

PORT TO PORT

NEWCASTLE AUSTRALIA



2019 RIDE GUIDE

23 - 26 MAY



visitnsw.com



City of
Newcastle



SHIMANO



IT'S ON! IN NSW

Whether you're into sport, music, food and wine, action or adventure, you'll find many exciting events for all ages, in amazing locations throughout Regional NSW.

NORTH COAST



AUSTRALIAN LITTLE LEAGUE BASEBALL CHAMPIONSHIP

5 - 10 June

A highly regarded underage baseball event. The winner gains entry to the Little League World Series, the most prestigious junior baseball tournament in the world.

Lismore

SNOWY MOUNTAINS



PEAK MUSIC FESTIVAL

7 - 10 June

Celebrate the opening of the winter snow season with great music.

Perisher

SOUTHERN NSW



PIE FEST

29 - 30 June

A celebration of everything 'pie'. The perfect 2-day event for pie lovers and connoisseurs alike.

Bowral

HUNTER REGION



SNOW TIME IN THE GARDEN - HUNTER VALLEY GARDENS

29 June - 21 July

Enjoy a fun, family experience with ice-skating, tobogganing, snow play and more.

Pokolbin

COUNTRY NSW



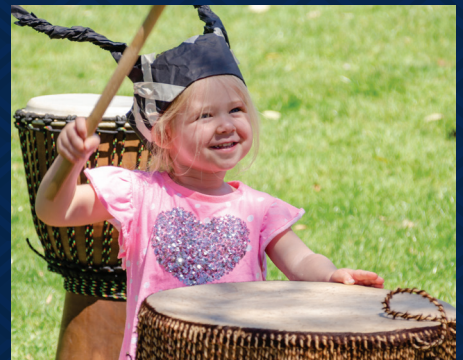
BATHURST WINTER FESTIVAL

6 - 21 July

Featuring an open-air ice rink, Illumination, Winter Playground, and 4 feature events boasting quality food and beverage.

Bathurst

THE RIVERINA



SPRING JAM

28 September

Spring Jam is a kid's outdoor festival combining circus acts, adventure play and interactive fun.

Wagga Wagga



If it's on in NSW, it's on **visitnsw.com**

Please note that events are subject to change or cancellation (check relevant website for further details prior to the event). Destination NSW acknowledges and appreciates all photographic images supplied by each event owner for use in this advertisement.

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General Event Enquiries

Additional information can be found via the following:

Website: <https://porttoportmtb.com/>

Phone: 1300 761 384

E-mail: porttoport@ironman.com

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RACE DIRECTOR MESSAGE

Welcome everyone to the sixth edition of the Port to Port Mountain Bike Stage Race.

It's been a big year for the team, with a fantastic new look, introducing teams racing and becoming part of the Epic Series alongside Cape to Cape, Reef to Reef, Pioneer and the big player South Africa's Cape Epic. What an awesome series of mountain biking.

We're excited to bring you this year's course featuring four stages of diverse and challenging trails while keeping the enjoyment level high. We heard your feedback and have kept the loop course format with tweaks here and there to keep you on your toes. Keeping the logistics even easier we've added the time trial event to Wednesday's registration location of Oaks Cypress Lakes, so don't miss out on seeing the elite teams battle it out as you collect your packs and prepare for the week ahead!

As always, I want to take this opportunity to thank you and your support crews for coming along for the ride. We do our absolute best to create an amazing experience for you all, both on and off the trails. We all get a buzz from the friendships made and look forward to seeing old faces and welcoming the new into the Port to Port family. Don't be shy, make sure you say hi and meet as many riders and crew as you can, whether it be at the finish line festivals or coming along to our social hubs in the evenings, it's truly a wonderful community and we have as much fun off the bike as on!

When Port to Port was first created, we always set about to create a mountain bike holiday with magnificent scenery, fantastic wineries, heaps to see and do, excellent trails and an awesome atmosphere at the finish line to relax with friends. We'll once again showcase this to the world through the documentary, so smile if you see the camera!

A massive thank you to our partners, Destination NSW, Lake Macquarie Council, The City of Newcastle, Shimano, National Parks, Crowne Plaza, Oaks Cypress Lakes, Koda and Forests NSW and all the support partners. Your loyalty and belief in the event are brilliant and we truly appreciate it.

Port to Port is invested in the local trail network and values the trails and hard-working clubs who take care of these year in year out. We assist wherever possible and love working together. A massive shout out to Hunter Mountain Bike Association and Glenrock Trail Alliance for their hard work and dedication.

I'm truly lucky to work with an excellent team, who devote hours of their time to making the best experience possible for all of our riders. Thank you to all the volunteers, crew and officials. You guys are super stars!

To all the riders, elite's, returning riders or our first timers, thank you for choosing Port to Port, we appreciate you and have your back every stage of the way. Be safe, have an awesome time and I look forward to seeing you all as you cross the finish line each day!

Sally Hill

Race Director



WELCOME MESSAGE

Welcome from the NSW Government

On behalf of the NSW Government, welcome to the Hunter region for the 2019 Port to Port, part of the global Epic Series of mountain bike stage races.

Port to Port is a highlight on the NSW events calendar, with rides to suit all abilities in the breathtaking surroundings of Newcastle, Lake Macquarie and the Hunter Valley.

Over the next four days, you will experience the best mountain bike trails in the region, taking you from the picturesque wine region to the spectacular coast.

Mountain biking is a popular sport in NSW, and continues to grow in popularity each year, with more people wanting to get out and experience the beautiful wilderness areas of the State.

The NSW Government is proud to support this exciting event via its tourism and major events agency, Destination NSW, and is committed to supporting a variety of events to help achieve our goal of reaching \$55 billion in overnight visitor expenditure by 2030.

I encourage all visitors here to take time out to explore this beautiful region – from the great local shopping and restaurants in Newcastle, to the stunning beaches and coastline of Lake Macquarie, to the wineries and delicious fare of the Hunter Valley.

I wish all participants or riders the best of luck.



The Hon. Stuart Ayres MP

Minister for Jobs, Investment,
Tourism
and Western Sydney

Welcome from Lord Mayor

On behalf of the City of Newcastle I am thrilled to welcome local, national and international riders, together with their entourages, back for the 2019 Port to Port MTB event.

Newcastle has transformed itself into a vibrant, unique and culturally rich city. A city with a diverse feast of experiences and a vast range of facilities that you expect from a modern metropolis, plus many other surprises.

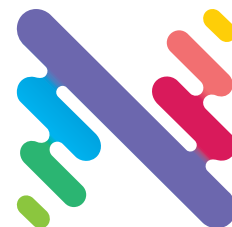
Newcastle is the heartbeat of the Hunter with a strong international sporting history, and we are proud to support this mountain biking event once again.

To all competitors, I wish you success; and to those visiting, I hope you find some time to enjoy the many attractions in and around our stunning city.

Nuatali Nelmes

Lord Mayor, City of Newcastle





City of
Newcastle

Newcastle, a great place to ride and play.

From the beach to the bush, Newcastle offers a range of outdoor adventures, a feast of dining and entertainment and an exciting calendar of events.

visitnewcastle.com.au



NEWCASTLE

RACE RULES

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

Race Categories

Teams:

The age of the youngest team rider determines the race category.

- Men – Both riders are male aged 15*-39 years on 31 December of the year of the race
- Women – Both riders are female aged 15*-39 years on 31 December of the year of the race
- Mixed – One rider is male, and one rider is female aged 15* - 39 years on 31 December of the year of the race
- Masters Men – Both riders are male aged 40-49 years on 31 December of the year of the race
- Masters Women – Both riders are female aged 40 years or older on 31 December of the year of the race
- Masters Mixed – One rider is male, and one rider is female aged 40 years or older on 31 December of the year of the race
- Grandmasters Men – Both riders are male aged 50-59 years on 31 December of the year of the race
- Great Grandmasters Men – Both riders are male aged 60 years or older on 31 December of the year of the race

Solo:

- Open Men – Male riders aged 15*-39 years on 31 December of the year of the race
- Open Women – Female riders aged 15-39 years on 31 December of the year of the race
- Masters Men – Male riders aged 40-49 years on 31 December of the year of the race
- Masters Women – Female riders aged 40-49 years on 31 December of the year of the race
- Grand Masters Men – Male riders aged 50-59 years on 31 December of the year of the race
- Grand Masters Women – Female riders aged 50-59 years on 31 December of the year of the race
- Great Grand Masters Men – Male riders aged 60 years or older on 31 December of the year of the race
- Great Grand Masters Women – Female riders aged 60 years or older on 31 December of the year of the race

*Minimum age is 15 on the day of the event.

Team Racing

- The team's event sees teams of two ride in the same cycling jersey, staying no more than two minutes apart throughout the four days of riding

Competitors

- Participants competing in the event must be a minimum of 15 years old on day one, the first stage of the race.

Medical

- It is the riders' responsibility to ensure that they are in good health and well prepared.
- Race management reserve the right to remove a rider from continuing the race on receipt of medical advice from an official race doctor or any other medical doctor recognised by the race organisers. The decision of the race organisers in this matter will be final.

Bikes

- Only mountain bikes in good working order and race ready at the start of each stage will be allowed to start that stage. "Race ready" means the following:
 - The frame marking is displayed as per instructions received at registration;
 - The bike is in safe working order, as determined in the discretion of the Race Director;
 - Handlebar ends and handlebar extensions shall be plugged and must not have sharp or jagged edges.
- The use of tribars and bladed wheels is not allowed.
- Bicycles may be propelled only through a chainset and by the rider's leg action, without any form of assistance (electrical or otherwise)
- Tandem bikes are not allowed.
- Each rider is responsible for the maintenance of his/her own bike for the duration of the race. Limited mechanical support is available at the race village.
- In all cases of maintenance and repair, riders are required to complete the full distance of the stage and must complete the stage within the maximum time. Time spent on maintenance and repair will not entitle a rider to any extension of the maximum stage time.

Helmets and Clothing

- Helmets – all riders must wear an Australian Standard approved helmet that is in good condition and well maintained.
- Appropriate riding attire, including a shirt, must be worn at all times.

RACE RULES

Rider Identification

- On registration each rider will receive a wrist band, number Plate, a timing chip and a Jersey bib. All items **MUST** be worn while racing.
- Riders must display their race numbers at all times.
- Bike numbers must remain firmly fixed on the front of the bike and may not be obscured by cables or any other items.
- Race numbers may not be modified or mutilated in any way, including cutting, adding stickers, removing existing stickers or trimming.
- Emergency contact details must be completed on the rear of the number plate and failure to do so will result in disqualification. Please ensure the emergency contact details are current and your emergency contact is aware that you are taking part in the event.'

Stage Starts

- The start chute opens 45 minutes before the start of each stage, unless communicated otherwise.
- Differential start zones will be allocated according to overall ranking in the race, and the organisers may allocate different (i.e. "staggered") start times for each starting zone. Should staggered start times be allocated, any reference to start times in these rules will be to the start time applicable to the particular rider's start zone.
- The seeded starting zones will close strictly 10 minutes before their start time.
- Riders must enter the start zone as a team with their bikes, and once entered must remain in the start zone with their bikes.

