



TASMANIA

RIDE GUIDE

APRIL 28 - 30, 2023

WILD MERSEY WARRAWEE &
SHEFFIELD, DIAL RANGE & PENGUIN



GINELI



NAVIGATING THIS GUIDE

The event information in this guide is organised to assist you with planning your Quad Crown MTB 'The Wild Penguin' experience and ensuring a pleasurable time in the North West of Tasmania.

Our stages are detailed as accurately as possible, however last-minute course changes do occur for a variety of reasons. Please check our Facebook page for late changes and updates to course alignments.

Toward the back of this Guide, we outline everything you need to know in anticipation of your ride, including timing, awards, accreditation and safety. Please take some time to familiarise yourself, particularly with our start line systems and etiquette.

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DIRECTOR'S WELCOME

Welcome to the inaugural Quad Crown MTB Series event, The Wild Penguin. We are thrilled to finally kick the series off after 2022 threw us a variety of unavoidable setbacks and challenges.

We are all delighted to share the incredible scenery and landscapes that we have discovered in what is commonly known as Australia's MTB wonderland.

We're equally excited to be staging our new series of MTB events after starting Cape to Cape MTB back in 2008 and subsequently Port to Port MTB (2015). Our vision for the Quad Crown MTB has been and always will be, to stage four mini stage-races for the weekend warrior and give those who want more than a single day challenge but don't want the pressure of a full-on stage race, a place to compete and have fun.

Having said that, there are always those who are 'in it to win it' and no doubt we will enjoy witnessing the cracking pace set by the elite riders as they churn through the trails and tracks. The escapades of our social riders always make for some great war stories over a bevvvy or two at the end of each day and are a real highlight for us.

For those of you who registered in 2022 and been along the roller-coaster of weather, COVID and travel setbacks, welcome and thank you for your support. To those of you who only recently registered, welcome - we have no doubt you will love the experience.

Like our other events, we know that what will make The Wild Penguin MTB so good is The People. The riders who take up the physical challenge during the day and build the camaraderie at night. From the lifelong friendships will be made, to the local community who have so warmly welcomed us and the sponsors, event organisers, volunteers and stakeholders who have all embraced the event together - a perfect combination that will put The Wild Penguin firmly on any riders 'to-do' list.

We are particularly excited to bring you some of the newest and freshest tracks and trails you'll ever get to ride. We'd like to acknowledge and thank the team at Next Level MTB and Trailscapes who have lovingly crafted some of the epic trails The Wild Penguin will traverse, including the newly opened Adventure Trail, nicknamed Raptor Ridge. We'd also like to pass our gratitude onto the Cradle Coast Mountain Bike Club, the Mersey Valley Mountain Bike Club and the team at Latrobe, Kentish and Central Coast Councils who have all been outstanding in their support to bring The Wild Penguin to life.

To our major partners, Events Tasmania and Tineli, thank you for your involvement and backing.

To all of our suppliers, accommodation providers, management, staff and volunteers, we again thank you for your support as we grow and expand and strive to ultimately achieve our goal of staging Australia's favourite MTB series.

