







### **NAVIGATING THIS GUIDE**

The event information in this guide is organised to assist you with planning your Quad Crown MTB 'The Sunny 80' experience and ensuring a pleasurable time on Queensland's Sunshine Coast.

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



WWW.QUADCROWNMTB.COM.AU



### **DIRECTOR'S WELCOME**

Welcome Riders to the Sunny 80 Mini Mountain Bike Stage Race!

It's with immense pleasure that we gather here for the second year running, bringing the thrill and camaraderie of mountain biking to the beautiful region of the Sunshine Coast.

We extend our heartfelt gratitude to the Sunshine Coast Council for their unwavering support in making this event possible, the Bushrangers club for their care and trail maintenance as well as some key locals, and to all our amazing venues for welcoming us.

To all the riders, you are the lifeblood of this event, and your passion fuels our collective excitement. We look forward to welcoming back old faces and meeting new ones, as together we create the 2024 Sunny 80 experience.

What better way to escape the winter chill than to surround ourselves with the warmth of camaraderie and the adrenaline of the event.

We recognize that every great adventure begins with humble beginnings. While our event may be in its infancy, our vision for its future is boundless. We eagerly anticipate the growth ahead, envisioning even more riders joining our ranks, more trails conquered, and more moments of laughter and camaraderie shared. Thank you for choosing to be a part of the Sunny 80.

As we embark on this adventure through the stunning landscapes of the Sunshine Coast, let's take a moment to appreciate the incredible trails that await us. With each twist and turn, with every ascent and descent, these trails offer not just a challenge, but a chance to immerse ourselves in the raw beauty of nature. Our team design the course with one aim, for you to have a hell of a good time!

We look forward to crowning our Weekend Warrior King and Queen of the event as we focus on the everyday rider and performing at your best. The team have worked through the King and Queen ranking system, and with a year under our belt we think we have the formula right, so be sure to get to the social functions each evening for spot prizes, King and Queen leader boards and a brand-new Q&A where you can hear the tales of the day surrounded by like minded people. You many just find yourself on the microphone with a story or two!

To all the riders gearing up for the race ahead, we wish you the best of luck. But remember, while the thrill of victory is enticing, the true essence of this event lies in the journey itself. So, ride with your hearts full, give it your all, and most importantly, enjoy every moment. For in the end, whether you cross the finish line first or last, what truly matters is that you have given it your personal best and had a fantastic time along the way.

Saddle up, soak up the sun, and let the Sunny 80 Mini Mountain Bike Stage Race begin!

SALLY, LIAM, CHRIS AND JASON

Directors



### **MAYOR'S WELCOME**

#### **WELCOME MESSAGE**

The Sunny 80 The Quad Crown MTB Series June 7-9, 2024

Welcome to our Sunshine Coast for The Sunny 80, the Quad Crown MTB Series.



Our Sunshine Coast community embraces sport as an important part of our enviable lifestyle. As a leading event destination, our region hosts a wide range of sporting events, competitions and training opportunities which enable potential athletes to grow, develop and compete in a safe, friendly environment.

With events being held across a number of areas including Caloundra (Sugarbag Road), Parklands, Ferny Forest, Mooloolah Valley and Ewen Maddock Dam, you will experience many aspects of our beautiful, diverse region.

For those wanting to combine mountain biking with a holiday in a world-class destination, you can have the best of both worlds on our Sunshine Coast.

Whether you are a new or returning visitor to our region, I hope you take the time to sample the wide range of experiences and events we have on offer. From our beautiful hinterland to our coastline, we have so much for you to explore.

We are also well known for our amazing food and craft beer businesses, which you will be able to sample for yourself at the daily social functions at Moffat Beach Brewing Co, Your Mates Brew Club and Mooloolah Valley Country Club.

Our region has been a popular destination for mountain bikers for quite some time, and we are likely to see even more interest with the Sunshine Coast being the planned venue for Olympic Mountain Biking at the Brisbane 2032 Olympic and Paralympic Games.

To the event organisers, thank you for choosing our region for this action-packed event and celebration of sport.