Routes and Stages

- Riders must complete the full designated route and distance of their respective races prologue, if applicable.
- Only riders who complete each of the stages within the maximum stage time will qualify as official race finishers.
- The actual race distance or route may vary from the published or briefed distance.
- A rider must at all times follow the official route, obey the directions of the course marshals, and may not take any shortcuts or take any other advantage of a similar nature against competitors. The responsibility for following the official route lies with each rider.
- Riders who exit the route for any reason must return to the course at the same point from which they exited.
- No rider shall trespass at any time of the year on land which is not open to the public for mountain biking and which forms part of the race route

Prohibited Equipment

- The race organisers may at any time prohibit any other item of equipment (other than essential cycling equipment) at their discretion and riders shall at all times comply with any such prohibition.
- Headphones / earphones – are not allowed to be worn on course at any time. For safety reasons it is important that riders are fully aware of other competitors and instructions from course marshals.

Race Timing

- No rider may carry more than 1 transponder at any time, and no rider may pass his/her transponder on to anyone else at any time throughout the event.
- Any rider who does not make the start time must report to the Race Director within 5 minutes of the start time to seek approval for a late start.
- No rider is allowed to start late without approval. If no approval for a late start has been given, the rider will be considered a DNS (did not start) and will not receive a result.
- The maximum stage time will not be adjusted for any rider who is permitted a late start and/or who started in a start zone with a later start time than his/her own.
- Stage 1 or the prologue will see riders timed from rolling over the START mat to rolling over the FINISH mat.
- Stage 2 – 4 will see riders timed from the GUN Start of their wave (eg 8.00am, 8.05am etc) to rolling over the finish mat. If a rider starts in an incorrect wave, they will receive a time penalty.
- The team time is the time at which the second team member passes the stage finish line.
- Result acronyms:
 - TR = where both riders have started and finished all stages
 - IF = where only 1 team rider has started and finished all stages
 - BR = where 1 team rider has failed to finish a stage

Abandoning the Race

- The race organisers may abandon any stage at any time, in their sole discretion, for safety concerns or any other reason which they consider appropriate.
- Any rider who withdraws from the race before any official abandonment or who does not reach the designated cut-off point for abandoning the event will be classified as a DNF (did not finish).

RACE RULES

Traffic Regulations

- Road Rules Apply – if at any time riders are on, or cross, a bitumen or gravel road it is important to remember that normal road rules apply unless directed otherwise by a traffic controller or member of the Police Force. Failure to do so may result in a penalty or disqualification
- The race will not always have exclusive use of any public or private roads throughout the event.
- All regular traffic regulations must be observed at all times during the race. (Australia we drive/ride on the LEFT HAND SIDE of the road!)
- Instructions of marshals must be strictly adhered to.

Checkpoints

- There will be checkpoints during each race.
- The stage checkpoints, times and penalties are worked out around an average speed of 10-11km/hr and aim to have all riders finish within 5 hours.

Registration and Briefing

- Race registration takes place at the venue, time and location indicated on the race website.
- Riders must report to registration and bring a form of ID including a photograph on it, such as a passport or driver's licence.
- A pre-race briefing will take place at the time and place indicated on the race website event schedule.

Rider Support

- Hydration and Nutrition – there will be at least one Water Point on each stage however all riders should carry sufficient fluids and nutrition with them.
- No outside assistance is permitted under any circumstances including physical assistance by any person other than a fellow competitor or any accredited check point staff.
- Drafting is allowed between riders.
- No other form of drafting is permitted whatsoever, including but not limited to drafting behind private vehicles, motor cycles, trucks and official race vehicles.
- Specific escort vehicles not provided by the race organisers are not permitted to follow the race route. However, supporters may drive their own vehicles along public roads to reach pre-designated viewing points to vocally support riders.
- Some sections of the course may be closed to all non-event traffic – including some public roads. Their closure must be respected by all.
- No rider and/or team supporter may access any restricted and/or prohibited area in the race village.

Medical and Mechanical Assistance

- Medical assistance will be available by the race organisers at the event base.
- Riders who have a known pre-existing medical condition, such as asthma, are required to carry their own medication for the duration of the event. All competitors are encouraged to carry a basic first aid kit with them.
- Mechanical assistance will be available at the event village and riders will be required to pay for spare parts.

Withdrawals

- If at any time a competitor needs to withdraw from the event whilst on course, please ensure that you communicate this with an event official at one of the check points along the route. Checkpoints will be located approximately every 5km.
- Riders that choose not to start on any day should inform the race office.
- Should any rider or team fail to inform the race office of his/her/its withdrawal and should a search and rescue operation be initiated for such rider, the cost of the search and rescue will be for the account of that rider/s.

Environmental and Ethical

- Riders must respect the environment at all times, absolutely no littering or damage to the environment will be tolerated. This will result in time penalties and may result in disqualification and removal from the race.

Protests

- All protests must be submitted in writing, on the official protest sheets provided in the race office, to the Race Director after the rider has crossed the finish line, within the allocated time period set out below.
- Race protests must be submitted within 2 hours of the rider crossing the finish line.
- Result protests must be submitted within 2 hours of posting of preliminary results for the relevant stage.

Wrong Turns

- The course is clearly marked with branded arrows (red on white backing) and lime markings on the ground. If you have not seen a course marker or a marshal in more than 2km's you need to turn back as you have missed a marker.
- No time credit will be awarded for riders who miss a course marker. In the instance (where proven) that course markers have been tampered with and as a result several riders have taken a wrong turn course the race director will make the appropriate adjustments based on Garmin timings and course reports.

RACE RULES

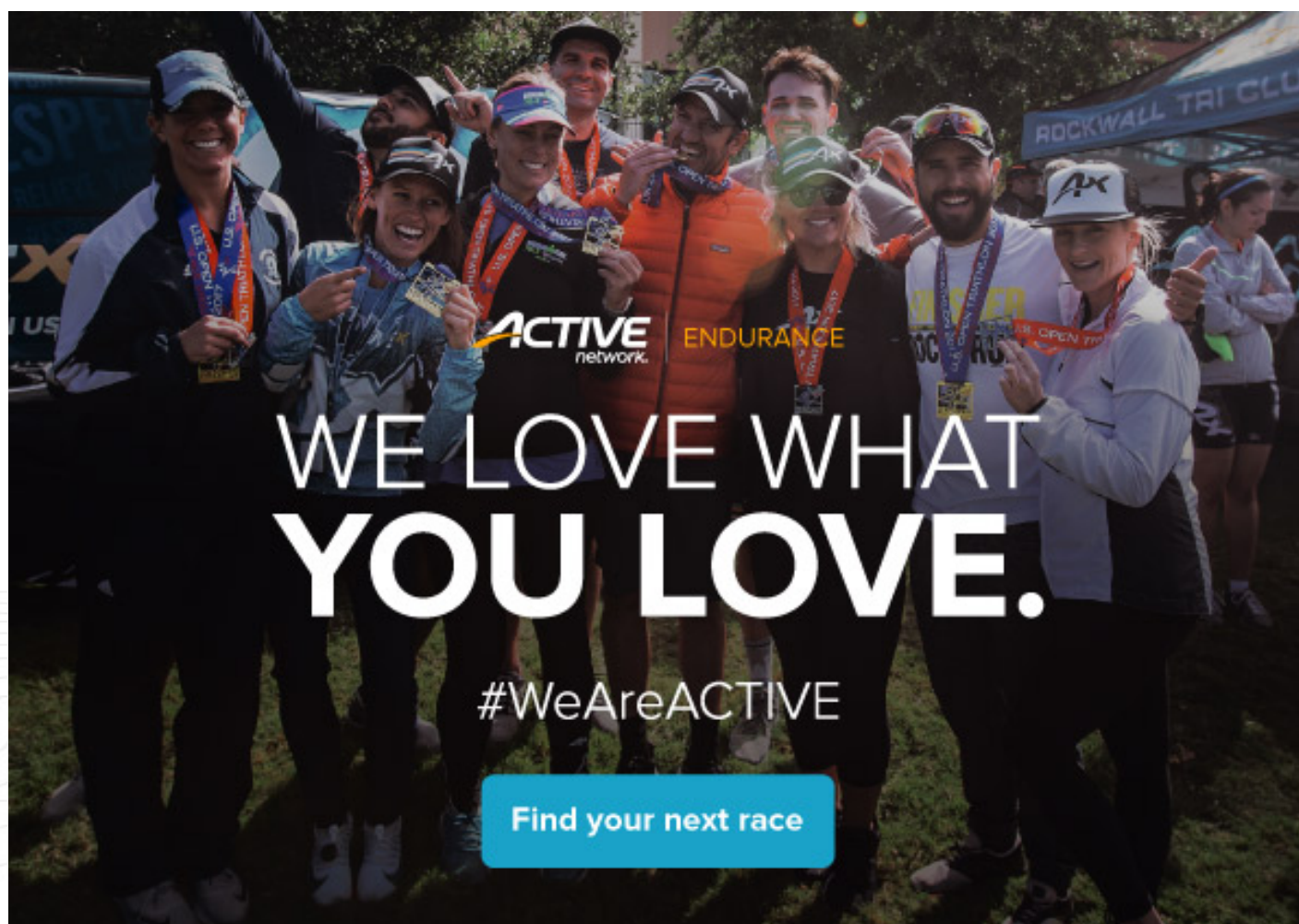
Rider Etiquette

Riders who are reported to:

- Disobey dismounts and road rules
- Be rude or disrespectful to other riders or marshals
- Who behave in a way that puts any rider or marshal in danger
- Is reported to litter on course;
- Will be given a first warning of a 10-minute time penalty. A second report will result in disqualification. These riders are to be reported to HQ by race number and will be dealt with by the race director.
- Ironman believes in the honest and supportive culture of mountain biking and hold the safety of our riders a priority. If you stop to assist a rider with a mechanical or injury, please report to HQ and a time credit will be awarded at the discretion of the race director

Awards and Prizes

- Awards will be presented at the finish of each stage for both stage and GC results in each Category daily.
- Overall event GC podium results will be OVERALL in each category. Eg top 3 GC Male teams regardless of age group will podium and receive prize money.
- Riders who have registered but not completed ALL 4 stages are eligible for stage podium only, not GC podium (eg. If a rider has a mechanical on a stage, they are still eligible for stage podium on the next stage completed, however not eligible for GC)
- Riders who have registered and completed ALL 4 stages are eligible for stage and GC podium
- Riders who register for 1 or 2 days are NOT eligible for stage podium or GC



WATAGANS NATIONAL PARK,
LAKE MACQUARIE

LAKE
MACQUARIE
CITY

LET'S GO

LET'S EMBRACE
THE OUTDOORS

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by experiencing the great outdoors.*