JASON DOVER, CHRIS HEVERIN, AND SALLY HILL

Directors

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EVENT TIMES

FRIDAY **28** APRIL

2.30 PM

REGISTRATION OPENS

Penguin MTB Park, Montgomery Road, Trailhead

3.00 PM

PRELUDE BEGINS

Penguin MTB Park, Montgomery Road, Trailhead

6.00 PM

WELCOME DINNER

Penguin Brewing Co, 85 Main Road, Penguin

SATURDAY **29** APRIL

8.00 AM

REGISTRATION OPENS

Wild Mersey, Warawee Shale Road

9.00 AM

STAGE 1 - RACE START

Wild Mersey, Warawee Shale Road

2.00 PM

SOCIAL FUNCTION & PRESENTATIONS

Island State Brewing, 17 Oldaker St, Devonport

SUNDAY **30** APRIL

9.00 AM

STAGE 2 - RACE START

Crockers Street, Railton

12.00 NOON

PRESENTATIONS & SOCIAL FUNCTION

Seven Sheds Brewery, 22 Crockers Street, Railton

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FRIDAY 28 APRIL

REGISTRATION, PRELUDE AND PENGUIN BREWING CO



2.30pm Registration Opens // Penguin MTB Park

Penguin MTB Park is located just 2km from the township of Penguin on Tasmania's North West Coast. From the Bass Highway take an exit to Penguin and head South, away from the township follow the signs to the Penguin Regional Sports Centre and onto Ironcliffe Road.

100m from Sports Complex Road on the left, there is a small parking area and yellow boom gate where limited parking is available. There are a number of directional signs around the park that should help you to navigate.

Event parking is usually available within the park, take the second yellow boom gate on your left and follow the road into the gravel parking area. Please use extreme caution when driving this road as it forms part of the trail network and therefore you may come across riders.

Registration will be clearly set up in the Event Carpark. Here, you'll receive your plate, transponder, and event T-shirt.

3.00pm Prelude Starts // Penguin MTB Park

Friday afternoon's Prelude is a short 10km ride at the northern end of the Wild Mersey trail at Penguin, Latrobe. This single-track smash will not only get your legs warm and turn the bike over, it will also seed you for the following two stages of weekend riding. It incorporates a 10km loop of the best of the single trail here, an array of tracks known as the Full Monty!

The starting waves for the following days' stages will be based on the time you ride at the Prelude.

6.00pm Welcome Dinner // Penguin Brewing Co

Penguin Brewing Co
85 Main Road, Penguin
Time: 6:00pm – 9.30pm
www.penguinbeerco.com.au

Beers by the beach? Yes please. Penguin Brewing Co has it all – amazing views, delicious food and live events, all while slinging some of the Island States' best range of locally brewed craft beers. Why not try a tasting paddle of Penguin's signature brews?

The guys at Penguin Brewing Co have been an awesome support to The Wild Penguin team and to show what great folk they are, have given each rider a token for a FREE pot to enjoy after the Prelude. Cheers guys! Your beer token is included in your registration pack.

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SATURDAY 29 APRIL



REGISTRATION, STAGE 1 AND ISLAND STATE BREWING

8.00am Registration Opens // Wild Mersey

The Warawee Trail Head Car Park is at the end of Shale Road, 3.8kms from the centre of Latrobe. To get there make your way to Latrobe and drive along the main street looking out for Hamilton Street. Just turn left onto Hamilton Street and it becomes Shale Road.

You shouldn't be able to get lost once on the road (just keep the river on your right). The car park is at the very end of Shale Road.

Registration will be clearly set up in the Event Carpark.

If you haven't registered yet, here's where you'll receive your plates, transponder, and event T-shirt

9.00am Stage 1 Starts // Wararee, LaTrobe

Stage 1 on Saturday morning will see riders gather at the northern end of the Wild Mersey trail network at Warrawee, Latrobe. This stage will not only feature the brilliant single track at the Warrawee end of Wild Mersey but also include an out and back on the Railton Express, a beautiful trail that

winds all the way along the Mersey River. The highlight will come with the new Wild Mersey Adventure Trail freshly built just out of Sheffield and nicknamed the "Raptor Trail". Riders can expect a solid 59km stage with over 1200m over climbing – a great test to start your weekend in the saddle.

2.00pm Social Function and Presentations // Island State Brewing

Island State Brewing
17 Oldaker Street, Devonport
Time: 2.00pm onwards
www.islandstatebrewing.com.au

Devonport's only independent craft brewery. Established in 2022 Island State Brewing provides fresh, great-tasting beers brewed on site.

