used in order so the lowest number is for the first rider and the highest for the last.
- There will be no bike mechanical or retail parts support. Please prepare your bike properly before you arrive and bring all likely spares.
- If you are unable to attend Registration, please authorise someone else to collect your items and communicate any important briefing messages. If you cannot manage this, you must contact us to make alternative arrangements.

Late Entry

- Online entries closed on **Sunday 21 October**. The only way to enter after that will be by CASH or CHEQUE at Registration on **Friday 26 October** at Wilpena Pound.
- Friday entry fees:
 - Epic 205 solo – \$210/person
 - Epic 205 Relay Team – \$220/team of 2-4 people
 - Epic 109 – \$140/person
 - Epic 109 Relay Team – \$120/team of 2 people
 - Epic 64 – \$95/person

Briefing

- The Briefing is for us to tell you about important race information and rules, safety procedures and late changes.
- There will be a comprehensive briefing for all riders in all events on Friday at 1530 hours at the finish line. It is recommended that you attend this briefing, and if you cannot that you ask another rider who is attending to brief you
- There will be abbreviated briefings for all riders in shorter events 30 minutes before their start time at their start line

Results

- Results will be on the internet within a minute of you finishing so if there's anyone who will be interested in your results, give them this link in advance:
<http://eventstrategies.racetecresults.com/results.aspx?CId=90&RId=234>

During the Epic

We want you to finish safe and happy. "Prevention is better than cure" holds true in an event like this where support is not readily available and any mishap will cost you more time than you were looking to save by taking the risk. Please keep that in mind as you are riding to minimise risks to mechanical and personal safety.

Rules

Rules – you are expected to compete honourably. There will be some mechanisms in place to encourage you to stay honest, but the onus will be on you in the first instance to let us know if we need to change your finish result.

From DEW and ATLA, the Ikara-Flinders Ranges National Park Managers:

Stay on marked trails

Stay on the marked to avoid becoming lost or injured or damaging the environment. Do not take short cuts or disturb vegetation.

Authorised Cross Country and Off Track

Implement the "clean footwear policy" by arriving with clean footwear and, where possible, do not traversing muddy ground where soil may accumulate on shoes.

Respect other users

Be respectful of other users of the trail and exercise care at all times. Be aware of the shared use of the route and the public's use of the Park. You are representing this Event to the greater South Australian public and should act accordingly to other park users.

Place all rubbish in receptacles

This is a zero waste Event and rubbish receptacles will be provided at Check Points & the finish. Do not litter along the trail or in the Park.

Prohibited Use

Domestic animals and pets are prohibited in some Parks, please ensure domestic animals and pets are not brought into prohibited parks.

Environment

Do not remove or damage any animal, bird, vegetation, plants, fruit or seeds from or on the Park.

Take care to keep creeks and rivers clean of debris and human waste

Creeks and streams along the route are in the catchment of key reservoirs or pass through residential areas. Do not go to the toilet within 100m from watercourses.

Avoid toilet breaks away from toilet facilities

Use the toilets provided at Check Points. In an extreme emergency you are advised to choose a spot off the path and at least 100 metres from watercourses and to bury all faecal waste and paper as deep as possible, preferably at least 15 cm deep. Take all sanitary items out with you and dispose of appropriately.

Rules (contd)

From DEW and ATLA, the Ikara-Flinders Ranges National Park Managers:

Permits

All vehicles entering the Park for the Event must display a valid permit to show that all entry and camping fees have been paid. Failure to display a permit may result in a fine.

Move quietly near wildlife

Animals can be easily panicked or take flight which may lead to injury or distress particularly at night.

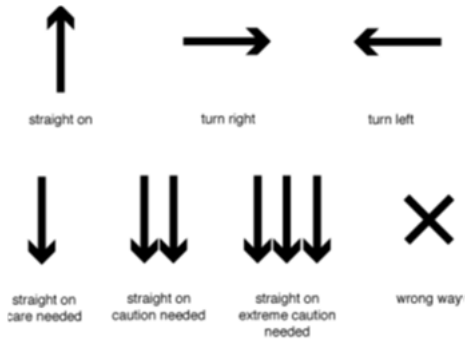
Observe any fire restrictions

At the unlikely Event of a fire ban or other fire restrictions, please do not light fires. Restrict smoking to cleared areas at Check Points (dispose of cigarette butts in bins).

Thank you for leaving the bush in its natural state for the enjoyment of others.

