

FLIGHT CENTRE® *Sports and Events*

TRAIL RUN ● CYCLE

epic

2019

2019 OFFICIAL EVENT PROGRAM

#CYCLEEPIC

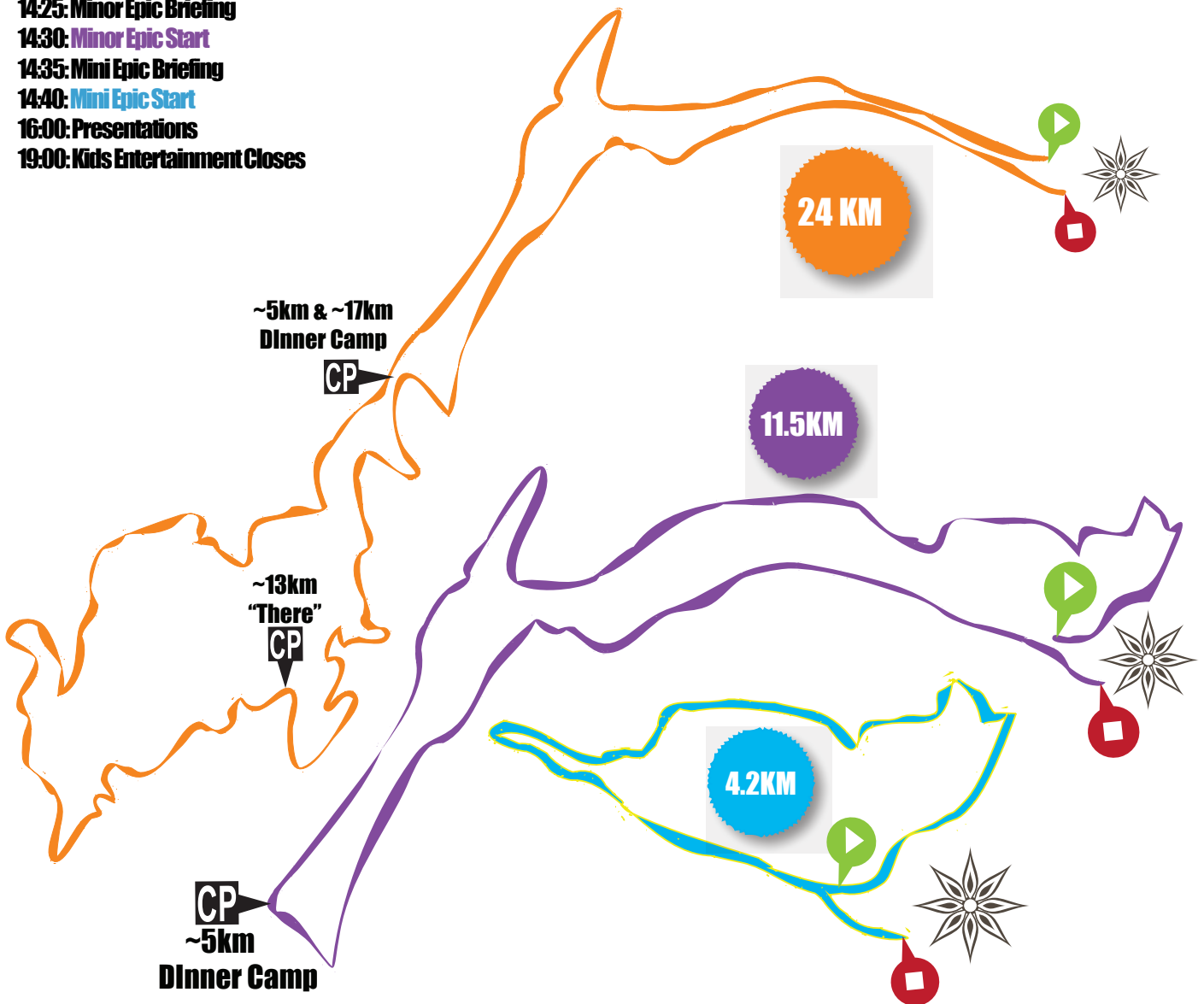
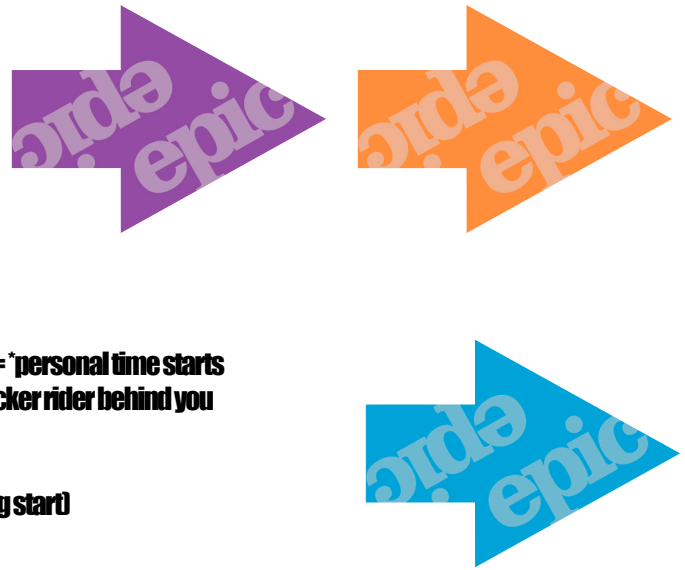
#TRAILRUNEEPIC



