



2023 RIDE GUIDE

17 – 20 AUGUST 2023

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Cairns & Great Barrier Reef

Red Bull Defiance
MTB Festival
25 - 27 August 2023



Cairns & Great Barrier Reef

Port Douglas Gran Fondo
8 - 10 September 2023



Sunshine Coast

Sunshine Coast
MTB Festival
April 2024



Cairns & Great Barrier Reef

Crankworx Cairns
May 2024

DISCOVER MORE

IT'S LIVE!
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RACE DIRECTOR MESSAGE

Welcome to the fourth edition of the Reef to Reef Mountain Bike Stage Race! I am very excited to welcome you all in the Far North for 4 days of good mates, great trails and good times rolling. If you are a returning rider or first timer welcome and thank you for choosing this race. We hope you enjoy some of the best riding that Tropical North Queensland has to offer

We are extremely grateful for all the support from our stakeholders, partners, the local communities, and land owners, as well as the amazing mountain bike clubs that make this event possible including the Mareeba Mountain Goats.

The courses this year will again feature four unique and challenging stages that are sure to keep the excitement levels high.

We start with some fast paced racing for Stage 1 at the prestigious World Cup site at the Smithfield MTB Park with a time trial. Sit back for the afternoon and take in all of the action as we kick racing off from midday.

Friday brings a trip up the Kuranda range to the remote Davies Creek for Stage 2 where you experience the scrubby bushlands and granite gullies. The Mareeba Mountain Goats have been hard at work over the last year and this years event will feature some of their brand new trails so please say a big thank you while you see them out marshalling on course.

Mt Molloy is home to Stage 3 where you will enjoy some of the best rainforest trails in Tropical North Queensland and private farm lands the average rider doesn't get a chance to experience. Did I mention the views and surroundings? Make sure you take a moment to take them in!

Finally, you'll get to ride Australia's Oldest Point to Point MTB Event now in it's 31st year, the epic Triple-R course for Stage 4. You will ride through rural paddocks, move through the rainforest which will include the infamous Bump Track, and finally finish down the breathe taking 4 Mile Beach while taking in the classic RRR Rural, Rainforest and Reef views!

If you are a returning rider or a first-timer, thank you for choosing to race with us here at Reef to Reef. We appreciate you and have your back every stage of the way. Be safe, have a great time, our awesome crew and vollies are looking forward to seeing you as you cross the finish line each day!

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, please let us know.

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

I'd also like to thank Normie. Craig and Frank for their continued dedication to this event, it is a pleasure to work with you every year.

Have fun out on the trails, look after each other, enjoy your journey at Reef to Reef, 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

We acknowledge the traditional custodians of the land on which we gather and pay our respects to their Elders past and present.

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**

MOORE REEF,
CAIRNS & GREAT BARRIER REEF

DAYS *like* THIS

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EVENT SCHEDULE

Event Schedule is up to date as at 17/07/2023 and is subject to change.

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

Wednesday 16 August - Registration

Time	Event	Venue
5:30pm – 7:00pm	Rider Welcome and Registration	Macalister Brewing Company - Smithfield

Thursday 17 August - Stage 1

Time	Event	Venue
9:00am - 11:30am	Rider Registration	Smithfield MTB Park
11:30am - 5:00pm	Bike Mechanic Services	Smithfield MTB Park
11:45pm	Race Briefing (Pairs)	Smithfield MTB Park
12:00pm	Stage 1 Race start - Pairs	Smithfield MTB Park
1:15pm	Race Briefing (Solos)	Smithfield MTB Park
1:30pm	Stage 1 Race start - Solos	Smithfield MTB Park
5:00pm	Stage 1 Daily Awards	Smithfield MTB Park
5:30pm	Reef to Reef Social Hub	Macalister Brewing Company - Smithfield

Friday 18 August - Stage 2

Time	Event	Venue
7:00am - 1:00pm	Bike Mechanic Services	Davies Creek MTB Park
7:45am	Race Briefing	Davies Creek MTB Park
8:00am	Stage 2 Race start	Davies Creek MTB Park
12:00pm	Stage 2 Daily Awards	Davies Creek MTB Park
5:30pm	Reef to Reef Social Hub	Macalister Brewing Company - Smithfield


