

TRIPLE ⚡ R

DOUGLAS SHIRE 1-DAY MTB

2023 RIDE GUIDE

20 AUGUST 2023

WELCOME MESSAGES

On behalf of Cairns Regional Council and the Cairns community, I welcome the competitors, officials and supporters to the region for the Reef to Reef event.

Cairns is a world-class destination for signature sporting events including the Reef to Reef which has quickly cemented its place as a must-do on the MTB bike circuit.

Events such as this allow locals to compete against their idols, with many residents choosing to jump on the bike for the iconic Triple-R section of the race.

Cairns is proud to host this fantastic sporting event and we are eager to showcase our region's stunning attractions and warm hospitality.

On behalf of the people of Cairns, I wish all competitors successful racing over the four days of the event and I hope that you get to take in some of the fantastic scenery on offer along the way.



Mayor Bob Manning
Cairns Regional Council

Welcome to Reef to Reef, a highlight on the *It's Live in Queensland* events calendar and a wonderful opportunity to showcase Cairns and Great Barrier Reef region as a tourism destination.

The Tropical North Queensland community is grateful to welcome visitors who fill their cafes and restaurants, stay in their accommodation, use local transport and explore our unique tourism experiences.

That's why we support events through Tourism and Events Queensland's Major Events Program because they bring a welcomed boost to the local community and supports local jobs.

Events like the Reef to Reef MTB allows friends and family to reconnect and creates community pride. We hope you enjoy your stay and return again in the near future.

Be sure to immerse yourself in the local culture and get the opportunity to explore some of our world-class tourism experiences in this beautiful region.

Congratulations to the event organisers and volunteers – we wish you all the best for a successful event.



**Message from the Minister for Tourism, Sport and Innovation
and Minister Assisting the Premier on Olympics and
Paralympics Sport and Engagement**

TRIPLE R

PRE-RACE INFORMATION

To help with your pre-race preparation here's a list of things to remember:

- Ensure you have photo identification such as drivers license to bring to Rider Registration
- Confirm that the person recorded as your Emergency Contact during the registration procedure, is not riding Reef to Reef and will be contactable during the event and ensure that their full number including area / country code is provided
- Have your bike serviced so that is running smoothly and reliably. Whilst there will be bike mechanics at the event full workshop services will not be available. All mechanical support is on a user pays basis.
- Only the registered rider can pick up their Rider Kit at Registration.
- 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!

- The crew at Reef to Reef encourage sustainable practices – this includes minimising single use plastic, use of recyclable bins and minimising waste. Please be considerate and use the correct bins around the venue for your waste.

Short Course Plate



Long Course Plate



Race Bib both distances



Triple R Wristband



Sunday 21 August

Time	Event	Venue
7:00am	Shuttle bus service Pt Douglas to Mt Molloy- Long Course riders.	Port Douglas Surf Club
7:00am	Shuttle bus service Pt Douglas to Mt Molloy- Short Course riders.	
7:00am – 11:00am	Bike Mechanic Services (start line only)	Vains Park, Mt Molloy
7:30am - 8:30am	Triple-R Long Course Registration	
7:30am - 9:30am	Triple-R Short Course Registration	
8:45am	Triple-R Long Course Race Briefing	
9:00am	Triple-R Long Course Race Start	
9:45am	Triple-R Short Course Race Briefing	
10:00am	Triple-R Short Course Race Start	Port Douglas Surf Club
2:00pm	Triple -R Awards	
3:00pm	Absa Cape Epic Qualifiers and Draw Allocation	
From 5.30pm	Reef to Reef / Triple-R After Party	Central Hotel, Port Douglas

TRIPLE R

REGISTRATION

Riders will need to visit Rider Registration on Sunday 20 August between 7:30am -9:30am to receive their race kit including timing chip. Your race kit includes Race Plate, Race Bib, cable ties and your ID Wristband.

RIDER TEE

With your registration you get a wicked Triple-R rider tee. Riders will need to visit Information at the Port Douglas finish line to collect this once you finish your race.