To all participants – whether you are aiming for your personal best, training for something bigger, or are just in it for fun – I wish you all the very best

MAJOR ROSANNA NATOU

**MAJOR ROSANNA NATOLI** 

SUNSHINE COAST COUNCIL





# EVENTTIMES 7-9 JUNE 2024



FRIDAY JUNE

#### REGISTRATION OPENS

Sugarbag MTB Trails Carpark, Sugarbag Road, Caloundra

#### 3.00 PM

2.00 PM

Sugarbag MTB Trails, Sugarbag Road, Caloundra

#### 5.00 PM

#### WELCOME DRINKS

PRELUDE BEGINS

Moffat Beach Brewing Co Production House, 51 Caloundra Road. Caloundra West

# SATURDAY 8 JUNE

#### 8.00 AM REGISTRATION OPENS

Hidden Valley @ GroMad Plantations, 180 Yandina Bli Bli Road, Maroochy River

#### STAGE 1 - START

9.00 AM

5.00 PM

Parklands, Hidden Valley @ **GroMad Plantations** 

#### SOCIAL FUNCTION

Your Mates Brew Club 41 Technology Dr, Warana

# SUNDAY 9 JUNE

#### REGISTRATION OPENS 7.30 AM

Ferny Forest MTB Trails Carpark, 2316 Steve Irwin Way, Landsborough

#### SPECIAL STAGE

8.30 ...

10.30 \*\*\*

1.00 PM

Ferny Forest MTB Trails

#### STAGE 2 - START

Mooloolah Valley Country Club, Ewen Maddock Dam

#### FINAL PRESENTATIONS

Mooloolah Valley Country Club







### REGISTRATION, PRELUDE AND MOFFAT BEACH BREWING CO

### 2.00pm - 3.00pm Registration Opens // Sugarbag MTB Trails

Registration will clearly be set up at the Trailhead area. Here, you'll receive your plate, transponder, event T-shirt and free beer token for Moffat Beach Brewing Co that night.

### From 3.00pm Onwards - Prelude Starts // Sugarbag MTB Trails

The event will begin with a fun Prelude Stage right on the coast at the renowned Sugarbag Trail Complex at Caloundra. Tune up your bike and get the legs ticking over as you start with an 8km blast around a collection of single track that has been referred to as "super sweet".

This area features a mix of machine and handmade trails, with a collection of wooden features and a heap of flowing berms and technical sections. Ride to your ability and have a fun start to the weekend before you enjoy a beer at the welcome function at the nearby Moffat Beach Brewing Co. Riders will go off individually 30 seconds apart and everyone should participate in the Prelude as it sets your weekend handicap and makes you eligible for our overall prizing in all categories.

# 5.00pm Welcome Drinks // Moffat Beach BrewingProduction House6.00pm Presentations

Moffat Beach Brewing Production House, 51 Caloundra Road, Caloundra West www.moffatbeachbrewingco.beer

Since Opening its doors in 2015, Moffat Beach Brewing Co quickly became one of the most popular destinations on the Coast, a place where friends could enjoy a great beer, delicious meal and live music while watching the waves. Not to mention it's just down the road from sugarbag.







### REGISTRATION, STAGE 1 AND YOUR MATES BREWING CO.

#### 8.00am Registration Opens // Hidden @GroMad Plantations

From the south on the M1/Bruce Hwy, take the Yandina exit towards Yandina. Turn left onto Vee Rd, then left again into Yandina Bli Bli Rd. Registration will be set up at GroMad Plantations where the stage will Start and Finish.

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

### 9.00am Stage 1 Starts // Parklands, Hidden @GroMad Plantations

Wake up early on Saturday morning, grab a coffee by the beach, then head north to Hidden Valley at Nambour, our host venue for Stage 1. Located just 20 minutes to the north, Hidden Valley neighbours the incredible trail network of Parklands, which features over 30km of classic single track. The stage design features the best of this single trail, with a few adjustments from last year to make it a little easier and even more fun!