EVENT SCHEDULE

Saturday 19 August - Stage 3

Time	Event	Venue
7.00am - 1:00pm	Bike Mechanic Services	Vains Park, Mt Molloy
7:45am	Race Briefing	Vains Park, Mt Molloy
8:00am	Stage 3 Race Start	Vains Park, Mt Molloy
12:00pm	Stage 3 Daily Awards	Vains Park, Mt Molloy
5:30pm	Reef to Reef Social Hub	Central Hotel, Port Douglas

Sunday 20 August - Stage 4

Time	Event	Venue
6:00am	Reef to Reef shuttle bus service Port Douglas to Mt Molloy	Port Douglas Surf Club
7:00am	Triple R shuttle bus service Port Douglas to Mt Molloy	Port Douglas Surf Club
7:00am - 11:00am	Bike Mechanic Services (Start line only)	Vains Park, Mt Molloy
7:30am - 8:30am	Triple-R Long Course 48km Rider Registration	Vains Park, Mt Molloy
7:30am - 9:30am	Triple-R Classic 35km Rider Registration	Vains Park, Mt Molloy
7:45am	Race Briefing -Reef to Reef Riders	Vains Park, Mt Molloy
8:00am	Stage 4 Reef to Reef Race Start	Vains Park, Mt Molloy
8:45am	Race Briefing - Triple-R Long Course 48km Riders	Vains Park, Mt Molloy
9:00am	Triple-R Long Course Race Start	Vains Park, Mt Molloy
9:45am	Race Briefing- Triple-R Classic 35km Riders	Vains Park, Mt Molloy
10:00am	Triple-R Short Course Race Start	Vains Park, Mt Molloy
2:00pm	Awards for Reef to Reef and Triple-R	Port Douglas Surf Club
2:30pm	ABSA Cape Epic Qualification and Draw Allocation	Port Douglas Surf Club
From 5:30pm	Reef to Reef & Triple-R After Party	Central Hotel, Port Douglas



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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.
- ☐ We strongly suggest all Riders (Solo and Pairs) register on Wednesday 16 August between 5:30pm – 7:00pm. If you can't make it during these times, no stress we have a short window each stage morning to register (see the event schedule for more info). *You will only need to attend Registration once.*
- ☐ 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 Monday 17 July. Event app will be updated at close of Registration prior to race day. If any details are wrong contact us via reeftoreef@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 reeftoreef@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, we suggest doing this on Wednesday 16 August 2023.
- ☐ 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 ready for compulsory rider briefings.
- ☐ 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.



RIDER WRISTBAND

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



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.



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

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 them.

RIDER GIFT

Each rider will receive a Reef to Reef cap and t-shirt.

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.

Visit www.ciovita.com to browse our kit.

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PRE-RACE INFO

REGISTRATION

Will be located at Macalister Brewing Company, 6 Danbullan St, Smithfield on Wednesday 16 August 5:30pm-7:00pm, and at Smithfield MTB Park on Thursday 17 August 9:00am-11:30am.

All 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 (Digital or hard copy).
- 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 Reef to Reef 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 Reef to Reef 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 reeftoreef@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 Registration.

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

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



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TO REEF**
TROPICAL NORTH QUEENSLAND

PRE-RACE INFO

SOLO CATEGORIES

Your category is based on your age as at 31 December 2023.

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

Please note that participants under the age of 18 are welcome to register and compete in Reef to Reef but are required to have a parent/ guardian sign their event waiver. The waiver is a compulsory part of registration and needs to be approved with parent/guardian signature. Minors are also required to ride in the event with an approved adult and agree to ride within 2 minutes of their approved rider the whole course.

Single Speed - Riders can ride on a Single Speed bike, however, they will be categorised amongst all Solo Riders. There will be no General Classification Awards for Single Speed.

Handcycle - Unfortunately the 2023 Reef to Reef course is not adaptive to Handcycles. However, we welcome hand-cyclists to Cape to Cape, please contact us at reeftoreef@ironman.com.

Pedal assist or E-bikes are not permitted in 2023 Reef to Reef.

