

## START AND STAGING POSTS

### Getting to the Flinders Ranges

Driving to the Flinders Ranges is relatively simple. Out of Adelaide CBD you head north along Main North Road, and from Gepps Cross you continue north along Port Wakefield Road and follow the signs all the way to Port Augusta. On the southern outskirts of Port Augusta you head north-east to Blinman via Quorn, Hawker and Wilpena. The newly sealed stretch of road between Wilpena and Blinman makes the journey that much quicker. It's just over 520km from Adelaide to Blinman, but allow at least six hours for the drive including rest breaks.

Melrose in the Southern Flinders Ranges is a 250km / three hour drive north of Adelaide via the Port Wakefield Road. You can make the journey a little longer by taking the scenic route through the Clare and Gilbert Valleys, continuing on through the mid north into the Southern Flinders Ranges. There are plenty of towns (and wineries) along the way where you can rest and relax.

Bike SA offers passenger and bike coach transfers from:

- Adelaide to Blinman, departing 7am Tuesday 16 August (for the Wednesday Stage Ride start), arriving approximately 3:30pm.
- Melrose to Blinman, departing 11am Tuesday 16 August (for the Wednesday Stage Ride start), arriving approximately 3:30pm.
- Adelaide to Blinman, departing 7am Friday 19 August (for the Saturday Non-Stop start), arriving approximately 3:30pm.
- Melrose to Blinman, departing 11am Friday 19 August (for the Saturday Non-Stop start), arriving approximately 3:30pm.
- Melrose to Adelaide, departing 1pm Sunday 21 August, arriving approximately 5pm.
- Melrose to Adelaide, departing 3pm Sunday 21 August, arriving approximately 7pm.

Transfer bookings must be made on the registration form or online. Minimum numbers are required for each service.

Bikes can be carried on the coach either fully built or boxed, though boxed is easiest and safest. Blankets and cardboard sheets are slotted between bikes, but please note the carrier cannot accept liability for any damage in transit, so you need to ensure your bike is appropriately protected and insured. If your bike is built, you may be required to turn the handlebars and remove pedals before loading.

Adelaide departures leave from outside of Bike SA offices on the corner of 111 Franklin St and Bowen St, Adelaide. Limited parking is available in the Bike SA compound (fees apply), which you can arrange by emailing [office@bikesa.asn.au](mailto:office@bikesa.asn.au) or phoning (08) 8168 9999.

Melrose departures leave from outside of the Melrose Institute, Main North Rd, Melrose. There is plenty of free unsecured parking available behind the Institute and Council offices, but you need to book this by emailing [office@bikesa.asn.au](mailto:office@bikesa.asn.au) or phoning (08) 8168 9999.

Airport pick-ups and drop-offs may be arranged at extra cost, subject to availability; please email [office@bikesa.asn.au](mailto:office@bikesa.asn.au) or call (08) 8168 9999 to make arrangements.

A note about travelling by air: All Australian airlines require your bike to be boxed. Qantas and Jetstar will sell you a bike box at the airport while Virgin Blue requires that you provide your own. If in any doubt about air travel arrangements for you, your luggage or your bike, you should check with your airline well in advance of your departure date.

Participants travelling to Adelaide by air in the week prior to the start of the event may leave their clearly marked boxed bikes at the Bike SA office, 111 Franklin Street Adelaide CBD, dropping off between 10am and 4pm from Monday 15 to Thursday 18 August.

### Weather

We've chosen August for this event because it's not too hot and it should be dry, and the averages are a little warmer than June (when we ran the event last year). It also fits in well with the broader MTB endure calendar. However, you should prepare for warm to cold weather conditions. If it does rain the trail becomes very sticky!

