



EDEN - NSW

RIDE GUIDE

6 - 8 SEPTEMBER, 2024
GRAVITY EDEN MTB TRAILS
TATHRA



QUAD CROWN
MTB EVENTS
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 fun 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 Socials for any 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 our second edition of The Orca! We couldn't be more excited to be coming back to the Sapphire Coast and hitting the amazing trails at Eden and Tathra for the weekend.

Our series of events have spanned across most of the east coast of Australia in our first year and a half, from the Sunshine Coast in Queensland to Wild Mersey in Tasmania! But without doubt the Highlight of our first year of events was The Orca in New South Wales!

What made the first edition of The Orca so good in everyone's opinion who rode in the event was the great trails and location! And that is the magic formula for our Quad Crown Events that we want to deliver all the time and why we cant wait to do it again on the Sapphire Coast as our event team is confident this one will be even bigger and better!

Last year we got lucky with the weather Gods and our event was the first to ride the incredible new trail network at Gravity Eden. We don't take that for granted how lucky we were and also how much of an impact these special trails had on the positive word-of-mouth that came off the inaugural running of The Orca.

Now that these trails have had 12 months to bed in and be refined, our course team have been able to tinker with things and come up with an even better alignment of trails for each stage in 2024. That includes a new start and finish for Stage 2 in the centre of Eden in front of the historic Hotel Australasia, which is sure to create an awesome spectacle.

The other aspect that blew us away in our first visit to the Sapphire Coast was the incredible options to explore all the towns and bays along the stretch of coast between Eden and Tathra. And that works perfectly for all of our riders with the journey between the two towns that host our two main stages over the weekend.

We are also looking forward to coming back to this beautiful region to catch up again with the local mountain bike community who made us so incredibly welcome when we ran our first Orca event last year. Bringing a new event to a region takes time and trust to build it into something special and the support we received from so many key people in and around the Eden and Tathra mountain bike community was amazing and we look to build it further this year.

Finally, our venue partners on the Sapphire Coast truly make this event special. We again want to thank Hotel Australasia and the Tathra Hotel who will this year host our Stage 1 and 2 start/finish lines and are unmatched across our series of events as venue partners. We would also like to welcome Great Southern Inn on board who will host our welcome function in Eden on the Friday night! These and all of our other sponsors and partners make our Quad Crown Events special for the riders.

Enjoy your weekend at The Orca and don't forget to spread the word!

SALLY, LIAM, CHRIS AND JASON

Directors

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EDEN - NSW

EVENT TIMES

6 - 8 SEPT 2024

FRIDAY 6 SEPTEMBER

1.00 PM

REGISTRATION OPENS

Gravity Eden MTB Park Trailhead,
end of Storey Avenue, Eden

3.00 PM

PRELUDE

Gravity Eden MTB Park
All riders to start by 3.30PM

FROM
5.00 PM

SOCIAL FUNCTION & PRESENTATIONS

Great Southern Inn,
158 Imlay Street, Eden

SATURDAY 7 SEPTEMBER

8.00 AM

REGISTRATION OPENS

Tathra Hotel
8-12 Bega Street, Tathra

9.00 AM

STAGE 1 - RACE START

Start/Finish Tathra Hotel
Bundadung MTB Trail, Tathra

FROM
1.00 PM

LUNCH & PRESENTATIONS

Tathra Hotel,
8-12 Bega Street, Tathra

SUNDAY 8 SEPTEMBER

8.00 AM

REGISTRATION OPENS

Hotel Australasia,
142-144 Imlay St, Eden

9.00 AM

STAGE 2 - START

Start/Finish Hotel Australasia
Gravity Eden MTB Park

FROM
1.00 PM

SOCIAL FUNCTION & PRESENTATIONS

Hotel Australasia,
142-144 Imlay St, Eden

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FRIDAY 6 SEPT

10KM

REGISTRATION, PRELUDE AND WELCOME FUNCTION

FROM 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 welcome function at the Great Southern Inn later that evening.

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 only permitted for drop offs.

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

Get into Eden early on Friday afternoon so you are ready to kick off a great weekend with a taste of the new trails at Gravity Eden MTB Park. The Prelude will start and finish at the main Trail Hub, with the time trial a "must do" on Friday as it not only sets your handicap for the weekend stages but also gives you a taste of the incredible single trail that will keep you smiling all weekend long.

Allocated start times will be between 3:00 pm and 3:30 pm so riders need to arrive no later than 3:00pm. You will then start in 30 second intervals, heading out for a short 10km single track blast at your own pace before heading into town for the Welcome Function at Great Southern Inn, for a free drink and some delicious food.

From 5.00pm Social Function // Great Southern Inn Eden

158 Imlay St, Eden
www.greatsoutherninn.com.au

The Great Southern Inn is located on the main street of Eden and boasts some of the best views in town. Their restaurant Essentially Eden, specialises in classic pub meals made with fresh local produce. The menu has everything from tasty share plates and fresh salads to succulent steak, fish & chips and all the pub grub you know and love!



