

# PORT TO PORT

NEWCASTLE AUSTRALIA

***2022 RIDE GUIDE***

**19 – 22 MAY 2022**

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# RACE DIRECTOR MESSAGE

Welcome to Port to Port 2022!

Can you believe it's been 3 whole years since we've all pinned on a number, lined up beneath the arch and hit the trails together? We really could not be more stoked to have you again at one of Australia's biggest and most premier mountain bike stage races. A huge welcome from me and the whole team to Port to Port 2022!

As you're about to discover, Port to Port offers the best of mountain bike escapes. It's a race where all we ask of you is to ride a bunch of fun trails, including flowy singletrack through beautiful forests, and dabble in some friendly competition. All while soaking up the scenery, from the vineyards of the Hunter Valley to your stunning beachside finish line in Newcastle. With the riding comes the reward and our race venues are a place to hang out, refuel, rehydrate – however you so choose – and share some banter with friends old and new at the end of each day.

Whether you're choosing to escape for a two-day ride or taking on the full four days, our course team has worked hard on the ground to bring you the best of the region. With a midday start on Stage 1, you'll have time for a cruisy morning, before you kick off the race with a steady climb out of the vineyards of Pokolbin. From here we move to the singletrack of Holmesville and Killingworth – a great warm up ahead of hitting the iconic trails of Awaba on Stage 3. The home straight is then in sight with Stage 4 bringing us back into the heart of Newcastle, ready to relax and celebrate at Stage 5 – the after party!

Personally, MTB stage racing – including riding Port to Port's sister event, Cape to Cape back in 2019 - has brought me some of the most fun and memorable weeks of my life. Whether you're a first timer, a returning rider or an elite, I'm so excited to see everyone out there having the time of their lives. By the final day, I guarantee the camaraderie with your fellow riders; the friendly rivalry with the familiar faces you've lined up beside each day, and the post-ride drinks you'll share at the end of each stage, will stay with you forever.

To every single member of the team who has worked to bring this event back in 2022 – a massive thank you. It's been a challenging few years and we are so grateful to be back. A huge thank you also to our partners, Destination NSW, Lake Macquarie Council, The City of Newcastle, Shimano, AusCycling, NSW Forestry and all the landowners and support partners. Your loyalty and belief in the event are key to the ongoing success of Port to Port and we truly appreciate it.

As ever, be safe, respect the trails, respect your fellow riders and throw a huge smile or shaka at our awesome crew and volleys who have worked so hard behind the scenes to bring this event back to the Hunter region. I can't wait to see you cross the finish line each day! Let's get the good times rolling.

## SARAH PENDERGRASS RACE DIRECTOR

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



# COVID SAFE – RETURN TO RACING

The IRONMAN Group will continue to monitor the latest Public Health Directions from New South Wales Health and adjust our planning and communicate any changes with athletes, as necessary.

## OVERALL

- ❑ If you or an immediate family member living in the same household have COVID-19 symptoms ([click here for list of symptoms](#)) please do not attend the event. Contact us at [porttoport@ironman.com](mailto:porttoport@ironman.com) or 1300 761 384 by 3:00pm Sunday 22 May to discuss your event entry options. Requests received after this time will not be considered
- ❑ Hand washing or sanitising stations are available at event points of entry
- ❑ Physical distancing is everybody's responsibility
- ❑ Massage services will not be available at the event

## PRE EVENT

- ❑ All individuals are asked to please download and configure the Service NSW app prior to attending the event
- ❑ Registration will be by appointment only. Riders are asked to please arrive within their appointment times
- ❑ Riders will be asked to review and update medical and emergency contact details prior to arrival onsite. Riders will receive an email three weeks from race day with instructions

## ONCE I ARRIVE (PRE RACE)

- ❑ Rider Active QR Codes will be provided 1 week prior to event and scanned at Registration
- ❑ You will be required to come during your selected appointment time. Please note you do not need to arrive at the start time, rather you can come anytime within the 30 minute time slot

## WATER POINTS

- ❑ Riders are encouraged to be self-reliant on course, carrying their own hydration and nutrition during the stages. Water points are available for additional support and re-supply
- ❑ Nutrition will be provided in single serve or original packaging takeaway options

## FINISH LINE/RECOVERY

- ❑ We encourage riders to engage in no-touch finish line celebrations
- ❑ Hydration and nutrition products offered are single serve for the riders to collect and takeaway.

## ABSA CAPE EPIC DRAW

- ❑ If you are successful in obtaining an Absa Cape Epic slot, we will be in contact up to 48 hours after the race to advise
- ❑ Should a rider decide not to take up the entry, the entry will be re-drawn
- ❑ A non-refundable deposit of \$100 USD per guaranteed entry must be made to secure the entry. This deposit will be deducted from the entry fee



# WELCOME MESSAGES

## Welcome from the NSW Government

On behalf of the NSW Government, welcome to the Hunter region for the 2022 Port to Port mountain bike (MTB) stage race, proudly supported by our tourism and major events agency, Destination NSW.

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

Over four days, riders will experience some of the best mountain biking tracks in NSW, taking them from the rugged breathtaking hinterland to the shimmering coast.

Events like the Port to Port MTB add to the vitality of our regional centres, providing substantial economic and social benefits to the local community. They attract thousands of participants, officials and spectators who stay in our hotels, visit our attractions and spend locally, and are key drivers of the NSW visitor economy.

I encourage all visitors to take time out from the event to explore the beautiful Hunter region and enjoy the warm local hospitality – from the vibrant retail and dining in Newcastle, to the secluded bays and beaches of Lake Macquarie, to the wineries and spectacular scenery of the Hunter Valley, there is something for everyone.

I wish all competitors the best of luck and hope everyone thoroughly enjoys their stay.

**The Hon. Stuart Ayres MP**  
**Minister for Tourism and Sport**



## Lake Macquarie Council Welcome Message

I'm thrilled again that Lake Macquarie is hosting two stages of the Port to Port event, bringing competitors and their families from across NSW to the Hunter.

The magnificent lake is the centrepiece for the city, where life by the lake offers a natural playground for all. The relationship with the lake is particularly special. A source of life for hundreds of years for the Awabakal people, the traditional custodians of the area. It connects the city, its people and vibrant communities. Adventure and recreation are balanced with opportunity and collaboration. We are a city that is transforming from a history of mining and manufacturing, and emerging with innovation, new industries and a thriving economy.

Excitement and adventure await at every turn in Lake Macquarie. Whether you're a nature lover or a full-on adrenaline junkie, there are new experiences to be had and memories to be made all over the city.

I hope every competitor, official, and spectator involved in the 2022 Port to Port event has a successful and very enjoyable event.

Good luck, and welcome to Lake Macquarie City and our exciting natural playground.

**Lake Macquarie Mayor Kay Fraser**





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# EVENT SCHEDULE

Event Schedule is up to date as at 29/04/2022 and is subject to change.

View the Event Schedule online and on the Epic Series App for the most up to date information.

