


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 licence 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

Triple-R Race Plates


Race Plates:
35 KM



70 KM




Bike Seat Post Number Sticker




CAUTION REMOVE LABEL FROM THIS SHEET CAREFULLY

PLACE THIS LABEL ON YOUR BIKE SEAT POST WITH THE NUMBER FACING BACKWARDS SO AS TO BE READ FROM THE SIDE.

DO NOT REMOVE TAPE OR LABEL OR YOUR BIKE WILL NOT BE RECORDED



ID Wristband



SUN 12 AUG 2018	TRIPLE-R RIDERS	VENUE
6:15am	Shuttle bus service Pt Douglas to Mt Molloy- 70km Endurance riders.	Port Douglas Surf Club, Port Douglas
7:30am	Shuttle bus service Pt Douglas to Mt Molloy- 35km Classic riders.	
7:00am - 11.30am	Bike Mechanic Services (start line only)	
7:30am - 8:30am	Triple-R 70km Registration	
7:30am - 10:30am	Triple-R 35km Registration	
8:45am	Triple-R 70km Race Briefing	
9:00am	Triple-R 70km Race Start	
10:45am	Triple-R 35km Race Briefing	
11:00am	Triple-R 35km Race Start	
2:30pm	Triple -R Awards	
2:45pm **	Reef to Reef Awards	
3:00pm	Absa Cape Epic Qualifiers and Draw Allocation	
5.30pm	Reef to Reef / Triple-R After Party	Hemingways Brewery, Port Douglas Marina

REGISTRATION

Riders will need to visit Registration on race morning to receive their race pack, opening times are available on the event schedule. Your race kit includes Race Plate with Timing Chip attached (and cable ties), Bike Seat Post Number Sticker (including timing chip attached), and your ID Wristband.

RIDER TEE AND GIFT BAG

With your registration you get a wicked Triple-R rider tee, and a rider gift bag with some awesome goodies. 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 2018. You'll find the team there to help you at the Start line. The guys 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 7am-10:30am at Wetherby Station.

SHUTTLE BUS SERVICES

70KM RIDERS

The shuttle bus and bike transfer will leave Port Douglas Surf Lifesaving Club at 6.15am on Sunday 12 August, and head to the start line at Wetherby Station, Mount Molloy. This will get you to the start line around 7:15am. Please arrive by 6.00am 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.

35KM RIDERS

The shuttle bus and bike transfer will leave Port Douglas Surf Lifesaving Club at 7.30am on Sunday 12 August, and head to the start line at Wetherby Station, Mount Molloy. This will get you to the start line around 8:30am. Please arrive by 7.00am 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 contact 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 3:45pm on Sunday 12 August and head back to the start line at Wetherby Station, Mount Molloy.

Shuttle Bus & Bike Transfer Service - \$20.00 per rider

*Whilst all care is taken with bike transportation, no responsibility will be taken.

MASSAGE

After a big day on the bike you'll be loving the sight of our Massage team who will be at the finish line to get those weary muscles. Sessions are on a user pays basis charged at \$1/per minute. Cash only.

9:30am – 2:30pm

BIKE WASH

Basic facilities will be available at the finish line for riders to wash their bikes.

EVENT PHOTOS

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

FINAL AWARDS

Medals will be awarded to placegetters in all categories both the 70km Endurance and 35km Classic races.

Prize money will be awarded in the 70km race only, to the 3 fastest male and female times, regardless of category.

PLACE	MALE	FEMALE
1st	A\$500	A\$500
2nd	A\$250	A\$250
3rd	A\$150	A\$150



START: Wetherby Station (Mount Molloy)

FINISH: Port Douglas

DISTANCE: 70KM/35km

CLIMBING: 400m

START TIME:

9:00am – 70km Riders
11:00am – 35km Riders.

FORMAT:

70km Riders- Mass Start
35km 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 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:

Water Point #1- 34km Passing back through Wetherby Station Bottle Exchange available
Water Point #2 – 46km Top of the Bump Track

PARKING: Wetherby Station has ample parking

COURSE DESCRIPTION: From the start riders head out through the cattlelands, over some rolling terrain and a well-known trail called “Who’d of thought it”!
Then it’s back through Wetherby Station, down the Bump Track and finally onto Four Mile Beach and the finish line.

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

DIRECTIONAL SIGNAGE ON COURSE

The 2018 Triple-R course will be marked with black arrows on an orange background. Please familiarise yourself with the course signage, the course is signposted. In the instance where there is a tricky section, a marshal will be posted to direct riders in the correct direction.

The following directional signs will be used on course.



LEFT TURN



RIGHT TURN



WRONG WAY



STRAIGHT ON- CAUTION NEEDED



SLOW DOWN – TURN AHEAD



A LINE- MORE TECHNICAL TRAIL OPTION.

B LINE- LESS TECHNICAL TRAIL OPTION.



SLOW DOWN- STEEP DECENT



STRAIGHT ON – EXTREME CAUTION NEEDED