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EVENT SCHEDULE

Pre-Race Wednesday 22 May		
Time	Event	Venue
10:30am – 4:30pm	Bike Build Open*Pre-Booked Service	Oaks Cyress Lakes Resort, Pokolbin
3:00pm - 7:00pm	Registration and Welcome	Oaks Cyress Lakes Resort, Pokolbin
3:00pm - 7:00pm	EXPO - Bike Servicing	Oaks Cyress Lakes Resort, Pokolbin
3:30pm	Time Trial Course Open	Oaks Cyress Lakes Resort, Pokolbin
4:00pm – 5:00pm	Time Trial (by invitation)	Oaks Cyress Lakes Resort, Pokolbin
Stage 1 Thursday 23 May		
Time	Event	Venue
6:30am - 7:30am	Registration	Audrey Wilkinson Wines, Pokolbin
7:45am	Race Briefing	Audrey Wilkinson Wines, Pokolbin
8:00am	Stage 1 - Race Start	Audrey Wilkinson Wines, Pokolbin
	Race Finish	Spicers Guesthouse, Pokolbin
12:00pm	Stage 1 Daily Awards	Spicers Guesthouse, Pokolbin
Stage 2 Friday 24 May		
Time	Event	Venue
6:30am - 7:30am	Registration	Sugar Valley Golf Club, West Wallsend
7:45am	Race Briefing	Sugar Valley Golf Club, West Wallsend
8:00am	Stage 2 - Race Start	Sugar Valley Golf Club, West Wallsend
12:00pm	Stage 2 Daily Awards	Sugar Valley Golf Club, West Wallsend
Stage 3 Saturday 25 May		
Time	Event	Venue
6:30am - 7:30am	Registration	Cooranbong Park, Freemans Drv
7:45am	Race Briefing	Cooranbong Park, Freemans Drv
8:00am	Stage 3 - Race Start	Cooranbong Park, Freemans Drv
12:00pm	Stage 3 Daily Awards	Cooranbong Park, Freemans Drv
3:00pm - 6:00pm	Pre-Purchased Overnight Bike Storage	Belmont Golf Club, Marks Point
Stage 4 Sunday 26 May		
Time	Event	Venue
6:00am	Pre-Purchased Bus Shuttle to Start Line	Merewether Beach Car Park, John Parade
6:30am - 7:30am	Registration	Belmont Golf Club, Marks Point
7:45am	Race briefing	Belmont Golf Club, Marks Point
8:00am	Stage 4 - Race Start	Belmont Golf Club, Marks Point
9:00am -2:00pm	Eat's, Beats and Bike's Festival	Dixon Park, Merewether
12:00pm – 1:00pm	Stage 4 Final Awards (Followed by Cape Epic Draw)	Dixon Park, Merewether
1:00pm	Pre-Purchased Bus Shuttle to Start Line (Merewether Beach Car Park)	Dixon Park, Merewether

RIDER CHECK-LIST

Whether you are returning rider, or it is your first time at Port to Port, we have provided the below checklist for convenience to make sure everybody is prepared to have an epic event.

- Read the Ride Guide in its entirety
- Familiarise yourself with the [event schedule](#)
- Book flights and accommodation ensuring you arrive in time for [Registration](#). We strongly suggest all 4 day riders (solo and teams) register on Wednesday 22 May between 3:00pm – 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 Check-In once.*
- Ensure you have photo identification (driver's licence, passport etc) and bring to Registration. You will not be able to Check-In without photo ID.
- Bring your Mountain Bike Australia member card to registration. If you aren't a member, you will need to ensure a race licence was purchase upon registration. *All MTBA members who don't have their card at registration will need to purchase a race licence on the spot.*
- Muscle Tone Massage are here to ensure you are ready to rumble each morning! Either rock up on the day or guarantee your spot prior! See the [website](#) for more information.
- Check the athlete list online (available from Wednesday 23 April) and ensure your name, country and age group are correct (if incorrect please contact porttoport@ironman.com).
- Confirm that your Emergency Contact person will be contactable on Race Day and ensure that the full number including area / country code is provided. If you have a change contact us at porttoport@ironman.com or amend at registration.
- Confirm your Medicare/health insurance details are current.
- Check the weather forecast to ensure you bring all relevant clothing and equipment.
- Familiarise yourself with the [venues](#) and any [road closures](#)
- Familiarise yourself with each [stage course](#) – it is your responsibility to know the course.
- Team only - are you interested in being in the ABSA Cape Epic draw? Ensure you have opted in during registration or contact us at porttoport@ironman.com. Please note a \$10 AUD fee will be require to register your interest which will be donated to one of the [Absa Cape Epic official charity partners - Qhubeka](#)

Come home TO OAKS

A short 15 minutes from the finish line in stage 1, after a big day of exploring the Hunter Valley... come home to Oak Cypress Lakes Resort.

Put your feet up by the fire, relax by the bar, refuel over dinner perfectly paired with the best wines in the region and enjoy all the luxuries the Resort has to offer.

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\$202* PER NIGHT

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*Terms and conditions apply. Rate calculated on 1 bedroom villa staying for one night over 23-24 April 2019 booked using MyOaks Best Flexible rate calculated at 24/04/2019. Subject to availability.

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PRE-RACE & GENERAL INFORMATION

REGISTRATION

We strongly suggest all 4-day riders (Solo and Teams) register on Wednesday 22 May.

Date	Time	Location
Wednesday 22 May	3:00pm – 7:00pm	Oaks Cypress Lakes Resort, Pokolbin
Thursday 23 May	6:00am – 7:30am	Audrey Wilkinson Wines, Pokolbin
Friday 24 May	6:00am – 7:30am	Sugar Valley Golf Course, West Wallsen
Saturday 25 May	6:00am – 7:30am	Cooranbong Park, Freemans Drv
Sunday 26 May	6:00am – 7:30am	Belmont Golf Club, Marks Point

What you will need

- Photo Identification (Driver's Licence or Passport). You will not be able to pick up your race pack without ID.
- Mountain Bike Australia (MTBA) member's will be required to bring their MTBA card to registration. If you aren't a member, you will need to ensure a race licence was purchase upon registration. *All MTBA members who don't have their card at registration will need to purchase a race licence on the spot.*
- Only the person registered can pick up their Race Kit at Check-In. 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 Port to Port events or any Cape Epic Series events.

YOUR RACE KIT

Item	Image
Envelope	
Handlebar Race Plate	
Jersey Race Number	
Athlete Wristband	
Elevation Stickers	
Timing Chip	
Zip Ties	You will receive 4 x zip ties. 3 x Handlebar Race Plate 1 x Timing Chip

ATHLETE GIFT

Whether you are taking part in the all 4 days or tackling 1 or 2 days, each rider will receive a Port to Port trucker cap and T-shirt.



PRE-RACE & GENERAL INFORMATION

HANDLEBAR RACE PLATE

This is your race identification. All riders need to ensure their Race Plate is secured (using zip ties provided within your pack) prior to each Stage Race Start.

4 Day Teams – Black
1 Day & 2 Day Solo - Blue

4 Day Solo – Orange

JERSEY RACE NUMBER

This is your secondary race identification. All riders need to ensure their Race Number secured to the back of their jersey prior to each Stage Race Start.

ATHLETE WRISTBAND



Your ID wristband must be worn at all times as this will be your entry to 'athlete 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.

TIMING CHIPS

*New in 2019 - All Riders will receive a Timing Chip within their Race Kit. All riders are to ensure that the Timing Chip is secured to the fork of their bike correctly (see instructions below).

Please ensure you put your Timing Chip in a safe place and remember to have it with you on race morning.

If a Timing Chip is lost during the race, you will need to inform Event Personnel in Transition, so that timing providers can do their best to replace that chip in order to record splits for the rest of the race.

Image	Process
 	<p>Step 1 – Remove the chip from the envelope and place blu tac on the rear side. The blu tac provides a level of cushioning and protection. Please do not use if the chip has no blu tac on the rear.</p>



STEP 2 – Using the cable tie provided, thread the cable through the chip eyelet and around the fork. The cable tie ratchet must remain on the outer side of the chip when completed. Tighten at approx 50mm above the skewer.



STEP 3 – Trim the cable tie back to the ratchet. For bikes with wider forks, cable ties can be joined to increase the length. Additional cable ties are available at race pack collection.

When you have completed riding the chip must be returned on the day as penalty fees apply to non-returned chips. The chip remains the property of Multisport Australia at all times.

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 banned from future Epic Series events.

PRE-EVENT SERVICE / BIKE BUILD

Arriving prior to Wednesday 22 May

If you're arriving before Wednesday, we recommend you call ahead and book your bike service in store with the team at Breakaway Cycles. They can be contacted on (02) 4973 4446 or via email breakawaycycles@bigpond.com

Location: Breakaway Cycles is located at 65 Dora St, Morisset NSW 2264

BIKE BUILD

The team at Breakaway Cycles can assist with building your bike. Please note this does not include a service. If you wish to have your bike serviced, please contact Breakaway Cycles directly.

Date: Wednesday 22 May

Location: Oaks Cypress Lakes, Pokolbin

Time: 10:30am – 4:30pm

Spaces are limited so please pre book.

Book in your Bike Build at Oak Cypress Lakes. *Bookings available online until Tuesday 21 May 5:00pm. After this time please contact Breakaway Cycles Directly*

PRE-RACE & GENERAL INFORMATION

PARKING

There is parking available at each Stage.

- Stage 1 — Audrey Wilkinson Winery, 750 De Beyers Rd, Pokolbin NSW 2320. Free parking is available onsite. Follow the signage to the designated parking areas at the rear entrance of the vineyard. You will not be able to enter the front gate of either properties Audrey or Spicers.
- Stage 2 — Sugar Valley Golf Course, West Wallsend. Parking is available at Johnson Oval. 800m away from Start/Finish Line. NO parking permitted on Boundary Road.
- Stage 3 — Cooranbong Park, Freemans Drive Cooranbong. Parking is available at St Patrick & Brigid's Church and along Babers and Martinsville Road. NO Parking along Freemans Drive
- Stage 4 — Dixon Park, Merewether. Free Parking will be available at the top car park, enter via Ocean Street, Additional free parking is available at the car park located on John Parade. Due to road closures enter via Helen Street. Take advantage of the Shuttle and Bike Storage Service to make logistics even easier!

BOTTLE DROP

Location: Information Tent located at each Stage Start Line.
Time: 7.30am (All bottles must be dropped prior to 7.30am)

We highly recommend that you start each Stage with a full bottle of water. Using the Bottle Drop service, your bottle will then be taken to the water point each day.

Please ensure you clearly label your bottle with your name and race number

BAG DROP

Location: Westpac Rescue Helicopter Van located at each Stage Start Line
Time: Prior to 8am
Cost: Gold coin donation

The incredible Westpac Rescue Helicopter Volunteers are here to keep your gear safe as you hit the trails. All bags will need to be collected prior to 1pm each day.

RACE BRIEFING

Location: Start Line — Each Stage
Time: 7:45am

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

START LINE PROCEDURE

*NEW in 2019

STAGE 1

Time	Details
8:00am	Top 200 grid made up of Elite riders both teams and solos at the front of the wave*
8:05am	All other riders self seeded

* Riders are eligible if they finished in the top 200 at a past Epic Series event (Cape to Cape, Port to Port, Reef to Reef, The Pioneer, Cape Epic).

