



EDEN - NSW

RIDE GUIDE

SEPTEMBER 8 - 10
EDEN AND TATHRA,
SAPPHIRE COAST

OUR PARTNERS



QUAD CROWN
MTB SERIES
AUSTRALIA

NAVIGATING THIS GUIDE

The event information in this guide is organised to assist you with planning your Quad Crown MTB 'The Orca' experience and ensuring a pleasurable time on New South Wales' Sapphire Coast.

Our stages are detailed as accurately as possible, however last-minute course changes do occur for a variety of reasons. Please check our social pages for last minute 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.

JOIN THE CONVERSATION...



@QUADCROWNMTB
#quadcrownmtb
#theorca

WWW.QUADCROWNMTB.COM.AU

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DIRECTOR'S WELCOME

Welcome to our inaugural New South Wales Quad Crown MTB Series event, The Orca.

We are thrilled to bring the series to the coastal wilderness of New South Wales's Sapphire Coast after the overwhelming success of our first two events earlier in the year in Tasmania (The Wild Penguin) and Queensland (The Sunny 80).

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. We think we've captured that and have been taking on rider feedback from our events to continually finesse the series, ultimately ensuring the best rider experience possible.

There are always riders who are 'in it to win it' and we will enjoy witnessing the field of 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.

Ready for a weekend of zooming down a twisting mountain bike trail through native forest overlooking the ocean, diving into pristine water to cool down and finishing it all off with a beer at the pub? Now that sounds like some kind of heaven. It sounds like The Orca in fact.

Our riders will be some of the first in the country to ride the tracks and trails at Gravity Eden because the trail network is opening just for the race – literally. Initially slated to open in July, a lack of rain meant no moisture to help the tracks cure. Thankfully the weather gods like what we're doing and sent some precipitation our way, giving Orca riders the honour of being the first riders to check out and ride the trail network that Gravity Eden and Contour Works have worked tirelessly to build.

To our major partners, Tinel and Flip Insurance, thank you for your involvement and backing. To our destination partner, Destination NSW, we gratefully acknowledge your support and efforts in bringing this event to life.

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.

Enjoy the trails and have fun!

SALLY, LIAM, CHRIS AND JASON

Directors

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WELCOME NSW GOVT

WELCOME FROM THE NSW GOVERNMENT

The NSW Government welcomes you to the stunning Sapphire Coast for Quad Crown MTB, proudly supported by our tourism and major events agency, Destination NSW.

Designed for the 'Weekend Warrior', Quad Crown MTB on the Sapphire Coast caters to riders of all abilities and ages seeking the challenge of stage racing, combining great riding on beautiful trails with the breathtaking scenery of one of nation's most pristine natural environments.

Over three days, riders will experience some of the best mountain biking tracks in Australia, winding through an incredibly diverse coastal wilderness including secluded beaches, pristine estuaries, native forests and ancient landscapes.

Events like Quad Crown MTB are also key to the vitality of our regional centres, attracting thousands of participants, supporters and officials who stay in our hotels, visit our attractions and spend locally, bringing substantial economic and social benefits for local businesses and communities.

The Sapphire Coast is a jewel of regional NSW and one of Australia's best-kept tourism secrets with pristine landscapes bound by majestic native bushland, bucolic fields, undisturbed waterways and an inviting community.

Enjoy the event and take some time to discover the diverse and exciting visitor experiences throughout the Sapphire Coast by planning your trip at visitnsw.com.



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EDEN - NSW

EVENT TIMES

8-10 SEPT 2023

FRIDAY 8 SEPTEMBER

- 1.00 PM **REGISTRATIONS OPEN**
Gravity Eden MTB Park Trailhead and Pump Track
- 3.00 PM **PRELUDE BEGINS**
Eden Nullica State Forest,
Gravity Eden MTB Park
- 6.00 PM **SOCIAL FUNCTION**
Hotel Australasia, Pikes Italian Bistro,
142-144 Imlay St, Eden
- 6.00 PM **PRESENTATIONS**

SATURDAY 9 SEPTEMBER

- 8.00 AM **REGISTRATIONS OPEN**
Tathra Hotel, 8-12 Bega Street,
Tathra
- 9.00 AM **STAGE 1 - RACE START**
Tathra - Bournda, National Park,
Bundadung Trail Network, Tathra
- 1.00 PM **SOCIAL FUNCTION**
Tathra Hotel, 8-12 Bega Street,
Tathra
- 2.00 PM **PRESENTATIONS**