This time around the stage comes in at 30km with around 700m of climbing. For riders toward the backend of the field there will be a shortcut option late in the stage to cut off around 5km and get you back to the finish line with a smile on your face and some energy in your legs for Sunday.

### FROM 5.00pm Social Function & Presentations // Your Mates Brewing Co

Your Mates Brewing Co 41 Technology Drive, Warana www.yourmatesbrewing.com.au

Born on the Sunshine Coast in 2013, this story was crafted by a community of mates, a dream of living your passion and a celebration of everything great about our Australian culture... Welcome to Your Mates Brewing Co!

What better place to meet up with your mates and make new mates than a pub called Your Mates? Come for a drink, stay for dinner, clap and cheer the presentations and swap stories with new and old friends from a big day riding the bike.



## SUNDAY 9 JUNE

#### SPECIAL STAGE, STAGE 2, AND FINAL PRESENTATIONS, MOOLOOLAH VALLEY COUNTRY CLUB

8.00am Registration Opens // Ferny Forest Carpark 8.30am - 9.00am Ferny Forest Special Stage

A fun 10km blast around the incredible trail network at Ferny Forest. Riders will start in seeded waves from 830am and enjoy a scenic ride around the flowy trails at Ferny Forest on the south side of Ewen Maddock Dam. We recommend parking at the Mooloolah Country Club and riding to and from this stage, but parking is available off Steve Irwin Way or across the highway at Big Kart Track.

#### 10.30am Stage 2 Starts // Mooloolah Valley Country Club

The Sunday riding will continue back at the Country Club as we rollout in a full group to begin Stage 2. After a cruise along Connection Rd to Mooloolah Valley to warm the legs back up, riders will be released into Dularcha National Park and confront some serious climbing! This is sure to break up the field before you hit the flowing trails around the Dam and the fun single track and beautiful views around the Dam. Coming in at around 24km with only 320m of elevation, this stage should be a fantastic culmination to a fun weekend of riding!

### From 12.00pm Social Function // Mooloolah Valley Country Club

Mooloolah Valley Country Club 129 Connection Road, Glenview Time: 12.00pm onwards, Presentations 1.00pm onwards www.mooloolahvalleycountryclub.com.au

Enjoy good Mooloolah Valley hospitality: great food, great beer, cocktails & bar, live music acts, and everyday menu specials. The Mooloolah Valley Country Club provides a relaxed, casual atmosphere to dine and drink. It's a little gem in the hinterland. Its relaxed and rustic Bar offers a relaxed, stylish atmosphere where you can enjoy the company of family and friends.

Chill on the balcony overlooking the finish line and enjoy a well-earned drink as we do the final presentations and swap stories from an awesome weekend on the Sunshine Coast.











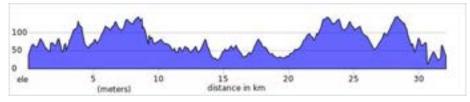
STAGE 1 COURSE MAP











## SUNDAY 9 JUNE

#### SPECIAL STAGE COURSE MAP



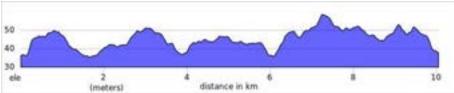




#### STAGE 2 COURSE MAP











### **HANDICAP SYSTEM**

Our unique Quad Crown handicap system is one we have continued to revise across our first year of events. We are now really confident that we have nailed it and our overall goal is achieved - to identify and crown the Weekend Warriors who ride to the best of their ability at each of our events.

This award is open to the whole field of riders (other than the Elites) and in essence you are riding the stages against yourself, much like a golfing handicap system works! Each rider will be given a handicap from the Prelude based on their own time versus the average time for all riders. So it is VERY IMPORTANT that you ride the Prelude if you want to be included in the race for the Warrior Crown!

The Prelude handicap will produce an expected time for Stage 1 which will be compared with your actual time. The rider who gets as close as possible to their expected time will be deemed the Stage winner.

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 Wild Penguin.