All riders eligible for this wave will receive a black dot on race plate upon registration. All Black Dots have now been allocated. If you believe you are eligible and haven't pre-requested, please contact us at porttoport@ironman.com.

STAGE 2, STAGE 3 & STAGE 4

On finishing stage 1 riders will be seeded into the following start times via coloured dot system which will determine their start for subsequent stages.

Each wave (stages 2-4) will see 200 riders per wave, a mix of teams and solos, however the grid will prioritise teams at the front of each wave.

Time	Details
8:00AM	Black
8:05AM	Blue
8.10AM	Red
8.15AM	Green
8.20AM	Pink
8.25AM	Orange
8.28AM	Purple

*Solo Riders (4day, 2day or 1day) will start 2mins after each wave

1 DAY AND 2 DAY RIDERS

All 1 day and 2 day Riders who don't race Stage 1 will be required to attend Race HQ on the first Stage they are racing to receive a Start Wave.

DIRECTIONAL SIGNAGE ON COURSE

SIGNAGE

Each Stage is clearly marked with signage (pictured) and lime markings on the ground. If you have not seen a marker for a while, you have gone the wrong way. Turn back until you find a course marker.



PRE-RACE & GENERAL INFORMATION

ACCIDENTS ON COURSE

If a rider crashes in front of you, this is not an opportunity to pass them! Stop immediately and ask if they need assistance. The first rider on the scene of a crash oversees the situation and should remain with the injured rider as long as necessary. 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.

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) Port to Port 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!

It is strongly advised that you have adequate Personal Accident or Personal Life insurance regardless of whether you are an Australian resident or from overseas. We highly recommend that Australian residents hold valid private health insurance and that international riders check with their travel insurance or personal insurance provider to confirm what they are covered for.

Under Australian legislation, all non-Australian residents are not covered for medical costs or ambulance transport costs. If you have an accident you must pay for your own medical expenses and transport.

FINISH LINE HYDRATION

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

- The Post Finish Hydration Area (including water and KODA electrolyte)
- Medical & Massage support

BIKE WASH

Location: Each Stage Finish Line
Cost: Free!

HAVE YOUR BIKE WASHED FOR YOU!

Take advantage of the Maxima BioWash and Lube Service presented by Breakaway Cycles for just \$10 per day or \$30 for all 4 days.

So let the guys from Breakaway sort your bike while you rest up and enjoy the food and atmosphere with proceeds going to the Hunter Mountain Bike Association and Hunter Christian School.

HOW TO PURCHASE:

**available online until Tuesday 21 May 5:00pm.*

Simply purchase your ticket during your race entry process. In the case you forgot to purchase your ticket, simply follow the steps below:

1. Log into your active account at www.active.com (log in via the 'log in', in the top right hand corner)
2. Head to 'my events' and locate your Port to Port entry

Select 'purchase additional' and follow the steps

Alternatively come to the Help Desk located at Registration.

BIKE MECHANICS

The Official Bike Mechanic for this event is Breakaway Cycles and will be available during the [Venue Open times](#) located at Oaks Cypress Lakes Resort and each Stage.

Dallas & the team will be there to assist at every Start/ Finish Line and along the way. They'll also be able to help you out with spares and overnight repairs if the need arises.

MASSAGE

Location: Massage Tent located at each Stage Venue
Cost: \$20 for 20minutes (Cash only)

After a big day on the bike you'll be loving the sight of the team at Muscle Tone Massage who will be at the finish line each day to get those weary muscles recovered and ready for the next stage. You can either rock up on the day or to guarantee a spot email laurie@muscletone.com.au.

INFORMATION

Our friendly Staff are here to assist if/when you have any questions.

Wednesday 22 May	3:00pm – 7:00pm
Stage 1 – Stage 4	6:00am – 1:00pm

PRE-RACE & GENERAL INFORMATION

FIRST AID

Basic first aid is available at each Stage's Start/Finish lines and on course each Stage. If you require medical attention on course, Either:

- 1) Make your way to the next communication point
- 2) Ask a passing Rider to ride ahead to the nearest communication point to have a Staff Member radio through the Race HQ. Please see *Accidents on Course* section of this Ride Guide for more information.

LOST PROPERTY

Any lost or found property that is handed in will be taken to Information. Please view the times and locations Information will be open on the Event Schedule. 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 Port to Port team on 1300 761 384 or porttoport@ironman.com

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.

CHANGED TRAFFIC CONDITIONS

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

[Changed Traffic Conditions](#)



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TIME TRIAL

Location: Oaks Cypress Lakes, Pokolbin

Time: 4:00pm – 5:00pm

**Course open from 3:30pm for practice.*

Head to rego, pick up your rider pack and catch the top riders in action as they battle it out, time trial style, for cash, time credits and glory.

Featuring the top 20 overall Male, Female and Mixed pair Teams from any age category, teams score their spot by invitation (based on Epic Series 2018 results) or application.

Enjoy a fabulous view of the no holds barred racing from the lawn at Cypress, where you can grab a beer and a bite to eat and be part of the action.

After the time trial hang out to hear tips and tricks from riders and the course team.

Want to be in the time trial and feel you qualify? Email Race Director Sally to plead your case – sally.hill@ironman.com



Audrey Wilkinson.
SINCE 1866

START WHERE YOU MEAN TO FINISH...

With stunning panoramic views, the Audrey Wilkinson Cellar Door is perched atop a foot hill of the Brokenback Mountain Ranges. This is not only the starting point of your ride, it's a must-visit on the Hunter Valley wine trail.

Open every day from 10am – 5pm, except Christmas Day and Boxing Day.
750 De Beyers Road Pokolbin NSW 2320. PH: 02 4998 1866

www.audreywilkinson.com.au

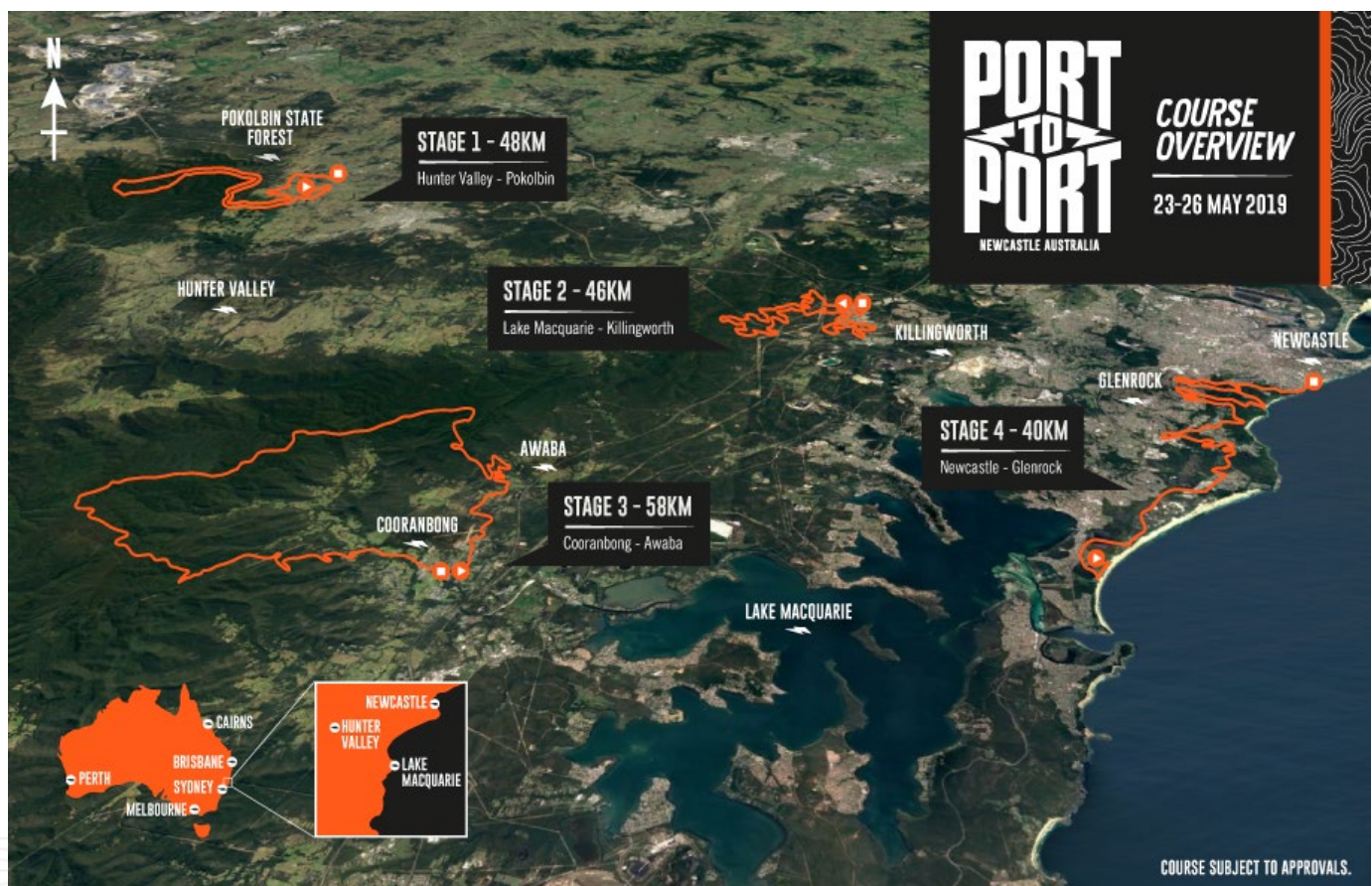
COURSE OVERVIEW

Port to Port is 4 days full of good fun riding. Challenging climbs, thrilling descents and all the best single track we could find in the area, combined with some spectacular scenery.

2018 saw many improvements and we are pumped you loved them. Each year we bring new trails and tweaks to the course to make your ride even better than the year before, and 2019 is no different. As soon as 2018 finished, our awesome course team were back out on the trails putting together new alignments to entice you back for more of what you love to ride. We'll be keeping the same stages, just working on new inclusions and trails to make them even more epic. You don't want to miss 2019.

It's suitable to all rider levels with a decent level of fitness. There's an awesome social atmosphere at the end of each stage and at the end of each day you get to kick back and enjoy the excellent food, local beers (or wine) and everything the regions have to offer.

2019 will see the wave starts remain, heaps more single track, a little less climbing and basically more of what you love.