The Route

- The onus is on you to know the route but there will be trail markers. You will be provided with a FRBB map and there are maps with map references, public access and other information that you are free to download from the event web site
- Arrows will be used as follows



- Other signage and markers:
 - i) Major change of direction/reinforcement of existing FRBB signs
 - (1) 30m before – 200x200mm arrow in wire pin at ground level pointing left or right
 - (2) At change of direction - 1220x300mm corflute cable tied to stardropper with 300x300mm arrow velcroed to top pointing left or right
 - (3) 20m afterwards = one of the 3 “Straight Ahead” markers below
 - ii) Minor change of direction
 - (1) 200x200mm arrow in wire pin at ground level pointing left or right
 - (2) 20m afterwards = one of the 3 “Straight Ahead” markers below
 - iii) Straight ahead – tape pegged to vegetation or other OR 200x200mm arrow in wire pin at ground level pointing UP OR yellow plastic dome OR yellow flag on 500mm vertical wire
 - iv) Wrong way – hazard tape tied across trail between vegetation or use stardroppers
 - v) Hazard - 200x200mm arrow in wire pin at ground level pointing down on both sides of trail
 - (1) 1 arrow for straight on but some care needed
 - (2) 2 arrows side by side for moderate hazard (anything that might throw a rider eg 500mm high obstacle)
 - (3) 3 arrows for extreme hazard (rider should consider dismounting)
 - vi) Road ahead – 100m before road, 1220x300mm corflute cable tied to stardropper with 300x300mm “ROAD AHEAD” velcroed to top. Traffic cones positioned on nearside verge to deflect riders left or right as route dictates (5-6 cones per deflection)
 - vii) Keep left – 300x250mm “KEEP LEFT” with an arrow underneath corflute velcroed to an aluminium post stuck through a traffic cone in the middle of any trails where cyclists can ride in both directions. There are 2 of these – MR7-8 & MR 33-34.
 - viii) Km to go markers at 10km intervals - 1220x300mm corflute cable tied to stardropper with 300x300mm km number velcroed to top
 - ix) At start of track where public vehicles cannot go - 1220x300mm corflute cable tied to stardropper with 300x300mm “OFFICIAL VEHICLES ONLY-NO ENTRY” velcroed to top
 - x) Parking (at WP, WS & GC) - 1220x300mm corflute cable tied to stardropper with 300x300mm “PARKING” velcroed to top AND 300x300mm arrow velcroed underneath
 - xi) Warning other trail users that there is an event on – 400x250mm “CAUTION – Event in Progress” corflute velcroed to an aluminium post stuck through a traffic cone
- To add safety to the 205 Epic start,
 - An official vehicle will lead riders from MR1 to MR2
 - Officials will be in place at 3, 4 & 6

Road crossings

- Where the route meets roads, traffic management devices will be deployed to alert and slow down vehicles, BUT YOU MUST TAKE EXTREME CARE AND GIVE WAY TO ALL VEHICLES. There will be signs on your trail warning you of a road ahead. You must stay inside any cones lanes.

Check Points, Timing Points, Water, Toilets

Map Ref	205K distance to go	Location	Time recorded	Time cut-off applied	Water	Toilets
5	179.1km	400m from RP	YES	YES	YES	YES, AT RP
12	137km	route leaves Sacred Canyon Rd	NO	NO	YES	NO
20	109.2km	Willow Springs	YES	YES	YES	YES
30	63.5km	Gum Creek	YES	YES	YES	YES
35	34.6km	Trezona Track/Brachina Gorge Rd	NO	YES	YES	YES, AT CAMPGROUND NEARBY
39	16.2km	Leave Bunyeroo Rd	NO	YES	NO	NO
40	0km	WP	YES	NO	YES	YES

- You must obviously plan to carry enough water to reach your next water stop. Depending on the weather, this could be a litre or more per hour of ride time. Most riders use hydropacks as well as biddens.

The Schedule and Cut-offs

- The RACE SCHEDULE has been calculated to have all Flinders Ranges Outback Epic 205 pairs riders finish within 16 hours. This equates to an average speed of 12.86km/hr, including all stops.
- All riders entered knowing that they will be officially withdrawn from the race if they fall behind the RACE SCHEDULE as measured at any of the 5 mid-route TIMING POINTS.
- If this happens riders must be collected by their EMERGENCY SUPPORT. You must also notify officials at the finish when you return your race number plate.
- Your EMERGENCY SUPPORT may transport you ahead to another sector so you can continue within the RACE SCHEDULE, but you will be ineligible for awards
- The RACE SCHEDULE time cut-offs apply to all riders in all events and categories.
- Riders must not take short cuts. Procedures will be in place to check that all riders complete the course they have entered.

The advertisement features a cyclist in a white and red Hammer Nutrition jersey riding a mountain bike on a forest trail. To the left of the cyclist is the Hammer Nutrition logo, which consists of a red shield with the word 'HAMMER' in white and 'NUTRITION' in red below it, with 'ENDURANCE FUELS' written in white on a black background below the shield. To the right of the cyclist, on a red background, is the text '6 Nutrition things you need to get right!' in white.