CHANGED TRAFFIC CONDITIONS

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

PAIRS CATEGORIES

Your category is based on your age as at 31 December 2023. The age of the youngest team rider determines the race category.

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

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.

BIKE MECHANIC

Pump 'n' Pedals will be offering mechanical support at each venue throughout the 4-Day event. Check out the schedule on pages 7 and 8 for times.

For pre-event servicing you can catch up with the Pump 'n' Pedals team at 113/117 Sheridan St, Cairns

RACE VILLAGE SERVICES

BOTTLE DROP

LOCATION: Event Information located at each Stage Start Line.

Stage 1 – 12:00pm (All bottles must be dropped prior to 11:30am).

Stage 2, 3 & 4 – 8:00am (All bottles must be dropped prior to 7:30am).

If you wish to use the Bottle Drop service, please be mindful of the above timings. If your bottle is not collected after each stage it will be taken to the water point each day.

Handy tip, have a couple of spare bottles so each stage morning you're not rushed to fill your bottles up if you manage to beat your bottle back from the stage prior.

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 left the water point. 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.

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.

Stage 1: The Hungry Nomad will be serving up some well earned feeds at the finish line. Then off to Macalister Brewery for a few cold ones to reminisce the day.

Stage 2: Will be catching up over some of the legendary tallies from Macalister Brewing Company

Stage 3 & 4: We find ourselves indulging in some well earned frothies and epic tales of riders experiences over the stages at the Central Hotel, Port Douglas before its time to pack up and head home.

MECHANICAL SUPPORT

Pump 'n' Pedals will be onsite to assist with bike mechanical support. Please note this will be a paid service :

- Spare tube
- Tyre levers
- Multi tool
- Pump and/or CO2

BIKE WASH

LOCATION: Each Stage Finish Line.

AVAILABLE PRODUCTS: Squirt Bike Wash and Bike lube.

COST: Free.

FINISH LINE HYDRATION

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

- Water
- Electrolyte
- Medical support

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RACE DAY INFO

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: All athletes will race through the Smithfield MTB Park trying to record the quickest time, with our Elite riders going first then followed by the pairs. After that it will be a self seed with the remaining Solo riders. A 20 second interval will be between each set of riders.

Once all riders have finished, they will be allocated a colour dot for their race plate. This dot will determine their starting spot for the remaining stages.

The only riders subject to this are those that have applied for a black dot. Please note, All Black Dots have now been allocated. If you believe you are eligible and haven't pre-requested, please contact us at reeftoreef@ironman.com.

Time	Details
12:00PM	First wave of elite riders Pairs & Solos with pairs at the front of the wave
12:05PM	All other riders self seeded

Stage 2, Stage 3 AND Stage 4: On finishing stage 1 riders will be seeded into the following start groups via coloured dot system which will determine their start for subsequent stages. Each wave (stages 2-4) will see approximately 80 riders per wave, a mix of Pairs and Solos, however the grid will prioritise Pairs at the front of each wave.

Please note: Stages 2, 3 & 4 will start at 8am.

Order	Category	Colour Dot
1 st Group	PAIRS	BLACK
2 nd Group	SOLOS	BLACK
3 rd Group	PAIRS	LIGHT BLUE
4 th Group	SOLOS	LIGHT BLUE
5 th Group	PAIRS/SOLO	RED
6 th Group	PAIRS/SOLO	GREEN
7 th Group	PAIRS/SOLO	PINK

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 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 0434 204 376.

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) Reef to Reef 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 INFO

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 celebrate when you cross the finish line! Don't worry about touching your watch, the timing company will ensure an accurate record of your achievement.

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

DIRECTIONAL SIGNAGE ON COURSE

Each Stage is clearly marked with signage and 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.



EVENT RULES

Please ensure that you familiarise yourself with the Reef to Reef [Event 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 Event Rules.

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

SHUTTLE BUS SERVICES

For stages 1, 2, & 3 you'll be starting and finishing in the same place which makes it super easy to drive to and from each stage.

For stage 4, the start and finish lines are at different locations. So, we are running a shuttle bus and bike transfer service* to get you to the start line at Vains Park, Mount Molloy. The shuttle bus will depart nice and early at 6am on Sunday morning from the finish line. This way, as soon as you finish your ride you can sit back and relax - let the last few days sink in and soak up the atmosphere at the Port Douglas Surf Lifesaving Club.