STAGE 1 – AUDREY WILKINSON WINES/ SPICERS GUESTHOUSE

START LOCATION

Location: Audrey Wilkinson Wines, 750 De Beyers Rd, Pokolbin

Date: Thursday 23 May

Race Start: 8:00am*

**See Start Line Procedure for more information (Pre-Race & General Information).*

FINISH LOCATION

Location: Spicers Guesthouse, Ekerts Road Pokolbin *New in 2019

RIDER BRIEFINGS

Location: Start Line - Audrey Wilkinson Wines, Pokolbin

Time: 7:45am

DISTANCE

48km

CLIMBING

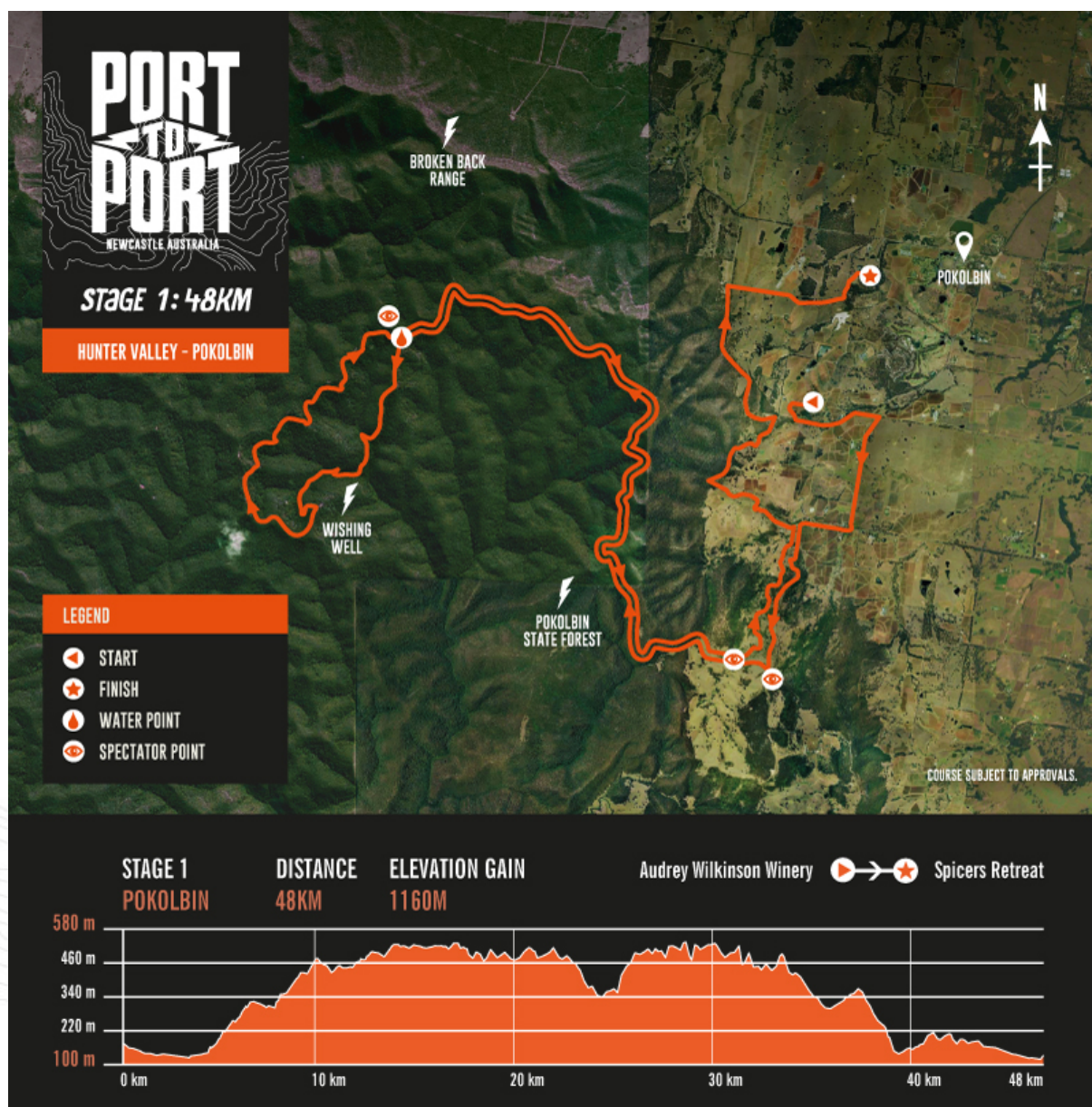
1160m

FORMAT

Self-Seeding Mass Start

Time	Details
8:00am	Top 200 grid made up of Elite riders both teams and solos at the front of the wave*
8:05am	All other rider's self-seeded

* Riders are eligible if they finished in the top 200 at a past Epic Series event (Cape to Cape, Port to Port, Reef to Reef, The Pioneer, Cape Epic).



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Road-shoe fast meets mountain-shoe rugged to deliver pro performance in the dirt. XC9 is packed with engineering innovations for a glove-like fit, maximize power transfer and perform in raw conditions. You stay focused on rolling over roots, straddling streams or bunny-hopping barriers. These shoes have got your back while they cradle your feet.

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STAGE 1 – AUDREY WILKINSON WINES/ SPICERS GUESTHOUSE

COURSE DESCRIPTION

Tough and fun in equal amounts...

Rolling out again from the stunning Audrey Wilkinson Winery in the heart of the Hunter Valley, riders face a nice, long ascent early on that will get the blood pumping and remind riders of the journey ahead. Spectacular views back down across the Hunter Valley offer a well-earned reward.

What goes up must come down... and it just so happens that the way back down is via a great new network of fun trails and a thrilling brand-new descent; the "wishing well", that for return riders will bring back memories of the much-loved Rabbit Hole. You'll enjoy the descent but might be wishing that you did more training as you face the climb back out.

A mix of single track, forest trail, back roads and double track complete a loop back to another descent sprinkled with single track, down Broken Back Road.

Cheering supporters and amazing views await you at the brand new finish line at Spicers Guesthouse (just a short stroll from the start line). Riders can soak up the sun with a glass of local vino - the perfect start to four days of MTB goodness.

RACE TIP

Find a comfortable spot in the rollout and first climb where you can ride at your ability with other riders of a similar level. Conserve your energy on the climbs as you'll need your wits about you for those downhill sections. It's a tough one, but you'll be so stoked you did it!

WATER POINTS

Positioned on Broken Back trail, 17km & 27km

COURSE DIVERSION

Riders will need to make checkpoints throughout the course and maintain an average speed of 10-12km/hr (checkpoints are determined by the average speed required).

Any Riders who don't make the required checkpoint will be diverted onto a shorter course to enable them to finish, however won't be eligible for Stage or GC Awards.

DRIVE TIME & PARKING

Drive time:

- 3 mins approx. from Oaks Cypress Lakes Resort, Pokolbin.
- 10mins from Hunter Valley
- 45mins from Newcastle

Parking: Audrey Wilkinson (via Cypress Drive and Vintage Ave).
Approx. 1km from Start Line

Drop Off: Official Drop Off location within the Parking area.

BAG DROP

Location: Westpac Rescue Helicopter Van located at each Stage Start Line

Time: Prior to 8am

Cost: Gold coin donation

BIKE MECHANIC

Location: Start & Finish Line

Prior to Race: 6:00am – 8:00am

Post Race: 10:00am – 2:00pm

Cost varies pending services and parts needed

FIRST AID

Basic first aid is available at each Stage's Start/Finish lines and on course each Stage. If you require medical attention on course, Either:

- 1) Make your way to the next communication point
- 2) Ask a passing Rider to ride ahead to the nearest communication point to have a Staff Member radio through the Race HQ. Please see *Accidents on Course* section of this Ride Guide for more information.

AWARDS

Location: Spicers Guesthouse, Pokolbin

Time: 12:00pm

*See Awards Section of the Ride Guide for more information.

STAGE 2 – SUGAR VALLEY GOLF COURSE

START / FINISH LOCATION

Location: Sugar Valley Golf Course, West Wallsend

Date: Friday 24 May

Race Start: 8:00am*

**See Start Line Procedure for more information (Pre-Race & General Information).*

RIDER BRIEFINGS

Location: Start Line - Sugar Valley Golf Course, West Wallsend

Time: 7:45am

DISTANCE

46km

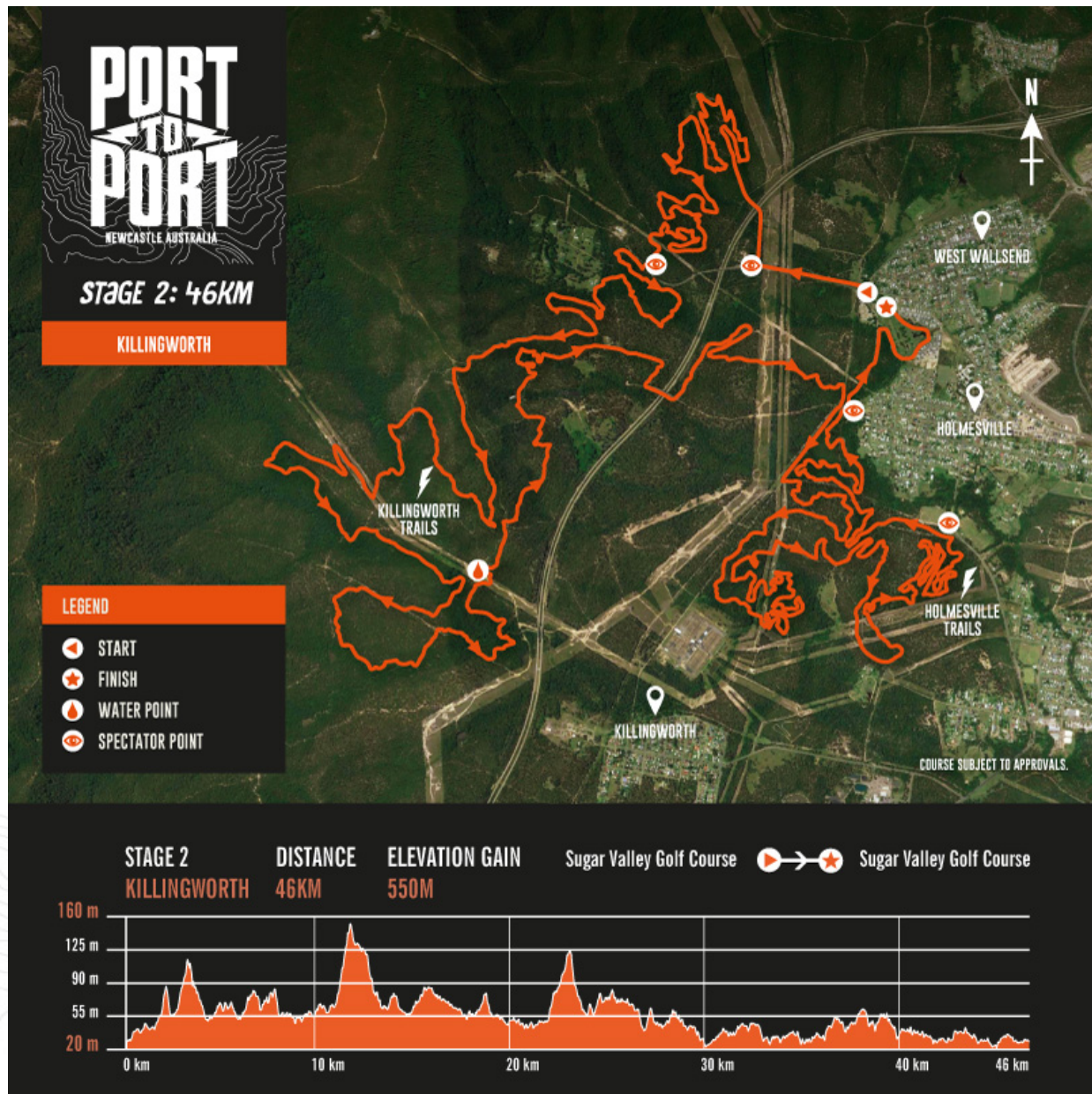
CLIMBING

550m

FORMAT

Wave Start*

**See Start Line Procedure for more information (Pre-Race & General Information).*



STAGE 2 – SUGAR VALLEY GOLF COURSE

COURSE DESCRIPTION

Your sugar rush...