You will sit amongst the stainless steel and experience the sights, smells and tastes of a working brewery. Local beers include the Port City Pale, North West Coast IPA, Mersey River Mid and the ever popular Devonporter

RIDE | EXPLORE | COMPETE | REPEAT



SUNDAY 30 APRIL



STAGE 2, PRESENTATIONS AND SEVEN SHEDS BREWERY

8.00am Information Opens // Crocker St, Railton

The Stage 2 start line at Railton is a 20 minute drive south of Devonport. For this stage we return to the Wild Mersey trails at the southern end of the network, which without doubt has the best selection of single trail in the region. Information will be open from 8.00am.

9.00am Stage 2 Starts // Railton

An epic stage of testing climbs and fun descents has been designed coming in at around 40km with just under 1000m of elevation. We feel it is only right to issue a warning to all riders who tackle this stage, there is every chance you might be sick of sweet flowing single track when you get to the finish line! The best cure might just be a well-earned burger and beer from Seven Sheds Brewery, our host for the end of race presentations.

12.00pm Social Function and Presentations // Seven Sheds Brewery

Seven Sheds Brewery
22 Crockers Street, Railton
Time: 12.00pm onwards
www.sevensheds.com

Seven Sheds has operated in its original “backyard” premises since 2008 where visitors can see hops growing, sample the brews and meet the brewers. Its range includes a number of beers inspired by ingredients grown and produced in the Cradle Coast region including quinoa, oats, raspberries and honey.

While the style is heavily influenced by English and European ales, Seven Sheds also produces quirky styles including a beetroot steam ale, a barrel-aged india pale ale and a tart cherry saison brewed with Kentish cherries. It also produces a range of mead wines and one or more is usually available for tasting on request. The meads range from sweet and sparkling table wines to dry, medium and spiced meads.