**\* Schedule subject to confirmation**

2022 PORT TO PORT EVENT SCHEDULE *		
Date	Event	Location
Wednesday, 18 May 2022		
12:00pm - 7:00pm	Rider Rego	Roche Estate Pokolbin NSW 2320
Stage 1		
Thursday, 19 May 2022		
11:00am	Parking Open	Roche Estate Pokolbin NSW 2320
11:00 - midday	Rider Rego	Roche Estate Pokolbin NSW 2320
11:45am	Race Briefing	Roche Estate Pokolbin NSW 2320
midday	Race Start - Stage 1	Roche Estate Pokolbin NSW 2320
4:00pm	Presentations	Roche Estate Pokolbin NSW 2320
Stage 2		
Friday, 20 May 2022		
8:00am	Parking Open	Sugarloaf Pony Club , Homesville NSW 2286
8:00am - 9:00am	Rider Rego	Kevin Evans Oval Homesville NSW 2286
8:45am	Race Briefing	
9:00am	Race Start - Stage 2	
1:00pm	Presentations	
Stage 3		
Saturday, 21 May 2022		
6:00am	Parking Open	Cooranbong Equestrian Park, Cooranbong NSW 2265
6:00am - 8:00am	Rider Rego	Cooranbong Equestrian Park, Cooranbong NSW 2265
7:45am	Race Briefing	
8:00am	Race Start - Stage 3	
12:30pm	Presentations	
3pm - 6pm	Overnight Bike Storage Opens for Check In	Barton Field, Belmont NSW 2280
Stage 4		
Sunday, 22 May 2022		
6:00am	Parking Open	Barton Field, Belmont NSW 2280
6:00am	Shuttle departs (bookings required)	Merewether Beach Car Park, John Parade
7:45am	Race Briefing	Barton Field, Belmont NSW 2280
8:00am	Race Start - Stage 4	
1:00pm	Presentations	Merewether Beach Car Park, John Parade
2:00pm	Shuttle departs to finish line (bookings required)	
6:00pm	STAGE 5 - AFTERPARTY	Rouge Scholar Bar Newcastle



# S-PHYRE

# SHIMANO



With pro-guided design and engineered to dominate, XC902 is the ultimate cross-country race shoe, and features our all-new sole design: ULTREAD.

ULTREAD XC soles are engineered for uncompromised pedaling stability and carefully streamlined to reduce bulk, improve off-bike traction and keep you connected.

## ULTREAD

## UPGRADE YOUR GRIP

# RIDER CHECK-LIST

## PRE EVENT

- ☐ Read the Ride Guide in its entirety
- ☐ Book/confirm accommodation & flights (if applicable)
- ☐ Ensure event registration is confirmed (check for confirmation email)
- ☐ Familiarise yourself with event schedule
- ☐ Ensure you have booked your appointment time for registration. You will receive an email three weeks from race day with a link to book these times. We strongly suggest all Riders (Solo and Pairs) register on Wednesday 18 May between 11:00am – 6:00pm. If you can't make it during these times, no stress we have a short window each stage morning to register (see the event schedule for more info). ***You will only need to attend Registration once***
- ☐ Review/update of medical & emergency contact details check. You will receive an email three weeks from race day with instructions
- ☐ Pack photo ID in your luggage. (driver's licence, passport etc)
- ☐ **Bring your AusCycling member card** to registration. If you aren't a member, you will need to ensure a race licence was purchased upon registration. ***All AusCycling members who don't have their card at registration will need to purchase a race licence on the spot***
  - ☐ **Hot Tip:** Take a photo of your licence and have it on your phone! This will be accepted
- ☐ Check the weather forecast to ensure you bring all relevant clothing and equipment
- ☐ Familiarise yourself with the course - it is your responsibility to know this on race day
- ☐ Check rider list online & on event app  
Note: web list won't be updated after Thursday 28 April. Event app will be updated at close of Registration prior to race day. If any details are wrong contact us via [porttoport@ironman.com](mailto:porttoport@ironman.com) or 1300 761 384
- ☐ Pairs only - are you interested in being in the ABSA Cape Epic draw? Ensure you have opted in during registration or contact us at [porttoport@ironman.com](mailto:porttoport@ironman.com). Please note a \$10.93 AUD fee will be required to register your interest which will be donated to one of the Absa Cape Epic official charity partners – Qhubeka

## ONCE I ARRIVE (PRE RACE)

- ☐ Familiarise yourself with the event venue and key areas
- ☐ Attend registration and collect race kit
- ☐ Pack items for race day

## RACE DAY

- ☐ Ensure you have all items for your race including, helmet, race plate, race bib
- ☐ Start the race - be at the start line at least 15 minutes prior to your start time
- ☐ Finish the race
- ☐ Collect your finisher medal (stage 4 only)
- ☐ Recover

## POST RACE

- ☐ If an award winner ensure you attend presentations
- ☐ Upload your #medalmonday photo on your social media

# RACE KIT

## HANDLEBAR RACE PLATE

This is your race identification. All riders need to ensure their Race Plate is secured (using cable ties provided within your pack) prior to each Stage Race Start. Your timing chip is attached to the back of your handlebar race plate.



## JERSEY RACE NUMBER

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



## RIDER WRISTBAND

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



## ELEVATION STICKERS

You will receive 4 x elevation stickers for each stage. Prior to each stage you can stick the elevation sticker to your bike. This is not required and up to the individual rider if they choose to use.

## CABLE TIES

You will receive 3 cable ties that are for your handlebar race plate. If you require more, please see Event Information.

## RIDER GIFT

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

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



# PRE-RACE INFORMATION

## REGISTRATION

Will be located at Roche Estate on Wednesday 18 May and on Thursday 19 May. We will be operating registration by appointment only. You will receive an email three weeks from race day with a link to book these times.

All kits will need to be collected during registration opening hours. **Please note, no kits will be posted out prior to the event.**

### WHAT YOU WILL NEED TO BRING:

- Photo ID (drivers licence or passport)
- AusCycling annual membership card
- ACTIVE QR Code: Rider Active QR Codes will be provided 1 week prior to event

### WHO CAN COLLECT?

Only the person registered can pick up their Race Kit at Registration. Please note that it is illegal for someone else to compete under your name or for you to compete under someone else's name. This will result in suspension from future Port to Port events or any Epic Series events.

## AUSCYCLING MEMBERSHIP

Every rider is required to hold a valid race membership with AusCycling, either an Annual Race Membership or Competition Licence.

### OPTION 1 - RACE MEMBERSHIP:

You must hold a valid AusCycling race membership for the current season. You will need to enter your membership number at time of registration.

- Note: Lifestyle Membership does not cover you for this event. You can upgrade your membership to include race coverage for by contacting AusCycling. Proof of the upgrade must be presented at Registration Onsite

- Note: AusCycling have a free trial membership (T&Cs apply) that includes race coverage. The trial membership is valid for 4 weeks from when you sign up for it. If you wish to take advantage of this, you will need to register for Port to Port via the General Category and purchase the Race Licence at the time of entry. Once you have registered for your [free AusCycling trial membership](#), email [porttoport@ironman.com](mailto:porttoport@ironman.com) with the receipt of free trial membership. We will then refund your Competition Licence fee.

### OPTION 2 - RACE LICENCE:

If you don't hold a valid AusCycling race membership you will be required to purchase an AusCycling race licence when you enter (AUD\$54.65 inclusive of all fees and taxes).

### ONSITE PROCESS

#### RACE MEMBERSHIP:

- All riders must present their AusCycling annual race membership card. Either a physical card or photo on their phone (i.e in the App)
- Alternatively, you can log into your AusCycling account via the [AusCycling website](#)
- If you do not present a valid membership, you will be required to purchase a competition licence

#### RACE LICENCE:

- If you purchased a race licence with your entry you are not required to present any proof at Registration

Not sure if you purchased a Competition Licence? Check your email confirmation/receipt or contact [porttoport@ironman.com](mailto:porttoport@ironman.com)

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

# PRE-RACE INFORMATION

## SOLO CATEGORIES

Your category is based on your age as at 31 December 2021.

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

## PAIRS CATEGORIES

Your category is based on your age as at 31 December 2021. The age of the youngest team rider determines the race category.

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

*\* A minimum number of 5 Pairs will be required to enter this category to make it competitive. If this number is not reached all Pairs currently within the category will be rolled into the lower age category.*

## CHANGED TRAFFIC CONDITIONS

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

## BIKE MECHANIC

Drift Bikes will be offering mechanical support at each venue throughout the 4-Day event.

## PRE RACE TRAINING

We are lucky to be granted access to some amazing trails and private land during the event period. Therefore, there is limited access to the full course prior to each Stage. Any rider who is found to be riding on these private lands will be denied entry from future Epic Series events.