Amazing. Historic. Stunning. Magical. Perfect.

Riders ran out of words to describe the all-new Stage 2 in 2018.

They probably shouldn't have even tried... there are simply no words to describe this latest addition to Australian MTB stage race folklore.

Mt Sugarloaf casts its long shadow over the first part of your ride, with some serious climbing into rarefied air. But (as some science guy once said) for every action there is an equal and opposite reaction and if you're lucky it is in the form of a collection of fire roads and new single track, that brings bring you into kilometre after kilometre of fast, flowy singletrack, thrilling descents and a trip back in time to damn fun old school XC trails that is the awesome trail network of Killingworth and Holmesville.

This year's course has even better flow and it will be all smiles across the finish line at Sugar Valley Golf Course. With so many treats on this stage you'll be on a sugar high!

RACE TIP

If you love single track you're in for a treat once your first climb is out of the way. Be sure to move aside if you're holding others up and don't pressure people if you're behind a rider and want to pass. Enjoy the flowy trails and ride with riders of the same ability to get maximum enjoyment

WATER POINTS

O'Donnelltown Rd, West Wallsend. 22.7Km

COURSE DIVERSION

Riders will need to make checkpoints throughout the course and maintain an average speed of 10-12km/hr (checkpoints are determined by the average speed required).

Any Riders who don't make the required checkpoint will be diverted onto a shorter course to enable them to finish, however won't be eligible for Stage or GC Awards.

DRIVE TIME & PARKING

Drive time:

- 40mins approx. from Oaks Cypress Lakes Resort, Pokolbin
- 36mins from Hunter Valley
- 30mins from Newcastle

Parking: Johnston Park (3 Laidley Street, West Wallsend). Approx 850m from the Start Line

Drop Off: Official Drop Off location within the Parking area.

BAG DROP

Location: Westpac Rescue Helicopter Van located at each Stage Start Line

Time: Prior to 8am

Cost: Gold coin donation

BIKE MECHANIC

Location: Start & Finish Line

Service hours : 6:00am – 2:00pm

FIRST AID

Basic first aid is available at each Stage's Start/Finish lines and on course each Stage. If you require medical attention on course, Either:

- 1) Make your way to the next communication point
- 2) Ask a passing Rider to ride ahead to the nearest communication point to have a Staff Member radio through the Race HQ. Please see *Accidents on Course* section of this Ride Guide for more information.

AWARDS

Location:

Time: 12:00pm

*See Awards Section of the Ride Guide for more information.

STAGE 3 – COORANBONG PARK

START / FINISH LOCATION

Location: Cooranbong Park, Freemans Drive

Date: Saturday 25 May

Race Start: 8:00am*

**See Start Line Procedure for more information (Pre-Race & General Information).*

RIDER BRIEFINGS

Location: Start Line - Cooranbong Park, Freemans Drive

Time: 7:45am

DISTANCE

58km

CLIMBING

1250m

FORMAT

Wave Start*

**See Start Line Procedure for more information (Pre-Race & General Information).*



STAGE 3 – COORANBONG PARK

COURSE DESCRIPTION

Long live the queen...

With two days riding in their legs and possibly a burger and the odd beer in the belly from the night before, Port to Port's Queen stage reminds riders that they're not on just another Saturday social ride. It's the longest, it has the most climbing... but it also has plenty of sweet single track on some of the region's best trails.

Awaba needs no introduction. Immaculately groomed singletrack sections to froth over, thanks to the hard-working, local trail teams working tirelessly to ensure this network of goodness never fails to deliver. Just when you thought it couldn't get any better, the brilliant HMBA crew have their shovels out and this year riders will be treated to some awesome new tracks.

The Watagans is no different – just a little lumpier – but then you can just let gravity take over ... because if you like fast downhill, then you're in luck. The descents are wild in parts, but mostly just fun... really, really fun.

You just have to get to the top first.

RACE TIP

This is a big stage so pace yourself so you can enjoy everything that it offers. Early on find a good spot going into the AWABA single track, relax and enjoy the flow and visual spectacle of this amazing network of trails. Then buckle up for the biggest climb of the event followed by a bunch of super quick descents to the finish.

WATER POINTS

There is two water points available during Stage 3.

- 1) Corner of Mount Faulk Rd and Heaton Road. 22.6km
- 2) Part way along the entrance road to the Pines Camp Ground 37.5km

COURSE DIVERSION

Riders will need to make checkpoints throughout the course and maintain an average speed of 10-12km/hr (checkpoints are determined by the average speed required).

Any Riders who don't make the required checkpoint will be diverted onto a shorter course to enable them to finish, however won't be eligible for Stage or GC Awards.

Distance	Location	Notes
Stage 3 – 42kms	Intersection of Watagan Forest Road and Martinsville Road	Riders need to have passed this point by 12.30pm
Stage 3 - 37km -	Entrance to Pines Camp Ground -	Riders need to have passed this point by 11.45am
Stage 3 – 49.5kms	Corner of Cut Rock Rd and Plank Hill Rd	Riders need to have passed this point by 12.45pm

DRIVE TIME & PARKING

Drive time:

- 45mins approx. from Oaks Cypress Lakes Resort, Pokolbin
- 40mins from Hunter Valley
- 45mins from Newcastle

Parking: Catholic Church (located next to Cooranbong Park). Enter via Martinsville Road.

Drop Off: Official Drop Off location within the Parking area.

BAG DROP

Location: Westpac Rescue Helicopter Van located at each Stage Start Line

Time: Prior to 8am

Cost: Gold coin donation

BIKE MECHANIC

Location: Start & Finish Line

Service times: 6:00am – 2:00pm

FIRST AID

Basic first aid is available at each Stage's Start/Finish lines and on course each Stage. If you require medical attention on course, Either:

- 1) Make your way to the next communication point
- 2) Ask a passing Rider to ride ahead to the nearest communication point to have a Staff Member radio through the Race HQ. Please see *Accidents on Course* section of this Ride Guide for more information.

AWARDS

Location:

Time: 12:00pm

*See Awards Section of the Ride Guide for more information.

STAGE 4 – BELMONT GOLF CLUB/ DIXON PARK

START LOCATION

Location: Belmont Golf Club, 801A Pacific Hwy, Marks Point

Date: Sunday 26 May

Race Start: 8:00am*

**See Start Line Procedure for more information (Pre-Race & General Information).*

FINISH LOCATION

Location: Dixon Park, Merewether

RIDER BRIEFINGS

Location:

Time: 7:45am

DISTANCE

40km

CLIMBING

540m

FORMAT

Wave Start*

**See Start Line Procedure for more information (Pre-Race & General Information).*



STAGE 4 – BELMONT GOLF CLUB/ DIXION PARK

COURSE DESCRIPTION

Going Coastal...

By day four you might be a bit over groomed, flowing singletrack ... if you are, it's bad luck buddy...

Stage 4 is mostly singletrack (yeeww!), with the world-class Glenrock MTB park and trails at Redhead and Whitebridge playing generous host before you hit the coast. The new start line will give riders more space when they hit the single track and a few more kms of the fun Redhead and Whitebridge network.

Once you hit Glenrock you'll see why we kept this epic (and rider favourite) trail network to last. Old favourite trails will be joined by some spicy new flavour to create an experience you'll be frothing over well past your finish line cold beers.

Then it's sensory overload time. We suggest you keep your eyes on the track for the sometimes-wild decent to the beach, but with the most breath-taking views of the entire race, that might be harder than you think.

Ahh the beach blast... is gone!!! You're welcome

And to celebrate you'll ride across the Port to Port finish line to cheering crowds at the Eats', Beats and Bikes festival in Dixon Park.

192km of riding and 3500m of climbing will be behind you... your medal, burgers and the sharing of trail tails over a few beers awaits.

RACE TIP

The finish is nigh and whilst the last stage is the shortest it is also the most technical. Get the body and mind switched on for a heap of single track that you are going to hit in big groups. Ride fast on the wheel in front but keep enough space to be able to pick your own lines and enjoy the amazing trails.

WATER POINTS

Burwood Road, 23.5km Mark

COURSE DIVERSION

Riders will need to make checkpoints throughout the course and maintain an average speed of 10-12km/hr (checkpoints are determined by the average speed required).

Any Riders who don't make the required checkpoint will be diverted onto a shorter course to enable them to finish, however won't be eligible for Stage or GC Awards.

Distance	Location	Notes
Stage 4 – 32kms	Bottom of snakes and ladders in Glenrock	Riders need to have passed this point by 11.30am

DRIVE TIME & PARKING

Drive time to Start:

- 57 mins approx. from Oaks Cypress Lakes Resort, Pokolbin
- 58mins from Hunter Valley
- 37mins from Newcastle

Drive time Straight to Finish: 1hr approx. from Oaks Cypress Lakes Resort, Pokolbin OR 5 mins from Newcastle

Parking: Limited parking available at Belmont Golf club, so we recommend you take advantage of the Shuttle and Bike Service. Finish line parking is available at Merewether Car Park, John Pde where the bus will leave from.

Drop Off: Official Drop Off location within the Parking area.

BAG DROP

Location: Westpac Rescue Helicopter Van located at each Stage Start Line

Time: Prior to 8am

Cost: Gold coin donation

BIKE MECHANIC

Location: Start & Finish Line

Prior to Race: 6:00am – 8:00am

Post Race: Not available

FIRST AID

Basic first aid is available at each Stage's Start/Finish lines and on course each Stage. If you require medical attention on course, Either:

- 1) Make your way to the next communication point
- 2) Ask a passing Rider to ride ahead to the nearest communication point to have a Staff Member radio through the Race HQ. Please see *Accidents on Course* section of this Ride Guide for more information.

FINAL AWARDS

Location:

Time: 12:00pm

*See Awards Section of the Ride Guide for more information.

STAGE 4 – SHUTTLE & BIKE STORAGE

OPTION 1 – OVERNIGHT BIKE STORAGE & MORNING SHUTTLE FROM FINISH LINE TO START LINE

Have your car ready for you when you finish Stage 4. Simply drop your bike off on Saturday afternoon at the Stage 4 Start Line, where security will be on patrol overnight. On Sunday morning, drive to the finish line where you will park your car and take a shuttle to the start line. The Bus trip will be approx. 1hr 10mins.

