



THE CRANKY PENGUIN
MOUNTAIN BIKE MARATHON 2015

ARE YOU UP TO THE CHALLENGE?

WWW.THECRANKYPENGUIN.COM.AU

THE BIANNUAL MOUNTAINBIKE
MARATHON EVENT ON THE
NORTHWEST COAST OF TASMANIA.

1ST FEBRUARY 2015
PENGUIN, TASMANIA



SCAN ME

ENTER NOW!

BROUGHT TO YOU BY



DIAL RANGE

1ST
FEBRUARY
2015

DISTANCES: REGISTRATIONS COST:
70 KM \$125
40 KM \$100

REGISTRATION OPENS
1ST OF JULY 2014

THECRANKYPENGUIN.COM.AU

BRAGGING RIGHTS

PENGUIN TASMANIA

COORDINATES 41.1167 S, 146.0708 E
PINNED IN BETWEEN THE BASS STRAIT
AND THE MOUNTAINS, AN IDEAL RIDING SPOT. BIKE PARK, BEACH, RIVERS, FOREST



The Cranky Penguin Mountain Bike Marathon Race 2015

Competitor Information

The Cradle Coast Mountain Bike Club and Cradle Coast Sports and Events would like to welcome all riders to **THE CRANKY PENGUIN** mountain bike marathon. The club and race organisers firstly need to thank all the stakeholders, including private landowners, Parks and Wildlife, Forestry and the North West Environment Centre, for the use of the land and supporting this event

The trail builders have worked long and hard and have done a fantastic job to give you lucky riders a very exclusive and challenging experience, in a truly unique environment and in some spots you will be the first and only riders on them.

A big thank you must go to all our sponsors who have got on board to support this event and a big thank you also goes to the local community, and the Central Coast Council for their support.

Thank you to the following sponsors:



Enjoy and have fun!

Chris Fletcher

Marcus Langham

... and the whole Cranky Penguin Team



RIDER INFORMATION

Race Registration: Registration opens at the Event Centre - North West Athletic Centre (NWAC), Ironcliffe Road, Penguin, on

Saturday, January 31, 2015 from 3.30pm – 5.30pm

and again on

Sunday, February 1, 2015 from 6.30am – 7.30am

Please don't be late, the earlier the better.

You must sign on and collect your number. Make sure number is well secured and your number is visible.

Event Centre – North West Athletic Centre. (NWAC) [See map](#)

Race Brief: **7.40 am**

Race Start: **8.00am** 70 km Race
8.15 am 40 km Race

The race will be leave from the North West Athletic Centre and will be under control along Sports Complex Avenue. Once turning left into Ironcliffe road, the flag will be taken in and the race will commence and will enter the Penguin Mountain Bike Park 300 metres from the corner. **Race start will be on street roads and all road rules must apply.**

No competitor must pass the lead car until race starts; doing so may disqualify you from racing. Both distance races will have a lead and tail car.

Trail Conditions: We have cleared the trail to the best of our ability but there is still stick litter in some areas. A spare derailleur hanger is strongly recommended. The course holds up to rain very well. Conditions and the track in February should be generally good. There are several short hike a bike sections on the course. We recommend you wear stops in the front of your shoes if you have them. Most hike a bike sections are creek crossings or logs.

Keddies Creek: Is a stunning trail that links the MTB Park to the Dial Range. It is a scenically beautiful trail that you would expect to see in New Zealand or Canada, not on the outskirts of Penguin. We have special permission to use this trail for race day only.

For those with above average skills, there is a 200m section on Keddies Creek that is going to blow your mind. For those with lesser ability, it may blow your mind in a different manner. We will have marshals before the difficult section and also caution signs at the beginning, but please ride within your ability and walk if it is above your ability.

If you are stuck behind someone who is walking please be patient as there is nowhere to pass. You will not win the race here, but you could ruin someone's day with a poor attitude. Enjoy the trail, have fun, keep on smiling, and keep those around you smiling also.



- The environment:** You are privileged to be riding in a unique area managed by Tasmanian Parks and Wildlife, please respect it including the wildlife. There are parts of the course that are steep and technical. Ride within your capabilities. If in doubt walk it. There will be caution signs displayed as needed. There are numerous large washouts on Hales Rd and the Dial Creek descent. Enjoy!
- Wildlife** February does see some snakes, and also furry creatures. You are in their environment!
Don't touch them, go around them, or wait for them to clear the trail.
Leave them in their natural environment, and do not agitate, remove or kill them. Respect their home and they just might not get annoyed with you. Warn others if you see a slithery creature nearby.
- Course Access:** For spectators the road will be open as far as the Mt Gnomon car park via Hales Rd. This is accessed through Ferndene. All riders will pass this point, with the riders doing the 70 km passing through twice. The road is rough and there is only limited parking.
- Race Organisers:** Are there to assist you with any questions and problems and to keep the event ticking along. Treat them nicely. They can be identified by their High Visibility vest.
- Marshalls/ Volunteers** Please treat them with respect, they are volunteering their time and will be identified with a bright high Vis' top or race T-shirt. Abuse of any race volunteers and committee is very uncool. SES will also be out on course.
- Race Rules:** Stick to the marked course.
There is **STRICTLY NO** riding on the NWAC running track. There will be two carpeted crossing points. Anyone wilfully disobeying this rule will be disqualified.
- Rider etiquette – be nice!!!
If a rider needs medical help have someone stay with them and ride on to the next checkpoint to let officials know. Your race time will be adjusted accordingly and you might even win a prize.
Obey all road rules when on public roads.
NO DOGS are permitted in the NWAC, you will also be riding on private property and in areas under control of Parks and Wildlife where dogs are prohibited. Please leave them at home and also let your support crew and families know that dogs are strictly not allowed.
Be safe and have a blast!