The following are averages for regional weather stations in August:

JUNE	ANGORICHNA (near Blinman)	HAWKER	PORT AUGUSTA
Mean daily max	17.4C	17.7C	18.5C
Mean daily min	5.6C	4.3C	8.1C
Mean 9am temp & wind speed	10.9C (no wind speed data available)	10.8C; 7.9km/h	11.5C; 10.9km/h
Mean 3pm temp & wind speed	16.8C (no wind speed data available)	16.6C; 13.0km/h	17.6C; 18.9km/h
Mean monthly rainfall	27.4mm	32.1mm	23.5mm
Mean number of rainy days	2.0	5.1	4.4

And don't forget the potential wind-chill factor. Check out [www.bom.gov.au](http://www.bom.gov.au) for more information.

### Staging Posts

Everyone is welcome to the Kona Mawson MTB Marathon Staging Posts at Rawnsley Park, Hawker and Quorn, where there will be plenty of hot, nutritious, high-carb food; plus coffee and optional massage to ease aching muscles. There is communal shelter, camping, mechanical support, toilets, showers and an open fire. Timing, transition and scrutineering also happen at each Staging Post.

The atmosphere is open, friendly and welcoming. Individuals and teams congregate to offer encouragement and advice, plus help out and share the knowledge. The Kona Mawson MTB Marathon Staging Posts are where the action is, day and night, and simply the best place to be when you're not out on the track.

The Staging Posts for stage riders are at:

- **Start:** Tuesday 16 August – BLINMAN, Main Street. Overnight accommodation at Blinman Common
- **Stage 1:** Wednesday 17 August – RAWNSLEY PARK Caravan Park, Wilpena Road; telephone (08) 8648 0008
- **Stage 2:** Thursday 18 August – HAWKER Caravan Park, corner Wilpena Road and Chaceview Terrace; telephone (08) 8648 4006
- **Stage 3:** Friday 19 August – QUORN Oval, Park Terrace; telephone Caravan Park (adjacent to oval) on (08) 8648 6206
- **Finish:** Saturday 20 August – MELROSE, Main Street. Melrose Caravan Park is on Joe's Road, adjacent to the finish line; telephone (08) 8666 2060. Various other accommodation is available in Melrose from camping and cabins to hotels and house rentals.

Camping locations are allocated on arrival at each Staging Post. Check with Bike SA event personnel on arrival.

The campsites are quiet areas between 10pm and 6am, so please respect everyone's space. Of course the Timing and Transition Zone areas operate 24 hours for the Duo Non-Stop competitors. This is the place to hang out if you're not sleeping or out on the track.

Please note also:

- The Staging Posts are areas for everyone, so please keep them clean.
- It is your responsibility to secure your bike and other belongings. No liability can be accepted for loss or damage on site.
- Please keep out of all work areas marked by traffic cones or bunting.

### **Arriving at each Staging Post**

As stage riders, when you arrive at each Staging Post you will probably want to find your gear, set up your tent and attend to your ablutions. Obviously if you have your own support crew, you already have everything sorted. For others you need to get your gear from the Bike SA luggage truck. Bags from the luggage truck are laid out on the ground in rows. If it rains, the luggage crew will place tarpaulins over the rows of bags so please make sure you replace these covers carefully after you have retrieved yours so that other riders' luggage remains sheltered.

Generally you can pitch your tent wherever you like within the designated campsite, though be very aware of any areas marked out as no camping. Often irrigation systems are located near the surface and any tent peg driven through them will leave you very wet and removed from the groundperson's Christmas card list.

By the luggage truck will be a white board with a campsite layout, showing quiet / not-so-quiet / snoring camping areas; as well as location of water, showers and toilets.

Bear in mind that in your tent you have maximum visual privacy but minimal audible privacy, especially if space is limited and we're forced to camp close together. If you are a light sleeper we recommend you select a quiet tent site apart from other campers or bring earplugs. If you are a snorer, be considerate and park your tent away from the others.

The loud and lyrical sounds of socializing are focused on the communal dining area and shelter, where you're welcome to stay after dinner and share a natter with fellow riders. Beyond 10pm noise and mayhem are not welcome in the camping areas, where tired bodies are snoozing.

### **Toilets & Showers**

There are toilet and hot water showers plus laundry facilities at each Staging Post.