Unsupported Riders

- This is the elite category for this event, and is designed to provide the ultimate test.
- If you accept any support apart from water at the 5 points you can keep racing but you must declare this support at the finish so we can change your category to SUPPORTED

Supported Riders

- This is the broad category for all other riders in the event.
- You can accept any support from anyone anywhere at any time
- It is strongly recommended that you use the Downloadable Calculator and The Public Access Map to plan with your Support Team where and when you will meet them. This does not have to be at Check points, and indeed could be easier for you if it is not. Some Check Points may have restrictions on entry and exit while riders are coming through.
- Please ensure that you and your supporters are completely familiar with the route and access roads. Please consider purchasing additional detailed maps of the area.
- All supporters must drive slowly and take extreme care when on the Public Access sections of the course, giving way to all riders

Race Timing & Results

- Riders will be timed using timing chips on the back of your race number plate
- Race number plates and cable ties will be distributed when you register.
 - Please handle them with care and do not touch the transponders on the back
 - The number plates must be cable tied to the front of your bike. The cable ties do not perform a structural function so only cinch them tight enough to hold your number plate in position.
 - The number plates are not disposable & must be returned. You will be billed \$33 for any you lose. Your time and number are recorded when you cross a cable bridge.
- The transponders will be used to record your times at the Rawnsley Park, Willow Springs and Gum Creek timing points and at the finish at Wilpena Pound. These timing points will be narrowed down into a chute, so you are expected to finish all jockeying for final position before you reach these points.
- At Gum Creek you will ride through a shearing shed before dismounting to walk down 2 ramps. The timing point will be outside the shed.
- There may be a timing point at the top of the Red Hill climb to check that all riders reach this “out and back” point. You’ll know if it’s going to be there because you’ll see it when you get there.
- After you cross the finish timing point at Wilpena Pound, you will need to dismount & stay in order in the finish chute until your number plate is removed by officials.
- If you do not finish you must still return your number plate without crossing the finish line & tell finish line staff that you did not finish.

Lights

- It is predicted that no starts will require lights.
- All riders still riding after 8:00pm will require lights. No riders will be allowed past MR35 after 6pm unless they have lights.
- Any riders riding after dark without lights will be disqualified and will have to call in their emergency support.

205 and 109 Epic Relay Teams

- 205 and 109 Epic Relay Teams consist of 2-4 riders, each riding a section of their respective Epic routes
- First riders must ride their section until they have passed over the timing point that marks the end of their section, and this is where their next rider can start.

Emergency Support

- All riders must have EMERGENCY SUPPORT monitoring their progress.
- Riders who find themselves close to falling behind the Schedule should have supporters nearby to assist them in case they do not meet a cut-off time
- Information on riders who withdraw will be available to emergency support from officials at Time Cut-off locations.

Safety

- All riders must carry a basic first aid kit.
- Any riders who stop to render assistance to an injured rider will be credited with time off their race time.
- In an emergency like fire or flood, the main Hawker/Blinman Rd running north/south through the middle of the 205km route should be your destination unless you are advised otherwise.
- Most officials who will be continually circulating over the course to monitor riders are landowners or managers and will direct riders in an emergency.

After the Epic

At the Finish

- **If you do not finish you must notify officials at the next location you come to AND notify officials at the finish when you return your race number plate**
- When you finish you must slow down and stop in the finish chute to have your race number plate removed.
- If you believe unfair racing occurred, you should see officials at the finish line and consider lodging a protest with the Event Manager Malcolm Robertson
- Wilpena Pound will provide a BBQ meal & drink for each rider from 1pm until 11pm in exchange for the card you were given when you registered. Non-riders can purchase the same meal for \$10 plus \$2 for a drink.
- A shuttle taking drivers back to Willow Springs and Gum Creek will operate from 4-8pm.

Later

- Results can be found at this link: <http://eventstrategies.racetecresults.com/results.aspx?CId=90&RId=234>. They will be proclaimed PROVISIONAL until **Wednesday 31 October at 6pm**, after which FINAL results will be posted. Any queries must be received by Event Strategies before Wed 6pm
- Presentations will be at Rawnsley Park's Woolshed Restaurant at 9am. Cooked Breakfast on the deck will be available from 8:30am-10:00am. Adults \$30, Child U/12 \$15. All category winners will receive specially created glass trophies.
- If you ride and record any video, we would be interested in receiving edited highlights or links to where you post online.
- If you take any event photos and publish them online, please send links to Event Strategies.

This event could not have been organised without the cooperation and assistance of these groups:

Naming Rights



Major Partners



GUM CREEK
STATION



RAWNSLEY
PARK Station



SKYTREK WILLOW SPRINGS STATION



WILPENA
POUND
RESORT

ATLA – Adnyamathanha Traditional Lands Association Inc

FLINDERS
RANGES



BY BIKE

Supporters