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SATURDAY 7 SEPT

35KM

REGISTRATION, STAGE 1 AND PRESENTATIONS

8.00am Registration Opens // Tathra Hotel

Registration will clearly be set up at the Tathra Hotel, in the side 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 // Tathra Hotel

Stage 1 on the Saturday morning will again be based out of Tathra, just over half an hour up the coast from Eden. Starting and finishing from the iconic Tathra Hotel, the trails stretch north and south from Tathra and offer an awesome array of coastal back trails combined with more than 35km of twisting single track. Our Course Director has done a little tinkering and promises an even better course than the one that was so well received last year, that will include a new arrangement of the awesome single trail network at Bundadung that will again be the feature of the second half of the stage.

Riders will need to arrive in town by 8.30am for a mass rollout start at 9.00am sharp. 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 will again be available at the Tathra Hotel from 7.30am, with a full food menu and drinks available at the finish to the stage

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 Hotel will not only have coffee and breakfast snack to start the day, but a great lunch menu and craft beers from Humpback Brewery to quench a well-earned thirst post-ride. Enjoy lunch and a couple of drinks overlooking the coast, then consider getting the body into the ocean to recharge for what promises to be a big final stage to come on Sunday.



SUNDAY 8 SEPT

33KM

STAGE 2 FROM HOTEL AUSTRALASIA EDEN

8.00am Registration Opens

Registration will clearly be set up at the front of Hotel Australasia for those who are riding just this one stage.

9.00am Stage 2 Starts // Hotel Australasia Eden

The final stage of The Orca '24 will begin with a start at Hotel Australasia, with a mass rollout down the main street of Eden and out to the incredible new trail network at Gravity Eden MTB Park. With the new start and finish venue in town, the brutal 10km of climbing to start last year's course is gone, with riders instead enjoying a casual 2km warm up of the legs, before heading into 30km of some of the best trails in Australia.

This stage will once again be highlighted by the incredible 8km Wilderness Trail (Round The Outside), possibly the best descent you will ever ride, as well as featuring a number of new trails that we were unable to include in last year's stage. It's fair to say we might have left the best to last as this stage is going to be epic and leave all riders with huge smiles on their faces and hero dirt on their bikes!

From 1.00pm Presentations // 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.

The start and finish line for our epic final stage on Sunday, the hotel will also host our final presentations where riders can enjoy a menu and a few drinks in the courtyard while they swap tales from an incredible weekend of riding and relaxing on the Sapphire Coast!





EVENT MAP



STAGE ONE
TATHRA

STAGE TWO
EDEN

PRELUDE
EDEN



RIDE | EXPLORE | COMPETE | REPEAT

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FRIDAY 6 SEPT

PRELUDE COURSE MAP

10KM



SATURDAY 7 SEPT

STAGE 1 COURSE MAP

35KM



RIDE | EXPLORE | COMPETE | REPEAT

SUNDAY 8 SEPT

STAGE 2 COURSE MAP

33KM



RIDE | EXPLORE | COMPETE | REPEAT



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 Orca.

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.

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 Graham Smith and Jordyn Hassett for your weekend warrior wins in 2023. Let’s see if you can defend your crown again in 2024!



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.

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 winner will be announced after our final event in November. Our 2023 Quad Crown Series winners were Dan McConnell and Peta Mullens.



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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

IMPORTANT RIDE INFORMATION

RIDER REGISTRATION

Prior to riding all riders are required to collect their rider pack. This pack contains your bike plate, transponder, cable ties, and a beer voucher for welcome drinks at Great Southern Inn on Friday Evening.

Rider pack collection will be open from 1PM on Friday 6th September at Gravity Eden MTB Trail Hub and again from 8AM at Tathra Hotel on Saturday the 7th of September. It is highly recommended that riders collect packs on Friday so that your bike is setup correctly in advance to avoid time delays.



TIMING

The Orca 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

Both stages for the 2024 Orca will be group rollouts at 9AM sharp for both Stages 1 and 2. Please be at each start line at 8:30AM for each stage to start at 9AM.

Elite riders will be ushered into the starting chute to be at the front of each rollout with all other riders self-seeding behind. The lead vehicle will roll out for approximately 2-3 km to start each stage at a speed of between 12-18km per hour which should keep all riders together and allow self seeding to start each stage.



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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	Unfortunately, bike wash facilities are not available at the event start/finish lines.
Bottle Drop	The Orca will have a bottle drop service on Saturday and Sunday of the race. Please ensure your bottle is dropped in the crates at the information tent prior to 8:30am and it will be taken to the water point for you. Bottle collection will be available at the finish line after each stage.
Coffee & Food	There are plenty of delicious local options for your food and coffee fix at our start/ finish venues at Tathra and Eden.
Information/ Registration Tent	Got a question? Visit our friendly Quad Crown team at the information tent for answers. Information services open at 1 PM on Friday, and from 8 AM on Saturday and Sunday. You can also buy your exclusive Quad Crown rider jersey here.
Parking	<p>Please follow the parking instructions and signage on the day and park in designated areas signposted. We also recommend checking our social channels for daily updates on parking and other event logistics.</p> <ul style="list-style-type: none">• Prelude – 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 only permitted for drop-offs.• Stage 1 – 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.• Stage 2 – Please note that Imlay Street will be part closed in front of Hotel Australasia for our start and finish line and detours will be in place. Plenty of parking is available off the side streets in Eden, but please obey parking signs and avoid private properties.
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 The Great Southern Inn and tourism information.
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 to carry enough water for the course however there will be a bottle drop and water stations on the course for both Stage 1 and 2.



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