DNF

PULLING OUT OF THE RACE.

You **MUST** let officials know. We don't want to be out there all night looking for someone that is not there.

Please notify the Event centre rego office.

Mobile Coverage

Is very sketchy throughout the Dial and non-existent in some parts. SES and volunteers will have radio contact to event centre.

Feed Station / Water:

Riders should ensure that they carry water, gels, foods etc. Some water and supplies available for top-ups if required. **Littering will not be tolerated.** If you carry it in, please carry it out!

There will be 1 feed station out on course, at checkpoint 2, this check point will be passed 3 times for the 70km event (10, 33, 55km) and 2 times for the 40 km event (10, 33Km). Label your bottles with name and race number, attach nutrition or food to your bottles if required and place in one of the boxes provided at event registration **by 7.30am**. Please note your box number so that you can find your bottles quickly. Your bottles will then be transported to the checkpoint ready for your collection. Used bottles will be returned to the event centre after the race. **Don't forget to collect them.**

There are several creek crossings throughout the race where water can be gathered if you are comfortable drinking untreated water - we have had no issues. We recommend slightly upstream of any crossings to avoid drinking someone's mud. With these creeks, and water at checkpoint 2, there is no reason to ride on without filling your bottle if you are empty. If it happens to be hot the creeks are also a good chance to throw some water over yourself.

Helmets and Bikes: All riders are required to wear an Australian Standards Approved cycling helmet at all times when riding, including cruising stages.

Bikes must be in good working order, especially your brakes.

Equipment

Mandatory: Tools and spares as it could be a long walk without them. It is not a manicured XC course. We've done our best to clear the course but there will still be plenty of sticks that can cause grief.

Prepare for poor weather.

There are numerous creek crossings. Expect wet feet at best.

Sunscreen, whilst most riding will be under the canopy of trees.

February in Tassie can be hot and UV very high.

If you have any allergies especially to ants or insects don't forget your EpiPen or medication.

Mechanical support will be available on the day.

Medical Support:

Accidents, injuries, well-being – Paramedics are available, if you come across an injured rider that requires medical support have someone stay with them and then ride on to the next checkpoint to let officials know. Your race time will be adjusted accordingly.

SES/ Volunteers are all on hand as well.



- Race Route:** Cranky competitors (70KM event) note that when you reach Checkpoint 2 which is the main drinks station after 33KM, you will turn left, to complete another loop.
Not-So-Cranky competitors (40km event) - when you reach this checkpoint you will turn right.
Marshalls will be on hand to give the appropriate directions.
- Cut off Time:** Competitors in the Cranky Penguin are to be aware that if they reach checkpoint 4 at the Mt Duncan car park after 1 pm they will not continue onto the South Duncan loop, but will be directed to follow the course down the Dial descent to checkpoint 6. From here riders will be directed to Checkpoint 2 and then they will follow the normal race route to the finish.
- This is in the interests of the safety of all competitors and marshals, and so that we can have most people back at the finish for presentations.
- Rubbish:** You took it in! You take it out! There will be rubbish bags at each marshalled station to dump your rubbish. **Do not drop it in the bush!**
- Toilets:** The Event Centre at the NWAC has toilets available.
- Showers:** Shower available post-race at the NWAC. It is a privilege to use this fabulous facility, so please treat it with respect.
- Parking** Is on the grassed area adjacent to the NWAC. Follow the signs and please do not park on the side of the road. Penguin Basketball limited parking stadium is available.
Strictly NO vehicle access into the event centre. No blocking of any access gates.
- Food/Drinks:** Free rider and volunteer BBQ post-race. General public will be able to purchase BBQ food, drinks and snacks at the event centre.
Support the town local coffee shops/cafes.
Penguin Market.
Drinks/snacks will be available at the events centre.
- Presentations:** **3.00 -3.30 pm** presentation of winners and gridders
Overall and category placing presented
Spot prizes and give-aways....so stay around.
BBQ!

Cranky Penguin Google Map: [CLICK HERE](#)



EVENT SCHEDULE

Saturday January 31, 2015

10:30am - 3.30pm Penguin Festival - in the vicinity of the Penguin Railway Station.

3.30pm Registration opens for The Cranky Penguin.

5.30pm Registration closes for The Cranky Penguin.

Mechanical support will be available

Sunday February 1, 2015

6.30am Registration opens at the event start area North West Athletic Centre, Ironcliffe Road, Penguin.

7.30am Registration Closes.

7.40am Race Briefing.

8.00am Cranky Penguin Mountain Bike Marathon start.

8.15am Not-So-Cranky Penguin start.

11.00am First Not So Cranky Penguin expected to enter the arena.

12.00pm First Cranky Penguin Expected to stagger across the line...

3.00pm Event Presentations, NW Athletic Centre.

Please hang around, opportunities to win some great prizes!