RIDE | EXPLORE | COMPETE | REPEAT



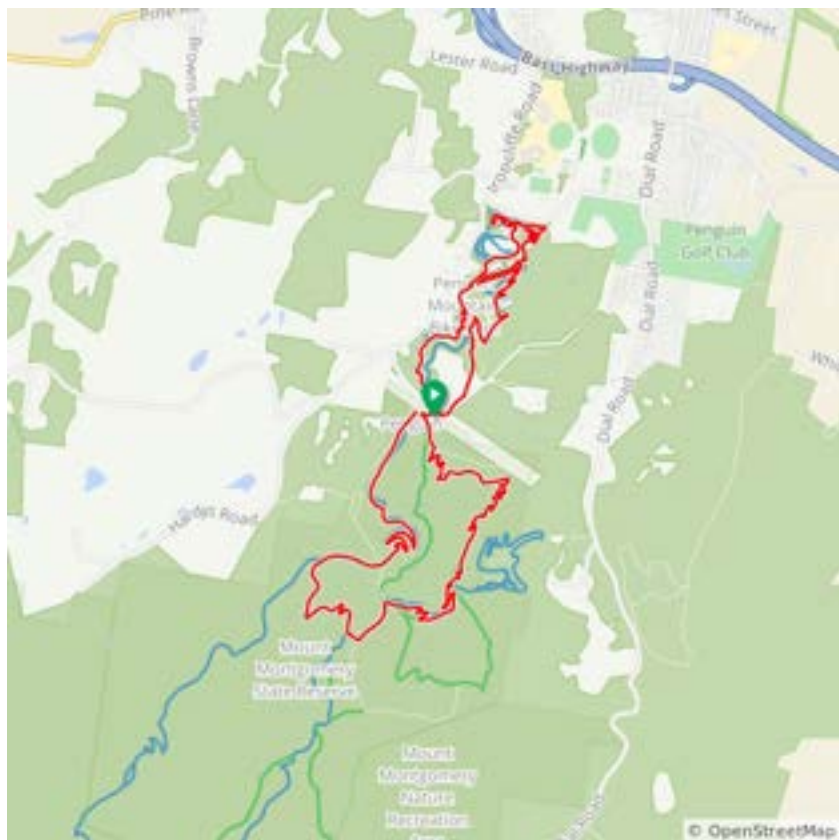


RIDE | EXPLORE | COMPETE | REPEAT



FRIDAY 28 APRIL

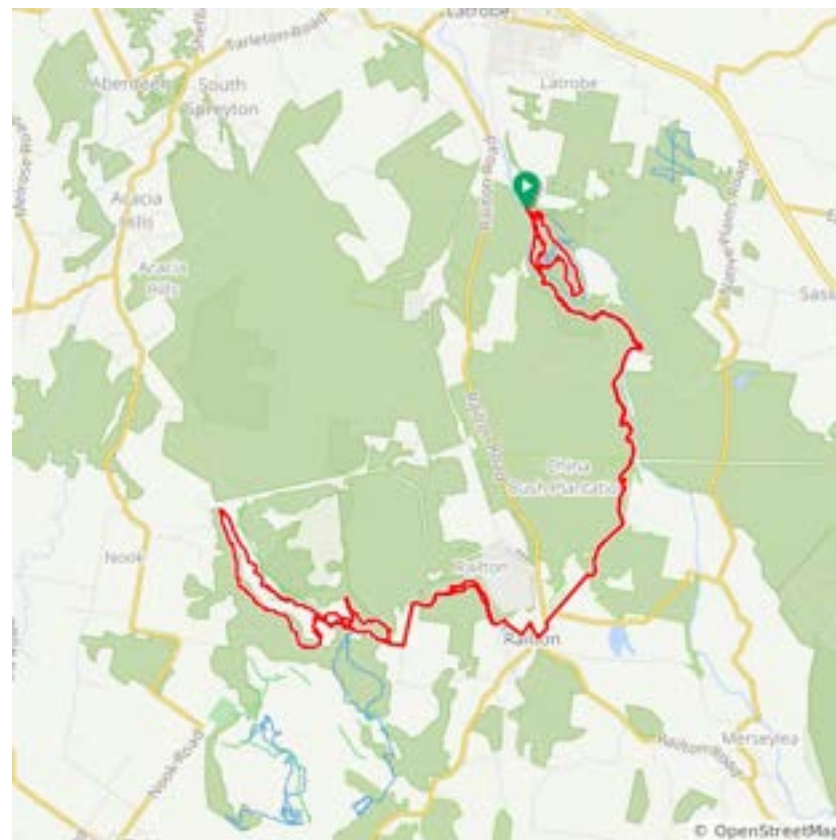
REGISTRATION, PRELUDE AND PENGUIN BREWING CO

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SATURDAY 29 APRIL

REGISTRATION, STAGE 1 AND ISLAND STATE BREWING

59KM

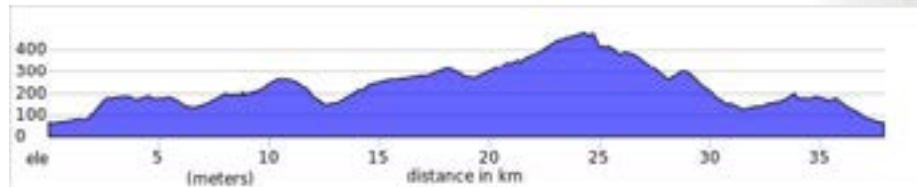


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SUNDAY 30 APRIL

STAGE 2, PRESENTATIONS AND SEVEN SHEDS BREWERY

40KM



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HANDICAP SYSTEM

We have designed all four Quad Crown events especially for the Weekend Warrior and this extends to how we will award the Ultimate Warrior Crown for each event.

The main goal of each Quad Crown event is to have FUN. Just come and ride, enjoy the awesome trails and and get friendly at our social functions. Just know that the ranking system we have in place will also create plenty of interest and banter and no doubt generate some side bets amongst your mates and new friends you make at the finish line.

BUT HOW DOES IT ALL WORK?

The fastest riders from Friday's Prelude will go off first, with the field then divided up into waves for the following stages on Saturday and Sunday based on your ability.