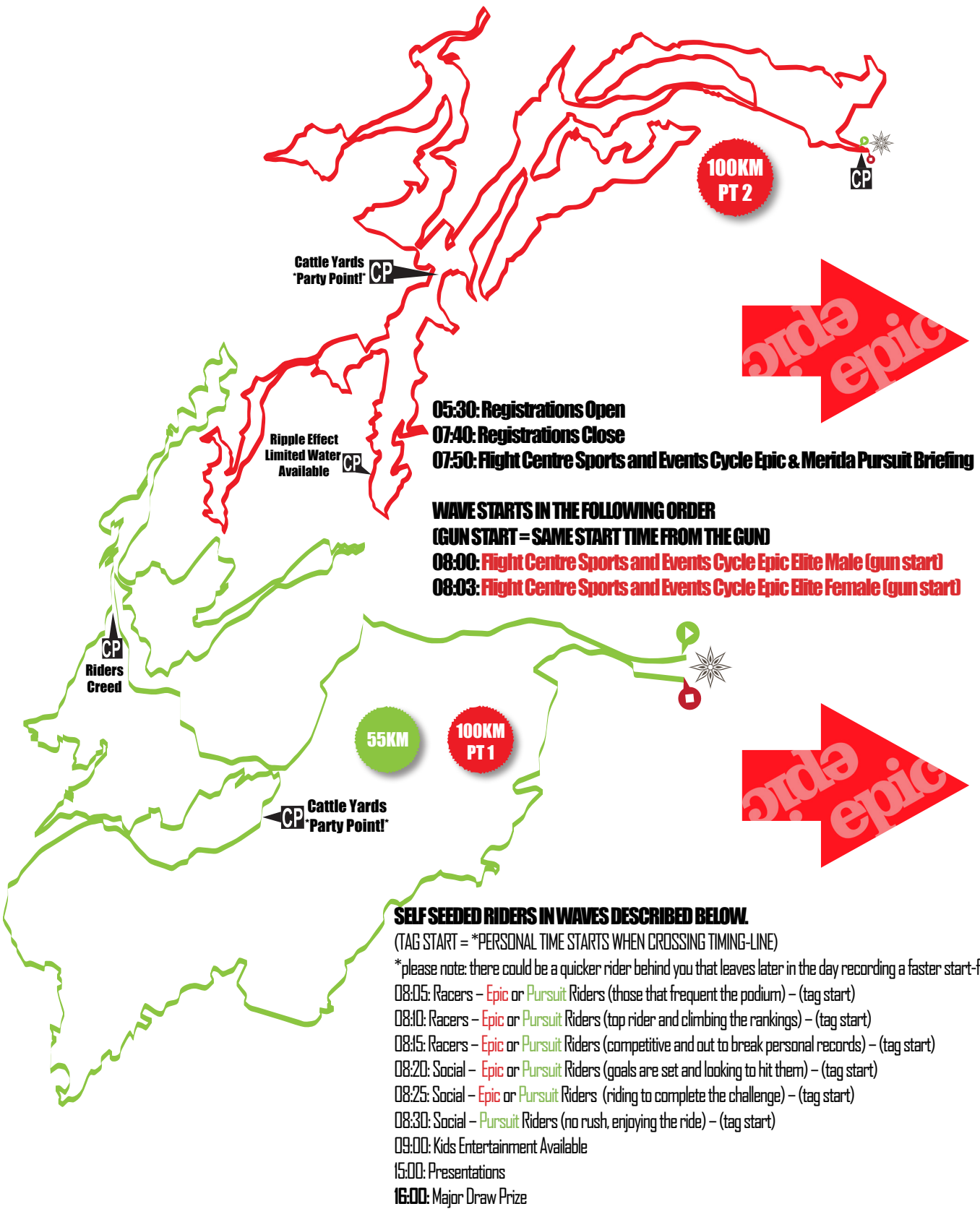
- 06:30: Registration Opens
- 07:50: Trail Run Epic Briefing
- 08:00: **Half Marathon Trail Run Epic Start**
- 08:05: **11.5km Trail Run Epic Start**
- 08:10: **4.2km Trail Run Epic Start**
- 09:00: Kids Entertainment Available
- 10:00: Trail Run Epic Presentations
- 10:25: City of Ipswich Family Fun Ride Briefing
- 10:30: **City of Ipswich Family Fun Ride Start**
- 11:50: **Allclear Chaser Briefing**