# RACE VILLAGE SERVICES

## BOTTLE DROP

**LOCATION:** Event Information located at each Stage Start Line.

**TIME: Stage 1** – 11:30am (All bottles must be dropped prior to 11:30am)

**Stage 2** – 8:30am (All bottles must be dropped prior to 8:30am)

**Stage 3 and 4** – 7:30am (All bottles must be dropped prior to 7:30am)

We highly recommend that you carry enough water for the day. There will be refill stations at the race village and one, on course water station per stage where you can have fill up or have your bottle dropped to assist in keeping you hydrated.

If you wish to use the Bottle Drop service, please be mindful of the above timings and 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**.

**BOTTLE COLLECT:** Bottles will be delivered back to Event Information after the last rider has arrived back at the finish line and the course has been swept. Riders can either wait to collect or collect the follow stage morning. Remember that if you are at the front of the field it is likely your bottle will not beat you back!

**ALWAYS BE PREPARED:** It is recommended all riders commence each stage with at least one full water bottle and enough food to sustain their energy levels. Water Points will be at approximately half way on each stage; however it is advised that riders carry any dietary specific products as well as “get out of jail” supplies.

## MECHANICAL SUPPORT

Drift Bikes will be onsite to assist with bike mechanical support. Please note this will be a paid service :

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

## BIKE WASH

**LOCATION:** Each Stage Finish Line

**COST:** Free!

## FINISH LINE HYDRATION

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

- The Post Finish Hydration Area
- Medical support

## BAG DROP

**LOCATION:** Bag Drop Tent at each Stage Start Line

**TIME:** Prior to 12pm (Stage 1), 9am (Stage 2), 8am (Stages 3 & 4)

**COST:** Gold coin donation

**Please label your bag with your name or race #.**



# RACE DAY INFORMATION

## RACE BRIEFING

**LOCATION:** Start Line — Each Stage

All riders are required to attend the compulsory pre-race briefing at each Stage. These will be delivered 15 minutes prior to that stage's start. The briefing will inform you on what to expect on course, road rules, dismount zones and rider etiquette. Time penalties will be awarded to riders who do not obey the race rules.

## STARTLINE PROCEDURE

**STAGE 1:** Top 200 grid made up of Elite riders both Pairs and Solos at the front of the wave\*, with the rest of the field (self-seeded) to follow. \*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 their 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](mailto:porttoport@ironman.com).

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

**STAGE 2, STAGE 3 AND STAGE 4:** On finishing stage 1 riders will be seeded into the following start groups via coloured dot system which will determine their start for subsequent stages. Each wave (stages 2-4) will see approximately 200 riders per wave, a mix of Pairs and Solos, however the grid will prioritise Pairs at the front of each wave.

**Please note: Stages 3 & 4 will start at 8am**

Order	Category	Colour Dot
1 <sup>st</sup> Group	PAIRS	BLACK
2 <sup>nd</sup> Group	SOLOS	BLACK
3 <sup>rd</sup> Group	PAIRS	LIGHT BLUE
4 <sup>th</sup> Group	SOLOS	LIGHT BLUE
5 <sup>th</sup> Group	PAIRS/SOLO	RED
6 <sup>th</sup> Group	PAIRS/SOLO	GREEN
7 <sup>th</sup> Group	PAIRS/SOLO	PINK
8 <sup>th</sup> Group	PAIRS/SOLO	ORANGE
9 <sup>th</sup> Group	PAIRS/SOLO	YELLOW

## MEDICAL

A first aid provider will be engaged to provide first aid at all events operated by The IRONMAN Group.

First aid will be positioned in a variety of locations. First Aid responders will be mobile along the course, and can be accessed at each Waterpoint along the course. The exact positions of first aid/waterpoints can be viewed [here](#) on the maps. Riders are responsible for any costs incurred as a result of a medical incident, this includes but is not limited to ambulance transfers, hospital stays, specialist treatment; it is therefore strongly advised that all athletes hold adequate personal insurance. Australian residents are recommended to hold valid private health insurance (inclusive of ambulance cover) whilst international riders are strongly advised to have adequate travel or personal insurance that will provide coverage for participation in an IRONMAN Group event. Riders are responsible for understanding the terms and conditions of insurances held.

## ACCIDENTS ON COURSE

We will also have mobile medics on course. If you require medical assistance on course OR you come across a rider who needs this please report to the next Marshal point stating the riders plate number, name and condition and we will be there as soon as possible. If a serious injury occurs, ask the second rider on the scene to direct oncoming riders and send the third rider to the nearest communication point for assistance. Remember, if a rider is seriously injured do not move them, even if they are blocking the entire trail.

If you cannot leave the rider please call an ambulance if it is life threatening or call HQ on 0447 224 132.

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!

# RACE DAY INFORMATION

## CONTINGENCY PLAN

If/when a contingency plan needs to be implemented you will be notified by the Race Director through the Event App or by the Commentator.

## FINISH LINE PHOTO

Sportograf is the official event photographer.

How to Get your Best Photos:

- Ensure your race plate is visible on the FRONT of your handlebars
- Keep your race number visible on the BACK of your body.
- Watch out for our photographers and SMILE into our cameras
- Smile and celebrate when you cross the finish line! Don't worry about touching your watch, the timing company will ensure an accurate record of your achievement
- Smile and have your photo taken with your finisher medal and towel at the photo wall available within recovery

Your personal race photos will be available within 24-48hrs after the race at [www.Sportograf.com](http://www.Sportograf.com)

## DIRECTIONAL SIGNAGE ON COURSE

Each Stage is clearly marked with signage and markings on the ground. If you have reached an intersection that is not marked you have gone the wrong way. Turn back until you find a course marker.

## SOCIAL HUB

At the end of each day's racing you'll find most riders and the crew kicking back for a great meal, a frothy top and all the day's banter you could ask for

Make sure you stick around and catch up with your mates at the end of each stage and enjoy some beers from Rogue Scholar and food from local food trucks.

See you all there.

## EVENT RULES

Please ensure that you familiarise yourself with the Port to Port [Event Rules](#).

- The race rules may be updated and amended at the discretion of the Race Director up to the start of the race
- Failure to comply with any of the rules may result in a penalty, which could include a rider's disqualification in certain circumstances. The various categories of penalties are set out in the Event Rules
- The interpretation of any rule by the Race Director will be final and binding on all race participants

# POST RACE INFORMATION

## RESULTS

Results can be viewed at the following locations:

- Epic Series App
- [Event website](#)

### Result acronyms:

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

*\*Please refer to Ride Rules regarding protests.*

## LOST & FOUND PROPERTY

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

Alternatively view the event schedule (page 8) for times and location.



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

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



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# COURSE OVERVIEW

## 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.

2019 saw new 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.

This time we've had a bit more time between rides, so we're excited to come back with everything you love and more in 2022. Our awesome course team has been back out on the trails putting together new alignments to entice you back for more of what you love to ride. We've been waiting almost 3 whole years to get back to these trails, and we can't wait for you to see what we've got! The riding is suitable for all rider levels as long as you have 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. Check out the course overview below to see what will be in store for 2022, and scroll further for stage maps and details!

As always, courses and venues are subject to change.



COURSE SUBJECT TO APPROVALS.