If your unable to get onto the morning shuttle riders can opt for the afternoon service this will leave Port Douglas, departing from corner of Garrick Street and Mowbray Street at 3:00pm on Sunday 20 August and head back to the start line at Vains Park, Mount Molloy so you can retrieve your vehicle.

Stage 4 Shuttle Bus & Bike Transfer Service - \$30.00 per rider.

REEF TO REEF SOLO/PAIRS

The shuttle bus and bike transfer will leave Port Douglas, departing from corner of Garrick Street and Mowbray Street at 6:00am on Sunday 20 August, and head to the start line at Vains Park, Mount Molloy. This will get you to the start line around 7:00am. Please arrive by 5:40am 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.

TRIPLE-R SHORT & LONG COURSE RIDERS

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.

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.

Once the event begins on Thursday 17 August **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.

**Whilst all care is taken by the bike transportation provider, no responsibility will be taken.*

POST RACE INFO

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 Ride Rules regarding protests.*

LOST & FOUND PROPERTY

Any lost or found property that is handed in will be taken to the Event Information. You can lodge your own lost items here:



Alternatively, please check in with staff at information the following morning.

Please note that no responsibility or liability is taken by the Race Organisers for lost property.

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



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COURSE OVERVIEW

COURSE OVERVIEW

Who's excited for four days of the best trails and terrain around? We are! Each day's stage has its own unique terrain and character to keep things interesting with a mix of fast flowing single trail, farm track, groomed downhill trails and fire trails – many through private land that can only be ridden while racing the Reef to Reef.

The 2023 course overview is below! Each stage is similar in nature to previous years, with a few fun new additions and tweaks to keep you on your toes! Courses are subject to change.

Reef to Reef courses can only be ridden in their full format at event time. Locals' hero's open up their gates and allow access to their private land for the R2R riders as the event benefits the community in so many ways. Please respect private property and make sure we are able to continue accessing these tracks by not pre-riding the course.



STAGE 1

SMITHFIELD MTB PARK

THURSDAY 17 AUGUST

START/FINISH: Smithfield MTB Park

RIDER BRIEFING: 11:45am

START TIME: 12:00pm

DISTANCE: 18.5KM

ELEVATION GAINED: 720M

FORMAT: Time Trial

EXPECTED FINISH TIME

FIRST RIDERS: 1:15pm

FINAL RIDERS: 4:45pm

WATER POINT LOCATION

Located at 7.2km mark, adjacent to Start/Finish line. Resources available will include:

- Water, Electrolyte, Oranges, Bottle Drop Collection, Radio comms with Race HQ

COURSE DIVERSION

Location	Distance	Time	Action
Start of Pipe Line Climb	4.5km	3:00PM	Return down DH straight to finish 300m away and record as DNF for Stage 1.
Exit of Pipe Line	9.5km	4:00PM	Turn in opposite direction to course to rejoin at exit of Cassowary to venue to record as DNF
Black Snake Climb	11.0km	4:15PM	Bypass climb along flat snake section to continue on course. Add 15min penalty to time

COURSE HIGHLIGHT

The flow and funk of the Smithfield Mountain Bike trails will leave you giggling like a kid getting your first bike, don't forget you'll only get to enjoy those amazing descents by first conquering the climb. Enjoy the iconic single trail that makes Smithfield so well known.

RACE TIP

With 800m of climbing in only 18km of riding, pace yourself through the ascents and be cautious on the descents.

COURSE DESCRIPTION

From the start line, riders complete a 6km loop on the eastern side of the park before passing around the back of the venue and onto the remaining 12km. There are plenty of opportunities to pass other riders however be considerate when doing so. The majority of the course is on single trail with some sections of unsealed road, fire trails and a tiny bit of bitumen! Any technical elements offer a B line with plenty of advanced warning.

PAIRS START TIME

- Pairs will start first from 12:00pm.
- Pairs will start at 20 second intervals.
- Pairs will be allocated a start time. Start times will be available 2 days prior to race start available online in the Rider Support Tab of our website. Hard copy lists will also be available at registration and information on Wednesday 16 Aug & Thursday 17 August.
- A pairs finish time is when the second rider crosses the finish line.
- Results will be based on net time. (from crossing the start line to crossing the finish).