You can rock up at a time that suits you to complete the Prelude from the official start time.

A unique handicap system will be implemented at each event as we search to find the riders in our field who have their best race, based on their ability to begin with. This means that EVERY rider can pit themselves against the best in Australia and see how they place in the overall field – in a similar way to how golf handicaps work! And best of all, elite riders will not be eligible to win the Warrior Crown, they just have to settle for line honours, podium glory and their own smaller crowns!

After being seeded into your wave from Friday's Prelude, all you need to do is complete Saturday's stage 1. You will automatically receive a handicap adjustment based on your seeding. Your handicap will then adjust off your Saturday performance into the third and final stage on Sunday. Here, you'll ride to the best of your ability and receive an official time for the stage but also an adjusted handicap time for the Sunday stage and an overall result.

At the conclusion of Sunday's Stage, we will award an overall winner based on the handicap system – identifying the rider in the field who had the best stage race based on their overall ability.

We all know the elite riders are going to be up the front and smashing it like they do at every event.

There will still be a crown for the Prince and Princess that take line honours as well as podiums at the end of each stage to recognise the best of the best. And of course prize money!

Furthermore, we will also implement ranking points from each of the Quad Crown Series events. At the conclusion of the 2023 Series, an overall winner in the Elite Male and Female categories will be announced. Points will be allocated at each event based on the following Top 10 places in both the male and female elite categories. The overall 2023 Series winners will collect additional prize money.

ELITE POINTS

1st – 25 points	4th – 10 points	7th – 4 points
2nd – 20 points	5th – 8 points	8th – 3 points
3rd – 15 points	6th – 6 points	9th – 2 points
		10th – 1 point



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ELITE RIDER PROFILES

When you attend a Quad Crown MTB series event, it's highly likely our wonderful Weekend Warriors will find themselves riding in the same field as Olympians, World and National Champions!

The Wild Penguin is no exception, with some of Australia's best heading to the Island State to join in the fun.

Feel free to hit these guys up for a few tips! If you can't keep up with them during the stages, make sure you head on down to a social function to have a chat.

IMOGEN SMITH

Imogen first picked up a bike at 21 and never looked back, and today is one of Australia's most experienced mountain bike marathon and stage racers, with hundreds of events under her belt. Over 20 years Imogen has raced or ridden nearly every type of bike in every discipline, always returning to her first love - marathon mountain biking.

Imogen has represented Australia at XCO and XCM World Championships and worn leaders' jerseys at international stage races, racing for Aussie-based team MarathonMTB.



SCOTT BOWDEN

After nearly seven years away from the discipline Scott Bowden made his return to the mountain bike National Championships in Thredbo earlier this year.

The last time the mountain bike community saw the Tasmanian at a National Championship he was standing top of the podium in Bright after winning a second straight Under 23 Mens XCO title. That same year Bowden would go on to compete as part of the Australian Road team at the 2016 Rio Olympic Games. It was there he stayed until last year where he returned back home to Tasmania to study and work and reignite his love of cross-country.



PETA MULLINS

Peta Mullens is an athlete. If challenges were a magnet, she is an iron ball – never able to roll too far away without getting pulled back in.

By the age of 14, she was already a State Champion Triathlete. Sidelined from triathlon due to a running injury, someone recommended she give track cycling a try. Over the past 20 years, Peta has racked up 12 Australian National titles between road, mountain, and cyclocross.



DAN MCCONNELL

Dan began cycling at 13 years of age and at 23 was chosen for the Australian Team. At the age of 23 McConnell made his Olympic debut at the 2008 Beijing Games and followed that up with a spot at the 2012 Summer Olympics.

At the 2014 Commonwealth Games, he won the bronze medal in the men's cross-country cycling.



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CATEGORIES & AWARDS

The Wild Penguin is less about prize money and more about good times and an epic three days of riding.

However, we do wish to acknowledge the riders who perform to the best of their ability and cross the finish line ahead of their cohort.