**STAGE 1: 58km**

Hunter Valley - Pokolbin

Roche Estate

HUNTER VALLEY

**STAGE 2: 42km**

Lake Macquarie - Killingworth

Kevin Evans Oval

KILLINGWORTH

NEWCASTLE

GLENROCK

Dixon Park

**STAGE 4: 40km**

Newcastle - Glenrock

Barton Field

**STAGE 3: 52km**

Martinsville - Awaba

Cooranbong Equestrian Park

MARTINSVILLE

COORANBONG

AWABA

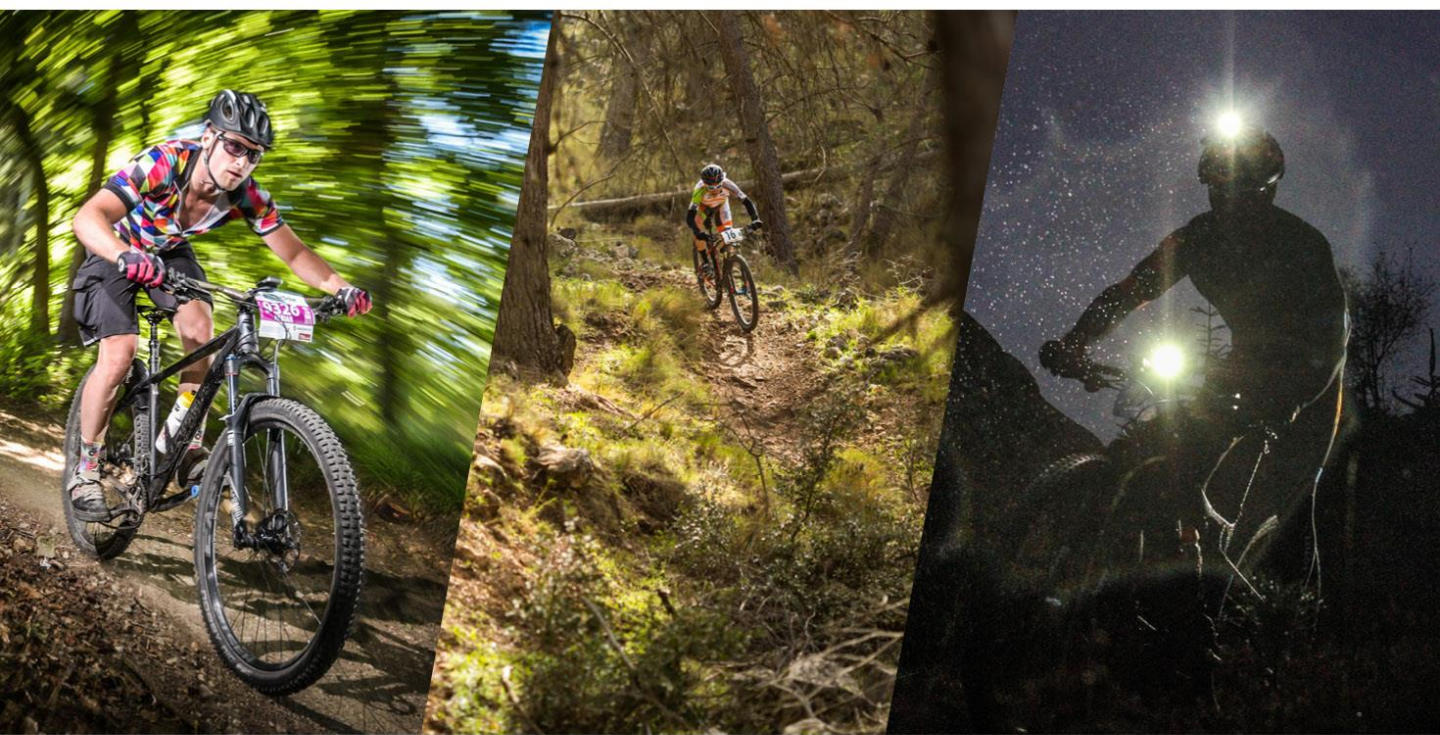
LAKE MACQUARIE







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



**F O T O**  
**S P O R T O G R A F . C O M**  
**F L A T**



# STAGE 1

## Roche Estate

### THURSDAY 19 MAY

#### START/FINISH

Roche Estate, Pokolbin NSW 2320

#### RIDER BRIEFING

11:45m

#### START TIME

12:00pm

#### DISTANCE

58KM

#### ELEVATION GAINED

1500M

#### FORMAT

Self-Seeded Start

#### EXPECTED FINISH TIME

FIRST RIDERS: 2:30pm

FINAL RIDERS: 4:30pm

## WATER POINT LOCATION

Located at 19km mark. Resources available will include:

- Water
- Bottle Drop collection
- Lollies
- Radio communications to HQ

## COURSE DIVERSION

This will be announced at stage 1 rider briefing.

To avoid the diversion, you must arrive at this point before the cut-off time which will be announced during the briefing.

## COURSE HIGHLIGHT

It is hard to go past the Start/Finish line as you ride through the vineyards, it doesn't get much more Hunter Valley than that!

## RACE TIP

Don't cook yourself straight up! You've got four awesome days ahead, set a steady pace and be sure to take in the scenery. The first climb is a big one, so settle in and pace yourself!

## COURSE DESCRIPTION

Stage one is famous for the climbs, and 2022 will be no different. Spy that 1500m of vert on the stats sheet, but don't let that distract you from the fact that what goes up, must come down, and everything in between is straight-up fun...

We're headed to the first of many new venues for 2022 - Roche Estate - and she's a stunner! Set amongst the vines, we'll be rolling out along the roads of Pokolbin, wineries whizzing past and nervous tension in the air as we head for the Pokolbin State Forest.

Here we'll begin the journey up, a decent climb to kick things off, stretch the legs and spread out the group. Don't forget to take in the views on your way up if you can look up from chewing your stem - they're well worth while!

From here we dive into a section of trail the course team have whipped up for us, but in reverse to what we've done before, because we like to keep you on your toes like a kid at a wiggles concert.

Then we're headed back down where we've come - and the yeews will be ringing out through the forest as we head back towards Pokolbin. A dash around some wineries awaits, before rolling in to some well deserved post-stage "refreshments"..

## DRIVE TIME AND PARKING

**DRIVE TIME:** 60mins from Newcastle

**PARKING:** Free parking is available onsite

**LOCATION:** Hunter Valley Gardens (off McDonald's Road)

## AWARDS

### LOCATION

Roche Estate

### TIME

4:30pm \*See Awards Section for more information.

# STAGE 1

**PORT  
TO  
PORT**  
NEWCASTLE AUSTRALIA

**STAGE 1: 58KM**

**HUNTER VALLEY - POKOLBIN**

## LEGEND

- ▶ START
- ★ FINISH
- WATER POINT

BROKEN BACK  
RANGE

WISHING  
WELL

POKOLBIN  
STATE FOREST

POKOLBIN

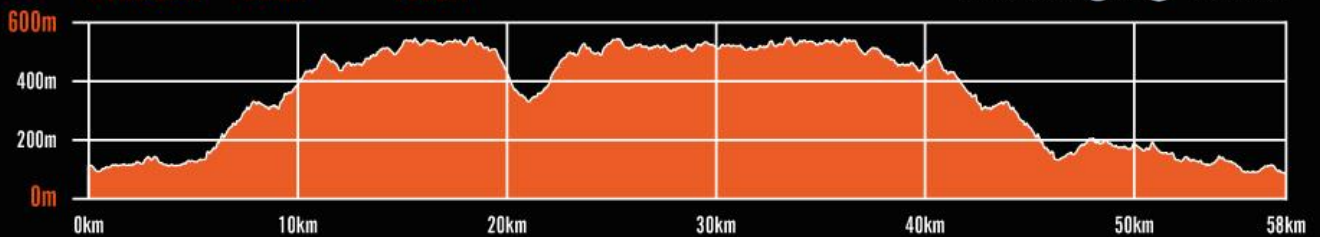
COURSE SUBJECT TO APPROVALS.