SUNDAY 10 SEPTEMBER

- 8.00 AM **REGISTRATIONS OPEN**
Eden Sport and Recreation Club,
79-81 Princes Hwy, Eden
- 9.00 AM **STAGE 2 - RACE START**
Eden Nullica State Forest,
Eden Mountain Bike Park
- 1.00 PM **SOCIAL FUNCTION**
Eden Sport and Recreation Club,
79-81 Princes Highway, Eden
- 2.00 PM **PRESENTATIONS**

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EDEN - NSW

FRIDAY 8 SEPT



REGISTRATION, PRELUDE AND HOTEL AUSTRALASIA

1.00pm Registration Opens // Gravity Eden MTB Park Trailhead and Pump Track

Registration will clearly be set up at the Gravity Eden MTB Park Trailhead and Pump Track.

Here, you'll receive your plate, transponder, event T-shirt and complimentary beer token for the Hotel Australasia social function.

Access is via Storey Avenue, which comes off Princes Hwy just north of the Eden Sport and Recreation Club. Parking will be available on the road leading up to the pump track, however access to the carpark at the base of the track is not permitted

3.00pm Prelude Starts // Gravity Eden Mountain Bike Park Trailhead and Pump Track

Get into town early on Friday afternoon so you are ready to kick off a great weekend with a taste of the new trails at Eden. The Prelude will feature a selection of mostly new trails immediately to the rear and south of the Eden Sports & Recreation Club.

Allocated start times are between 3.00pm and 4.00pm. Riders need to arrive no later than 3.30pm

A short 9km loop combining a few nice climbs with a couple of awesome descents will help you get up a sweat and tune up the bike for the weekend stages ahead. Then settle in to the Welcome Function that night at Hotel Australasia on the main street of Eden.

5.00pm Social Function // Hotel Australasia

Pikes Italian Bistro
Hotel Australasia
142-144 Imlay St, Eden
www.hotelaustralasia.com.au

Once known as the 'Grand Old Lady' of Eden, Hotel Australasia reopened its historic doors in late 2022 after a loving restoration. Built in 1904, the heritage building has a rich local history as the heart of the town, often bringing the community together to celebrate, connect and trade.

This history was not forgotten as Hotel Australasia was transformed into an historic boutique hotel, with an elevated dining restaurant, bistro, and cocktail bar. The names of each of its dining venues tips a hat to the past, and its eight boutique rooms are finished with historic design pieces of the original accommodation.

Plus how good is this? The good folk at Hotel Australasia have a special deal for all our Quad Crown riders! Participants will receive 10% off all pizzas and pasta at our Friday night social function! Make sure you join us for a great night and a complimentary beer on us!

RIDE | EXPLORE | COMPETE | REPEAT



SATURDAY 9 SEPT



REGISTRATION, STAGE 1 AND TATHRA HOTEL

8.00am Registration Opens // Tathra Hotel

Registration will clearly be set up at the Tathra Hotel.

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

9.00am Stage 1 Starts // Tathra Hotel

Stage 1 on Saturday morning will see riders gather in Tathra, where a well-developed network of trails are in place around the coastal town. Starting and finishing from the iconic Tathra Hotel, the trails stretch north and south offering an awesome array of coastal back trails combined with more than 25km of old-school flowing single track. Our course designers have had some fun putting together the best combination of all of the trails in this area to come up with a stage at around 35km with 650m of elevation. Once done enjoy a well earned lunch and a couple of drinks overlooking the coast, but also consider getting the body into the ocean to recharge for what promises to be a big final stage yet to come on Sunday.

Riders will need to arrive in town by 8.30am for a mass rollout start at 9.00am. You will not be able to park at the Tathra Hotel but parking will be available on the side street leading up to the hotel and in the surrounding areas. Please obey No Parking signs and be courteous to the community. Coffee only will be available at the Tathra Hotel from 7.30am, with food available at the stage finish.

1.00pm Social Function & Presentations // Tathra Hotel

Tathra Hotel
8 - 12 Bega St, Tathra
www.tathrahotel.com.au

Perched on the headland and surrounded by beautiful coastline, the Tathra Hotel has been a welcoming meeting place for over 100 years. Come along and enjoy the charm of a traditional country hotel in a family-friendly atmosphere.

The Tathra Hotel is home of independent craft brewery Humpback Brewery (since 2018), serving some of the region's finest craft beers guaranteed to quench any rider thirst!

RIDE | EXPLORE | COMPETE | REPEAT



SUNDAY 10 SEPT

46KM

STAGE 2 AND EDEN SPORT AND RECREATION CLUB

8.00am Registration Opens

Registration will clearly be set up at the Eden Sports and Recreation Club.