Our handicap system ensures that everyone and anyone is in the mix to be crowned the overall winner of The Wild Penguin (Male and Female) and proclaimed King and Queen. Podium glory, prizing and a taste of royalty await the Male and Female who finish with the fastest adjusted time.

A total prize money pool of \$2,000 will be awarded across the first placed Elite Male and Female, with all other category winners receiving prizes and podium recognition.

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RIDER JERSEY

If you haven't noticed already, we have one absolutely epic rider jersey this year.

The Pro Performance Jersey from series partner Tineli has all the best features combined with style, ensuring you're going to perform as well as look good.

How do you get your hands on one? If you didn't purchase one when completing your registration, you can purchase one at Registration on Friday or Saturday.

Pro Performance Jersey - \$149.95

- Technical fitted jersey with waffle textured main fabric.
- High stretch fabric to comfortably fit a range of body sizes.
- Super lightweight fabric – ideal for hot conditions.
- Highly breathable, great moisture management
- Double stitched pockets and hems for durability.
- Three rear pockets.
- Full coverage, full colour, fade resistant digital sublimation printing



Our Pro Performance Jersey was designed by Tineli.

TINELI

MEN'S JERSEY SIZING CHART

SIZE	CHEST	LENGTH
XS	88 cm	64 cm
S	92 cm	67 cm
M	96 cm	70 cm
L	100 cm	73 cm
XL	104 cm	76 cm
XXL	110 cm	79 cm
3XL	116 cm	82 cm

WOMEN'S JERSEY SIZING CHART

SIZE	CHEST	LENGTH
XXS (4)	<74 cm	60 cm
XS (6)	77 cm	62 cm
S (8)	82 cm	64 cm
M (10)	88 cm	66 cm
L (12)	94 cm	68 cm
XL (14)	98 cm	70 cm
XXL (16)	100 cm	72 cm
3XL (18)	>104 cm	74 cm



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IMPORTANT RIDE INFORMATION

RIDER REGISTRATION

All riders are required to collect their rider pack prior to the event. This pack will contain your number plate, transponder and cable ties, a beer voucher for the Welcome Function at Penguin Brewing Co and an event t-shirt.

Rider pack collection will be open at Penguin MTB Park on Friday April 28 from 2.30pm and again from 8.00am at Wild Mersey on Saturday April 29. It is highly recommended that riders collect packs on Friday so that your bike is setup correctly in advance and to avoid time delays.

TIMING

The Wild Penguin is timed electronically by Onesport. You will receive a number plate, transponder and cable ties in your rider pack. These need to be fixed to your bike for the duration of the event. Please affix your transponder as per this image. You cannot change transponders with another rider as it is unique to your registration. The Transponders must be handed back at the finish line of your final day of riding. You may keep your plate as a souvenir.

When you arrive at Penguin MTB Park for the Prelude, or Wild Mersey for Stage 1, you will need to have your number plate and transponder fixed to your bike to enter. If you have not yet picked up your competitor pack containing these items, please head to the registration tent before attempting to enter the event.

Once your number plate and transponder are fitted correctly, you're good to go. Be sure to start in your allocated wave on Saturday as it is a gun start time. If you are not on time, please let us know at the timing tent so we can reallocate your chip into the correct wave.

Throughout the event you can keep track of your position by visiting <https://results.onetime.sport/activities/search>

If you have a timing issue, please have a chat with our staff at the Race HQ tent.



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IMPORTANT RIDE INFORMATION

ACCIDENTS ON COURSE

If a rider in front of you crashes, this is not an opportunity to pass! Please stop immediately and ask if they need assistance. The first rider on the scene should remain with the rider, if the rider requires medical assistance the second rider on the scene is to remember the rider number and move forward to the next marshal check point with a radio. This will allow for medical assistance to be called and first aid to respond.