**STAGE 1**  
**POKOLBIN**

**DISTANCE**  
**58KM**

**ELEVATION GAIN**  
**1500M**

Roche Estate ▶ ★ Roche Estate





# STAGE 2

## KILLINGWORTH, HOLMESVILLE FRIDAY 20 MAY

### START/FINISH

Kevin Evans Oval, Homesville NSW 2286

### RIDER BRIEFING

8:45am

### START TIME

9:00am \*Note earlier start time than Stage 1

### DISTANCE

42KM

### ELEVATION GAINED

600M

### FORMAT

Dot Allocation Wave Start

### EXPECTED FINISH TIME

FIRST RIDERS: 10:30am

FINAL RIDERS: 12:30pm

## WATER POINT LOCATION

Located at 25km mark. Resources available will include:

- Water
- Bottle Drop collection
- Lollies
- Radio communications to HQ

## COURSE DIVERSION

There will be no course diversions for this stage.

## COURSE HIGHLIGHT

Stage 2 is known as the “return to old school” so embrace the old style, rough and ready single track! There’s not many sections that aren’t single trail, so make sure to #yew and holla your way around!

## RACE TIP

Single track is in abundance here, so make sure to ride to your ability and be courteous to let faster riders past (or call and be patient if you’re trying to pass someone else!)

## COURSE DESCRIPTION

Stage two is single trail heaven, as we head over to rip the old school trails of Killingworth and Holmesville!

We're starting out in a new venue this year, with waves rolling out from Kevin Evans Oval for a short section of road before diving head first into almost endless single trail heaven... You'll be twisting and turning more than your nan at a dance in the 50s, flowing from berm to berm as you wrangle your bike between trees and trails.

Host to many an XC race back in the day, for some riders it's like a flashback to their youth as they get sendy on the old school single trail network of Killingworth. You'll be thankful that MTB technology has come a long way since your rigid fork, 26 inch wheels day with plenty of time in the saddle still to come.

Diving back over the motorway and into Holmesville will keep you guessing, a final twist and shout before you put your head down and make your way under the arch back at Kevin Evans Oval. Two down, two to go! That calls for a celebratory beer...

Stage 2 comes in at 42km, with a much tamer 600m of climbing to give the legs a break after the previous days hills. We expect the leaders to roll in around 2 hours, with those out there enjoying the trails at the back taking closer to 4. Don't worry, we'll save you a beer!

## DRIVE TIME AND PARKING

**DRIVE TIME:** 40mins from Newcastle

**PARKING:** Free parking is available onsite

**LOCATION:** Kevin Evans Oval, Homesville NSW 2286

## AWARDS

### LOCATION

Kevin Evans Oval

### TIME

12:30pm \*See Awards Section for more information.

# STAGE 2

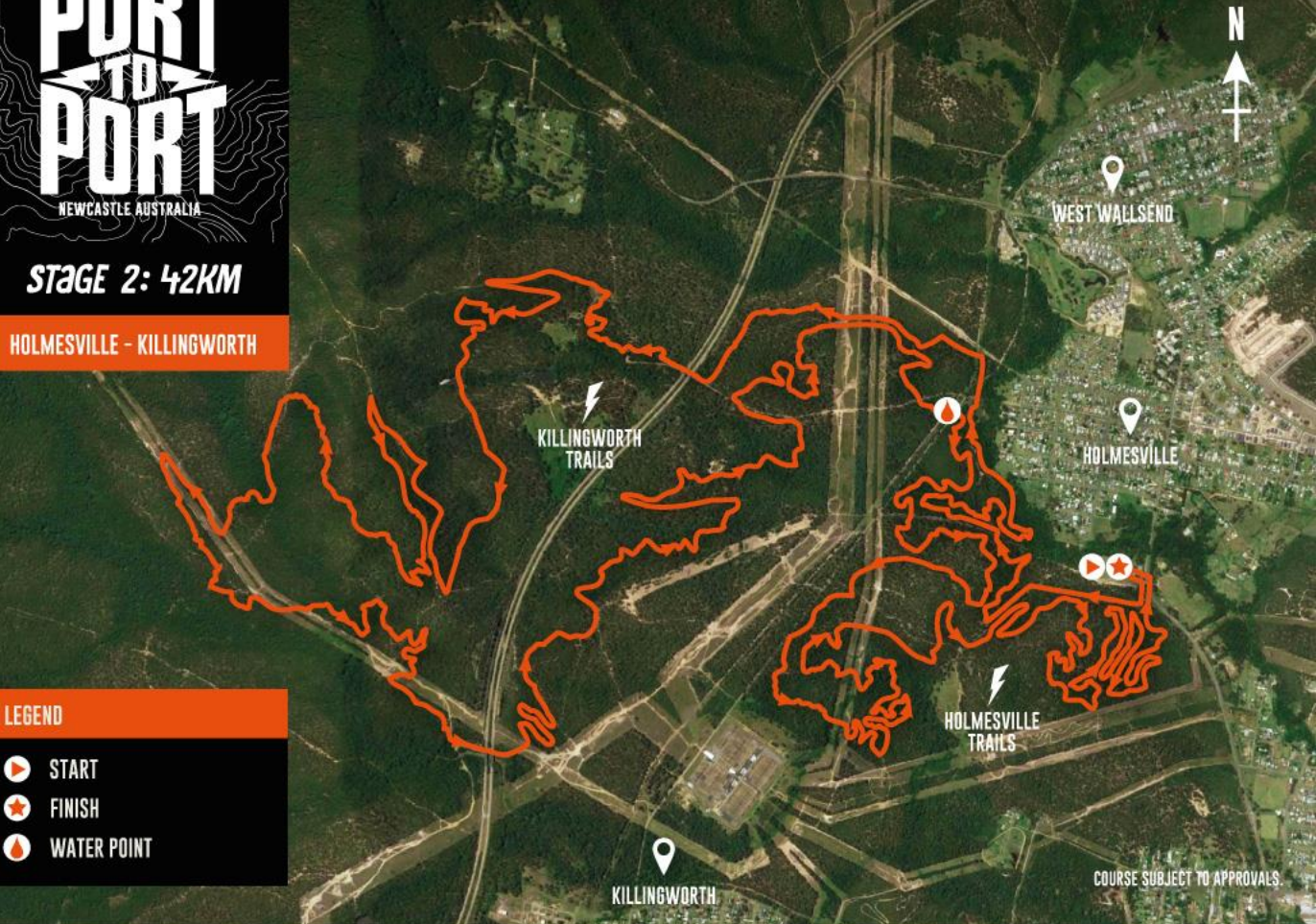
**PORT  
TO  
PORT**  
NEWCASTLE AUSTRALIA

**STAGE 2: 42KM**

**HOLMESVILLE - KILLINGWORTH**

## LEGEND

- ▶ START
- ★ FINISH
- ⚡ WATER POINT



**STAGE 2**  
**KILLINGWORTH**

**DISTANCE**  
**42KM**

**ELEVATION GAIN**  
**600M**

Kevin Evans Oval ▶ > ★ Kevin Evans Oval





# STAGE 3

## MARTINSVILLE, AWABA MTB PARK SATURDAY 21 MAY

### START/FINISH

Cooranbong Equestrian Park

### RIDER BRIEFING

7:45am

### START TIME

8:00am \*Note earlier start time than Stage 1

### DISTANCE

52KM

### ELEVATION GAINED

1200M

### FORMAT

Dot Allocation Wave Start

### EXPECTED FINISH TIME

FIRST RIDERS: 10:15am

FINAL RIDERS: 12:30pm

## COURSE DESCRIPTION

It would be rude not to return to the famous trails of Awaba in 2022, so that's just what we're doing.

In saying that, you'll be experiencing Awaba in a whole new way, in that it comes at the end of the stage rather than the beginning!

Kicking things off from yet another brand new venue for 2022, Stage 3 will roll on the roads for a few KM before tackling the climb up Slippery Rock Road. Hint is in the name: it can be slippery, so take care!