Allclear Chaser – wave Starts in the following order (tag start = *personal time starts when crossing timing-line) *Please note: there could be a quicker rider behind you that leaves later in the day recording a faster start-finish time.

- 12:00: **Racers** – (those that frequent the podium) – (tag start)
- 12:05: **Racers** – (competitive and out to break personal records) – (tag start)
- 12:10: **Social** – (riding to complete the challenge) – (tag start)
- 12:15: **Social** – (no rush, enjoying the ride) – (tag start)
- 14:25: **Minor Epic Briefing**
- 14:30: **Minor Epic Start**
- 14:35: **Mini Epic Briefing**
- 14:40: **Mini Epic Start**
- 16:00: Presentations
- 19:00: Kids Entertainment Closes



ALL HIDDEN VALE TRAILS ARE CLOSED FOR THE DURATION OF THE CYCLE EPIC & TRAIL RUN EPIC WEEKEND. NO PRACTICE ON SATURDAY PERMITTED.



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PARK & TRAILS CLOSURE

All Hidden Vale Trails are CLOSED for the duration of the Cycle Epic & Trail Run Epic weekend. Only event participants will be permitted on the trails within their allocated event times. No riders are to be on track outside of your event. Saturday entrants are not permitted on trails on Sunday. Sunday entrants are not permitted on trail on Saturday outside of the specific Practice Session times listed below.

COURSE PRACTICE AND WARMUP

ALL HIDDEN VALE TRAILS ARE CLOSED FOR THE DURATION OF THE CYCLE EPIC & TRAIL RUN EPIC WEEKEND.

If a rider is found on course outside of their nominated event, they may be automatically disqualified.

THE COURSE

The course will be marked by arrows signs and bunting. Riders must follow the course and it is the sole responsibility of the rider to stay on the course. A rider who leaves the course for any reason must return to that same point on the course to resume the race.