BIKE MECHANIC

Pump 'n' Pedals Cairns has jumped on board as Triple- R mechanical service for 2023. You'll find the team there to help you at the Start line. The team will be providing assistance and spares as required, please note that this is on a user pays basis.

COMPULSORY RIDER BRIEFINGS

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

INFORMATION

Got a question? Be sure to come see us at the Information Tent. Located within rider registration, Information will open between 7:30am- 9:30am at Vains Park, Mt Molloy or at Port Douglas Surf club from 9:00am – 3:00pm.

SHUTTLE BUS SERVICES

The shuttle bus and bike transfer will leave Port Douglas, departing from corner of Garrick Street and Mowbray Street at 7:00am on Sunday 20 August, and head to the start line at Vains Park, Mount Molloy. This will get you to the start line around 8:00am. Please arrive by 6:30am to allow time to load your bike on the truck and take your seat on the bus. Please note this service is for riders only.

Once the event begins on Thursday 17 Aug **you will no longer be able to purchase this online**, you will need to see Information during the stages 1, 2 and 3 to see availability and book this service with the friendly team.

Bookings are compulsory as there's limited capacity for these awesome services! Please book via your [MyEvents account](#), reeftoreef@ironman.com or free call 1300 761 384.

If your unable to get onto the morning shuttle riders can opt for the afternoon service this will leave Port Douglas Surf Lifesaving Club at 3:00pm on Sunday 20 August and head back to the start line at Vains Park, Mount Molloy.

Shuttle Bus & Bike Transfer Service - \$30.00 per rider
**Whilst all care is taken by the bike transportation provider, no responsibility will be taken.*

BIKE WASH

Basic facilities will be available at the finish line for riders to wash their bikes. With bike Product provided by Squirt.

EVENT PHOTOS

Don't forget to check out your epic photos captured by the guy's at Sportograf Photos will be available within 2 days of the event. You can purchase these shots at www.Sportograf.com

SPECIAL INSTRUCTIONS

Take care on the Bump Track, there are many hazards that are difficult to negotiate with too much speed

FINAL AWARDS

Medals will be awarded to placegetters in all categories both the Long Course and Short Course races.

Prize money will be awarded in the Long Course race only, to the 3 fastest Male and Female times, regardless of category. Please note E-Bike riders are ineligible for any prize money.

General Classification		
Place	Male	Female
1 st Place	\$500	\$500
2 nd Place	\$250	\$250
3 rd Place	\$150	\$150

**All winnings is in local currency of Australian Dollars*

TRIPLE R
DOUGLAS SHIRE 1-DAY MTB

MOUNT MOLLOY: 51KM & 36KM



LEGEND

- START
- FINISH
- 51KM COURSE
- 36KM COURSE
- WATER POINT
- SPECTATOR POINT

COURSE SUBJECT TO APPROVALS.



START TIME:
9:00am – Long Course Riders
10:00am – Short Course Riders.

FORMAT
Long Course Riders- Mass Start
Short Course Riders- Riders are encouraged to “Self seed” based on expected ride time. There will be 3 waves, released at 5-minute intervals.

COURSE HIGHLIGHT
Woohoo look at that beach, but first you must negotiate the Bump, a breathtaking Rainforest descent like no other, respect it and it will leave you salivating for a second run, the beach and beer await you!

WATER POINT LOCATION
Water Point #1- 34km Top of the Bump Track

PARKING
Vains Park has ample parking

COURSE DESCRIPTION
Bumpety bump... It's all about that finish line feeling but getting to the beach at Port Douglas takes you across and down some of the coolest trails you'll ever ride. Cattle and cane country give way to a final blast through the rainforest. Then it's down, down, down the famous Bump Track. The last hard packed sandy stretch up Four Mile Beach will live long in your memory (and legs)... and the finish line in front of the Port Douglas Surf Club will cap off an epic four days of riding. Now it's time to sit back, relax, grab a burger and a beer and celebrate!

EVENT PARTNERS