From here you'll continue on your way up to the tops of the Watagan National Park, taking in fire trails and dirt roads to some of the highest points you'll reach all week. Don't worry, we don't make you tackle it all in one go, with a few step ups broken up by sections of flat for that all too needed respite.

Once you get to the top, well that's where the fun begins... what goes up must come down, and you'll be sending it all the way into the famed trails of Awaba, which you'll be tackling in reverse! Hitting the Awaba Bike Park at the end of the stage means the field will have split up plenty by now, giving you room to stretch your legs and get sendy on the single track.

From here it's a short blat across farm fields and forest sections to get back to the finish line, where a beverage of choice awaits, as does just one more day of riding!

Stage 3 clocks in at 52km with 1200m of climbing, making this bad boy the Queen stage of your race week. Plenty fitting for a queen, we say! The leaders will knock it out in about 2.5 hours, those enjoying the Awaba trails will come in closer to 5. As always - the beers will be waiting!

## WATER POINT LOCATION

Located at 38km mark. Resources available will include:

- Water
- Bottle Drop collection
- Lollies
- Radio communications to HQ

## COURSE DIVERSION

There will be no course diversions for this stage.

## COURSE HIGHLIGHT

The single track in Awaba is without doubt the highlight of the stage (if not the week!) so make sure to have fun and enjoy!  
#WelcomeToTheJungle

## RACE TIP

As with any sections of single track, ride to your ability and be courteous to slower and faster riders. Also, with Awaba towards the end of the stage, make sure you don't cook yourself early so you still have energy for #yeews!

## DRIVE TIME AND PARKING

**DRIVE TIME:** 55 mins from Newcastle

**PARKING:** Free parking is available onsite

**LOCATION:** Cooranbong Equestrian Park

## AWARDS

### LOCATION

Cooranbong Equestrian Park

### TIME

12:30pm \*See Awards Section for more information.

# STAGE 3

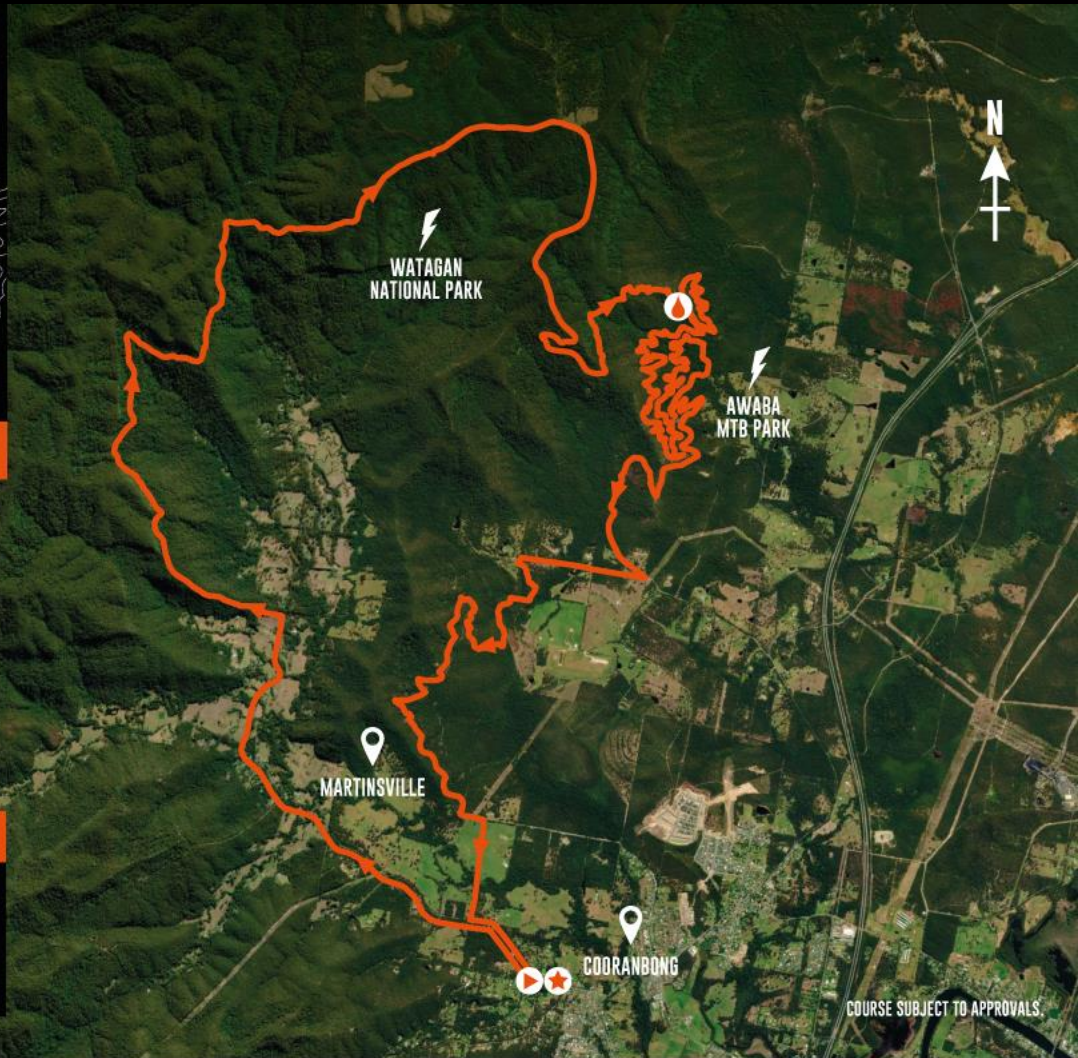
**PORT  
TO  
PORT**  
NEWCASTLE AUSTRALIA

**STAGE 3: 52KM**

**MARTINSVILLE - AWABA**

## LEGEND

- START
- FINISH
- WATER POINT



**STAGE 3**

**AWABA MTB PARK**

**DISTANCE**

**52KM**

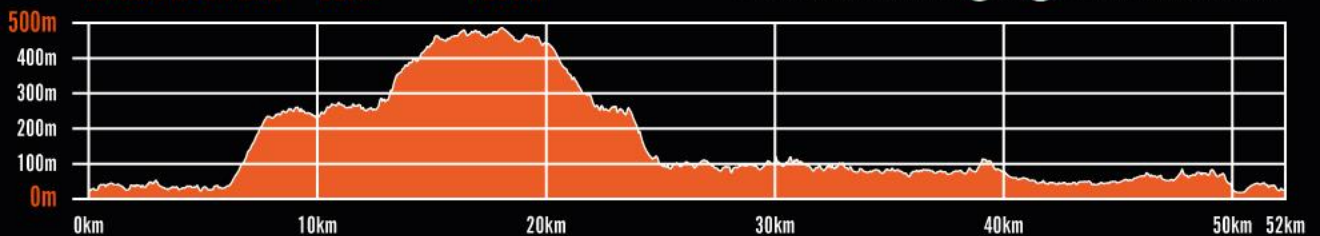
**ELEVATION GAIN**

**1200M**

Coorabong Equestrian Park



Coorabong Equestrian Park





# STAGE 4

## NEWCASTLE, GLENROCK SUNDAY 22 MAY

### START/FINISH

Start — Barton Field

Finish — Dixon Park, Newcastle

### RIDER BRIEFING

7:45am

### START TIME

8:00am

### DISTANCE

40KM

### ELEVATION GAINED

700M

### FORMAT

Dot Allocation Wave Start

### EXPECTED FINISH TIME

FIRST RIDERS: 9:30am

## WATER POINT LOCATION

Located at 20km mark. Resources available will include:

- Water
- Bottle Drop collection
- Lollies
- Radio communications to HQ

## COURSE DIVERSION

There will be no course diversions for this stage.

## COURSE HIGHLIGHT

The finish line has got to be the highlight today — and Dixon Park hosts a pretty epic one! Seaside with waves rolling in and beers flowing — it's bliss after 4 days on the bike!