To assist in water conservation, and to ensure all participants get a chance to have a hot shower, please keep your shower times restricted to 2 minutes. The Flinders Ranges is privileged with amazing country, but not always an abundance of water.

### **Luggage Handling**

All Non-Stop riders have their luggage transported from Blinman to Melrose, as part of the registration fee. Stage riders can choose to have their luggage transported between Staging Posts as an optional extra. Before loading your luggage bags on the first day, please ensure they are clearly tagged with airline style waterproof luggage labels containing your full contact details. It's advisable to also attach the same contact details inside your bag in case

the external label comes adrift. To ensure your bags can be easily distinguished, we suggest tying coloured ribbons around the handle.

The luggage allowance is 28kg per rider. This must be packed in two bags, each weighing no more than 14kg. For the health and safety of the luggage volunteers, we will not carry individual bags weighing more than 14kg.

Each morning, ensure you remove any items from your bags that you might need during the Stage; as once you load your luggage onto the trucks you will not be able to get to it again until you reach the Staging Post.

### **Deluxe Camping and Dome Camping**

Deluxe Camping and Dome Camping are ideal for those riders who don't want the hassle of putting up and packing down their tent each day. Places are strictly limited, so book early if you want to take advantage of either of these options.

The package includes a roomy 2-person tent – minimum 2.4m x 2.4m and tall enough to stand up in – or a 2-person dome tent, plus a pair of air mattresses. Best of all, we put it up and pack it down for you each day, and even inflate your air mattresses. So all you have to do is roll out your sleeping bag and relax. Everything is taken care of. The cost includes all of the above and is per tent, so if you're riding alone you can have the tent all to yourself. Pairs only pay the one fee for the both of you.

If you've booked Deluxe Camping or Dome Camping you will be allocated your tent at Blinman, which will be tagged with your name. This will be your exclusive home for the event. There is a separate luggage truck just for Deluxe Camping and Dome Camping.

Please also note Deluxe Camping and Dome Camping tents may not be available before 2pm each day.

### **Security and safety at each Staging Post**

Bike SA is committed to best practice workplace safety and event management procedures for the comfort and safety of our riders and volunteer personnel. Please help us by following these few simple points:

- Lock your bike. Never leave your bike unlocked around the towns and Staging Posts. Many of our venues are unfenced and we depend on riders to be vigilant and help maintain good security for all.
- Secure your belongings. Reduce the risk of theft by keeping all your belongings inside your tent.
- Keep an eye out. Good campsite security depends on all riders being watchful and observant. Report any unusual incidents to event personnel.
- Except for Staging Post communal braziers / campfires organized by Bike SA, no personal fires are permitted anywhere in the camping areas for safety reasons. Tent material can be highly flammable. This prohibition includes candles, fireworks and sparklers.
- Camp only in the areas indicated. Check with luggage truck personnel regarding any 'no camping' areas, or areas marked with underground irrigation.
- Please keep out of all work areas marked by traffic cones or bunting. Experienced personnel undertake specific activities in these areas.
- The campsite is a quiet area between 10pm and 6am. Tents have thin walls and we'll all be tired at the end of the day so please ensure you are quiet after 10pm.

### **Campsite evacuation**

In the unlikely event of an emergency site evacuation you should leave your tent (and any luggage as well as your bike!) and go immediately to the evacuation assembly point, which is by the logistics truck (the biggest truck on site). The signal for an emergency site evacuation is a continuous car horn sounded for a minimum of one minute and repeated 15 seconds later.

Event volunteer personnel will assist you in the event of an emergency evacuation. Please follow their instructions and do not attempt to return to your tent until you have been advised that it is safe to do so. Emergency procedures have been designed for your safety and the safety of all riders and crew.

### **General Information**

The luggage truck can be a quick source of information. It's where you'll find campsite details and messages from other riders.

More information, such as details about the locale and tourism attractions, can be found inside the big hall or marquee, on the Information Table near the tea and coffee servery. Lost property will either be at the luggage truck or on the Information Table.