9.00am Stage 2 Starts // Eden Sports and Recreation Club

Warning... The final stage of The Orca is going to be Epic in Eden!!!

We are so lucky to be able to put together this stage that will immerse riders straight into the best of the new trails that have been built by @gravityedenmtb and @contourworks. Riders will depart the Sport and Recreation Club in waves from 9.00am..

The biggest challenge for riders will be that whilst you will love the flowing descents, the paydirt comes from the climbs and there will be plenty of them. But the best part - the 8km Wilderness Trail that you will enjoy as the first bit of single track in this stage, you get to do again as the last trail back to the Finish. As you would expect from The Orca - this is going to be huge!

Limited parking is available at the Sport and Rec Club due to local sporting commitments on that day. Additional parking is available at George Brown Oval on West Street (off Princes Hwy), just south of the Sport and Recreation Club. Please note there is no access or parking on Storey Ave as our course goes along this road.

1.00pm Social Function // Eden Sport and Recreation Club

Eden Sport and Recreation Club
79-81 Princes Highway, Eden
www.edenfishermens.com.au

Established in 1948 the Eden Sport & Recreation Club has a rich history of hosting guests in a range of sports, entertainment and hospitality events.

Home to picturesque golf fairways and lively lawn bowls, now paired with the newly renovated Coast Wok & Grill restaurant, offering a range of Chinese, Asian and Australian style cuisines the Eden Sports & Recreation Club has something for everyone.

RIDE | EXPLORE | COMPETE | REPEAT





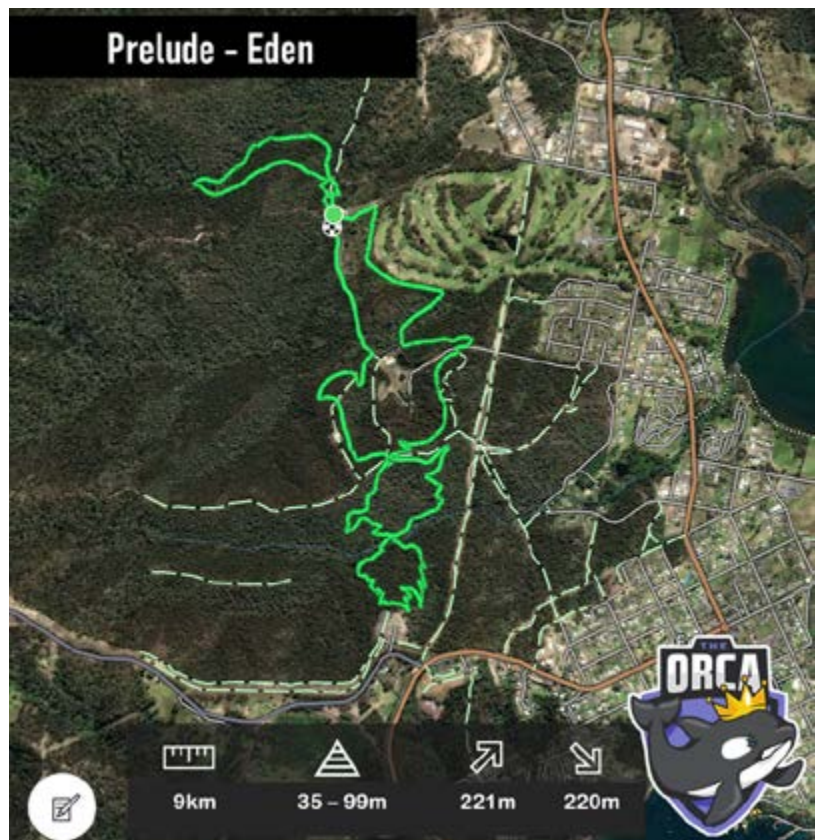
RIDE | EXPLORE | COMPETE | REPEAT



FRIDAY 8 SEPT

9KM

REGISTRATION, PRELUDE AND HOTEL AUSTRALASIA



SATURDAY 9 SEPT

35KM

REGISTRATION, STAGE 1 AND TATHRA HOTEL



RIDE | EXPLORE | COMPETE | REPEAT

SUNDAY 10 SEPT

46KM

STAGE 2, AND EDEN SPORT & RECREATION CLUB



RIDE | EXPLORE | COMPETE | REPEAT



HANDICAP SYSTEM

WEEKEND WARRIORS – HANDICAP SYSTEM

Our unique Quad Crown handicap system is one we are continuing to revise from event to event, but the end goal remains the same - to identify and crown the Weekend Warriors who ride to the best of their ability at each of our events.