## RACE TIP

There's a decent ride to get to the single trails, so start steady and don't over do it early. Your body will be tired after 4-days on the bike, but you're almost there!

## COURSE DESCRIPTION

There's no better way to finish up four days of sweet riding than with a coastal procession on some of the best trails around. We're talking views for days, watching barrels roll in and wildlife abound while you make your way towards that hard-earned medal and cold beverage on the finish line.

A new start line a little closer at Barton Field will see things kick off for Port to Port's only point-to-point stage - and we start making our way north to the finish line in Newcastle. Before we get there though, we've got some epic trails to get through!

First up are the Redhead Whitebridge trails, which have been lovingly crafted to be all fun and flow better than a cold beer down you after a 4-day MTB stage race...

From here we're off to Glenrock, trails that are known and loved and iconic to P2P Stage 4 - your final chance for some single trail action before the finish line!

Then it's just a bunny hop, chain skip and sweet jump over to Dixon Park, rolling in next to waves and sand as you fly up the finish chute!

Medal around neck and beer in hand - Port to Port complete!

Stage 4 is a cruisy 40km final procession of Port to Port, with 700m of ups to keep those legs honest. Our winners will cross the line in just under 2 hours, while our final finishers will roll in to complete Port to Port 2022 in around 5. After that, it's just the after-party to attend to!

## DRIVE TIME AND PARKING

**DRIVE TIME:** 25 mins from Newcastle to Start line

**PARKING:** Street Park at Start. Dixon Park at Finish

**SHUTTLE BUS:** Pre-Purchase shuttle before start and after finish

This service can be purchased by logging back into your registration via the following link: [myevents.active.com](https://myevents.active.com)

## AWARDS

### LOCATION

Merewether Beach Car Park, John Parade

### TIME

12:30pm \*See Awards Section for more information.

# STAGE 4





# OFFICIAL MERCHANDISE



## PRE-ORDER NOW

Log in to: [myevents.active.com](https://myevents.active.com)  
to pre-order your race gear and  
have it posted to you.

# AWARDS

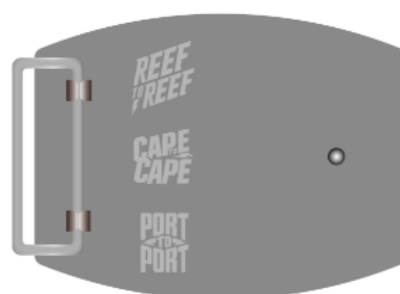
## TRIPLE CROWN LEGEND

What's better than riding one Aussie Epic Series MTB bike stage race? Riding all three.

Once you have completed Port to Port, Reef to Reef and Cape to Cape you will have ridden the Triple Crown, and you will become a Triple Crown Legend. As well as the awesome achievement and having the best MTB holidays ever, **Triple Crown Legends will be rewarded with a shiny new Triple Crown belt buckle.**

Take it straight to the pool room or wear it with pride as you remember all the fun trails, good mates and cold beers you enjoyed in earning your Triple Crown Legend status. You'll also enjoy widespread fame as you are added to the Legends list on our websites.

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



## PRIZE MONEY

Port to Port is lucky enough to award Prize Money to daily Stage Winners in the Male, Female and Mixed Pairs.

*\*Prize money is per Pair. All winning Pairs will receive an email regarding their prize money post race.*

## DAILY AWARDS

A daily awards ceremony is held at the end of each stage at the Finish Line. This will include the awarding of the 'Leaders Jersey' in each Solo and Pairs age category.

In addition to this, prizes will be awarded for daily stage 1<sup>st</sup>–3<sup>rd</sup> winners in each Pair and Solo category.

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

Stage 1			
Place	Male Pair	Female Pair	Mixed Pair
1 <sup>st</sup> Place	\$200	\$200	\$200
2 <sup>nd</sup> Place	\$150	\$150	\$150
3 <sup>rd</sup> Place	\$100	\$100	\$100
Stage 2			
Place	Male Pair	Female Pair	Mixed Pair
1 <sup>st</sup> Place	\$200	\$200	\$200
2 <sup>nd</sup> Place	\$150	\$150	\$150
3 <sup>rd</sup> Place	\$100	\$100	\$100
Stage 3			
Place	Male Pair	Female Pair	Mixed Pair
1 <sup>st</sup> Place	\$200	\$200	\$200
2 <sup>nd</sup> Place	\$150	\$150	\$150
3 <sup>rd</sup> Place	\$100	\$100	\$100
Stage 4			
Place	Male Pair	Female Pair	Mixed Pair
1 <sup>st</sup> Place	\$200	\$200	\$200
2 <sup>nd</sup> Place	\$150	\$150	\$150
3 <sup>rd</sup> Place	\$100	\$100	\$100
GC			
Place	Male Pair	Female Pair	Mixed Pair
1 <sup>st</sup> Place	\$3,000	\$3,000	\$3,000
2 <sup>nd</sup> Place	\$1,000	\$1,000	\$1,000
3 <sup>rd</sup> Place	\$500	\$500	\$500



# AWARDS

## LEADERS JERSEYS

From the yellow to the purple to the green, the leader jerseys are a statement of superiority. Whether worn for just one stage or awarded for an overall victory, the mountain bikers who carry these on their shoulders are champion riders and deserving of great respect. Port to Port is proud to bestow the leader from each of the riding categories an exceptional leader's jersey for 2022. Each daily GC winner in every ride category will be presented their exclusive Leader jersey at the daily awards presentation on the Finish Line.

## FOUNDING RIDERS

Awarded at Stage 4 presentations.



## EXCITED FOR THE POST-RIDE CELEBRATION?

### *Sunday night, 22nd May*

- ~ \$5 PORT TO PORT PALE ALE BREWED FOR THE EVENT
- ~ LIVE MUSIC ALL NIGHT ~

4-6 UNION STREET, NEWCASTLE WEST ~ [WWW.THEROGUESCHOLAR.COM.AU](http://WWW.THEROGUESCHOLAR.COM.AU)





An aerial photograph of a cycling event taking place on a grassy field. A large crowd of spectators is gathered on the left, watching a group of cyclists as they ride along a path. In the background, there is a large white building with a blue roof, surrounded by trees and rolling hills under a clear blue sky.

# GOOD TIMES ROLLING

**PORT  
TO  
PORT**

19-22 MAY 2022

**REEF  
TO  
REEF**

18-21 AUG 2022

**CAPE  
TO  
CAPE**

20-23 OCT 2022

AUSTRALIA'S ORIGINAL, BIGGEST AND PREMIER MTB STAGE RACES.

# ABSA CAPE EPIC

## ABOUT THE ABSA CAPE EPIC

The Absa Cape Epic is held over 8 days in March every year, covering approximately 700 kilometres with 15,000m of climbing in South Africa's Western Cape.

Every year, the early bird entries sell out faster than you can say 'Indwa' (the Zulu name for South Africa's national bird, the Blue Crane). But, as an entrant in Port to Port, you have the unique opportunity to purchase an entry through a draw for yourself and your partner.

## WHAT YOU HAVE TO DO

To qualify for one of the entry slots, you will need to register your interest on your Pair Active registration form prior to the race (only available to Pair riders). If you forgot to tick that box and would like to register your interest you can email us at [porttoport@ironman.com](mailto:porttoport@ironman.com).

Need more time to consider the challenge? You can still sign up at the event by seeing the crew at Information until the evening of stage 2.

## QUALIFICATION GUIDELINES

View the Pairs Race Rules [here](#). To be eligible to race 2023 Absa Cape Epic you must be 18 years of age as at 2022 Stage 1 date.