Cost: \$30.00 + 8% Active Fee = \$32.40AUD

Overnight Bike Storage

- Bike drop off time: 3pm – 6pm
- Bike storage location: Belmont Golf Club, Marks Point
- Bike collection: 6:50am (as you get off the bus)

Shuttle Bus

- Bus departure time: 6am (The bus will depart at 6am and will not wait for any late riders)
- Bus pick up location: Merewether Beach Car Park, John Parade
- Bus drop off location: Belmont Golf Club, Marks Point

OPTION 2 – AFTERNOON SHUTTLE FROM FINISH LINE TO START LINE

Drive to the Start Line with your bike and kick off your Stage 4 ride. After the awards has finished, jump on the shuttle bus from the Finish Line back to the Start Line. Please Note: no bikes are allowed on the bus. You will need to leave your bike with a mate. The Bus trip will be approx. 40 mins.

Cost: \$15.00 + 8 % Active Fee = \$16.20AUD

Shuttle Bus

- Bus departure time: 1pm (the bus will not wait for late arrivals, ensure you are on time)
- Bus pick up Location: Dixon Park, Merewether
- Bus drop off Location: Belmont Golf Club, Marks Point

HOW TO PURCHASE YOUR TICKETS:

Simply purchase your ticket during your race entry process. In the case you forgot to purchase your ticket, simply follow the steps below:

3. Log into your active account at www.active.com (log in via the 'log in', in the top right hand corner)
4. Head to 'my events' and locate your Port to Port entry
5. Select 'purchase additional' and follow the steps



AWARDS

DAILY AWARDS

1st to 3rd place Awards will be presented at the finish (12.00pm) of each stage for both stage and GC results in each Category and age group daily.

Daily Stage Winners will receive a variety of super cool prizes including Camelbak, Shimano and wine from our friends at Audrey Wilkinson Wines.

SOLO CATEGORIES

Your category is based on your age as at 31 December 2019

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

TEAM CATEGORIES

Your category is based on your age as at 31 December 2019. The age of the youngest team rider determines the race category

Category	
Male Team	Both riders are male 15years to 39years
Female Team	Both riders are female 15years to 39years
Mixed Team	One rider is male and one rider is female 15years – 39years
Masters Male Team	Both riders are male 40years to 49years
Masters Female Team	Both riders are female 40years or older
Masters Mixed Team	One rider is male and one rider is female 40years or older
Grand Masters Male Team	Both riders are male 50years to 59years
Great Grand Masters Male Team	Both riders are male 60years or older.

GC AWARDS AND LEADERS JERSEY

Each Stage a daily GC winner in every category will be presented with their exclusive Leaders Jersey.



FINAL GC AWARDS

The final awards will be held on Stage 4 where prize money will be awarded to the overall winning teams:

Category	
Male Team	Any male team racing
Female Team	Any female team racing
Mixed Team	Any mixed team racing

Please note:

- Riders must complete and be an official finisher each stage to be eligible for GC Awards (eg. If a rider has a mechanical on a stage, they are still eligible for stage podium on the next stage completed, however not eligible for GC)
- Riders who have registered and completed ALL 4 stages are eligible for stage and GC podium
- Riders who register for 1 or 2 days are NOT eligible for Stage Podium or GC



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*Terms and conditions apply.

OVERALL MEN AND OVERALL WOMEN -WILDCARD ENTRY

The overall men's and women's winning teams qualify for a guaranteed wildcard entry into the Absa Cape Epic. This must be requested via the [Absa Cape Epic wildcard system](#) within 7 days of winning the Port to Port.

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 2020 Absa Cape Epic entries. These will be drawn at Stage 4 Port to Port final awards presentation.

- Draw Allocation is eligible to Port to Port 4-day Team riders only (i.e. excludes 4-day solo, 2-day or 1-day riders)
- The Draw Allocation slots are per individual within a 2-person team. The individual is free to choose any partner, i.e. it is not necessary that his/her partner participated in Port to Port
- Riders must register their interest during the online registration process or from your MyEvents account in active.com at a later date. A \$10 AUD fee to register your

interest will be charged which will be donated to Qhubeka one of [the Absa Cape Epic official charity partners](#)

- Only official finishers of Port to Port are eligible for the Draw Allocation which is an opportunity to purchase an Absa Cape Epic entry
- Riders who officially finish but their team mate does not are still eligible for the draw
- Riders must be present at the final awards on Sunday 26 May 2019, Dixon Park, Mereweather
- Riders must be 19 years old as of 31 December of the year in which the Absa Cape Epic takes place
- Should a rider decide not to take up the entry or not be present at the final awards ceremony, the entry will be re-drawn at the time of the awards ceremony
- An immediate non-refundable deposit of \$1000 USD per guaranteed entry must be made on Sunday 26 May 2019. Deposit will be taken in AUD at the current conversion rate that day. Credit card only, no cash will be accepted
- The remaining balance of the 2020 Absa Cape Epic team entry fee is due by Sunday 23 June 2019 (4 weeks) via online credit card payment. 2020 Absa Cape Epic total entry fee is \$6290 USD (VAT inc). Riders will be emailed details on how to complete the payment.

All entries are for the 2020 Absa Cape Epic and cannot be transferred to another year. Once payment has been received, the standard [Absa Cape Epic cancellation policy](#) applies.



STAGE 1 SPECTATOR POINTS

Spectator Point 1 – Corner of Pokolbin Mountain Rd and Broken Back Rd, Pokolbin

The View: After leaving the picturesque surrounds of Audrey Wilkinson Vineyard and cruising in formation along McDonalds Rd, Riders will tackle the massive climb up into the Pokolbin State Forest. Cheer them on at this point on their way out then hang around for an hour or so to see them as they descend back toward the finish line.

Getting There – Leave Audrey Wilkinson Vineyard on De Beyers Rd, turn right onto McDonalds Rd and head south for approx. 1km. Take the right turn into Pokolbin Mountains Road and follow this until you locate the Traffic Control at the corner of Broken Back Rd – continue to the left up Pokolbin Mountain Rd then turn around to park safely on the S / SW side of the road (to not block Riders for their return). Take care for Riders when leaving this point – follow the Traffic Controller's directions.

Approximate Times: First 8:10am / Last 12:30pm

Spectator Point 2 – Campground on Broken Back Trail (The Water Point)

The View – Greet riders as they have finished their massive climb up to the roof of the Pokolbin State Forest. At this location you will have the chance to see Riders twice as they first leave the area to complete a loop on moto trails and fast downhill fire trail before tackling another tough climb back to this Water Point for a refill. Riders will need some cheering on for their (mostly) downhill run back toward home.

Getting There – Leave Audrey Wilkinson Vineyard on De Beyers Rd, turn right onto McDonalds Rd and head south for approx. 1km. Take the right turn into Pokolbin Mountains Road and follow this until you locate the Traffic Control at the corner of Broken Back Rd – turn into this road and start your slow 11km climb to the top – this road is for AWD and 4WD vehicles only due to the rough surface, especially if wet.

Special Note: Vehicles will be unable to access Broken Back Rd to enter Pokolbin State Forest after 8.00am. Crew vehicles heading for the Water Point will need to pass Spectator Point 1 prior to this time, and will be unable to descend Broken Back Rd until the last Rider has cleared this road, which could be 12.30pm. Alternative route to return to the start line will be via Broken Back Trail into Sawpit Rd then Cedar Creek Road to head toward Millfield.

Approximate Times: First 8:40am/ Last 12:00pm.

Spectator Point 3 – Watagan Track, Pokolbin

The View – From high on the hill overlooking Pokolbin to the north Riders will tackle the short but challenging downhill run along the Watagan Track, with less than 10km until they reach the Finish Line. This is a great spot to offer them the final encouragement they need to complete Stage 1 of their Port to Port MTB journey.

When – Riders will be passing this point between ~9:15am and 12:45pm.

Getting There - Leave Audrey Wilkinson Vineyard on De Beyers Rd, turn right onto McDonalds Rd and head south for approx. 1km. Take the right turn into Pokolbin Mountains Road and follow this until you locate the Traffic Control at the corner of Broken Back Rd – continue up Pokolbin Mountain Rd to the left and locate the course markings indicating the left turn into the Watagan Track. Either park here and walk in or drive in to the lookout point and park safely to not obstruct Riders (remember to exit slowly as Riders will be coming toward you).

STAGE 2 SPECTATOR POINTS

Spectator Point 1a & 1b – O'Donnelltown Road

The View – You will need to be up here (1a) before the race starts to see Riders as they head up O'Donnelltown Rd in their wave formations before turning right to start their epic day of singletrack-squiggle riding. After all waves have been through you can then drive further along O'Donnelltown Rd and park before you hit the traffic control point (1b)– from there you will have access to bushland on either side of the road where Riders will wind in and out of shrubs and trees for the next hour or so.

Getting There – From the start line head north up Boundary Rd then west along O'Donnelltown Rd and you will see the trail markings and event staff. Park safely to not obstruct other road users or obscure traffic control signage. Best option for 1b would be to make a U-turn when you come to Traffic Control and park on the northern side of the road.

Special Note – You will not be able to head east along O'Donnelltown Rd from 1a until the last start wave has commenced the event and all Riders have turned right into the trail.

Approximate Times: First 8:00am / Last 9:15am.

Spectator Point 2 – Junction of Boundary Rd and Killingworth Rd

The View – At the 28k mark Riders will have already tackled the raw old-school singletrack and fire trails of the Sugarloaf foothills and Killingworth areas before they emerge from the bush and line up for their assault on the singletrack mecca of Holmesville – dizzy anyone? Hang around here long enough and you will again see Riders as they complete their 18km loop of almost exclusively singletrack trails and gun it back towards Sugar Valley Golf Club – who will bring home the Bacon?

Getting There – As Boundary Rd and Killingworth Rd will be closed to vehicles you will need to walk south from the start line along Boundary Rd for approx. 800m to the junction with Killingworth Rd. You will clearly see Course Markings and a Marshal (or two) at the correct spot.

Approximate Times: First 9:15am / Last 1:00pm.

Spectator Point 3 – Holmesville Trails - Kevin Evans Oval / Appletree Rd

The View – Riders will not be complaining about a lack of singletrack when they pass by here – the Holmesville Trails are all about winding and flowing through tight tree-lined tracks, and this means that there are no bad spots to watch Riders from. Park near the Skate Park and walk south to locate the trails – from here you can go in any number of directions to see more open areas or the tight sandy trails that local Riders love – but please keep on the dirt and off the plants

Getting There – From the start line head north along Boundary Rd and turn right into Bridge St then Teralba Rd / Powell St. Make a right turn onto Withers St then after approx. 500m turn right onto Appletree Rd. Follow this south toward Barnsley and park at Kevin Evans oval.

Approximate times: First 9:45am / Last 12:45pm

STAGE 3 SPECTATOR POINTS

Spectator Point 1 – AWABA MTB Park

The View: Watch the grinning faces of riders as they speed through the pristine twisting single track of the AWABA MTB Park, lovingly maintained by our friends at the Hunter Mountain Bike Association.

Getting There – From Cooranbong head northeast along Freemans Drive and turn left into Mount Faulk Road, following the signs to Awaba MTB Park. Be there before 8.00am and drive in the access road (Jenkins Rd) to the designated parking areas – there is one half way in and one at the main trailhead area. Explore the trails on foot but please be mindful of the flora (ask a local about the 'good spots').

