






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: 36 KM 	51 KM 
36km 	Race Bibs 51km 
Wristband 	

SUN 11 AUG 2019	TRIPLE-R RIDERS	VENUE
6:35am	Shuttle bus service Pt Douglas to Mt Molloy- 51km Endurance riders.	Port Douglas Surf Club, Port Douglas
7:00am	Shuttle bus service Pt Douglas to Mt Molloy- 36km Classic riders.	
7:00am - 11.30am	Bike Mechanic Services (start line only)	Vains Park, Mt Molloy
7:30am - 8:30am	Triple-R 51km Registration	
7:30am - 9:30am	Triple-R 36km Registration	
8:45am	Triple-R 51km Race Briefing	
9:00am	Triple-R 51km Race Start	
9:45am	Triple-R 36km Race Briefing	
10:00am	Triple-R 36km Race Start	Port Douglas Surf Club
2:00pm	Triple -R Awards	
2:30pm **	Reef to Reef Awards	
3:00pm	Absa Cape Epic Qualifiers and Draw Allocation	Hemingway's Brewery, Port Douglas Marina
5.30pm	Reef to Reef / Triple-R After Party	

REGISTRATION

Riders will need to visit Rider Registration on either Saturday 10 August between 8:30am-2:30pm at Vains Park or Sunday 11 August between 7:30am -9:30am to receive their race kit including timing chip. Your race kit includes Race Plate, racing 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 2019. 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 7:30am- 9:30am at Vains Park, Mt Molloy or at Port Douglas Surf club from 9:00am – 3:00pm.

SHUTTLE BUS SERVICES

51KM RIDERS

The shuttle bus and bike transfer will leave Port Douglas Surf Lifesaving Club at 6.35am on Sunday 11 August, and head to the start line at Vains Park, Mount Molloy. This will get you to the start line around 7:45am. Please arrive by 6.15am 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.

36KM RIDERS

The shuttle bus and bike transfer will leave Port Douglas Surf Lifesaving Club at 7.00am on Sunday 11 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 6.45am 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 3:00pm on Sunday 11 August and head back to the start line at Vains Park, Mount Molloy.

Shuttle Bus & Bike Transfer Service - \$25.00 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

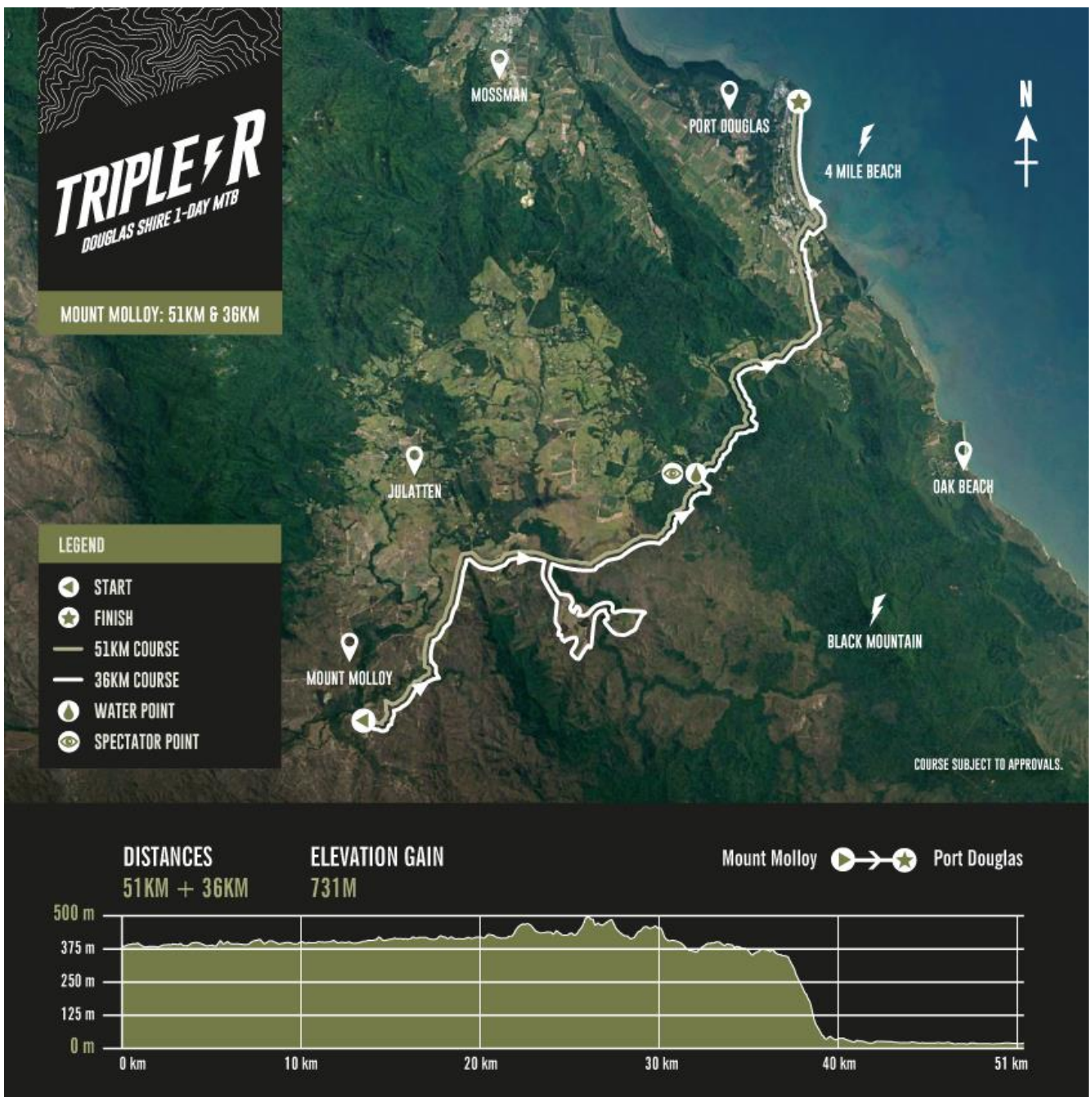
Don't forget to check out your epic photos captured by the guy's at FinisherPix. Photos will be available within 2 days of the event. You can purchase these shots at www.finisherpix.com

FINAL AWARDS

Medals will be awarded to placegetters in all categories both the 51km Endurance and 36km Classic races.

Prize money will be awarded in the 51km 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: Vains Park (Mount Molloy) **FINISH:** Port Douglas

DISTANCE: 51KM/36km **CLIMBING:** 400m

START TIME:

9:00am – 51km Riders
10:00am – 36km Riders.

WATER POINT LOCATION:

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

FORMAT:

51km Riders- Mass Start
36km Riders- Riders are encouraged to “Self seed” based on expected ride time. There will be 3 waves, released at 5-minute intervals.

PARKING: Vains Park has ample parking

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!

COURSE DESCRIPTION: Bumpy 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!

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