Keep an eye out for the Weekend Warrior Leaderboard after both Stages 1 and 2 as we will present stage winners for both male and female Warriors. At the conclusion of Sunday's Stage, we will award an overall Warrior King and Queen, which will be the riders in the field who raced closest to their handicap time over the two weekend stages. In the end this award is meant to be fun and create some banter amongst mates across various abilities too.

Introducing our 2023 King Rusty Mark and Queen Jayne Rutter for The Sunny 80 event. We can't be called the Quad Crown without some actual crowns, right? The main goal of Quad Crown events is to have FUN. Part of that is our unique handicap system, which helps us search for the riders in our events who have their best race, based on their ability to begin with. This pretty much means that EVERY rider can be in it to win it. Congrats again Rusty Mark and Jayne Rutter for your weekend warrior wins in 2023. Let's see if you can defend your crown again in 2024!















# LOOKING FOR THINGS TO DO THIS WINTER?

#### GO WHALE WATCHING

During winter, you'll be sharing our big blue front yard with Humpbacks as they migrate north - so why not score a front row seat and watch in awe as they dance and frolic at sea. The crew at Sunreef Mooloolaba will get you up close and personal with these gentle giants. Sunshine Coast Afloat also offer incredible whale watching experiences that will provide 'pinch me' moments aplenty.

#### HOP ABOARD THE PRAWN STAR

The Wharf Mooloolaba has long been hailed as an unmissable foodie destination and one of its latest additions proves exactly why. Enter Prawn Star, a cheekily named converted fishing trawler moored permanently at the Wharf allowing you to dine on deck and dig into local seafood like a platter of world famous Mooloolaba prawns, crab and fresh oysters—an absolute seafood lover's paradise.

#### HIKE THE GLASS HOUSE MOUNTAINS

Feel connected to country in the Glass House Mountains, a formation of 11 ancient volcanic peaks that formed more than 25 million years ago, with a hike around the base of Mount Tibrogargen or climb to the summit of Mount Ngungun.

#### GO ON A CRAFT BEER TOUR

The Sunshine Coast has well and truly earned its title as Australia's Craft Beer Capital - with a slew of award-winning breweries dotted along the coastline and hinterland. Head to a taproom, order a tasting paddle and settle in for a cosy afternoon, slinging tasty meals (think: Mooloolaba prawns, towering burgers and pizzas), plus live music. Sip your way around the region by following the craft beer trail, or book yourself a spot on one of the awesome tours.

### KAYAK THE EVERGLADES

Can you hear that sound? More than 40 per cent of Australia's bird species can be found living around the pristine waters of the Noosa Everglades – one of only two everglades systems found on earth – and one of the best ways to explore is a kayak with Kanu Kapers.

#### **LEARN TO SURF**

Surf's up year-round on the Sunshine Coast from the glassy waves of Noosa - a World Surf Reserve - to Australia's longest wave at Double Island Point. You'll be frothing to hit the waves, and a lesson with Coolum Surf School will have you hanging 10 in no time.

### DINE IN QUEENSLAND'S SUNSHINE PANTRY

Enjoy paddock-to-plate dining at 114-year-old Mapleton Pub perched on top of the Blackall Range, or sip on a fruity gin inspired by our iconic Big Pineapple. There's an abundance of ways to taste our organic, seasonal produce.

#### GET YOUR ADRENALINE PUMPING

There's something special about spotting dolphins in the wild, and with Noosa Ocean Rider, you'll be at one with the creatures of the big blue on their Dolphin Safari or Whale Watching Tour.



FIND YOUR SUNSHINE MOMENT WITH

THESE AWESOME ACTIVITIES ON THE SUNSHINE COAST.

To find out more VISITSUNSHINECOAST.COM

### **CATEGORIES & AWARDS**

The Sunny 80 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 Sunny 80 (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 pool of \$2,000 will be spread amongst the top 3 Elite Male and Female place getters, with all other category winners receiving prizing and podium recognition.



#### **ELITE RIDERS - IN IT TO WIN IT!**

We all know elite riders are going to be up the front and smashing it like they do at every event. There will still be Leader jerseys for the leading male and female riders as well as podiums at the end to recognise the best of the best.