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

## OVERALL MEN AND OVERALL WOMEN – WILDCARD ENTRY

The overall men's and women's winning Pairs qualify for a guaranteed wildcard entry into the Absa Cape Epic. This must be requested via email to [registration@cape-epic.com](mailto:registration@cape-epic.com) 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 2023 Absa Cape Epic entries. These will be drawn virtually post Port to Port 2022.

- Draw Allocation is eligible to Port to Port 4-day Pair riders only (i.e. excludes 4-day Solo).
- The Draw Allocation slots are per individual within a 2-person Pair. The individual is free to choose any partner, i.e. it is not necessary that his/her partner participated in 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 \$10.93 AUD fee to register your interest will be charged which will be donated to Qhubeka one of the [Absa Cape Epic official charity partners](#).
- If you are successful in obtaining an Absa Cape Epic slot, we will be in contact up to 48 hours after the race to advise.
- Should a rider decide not to take up the entry, the entry will be re-drawn
- A non-refundable deposit of \$100 USD per guaranteed entry must be made to secure the entry. This deposit will be deducted from the entry fee.
- The team entry fee for the 2023 Absa Cape Epic is \$7500USD per pair (\$3750USD per rider). Riders will be emailed details on how to complete the payment.
- All entries are for the 2023 Absa Cape Epic and cannot be transferred to another year. Once payment has been received, the standard [Absa Cape Epic cancellation policy](#) applies.



# SPECTATOR INFORMATION

## STAGE 1 SPECTATOR POINTS:

### Corner of Pokolbin Mountain Rd and Broken Back Rd, Pokolbin

After leaving the start line at Roche Estate 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.

### Campground on Broken Back Trail, Pokolbin

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 emerging from singletrack back to this Water Point for a refill. Riders will need some cheering on for their (mostly) downhill run back toward home.

### Thompsons Rd, Pokolbin

Surrounded by vineyards riders will tackle the last short steep climb before entering the Hunter Valley Gardens complex, with less than 3km 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.

## STAGE 2 SPECTATOR POINTS:

### Banyandah Rd

You will need to be up here before the race starts to see Riders as they head up Banyandah Rd in their wave formations before turning right to start their epic day of singletrack-squiggle riding.

### Exit & Entry of Holmesville Trail loop – near Junction of Boundary Rd and Killingworth Rd

At the 24km mark Riders will return to this area after tackling the singletrack and fire trails of the Sugarloaf foothills and Killingworth areas where they will emerge from the bush and line up for their assault on the singletrack mecca of Holmesville – dizzy anyone? You can walk to this point from the Start Line and find the course markings where Riders will exit on the southern side of Boundary Rd, and will re-emerge from the western side of Killingworth Rd, then cross over into “The Maze” to start their 15km loop. If you know your way around you can walk along the various fire trails to view Riders at different parts of the course, as they gun it back towards the finish line – who will bring home the Bacon?

## STAGE 3 SPECTATOR POINTS:

### Mt Faulk Rd – Biraban Track entrance

Meet the riders as they finally reach the end of their flat out blast across the undulating roads of the Watagans. Here they negotiate a tight left turn from a steep downhill section of gravel road as they enter the singletrack oasis of Awaba MTB park.

### Awaba MTB Park

Watch the grinning faces of Riders as they speed through the pristine twisting singletrack of the Awaba MTB Park, lovingly maintained by our friends at the Hunter Mountain Bike Association.

They will first enter the far northern section from “BirabanTrail, and commence their ~45 minute loop of the full trail network – in reverse! There will be plenty of places to view Riders; however one of the best spots will be at the tunnel under the Downhill track (past the main carpark to the “Downhill” carpark, walk up the track) where you will get to see Riders heading in both directions. More great vantage points can be found on the ‘Siberia’ loop which is on the left as you enter the main gate. Riders will pass through the main trailhead car park before the second half of the loop, returning along Jenkins Rd into Awaba’s newest winding singletrack of the Development Trail area, then finally returning to Jenkins Rd to exit the park onto Mount Faulk Road.

## STAGE 4 SPECTATOR POINTS:

### Fernleigh Track – Whitebridge / Dudley

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

### Exit from Seussland

The end is in sight – one last chance to catch the smiles of Riders as they complete their lap of the Glenrock Trails. Move up into the trails and watch some tired riders navigate the final twisty rocky challenge of the event.



# ADDITIONAL INFORMATION

## SUSTAINABILITY

As part of the event sustainability practice you'll see lots of innovative and new ways we're trying to reduce waste and leave a cleaner footprint.

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

1. Please help us in our mission by bringing your own Keep Cup for your morning brew.
2. Don't forget your refillable water bottles each day.
3. PLEASE recycle in line with the bins provided that will separate cardboard, cans & bottles and soft plastic.

## VOLUNTEERS

The 2022 Port to Port requires the support of over 150 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.

## OFFICIAL EVENT APP

Port to Port is available on the [Epic Series App](#) and has everything you need to know as a rider or a spectator.

Available for both iPhone and android, the app includes live rider tracking, race leaderboard, race results, course maps and event schedule.

- Update it to get the latest race info.
- Track riders live throughout the course, including their time splits.
- Live leaderboard to keep you up front with who's in the lead. And you can filter by age group.
- It's super easy to find and create your own list of your fav riders to follow.
- You can receive notifications when the riders you're following cross key race points.
- Check out the final results post-race.
- Always know where you are and want to be with interactive maps.
- Event info and clear schedules ensure you know what's going on, where and when.

Get all the race info and updates in your pocket. Download the Epic Series App now!

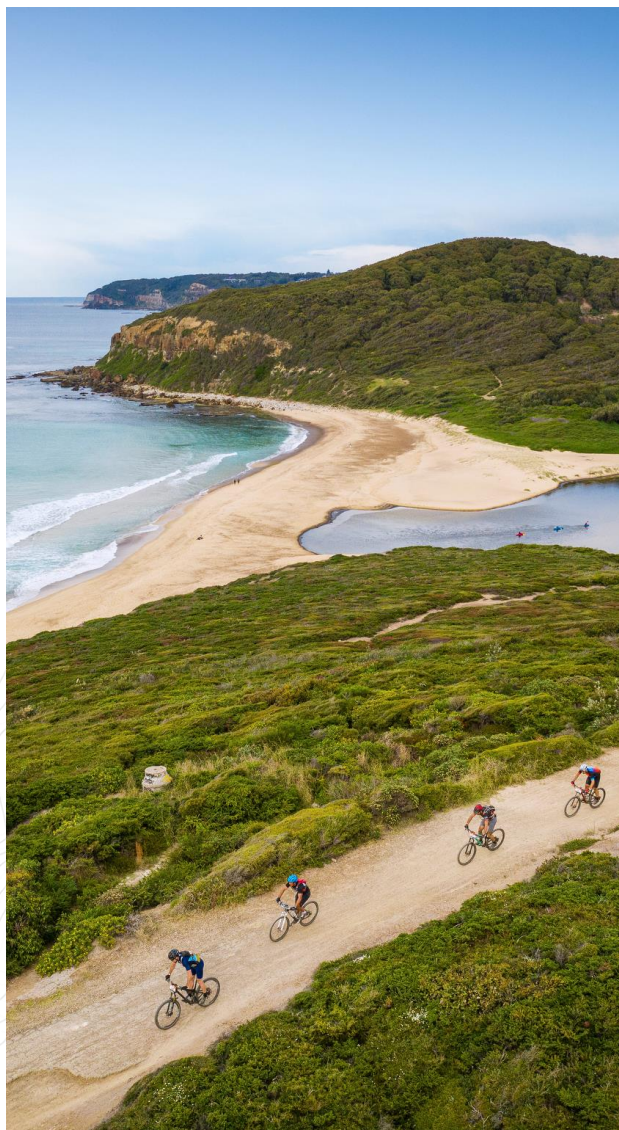
## GET SOCIAL



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# EVENT PARTNERS