SOLO START TIME

- Solo riders will start from 1:30pm.
- Riders will start in pairs (2 solo riders at a time). Each start will be at 20 seconds intervals.
- Riders shall "self-seed" in order of expected ride times fastest to slowest.
- Results will be based on the rider's net time.

PARKING

Event Parking is available on the Western side of JCU, adjacent to the event venue. Riders will need to enter off the Captain Cook Highway via the university entrance, straight through the round about, and take a right at the R2R Parking Signs. From there follow the road and sing around to the parking overflow, from here you won't be able to miss the venue. Keep an eye out for parking signage.

AWARDS

LOCATION: James Cook University / Smithfield MTB Park

TIME: 5:00pm

STAGE 1

REEF TO REEF

TROPICAL NORTH QUEENSLAND

STAGE 1 : 18.5KM

SMITHFIELD MTB PARK

LEGEND

- ▶ START/FINISH
- COURSE
- WATER POINT



COURSE SUBJECT TO APPROVALS.

DISTANCE
18.5KM

ELEVATION GAIN
720M

Smithfield MTB Park ▶ > ★ Smithfield MTB Park



STAGE 2

DAVIS CREEK MTB PARK

FRIDAY 18 AUGUST

START/FINISH: Davis Creek MTB Park

RIDER BRIEFING: 7:45am

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

DISTANCE: 39.5KM

ELEVATION GAINED: 800M

FORMAT: Dot Allocation Wave Start

EXPECTED FINISH TIME

FIRST RIDERS: 10:00am

FINAL RIDERS: 12:35pm

WATER POINT LOCATION

Located at 21km and 35km mark. Resources available will include:

- Water, Electrolyte, Oranges, Bottle Drop Collection, Radio comms with Race HQ

COURSE DIVERSION

Cut off Times	Distance	Time	Action
Start of Kanjini Loop	10km	9:45AM	Where rider can continue, redirect along official course for 14km to finish and note as DNF.
Finish of Kanjini Loop	24km	11:45AM	Where rider can continue, on alternate route for 6.5 km to finish venue. Road and reverse section of course used as short return and note as DNF
Start of Dingo Run	30.5km	12:45PM	Bypass Dingo run and return on reverse of course for 1.5km to venue and note as DNF

COURSE DESCRIPTION

After a short section of unsealed road riders head onto the single trail and some testing little climbs. After passing back through the start / finish line the course enjoys the fast and flowing trails of the MTB park before hitting the bushlands. The final section is through the MTB park again for another reminder of how good these trails are!

COURSE HIGHLIGHT

Today is an epic workday, undulating and adventurous with hidden gems all along the way, keep your eyes peeled for them.

START PROCEDURE

- Dot allocation based on your ride time on Stage 1 will determine start groups for Stage 2-4.
- Information will allocate your dot colour on Thursday afternoon (after stage 1) and Friday prior to race start.
- If you do not have a dot on your race plate on Friday morning you will need to head straight to information!
- Once allocated a coloured dot after stage 1 —your dot will not change nor are they reallocated.
- Each wave will consist of a mix of pairs and solos; however, pairs will be prioritised at the start of the grid, solos of that colour to follow approximately 2 minutes after pairs.
- Wave 1 will leave at 8:00am, subsequent waves will be released at approximately 5 min intervals.

PARKING

Event Parking is available at the Davies Creek MTB Park. You will need to turn off the National Highway 1 onto Davies creek Road, from here follow the road until you see the parking signage.

RACE TIP

Pack a feed and a few tins in the esky for lunch as food options won't be available post race.

Then head to Davies Creek with some snacks for a refreshing dip after the days effort as its time to disconnect and switch off the phones, don't worry you won't have service anyway.

AWARDS

LOCATION: Davies Creek MTB Park

TIME: 12:00pm

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STAGE 2

REEF TO REEF

TROPICAL NORTH QUEENSLAND

STAGE 2 : 39.5KM

DAVIES CREEK MTB PARK

MAREEBA

LEGEND

- START/FINISH
- COURSE
- WATER POINT

CAIRNS

N

MOUNT SHERIDAN

DAVIES CREEK
NATIONAL PARK

KANJINI PEAK

EMERALD CREEK
FALLS

BALBOA TRAIL

COURSE SUBJECT TO APPROVALS.