Approximate Times: You will need to get here before 8:00am, Expect riders from 8:15am / Last 9:30am.

Spectator Point 2 – The Pines Camp Ground and Forest Park

The View - After the long grind along the gravel road to traverse across the top of the Watagans, riders will need some encouragement to pump them up as they begin to enter the challenging single track and commence their downhill run back toward Cooranbong. Pushing a little further in Riders will come to the Abbots Falls Walking Trail where they will need to tackle the tricky steps and ruts of this well-used track.

Getting There – From Cooranbong Park head west and turn right into Martinsville Rd then continue for several kilometres until you see the wooden sign to the Pines Forest Park (left turn in 50m). Turn left into Watagan Rd and follow this as it becomes Martinsville Hill Rd. Veer right onto Watagan Forest Road and continue for ~2km, turning right at Palmers Rd (sign for Pines Forest Park). Park safely so as not to impede any passing Riders – look for course markings – backtrack west along the trail to the Water Point or head east to the Abbots Fall Walking Trail. Alternatively, heading further west along Watagan Forest Rd will bring you to the entrance road to the Pines Camp Ground (look for course markings) to access the water point from this direction. These are dirt roads but a normal 2WD car will get you there.

Approximate Times: First 9:45am / Last 12:00pm

Spectator Point 3 – Intersection of Martinsville Hill Rd and Watagan Forest Rd

The View – You won't see them for long at this spot as Riders are well and truly starting to point their noses downhill for the famous Dogs Descent and all the 'whoops' and 'hollers' that this part of the course brings. This is the last accessible spot for Spectators before the Riders hit the tar to take them back to the Finish Line so cheer on your favourites and wish them safe travels down the fast and rocky roads ahead!

Getting There – From Cooranbong Park head west and turn right into Martinsville Rd then continue for several kilometres until you see the wooden sign to the Pines Forest Park (left turn in 50m). Turn left into Watagan Rd and follow this as it becomes Martinsville Hill Rd. At the Traffic Control turn left onto Watagan Forest Road – turn around safely and find a sensible parking spot so as not to impede any passing Riders. These are dirt roads but a normal 2WD car will get you there.

Approximate Times: First 9:45am/ Last 12:30pm

STAGE 4 SPECTATOR POINTS

Spectator Point 1 – Fernleigh Track – Whitebridge / Dudley

The View: Watch Riders getting giddy as they tackle some deliciously fresh and winding trails in the Whitebridge / Dudley area. The twists and turns of these single tracks can be seen from the Fernleigh Track on both sides, or go exploring on foot, taking care not to damage the flora.

Getting There: From Blacksmiths, head north along the Pacific Highway through Bennetts Green and turn right into Oakdale Road. A left turn into Bulls Garden Road and right onto Dudley Road will take you through Whitebridge shops. Take the next right into Station Street and park down the end where you will see foot access to the Fernleigh Track. Walk in a northerly or southerly direction until you locate the course markings, keeping an eye out for other Track users.

Approximate Times: First 8:35am / Last 10:15am

Spectator Point 2 – Burwood Rd, Whitebridge – Water Point

The View: At the 24km point Riders will soon be rejoicing in the discovery that for the first time in the events history they will not be taking to the golden sands of one of Newcastle's beaches. Riders will instead traverse the grass verge along the eastern side of Burwood Rd, grab a quick refill of H2O at the Water Point then dive into a narrow bush trail that will see them descend toward the Dudley Beach Car Park area before commencing their loop of Glenrock. Cheer them on and let them know of the fun to come.

Getting There: From Blacksmiths, head north along the Pacific Highway through Bennetts Green and turn right into Oakdale Road. A left turn into Bulls Garden Road and right onto Dudley Road will take you through Whitebridge shops. Turn left into Burwood Rd and follow this until you see the Port to Port Water Truck – park safely to not disrupt traffic or Riders.

Approximate Times: First 9:00am/ Last 11:30am

Spectator Point 3 – 3a, 3b and 3c – Glenrock Trails

The View: At the mid-point of the Glenrock Loop Riders will have completed their last serious climb for the 2019 event and the thoughts of tasting their own personal victory "champagne" will be creeping into their minds. Remind them they are almost home and watch the smiles spread across their faces – 6km to go from the Gun Club Gates (3a).

Getting There: Head to Merewether Heights along the Pacific Highway and turn into Fernleigh Loop / Gun Club Rd (at the Water Tower). Park outside the entrance gates to the National Park and walk in to your choice of several spots – aim for the bottom of Twisties (3b) or Seismick (3c), or ask a local for the best place.

Approximate Times: First 9:30am / Last 12:45pm

SOCIAL HUB

Port to Port welcomes 2 social hubs for the 2019 event where you'll be able to come and meet fellow riders, hear and share your stories of the day, have access to special rider exclusive meal deals and of course enjoy a well-earned frothy top in good company!

Date: Wednesday 22 May & Thursday 23 May

Location: Oaks Cypress Lakes

Date: Friday 24 May, Saturday 25 May & Sunday 26 May

Location: Merewether Surfhouse

PRE RIDE

But first coffee... [Sprocket Roasters](#) and Ground Control will be at every start line to get you charged up. Roasting from 6am daily! Limited Breakfast options will be available... think bananas and some baked goods. Cash only please.

POST RIDE

Stage 1

Our friends at Spicers Retreat will ready to quench your thirst. These guys will have a range of tasty food and beverages on offer post-race with both Cash and Eftpos facilities.

Stage 2 – 4

[Rogue Scholar](#) is an official partner of the 2019 Port to Port Bike Race and will be set up on the finish line for Stages 2- 4. So don't be shy and enjoy a cold one – we recommend the ginger beer... It's refreshing and delicious.

- [Big Als](#) – A newcastle institution!! Big Als Sandwiches won't leave you hungry
- [El Poco Loco](#) – Taco Time!
- [Southern Smoke](#) – All things American

Cash only.

EAT, BEATS & BIKES FESTIVAL

You bring the bikes, we'll bring the eats and beats...

Port to Port finishes on a famous and stunningly pristine East Coast headland. Riders will have completed 4 epic days and to welcome them home and celebrate their achievement we're putting on a festival. There will be music, beers, industry displays and an awesome atmosphere!

Cheer the riders over the line, chill out and share a few laughs with around 1000 totally stoked Port to Port riders. Everyone is welcome – don't miss out.

Location: Dixon Park, Merewether

Date: Sunday 26 May

Time: 9am

Check out [your frothy tops supplier](#) and some of the [eats available here](#).

VOLUNTEERS

The 2019 Port to Port requires the support of over 100 Volunteers in order to deliver the event.

Our team of Volunteers at the event will contribute a combined total of around 10,000 Hours to assist, support and motivate you from the start to the finish of your Port to Port 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.



CHARITY PARTNER

Port to Port MTB are proud to support the Westpac Rescue Helicopter Service, the community's own rescue helicopter.

Since 1975 no one has ever had to pay to be assisted by the Westpac Rescue Helicopter Service.

Fast Facts

- Four AW139's across three bases
- Servicing 1.5 million people throughout Northern NSW
- Approaching 2,000 missions each year
- Ready to respond 24/7
- Every dollar donated helps to ensure that the Rescue Helicopter continues to fly as a free service 24/7.

Visit www.rescuehelicopter.com.au or call 1800 155 155 to make a tax deductible donation.



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 foot print.

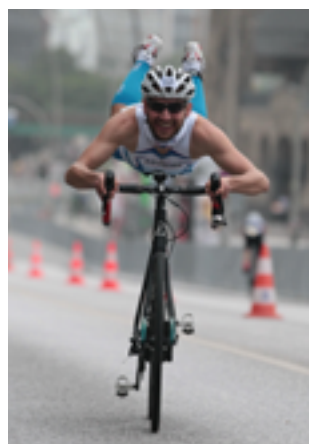
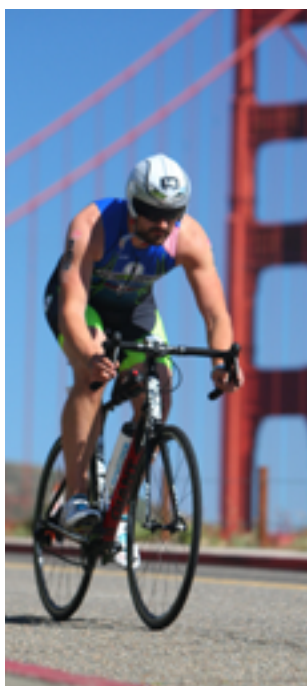
We're asking all crew, riders and spectators to jump on board and commit to these 3 easy ways you can HELP!

1. Please help us in our mission by bringing your own Keep Cup for your morning brew— And YES! We're happy to hold on to it each day for you and wash it for the next. We'll also have a mug wall if you forget your keep cup! As well as one's to purchase on site
2. Don't forget your refillable water bottles each day and we'll have the Camelbak water filters to refill as you go.
3. PLEASE recycle in line with the bins provided that will separate cardboard, cans & bottles and soft plastic.



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POST RACE INFORMATION

RESULTS

Stage and GC Results will be available through the 'Epic Series' App or [online](#).

We will also have iPad available at Information at each Stage Finish Line where you can check your results.

- Result acronyms:
 - TR = where both riders have started and finished all stages
 - IF = where only 1 team rider has started and finished all stages
 - BR = where 1 team rider has failed to finish a stage

Please refer to Ride Rules regarding to protests.

MERCHANDISE

There is a great range of Merchandise available onsite during [Venue Open Hours](#). Be sure to get in early to ensure you don't miss out!

Wednesday 22 May	3pm – 7pm
Friday 24 May	7am – 1.30pm
Sunday 26 May	9am – 2pm

OFFICIAL EVENT PHOTOS

Get your personal race photos with FinisherPix!

FinisherPix is the official photographer at EVENT. Your personal race photos will be available at www.finisherpix.com. Your personal race photos will be available within 24-48 hours after the race.

How to get your best photos:

- Register your email address at www.finisherpix.com to be notified as soon as photos are online.
- 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
- Visit <http://www.finisherpix.com/> within 24-48 hours after the race to view, order, and share your photos from your EVENT!

EVENT APP

Port to Port is available on the Epic Series App and has everything you need to know about the event as an athlete or a spectator:

Live athlete tracking, race leaderboard, race results, course maps and event schedule and info.

- Track the athletes live throughout the course, including their time splits.
- Live leaderboards keep you up front with who's in the lead. And you can filter by age group.
- Easy, intuitive searching to find and create your own list of your favourite athletes to follow.
- Check out the post-race final results.
- Always know where you are and where you want to be with interactive maps.
- Event info and clear schedules ensure you know what's going on, where and when.

Epic Series App is available for Apple and Android. Search for 'Epic Series' in the Apple App or Google Play Stores.

GET SOCIAL

See, like and share all the excitement of Port to Port.

Facebook: [@porttoportmtb](#)

Instagram: [@porttoportmtb](#)

Don't forget to tag us in your photos! #P2P

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