Each rider will be given a handicap from the Prelude based on their own time versus the average time for all riders. This handicap will produce an expected time for Stage 1 which will be compared with your actual time. The same will then happen for Stage 2, with your overall comparison times leading to a final placement on the Weekend Warrior Leaderboard. The aim is to identify the “most consistent rider” who can ride to the best of their own ability over each of the stages at The Orca.

Keep an eye out for the Weekend Warrior Leaderboard after each stage. 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 race based on their overall ability. It is meant to be fun and create some banter amongst mates across various abilities to keep things interesting for all riders!

ELITE RIDERS – IN IT TO WIN IT!

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.

The Current Top 5 Quad Crown Series Leaderboard off our first two events is as follows:

MALE

- | | |
|---------------------------------|---------------------------|
| 1. Cameron Ivory (35 points) | 4. Alex Lack (20 points) |
| 2. Daniel McConnell (30 points) | 5. Cam Wright (20 points) |
| 3. Sam Fox (25 points) | |

FEMALE

- | | |
|-----------------------------------|-----------------------------|
| 1. Peta Mullens (45 points) | 4. Sorcha Flett (15 points) |
| 2. Jessica Manchester (35 points) | 5. Imogen Smith (10 points) |
| 3. Katherine Hosking (25 points) | 5. Holly Lubcke (10 points) |

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LOST IN

THE
MOMENT



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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 Orca is no exception, with some of Australia's best chasing some warmth 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.

DAN MCCONNELL

Dan began cycling at 13 years of age and at 23 was chosen for the Australian Team where he made his Olympic debut at the 2008 Beijing Games. McConnell 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.



SAMARA SHEPPARD

Samara Sheppard is a multiple-time New Zealand and Oceania MTB Champion. She competed for New Zealand at the 2018 Commonwealth Games on the Gold Coast, finishing ninth in the women's cross-country competition.



KATHERINE HOSKING

Katherine has been riding bikes her whole life, competing in her first race in 2008 on a 20" bike. After racing a season on a tandem bike with her dad, she decided to race on her own the following year and hasn't looked back.



Katherine has gone on to claim 4 National Champion titles and is the current XCO National Series Winner.

EM VIOTTO

Em is 2022's National XCM Champion and definitely one to watch. Em views mountain biking like meditation, a chance to live in the moment.



Back on the bike and feeling alive after a recent injury, we can't wait to see what Em will do at The Orca.

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CATEGORIES & AWARDS

The Orca 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 Orca (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.

Prize money of \$1,000 each will be awarded to the 1st placed Elite Male and Female, with all other category winners receiving prizing and podium recognition.

RIDE | EXPLORE | COMPETE | REPEAT



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

RIDE | EXPLORE | COMPETE | REPEAT

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 and an event t-shirt.

Rider pack collection will be open at Eden Sport and Recreation Club on Friday September 8 from 1.00pm and again from 8.00am at Tathra Hotel on Saturday September 9. 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 Orca is timed electronically by OneTime. 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 the below 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 Eden Sport and Recreation Club for the Prelude, or Tathra Hotel 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/event/c2c37936-ad0a-4591-a181-8e57c3a19ed4>

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



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 Hotel Australasia social 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 predetermined 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
Bag Drop	The Orca has limited storage available. It is strongly recommended to not leave any belongings at the start or finish lines.
Bike Wash	Bike wash down facilities will be available at the finish line during each stage of the event.
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. Please be advised that riders will not be able to collect their bottles until Saturday morning at the start line for Stage 1 and then at the presentations for Stage 2 as we wait for the Tail End to bring these back.
Coffee	There are plenty of delicious local options for your coffee fix including our registration venues.
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. Day 1 will see information services open at 2.00pm. Days 2 and 3 at 8.00am. You can also purchase your exclusive Quad Crown rider jersey here.
Parking	Please follow the parking instructions and signage on the day and park in designated areas signposted. We also recommend checking our social media channels for daily updates on parking and other event logistics.
Registration tent	Registration tent will be open from 1.00pm till 4.00pm on Friday September 8 at Gravity Eden Mountain Bike Park Trailhead and Pump Track. Then again on Saturday September 9 and Sunday September 10 from 8.00am at the Tathra Hotel and Eden Sport and Recreation Clubs respectively.
Rider packs	Rider packs will be available for collection at the registration tent. Your pack will include your transponder and rider plate, event t-shirt, tourism information and sponsor giveaways.
Water Points	Stage 1 and 2 water stations will be located at approximately the halfway point of each stage. 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.



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