DISTANCE

39.5KM

ELEVATION GAIN

800M

Davies Creek MTB Park



Davies Creek MTB Park



STAGE 3

VAINS PARK, MT MOLLOY

SATURDAY 19 MAY

START/FINISH: Vains Park, Mt Molloy

RIDER BRIEFING: 7:45am

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

DISTANCE: 59KM

ELEVATION GAINED: 550M

FORMAT: Dot Allocation Wave Start

EXPECTED FINISH TIME

FIRST RIDERS: 10:15am

FINAL RIDERS: 12:30pm

WATER POINT LOCATION

Located at 24km and 41 mark. Resources available will include:

- Water, Electrolyte, Oranges, Bottle Drop Collection, Radio comms with Race HQ

COURSE DIVERSION

Cut off Times	Distance	Time	Action
Start of Brumbys Trail	14.5km	9:45AM	Turn riders around and ride 14.5km back to venue to record as DNF
Exit of Dawsons onto West Black Mountain Road	28.5km	11:15AM	If rider can continue, turn left onto West Black Mountain Road and continue for 12km (dirt road with hills). Re-assess at next cutoff at Marshal Point #9
Feed Zone #2 turn onto old Bump Track road for return to Wetherby Road, over Bells Hill.	48.5km	1:30PM	Vehicle to return riders back to venue. Average speed is less than 10km/h and will take a further 2 hours to return by riding.
McLean bridge road intersection to Wetherby road.	58.5km	2:15PM	Vehicle to return riders back to venue. Average speed is less than 10km/h and will take a further 1 hour to return by riding.

COURSE DESCRIPTION

From the start, riders head out on a section of unsealed road and fire trail through the cattle fields, bushland and cane fields before hitting the first section of single trail, a sequence that is repeated throughout the course. There are some challenging gullies and creek crossings in the Twin Bridges area that will require riders to dismount.

COURSE HIGHLIGHT

This trail is like day and night, one minute your riding rural and the next you're in lush spectacular rainforest you won't want it to stop!

START PROCEDURE

- Stage 3 is a neutral start from Vains Park through Mt Molloy.
- Timing will begin on the Northern side of Mt Molloy at the Wetherby Road Trail Head.
- Dot allocation based on your ride time on Stage 1 will determine start groups for Stage 2-4
- Once allocated a coloured dot after stage 1 –your dot will not change nor are they reallocated.
- Each wave will consist of mix of pairs and solos; however, pairs will be prioritised at the start of the grid, solos of that colour to follow approximately 2 minutes after pairs.

PARKING

Adjacent to Vains Park, Mt Molloy

RACE TIP

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

AWARDS

LOCATION: Vains Park, Mt Molloy

TIME: 12:00pm

A full-page photograph of a male mountain biker, Sam Fox, in a dynamic racing pose. He is wearing a purple and teal long-sleeved jersey with 'BridgeLane' and 'SHIMANO' logos, black shorts, a black helmet, and blue cycling shoes. He is riding an orange and black Fox mountain bike. The background is a blurred natural setting. The entire image is framed with a rough, white, hand-drawn border.

SHIMANO

NOTHING BEATS THE BEST.

Sam Fox
2023 Australian Elite XCC/XCO Champion
Team BridgeLane

Photo: Piper Albrecht

MAKE
YOUR
MARK

SHIMANO MTB

STAGE 3

REEF TO REEF

TROPICAL NORTH QUEENSLAND

STAGE 3 : 59KM

MOUNT MOLLOY

WETHERBY ROAD

MOUNT MOLLOY

BRUMBYS TRACK

BLACK MOUNTAIN

TWIN BRIDGES

PORT DOUGLAS

OAK BEACH



LEGEND

- START/FINISH
- COURSE
- WATER POINT

COURSE SUBJECT TO APPROVALS.