Furthermore, we allocate ranking points from each of the Quad Crown events. At the conclusion of the 2024 Series, an overall winner in the Elite Male and Female categories will be announced.

Points are allocated at each event based on the Top 10 places in both the male and female elite categories. The overall 2024 Series winners will be awarded at our The Big O in Victoria in November. Our 2023 Quad Crown Series winners were Dan McConnell and Peta Mullens.



### **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.** 

GINELI

### MEN'S JERSEY SIZING CHART

SIZE	CHEST	LENGTH
XS	88 cm	64 cm
S	92 cm	67 cm
М	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

### **IMPORTANT RIDE INFORMATION**

#### RIDER REGISTRATION

All riders are required to collect their rider pack prior to the event start. This pack contains your bike plate, transponder, cable ties, a beer voucher for the Welcome Drinks at Moffat Beach Production House and an event t-shirt.

Rider Pack collection will be open at Sugarbag MTB Trails Carpark on Friday 7 June from 2:00pm and again 8:00am at Hidden Valley @ Gro mad plantations on Saturday 8 June. 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 Sunny 80 is timed electronically by OneTime. You will receive a bike 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. 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!



### **IMPORTANT RIDE INFORMATION**

#### START LINE - PRELUDE

The Prelude will see riders go out onto the course one by one with a 30 second gap between riders to ensure a clear run. All riders should be on location, checked in and ready to start by 3pm. There are overtaking points along the course should you need them and be sure to let a rider overtake should this happen to you.

Everyone should ride the Prelude as firstly it is a short, fun course and secondly it sets your handicap for the Weekend Warrior results and overall category rankings

#### START LINE - STAGES 1 & 2

Riders will be called into the Start grids based on their predetermined Start Times announced the day prior. The total number of rider numbers will dictate how many waves we will have.

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 a wave to ride with your mates, however we cannot push riders forward a wave.



### **EXPLANATION OF SERVICES**

ITEM	CONTENT
Bag Drop	The Sunny 80 has limited storage available. It is strongly recommended to not leave any belongings at the start or finish lines.
Bike Wash	Unfortunately bike wash facilities are not available at the event start/finish lines.
Bottle Drop	The Quad Crown will have a bottle drop service on Saturday of the race. Please ensure your bottle is dropped in the crates at information prior to 8:30am. Sunday will not have any bottle drops as it is a short stage, however there will be a water point.
Coffee & Food	Very important! Sugarbag Trail head is home to Declans who will be open on Friday June 7. Stages 1 and 2 will have a coffee cart and food options on site to take care of you on the day.
Information/ Registration Tent	Got a question? Be sure to see a friendly Quad Crown team member at the information tent who will have all your answers. The Prelude will see information services at 2:00pm. Stages 1 and 2 at 8:00am. You can also purchase your exclusive Quad Crown rider jersey here.
Parking	Prelude limited parking is available at the Sugarbag Trail head. If you arrive and this is full, we will have a drop off zone and overflow car parking is available at the Caloundra High School, this is a short 1.8km warm up to the trail head. Please do not park on Sugarbag Road as you will get fined.
	Stage 1 – Please follow directional signage and Marshalls along Yandina Bli Bli Road. Stage 2 – Parking is avaible on site at Mooloolah Country Club. Please park in the designated areas signposted. You can then ride back to the Special stage alternately there is parking at the Ferny Forest Car Park or across the road at the race track.
Rider Packs	Rider packs will be available for collection at the information/registration tent. Your pack will include your transponder and rider plate, event T-shirt, free beer token for Moffat Beach Brewing Co and tourism information.
Water Points	Stage 1 water station is located at the 17km mark, at the Rocky Creek Forest Road at the end of Road Rage. Stage 2 is at the 15km Mark.



# **SPONSORS**

### **THANK YOU TO OUR SUNNY 80 EVENT SPONSORS**

#### QUEENSLAND





Supported by Sunshine Coast Council







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