RIDER ETIQUETTE

Riders are to be reported to the Event Director if they:

- Disobey 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;

Quad Crown believes in the honest and supportive culture of Mountain Biking and holds the safety of our riders a priority. If you stop to assist a rider with a mechanical or injury, please report to HQ and you will be awarded a time credit for the time spent helping out a fellow rider.

HEALTH AND SAFETY

Whilst there is a portion of the course that is managed by our Traffic Controllers, the majority of it will have live traffic, meaning road rules will apply. Riders must NOT ride in a bunch on the road or take over the lane. It is important to understand that while traffic management is in place, roads remain open to vehicles. Riders must always give way to cars.

Riders who have medical conditions (eg Asthma) must carry their own medication for the duration of the event.

All riders should carry enough food, water, basic first aid and a tool kit in their daily ride kit. There will be basic feed stations on the course to allow riders to adequately rest and refuel.

WITHDRAWING FROM THE RIDE

Should a rider decide to withdraw from the ride, they must notify official marshals on course, who will then communicate to the SAG vehicle to come and pick up the rider or alert timing so we're not waiting for you to finish while you're chilling at the after party!

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IMPORTANT RIDE INFORMATION

START LINE – PRELUDE

The Prelude will see riders move through the course one by one with a gap between riders to ensure a clear run. There are overtaking points along the course should you need them and be sure to let a rider overtake should this happen to you.

At the conclusion of the Prelude the results and wave start times for the following Stage will be announced at the Penguin Brewing Co Function and posted on social media. If you can't make the prelude and have registered for the weekend ride, don't stress – you will be given an average time for your seeding. Ebike riders will start at the last wave for all Stages.

START LINE – STAGES 1 & 2

Riders will be called into the Start grids based on their pre-determined Start Times announced the day prior. You will be checked off as you enter the grid, and your transponder will be already programmed to a gun start time.

If you wish to change waves to ride with a mate or you are running late, please let the timing tent know so we can make sure you get an accurate result. You're always welcome to hang back wave to ride with your mates, however we cannot push riders forward a wave

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EXPLANATION OF SERVICES

ITEM	CONTENT
Registration tent	Registration tent will be open from 2.30pm till 5:00pm on Friday April 28 at the Penguin MTB Carpark, Montgomery Road, Trailhead. Then again on Saturday April 29 at Wild Mersey Car Park from 8.00am.
Rider packs	Rider packs will be available for collection at the registration tent. Your pack will include your timing chip and rider plate, T Shirt and Beer token.
Information tent	Got a question? Be sure to see a friendly Quad Crown team member at the information tent who will have all your answers. Information will open at 2:30pm on the Prelude and Day 1 & 2 will see information services open at 8:00am. You can also purchase your exclusive Quad Crown rider jersey here.
Bottle Drop	The Quad Crown will have a bottle Drop service on Saturday and Sunday of the race. Please ensure your bottle is dropped in the crates at Information prior to 8.30am and it will be taken to the water point for you.
Bike Wash	Facilities are available at the Trail Head on Stage One and Two.
Water Points	Stage 1 Water station will be located at the 20km mark (riders return to this same spot at the 32km mark) and at the 17.5km mark for Stage 2. There is no water station at the Prelude. We strongly advise you carry enough water for the course however we'll be there if you need us.
Bag Drop	The Wild Penguin has limited storage available. It is strongly recommended to not leave any belongings at the start or finish lines.
Parking	The Prelude is located at Penguin MTB Park, Montgomery Road. Please use the designated MTB Club Car Park and Montgomery Road. Stage One Car Parking is situated on Shale Road and in the private Property next door. Look for signage. Stage Two Car Parking is in the surrounding streets, there is plenty of parking along Latrobe Road and the local neighbourhood. Please do not park over driveways!
Coffee	So important! On Stage One we will have the awesome Beth and the crew from The Little Tazzie Coffee Bar. They do Coffee, Toasties, milkshakes, cookies and more. Stage Two is right next to the Gear House of Grind where you're sure to get your caffeine fix and a bite to eat!

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