DISTANCE
59KM

ELEVATION GAIN
550M

Mount Molloy, Vains Park



Mount Molloy, Vains Park



STAGE 4

MT MOLLOY to PORT DOUGLAS

SUNDAY 20 AUGUST

START: Vains Park, Mt Molloy

FINISH: Port Douglas Surf Club, Port Douglas

RIDER BRIEFING: 7:45am

START TIME: 8:00am

DISTANCE: 46KM

ELEVATION GAINED: 730M

FORMAT: Dot Allocation Wave Start

EXPECTED FINISH TIME

FIRST RIDERS: 10:05am

FINAL RIDERS: 12:25pm

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!

COURSE HIGHLIGHT

Woohoo finally the 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

Located at 34km mark, top of the Bump Track. Resources available will include:

- Water, Electrolyte, Oranges, Bottle Drop Collection, Radio comms with Race HQ

COURSE DIVERSION

Riders must reach the top of the Bump Track (34km) by 11:30am, if unable to reach a vehicle will return riders to Port Douglas.

PARKING

Vains Park has ample parking if you are parking at the start line. We highly recommend spectators attending the Finish line festival to park at Reynolds Park, Garrick St and it is just a short walk to the finish line.

For Shuttle Bus information please refer to page 18.

START PROCEDURE

- Dot allocation determined by your ride time on Stage 1 will determine start groups for Stage 2-4.
- Once allocated a coloured dot after stage 1 —riders dot will not change nor are they reallocated.
- Each wave will consist of mix of pairs and solos; however, pairs will be prioritised in the first wave, solos of that colour to follow.
- Wave 1 will leave at 8:00am subsequent waves will be released at approximately 5 min intervals.

RACE TIP

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

AWARDS

LOCATION: Port Douglas Surf Club, Port Douglas

TIME: 2:00pm

Wahoo Pro Ian Boswell
2021 UNBOUND Gravel Champion



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ELEMNT BOLT



ELEMNT ROAM

From tarmac to gravel, when the best look to see how they're performing, they look to Wahoo ELEMNT bike computers.

wahoo

STAGE 4

REEF TO REEF

TROPICAL NORTH QUEENSLAND

STAGE 4 : 46KM

MOUNT MOLLOY

LEGEND

- ▶ START
- ★ FINISH
- COURSE
- 🌊 WATER POINT



COURSE SUBJECT TO APPROVALS.

DISTANCE
46KM

ELEVATION GAIN
550M

Mount Molloy, Vains Park ▶ > ★ Port Douglas



AWARDS

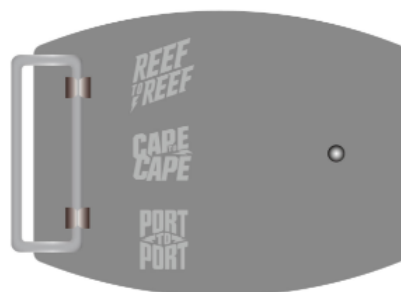
TRIPLE CROWN LEGEND

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.

Newly crowned Triple Crown Legends will receive their belt buckle at the Stage 4 Awards.



PRIZE MONEY

Prize money is awarded to the overall top 5 pairs in each of the Male, Female and Mixed regardless of category.

**Prize money is per Pair. All winning Pairs will receive an email regarding their prize money post race. All winnings is in Local currency of Australian Dollars.*

General Classification			
Place	Male Pair	Female Pair	Mixed Pair
1 st Place	\$2,000	\$2,000	\$2,000
2 nd Place	\$1,000	\$1,000	\$1,000
3 rd Place	\$800	\$800	\$800
4 th Place	\$600	\$600	\$600
5 th Place	\$400	\$400	\$400

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 'Leaders Jersey' in each Solo and Pairs age category. In addition to this, prizes will be awarded for daily stage 1st winners in each Pair and Solo category.

The Final Awards will be held after Stage 4, and prizes will be awarded to winners in each age category and prize money will be awarded to the overall Pairs winners.

FOUNDING RIDERS

Awarded at Stage 4 presentations



LEADERS 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. Reef to Reef is proud to bestow the leader from each of the riding categories an exceptional leader's jersey for 2023. Each daily General Classification winner in every ride category will be presented their exclusive Leader jersey at the daily awards presentation on the at the daily awards presentation.