HELMETS

International Standards approved bicycle helmets must be worn at all times while riding a bike during competition and practice.

ATTACHING YOUR BIKE NUMBER PLATE

All entrants on course must have race plate displayed on front of bike (MTB events) or person (Trail Run events) for the duration of their event. Race plates must not be cut, defaced or altered. Sponsor section must remain intact.

WITHDRAWING FROM THE RACE

Riders may withdraw from the race at any time. If they choose to withdraw, they must notify the event staff at the timing tent.

All paid events will be timed using a race plate transponder.

Saturday

Breakfast for in-house guests from 7am in the barn

Breakfast - 7am (served in Laidley room) for bike riders and campers
Bacon and egg rolls, spinach, smoked bba, cheese - \$15
Smash avocado on sourdough toast, dukkha and crumbled fetta - \$15
Yogurt, granola and berries - \$10

Lunch - 10am (served from the barn)
Beef burger, cheese, tomato, pickles, magic sauce - \$15
Coal roasted pork rolls, apple and sugarloaf slaw, cheese and gravy - \$15
Fries with jalapeno and parmesan cheese - \$10
Ancient grain salad with fresh herbs, chickpeas, roast vegetables and fresh rocket - \$15

Wood fired pizza:
Red sauce, mozzarella, basil, fresh tomato and bocconcini - \$15
Red sauce, mozzarella, bacon, ham, salami, olives and red peppers - \$15

Dinner for in-house guests from 6pm in the barn

Dinner - 5pm-8.30pm (served in Laidley room) for bike riders and campers
Coal roasted beef brisket, herb roasted potatoes, garden salad - \$25
Marinated and coal roasted chicken, roasted potatoes, garden salad - \$25
Pasta with lamb shank and rosemary ragout - \$20
Pumpkin and pine nut risotto, parmesan and wild rocket - \$20

Kids:
Nuggets, chips and salad
Cheese pasta

Sunday

Breakfast for in-house guests from 6am in the barn

Breakfast - 6am (served in Laidley room) for bike riders and campers
Bacon and egg rolls - \$15
Smash avocado on sourdough toast, dukkha and crumbled fetta - \$15
Yogurt, granola and berries - \$10

Lunch - 10am (served from the barn)
Beef burger, cheese, tomato, pickles, magic sauce - \$15
Coal roasted pork rolls, apple and sugarloaf slaw, cheese and gravy - \$15
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Wood fired pizza:
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Red sauce, mozzarella, bacon, ham, salami, olives and red peppers - \$15

Dinner available at Homage in the barn

Volunteers dinner in the Laidley room

TIMING

All paid events will be timed using a race plate transponder. To have race times recorded, riders must have their transponder number plate attached to the front of bike (MTB events) or person (Trail Run event) and must be visible for safety purposes.

Timing will be live as entrants cross timing points. Live results can be accessed via the 'results' link at

www.cycleepic.com

NO TRANSPONDER/NUMBER PLATE = NO TIME

PODIUM PRESENTATIONS

The presentations and awards for all Saturday categories will be held at 16:00.

The presentations and awards for all Sunday categories will be held on Sunday at 15:00. Podium riders must be present in order to receive their prizes.

PARENTS RIDING WITH CHILDREN IN KIDS EVENTS

Parents may accompany children on course if supervision is required. All children who have a parent supervisor riding with them MUST start in the last wave of the kids' events. Parents MUST stay out of the way of other children competing. If parent supervisor is not competing in another event over the course of the weekend, they must notify registration team of their intention to supervise and sign a waiver at registration. Children who have a parent supervisor ride with them will not be eligible for a podium positions.

OTHER IMPORTANT RULES AND FAQ

eBike race event entrants must only use the one battery if competing for podium.

These additional rules and FAQ's can be found at the following link: www.cycleepic.com