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ENDURANCE

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 Reef to Reef, 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 Pair Active registration form prior to the race (only available to Pair riders). If you forgot to tick that box and would like to register your interest you can email us at reeftoreef@ironman.com.

Need more time to consider the challenge? You can still sign up at the event by seeing the crew at Information until the evening 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 2024 Stage 1 date.

A number of Pair entries will be allocated to the 2023 ABSA Cape Epic through two ways; Wildcard Entry and Draw Allocation.

OVERALL MEN AND OVERALL WOMEN – WILDCARD ENTRY

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

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 presentations on stage 4.

- Draw Allocation is eligible to Reef to reef 4-day Pair riders only (i.e. excludes 4-day Solo).
- The Draw Allocation slots are per individual within a 2-person Pair. The individual is free to choose any partner, i.e. it is not necessary that his/her partner participated in Reef to Reef.
- 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 is \$7800USD per pair (\$3900USD per rider). Riders will be emailed details on how to complete the payment.
- All entries are for the 2023 ABSA Cape Epic and cannot be transferred to another year. Once payment has been received, the standard [ABSA Cape Epic cancellation policy](#) applies.



ALWAYS REMEMBER YOUR RACE
 get your personal pictures on **SPORTOGRAF.COM**



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F L A T

ADDITIONAL INFO

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.
3. Please recycle in line with the bins provided that will separate recycling and general waste.

VOLUNTEERS

The 2023 Reef to Reef requires the support of over 80 Volunteers in order to deliver the event.

Our team of Volunteers at the event will contribute a combined total of around 2,000 Hours to assist, support and motivate you from the start to the finish of your Reef to Reef journey.

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

OFFICIAL EVENT APP

Reef to Reef 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 leader board to keep you up front with who's in the lead. And you can 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!

GET SOCIAL

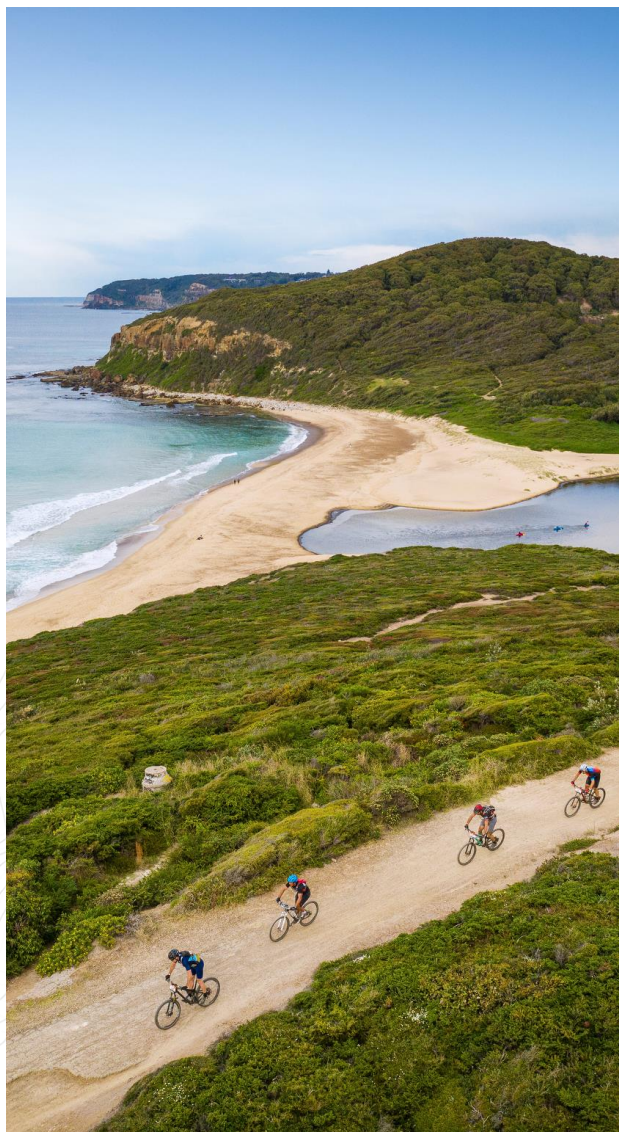


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