### **Toilets & showers**

There are plenty of toilets and showers at each campsite, but you may still have to wait your turn, depending on when you want to perform your ablutions.

Predictably, toilets are busiest in the mornings, while the showers get used most in the mid-afternoon / early evening when riders come in from a day in the saddle. If you plan around these times, you often won't have to queue at all.

The number of toilets and showers, and their location, varies during the ride. Local facilities always factor, and sometimes these are augmented by hired portaloos or showers. The campsite map by the luggage truck indicates where these are.

### **Mobile phone charging, internet access and banking**

You will be able to charge your mobile at each Staging Post. Mobile phone coverage is reasonable at each town, but along the route it's unreliable and largely non-existent, depending on your network. Telstra provides the best coverage. It can be a good idea to carry your mobile phone as a precaution, and may be handy if you break down or are involved in an accident.

ATM and limited internet access is available at Blinman, Wilpena, Rawnsley Park, Hawker, Quorn and Melrose.

### **The Handle Bar**

Each afternoon and evening you can relax in the campground or at the catering hall / marquee and enjoy a drink from the local clubs and community groups running a cash bar, selling alcohol and soft drinks.

Where possible, the Handle Bar will be open from 2pm, but never later than 5pm.

### **Massage**

There is a massage service available each day at the Staging Post. Our wonderful resident masseur Hazeline – along with her fellow muscle-manipulators – have a comfortable, quiet place in each campsite, where you can be healed and pampered. Whether you need a quick going over of the leg muscles, or want to indulge in the luxury of a full-body massage, they are happy to sort you out. You need to book ahead though, as the diary tends to fill up quickly.

There is a schedule of applicable fees, depending on time booked. Fees are payable directly to the masseurs.

### **Television documentary**

RJ Media will again be filming the event for a one-hour television documentary for global distribution to over 400 million households. Their camera crews will be following Non-Stop and Stage riders, as well as filming around the Staging Posts.

### **Kona Mawson MTB Marathon photographs**

It's always great to see photographs from the event. Some evenings, where possible, we show riders' photographs on the projector screen. You can help us by providing your edited photographs on a memory stick, but we can show images direct from your digital camera if you have a cable.

Following the event we may be able to bring together riders' photos into a compilation of images from the event for everyone to enjoy. Details will be available during the ride.

### **The Mawson Man**

On the subject of photographs, there exist a couple of very grainy images of a man riding naked (wearing nothing but a helmet) along the Mawson Trail, often at dusk or at night. This is the Mawson Man and you should not be alarmed. The Mawson Man first appeared in 2005 and has been seen regularly since then.

We believe the Mawson Man is a mysterious 'guardian' of the Mawson Trail, keeping the way ahead safe for all. We have on occasion had cause to celebrate the sudden appearance of the Mawson Man. It may be he appears for the final celebration in Melrose. Watch this space.

The Mawson Man remains an enigma. But any photographic evidence would be very welcome.

### **Tourism**

For information about parks, waterways and reserves telephone (08) 8204 1910 or visit [www.parks.sa.gov.au](http://www.parks.sa.gov.au)

For information about the Mawson Trail and other trails visit [www.southaustraliantrails.com](http://www.southaustraliantrails.com)

For general tourism information on South Australia telephone 1300 764 227 or visit [www.southaustralia.com](http://www.southaustralia.com)

Adelaide <http://southaustralia.com/AboutAdelaide.aspx>

Flinders Ranges <http://www.flindersranges.com/>

Blinman <http://www.blinman.org.au/>

Rawnsley Park <http://rawnsleypark.com.au/>

Hawker <http://www.hawkersa.info/>

Quorn <http://wwwflindersranges.com/region/quorn.htm>

Melrose <http://southaustralia.com/9002393.aspx>

**Melrose**

The event finishes in Melrose, at the foot of Mount Remarkable in the Southern Flinders Ranges. This is MTB heaven, where the world embraces the town that embraces mountain biking.

Every year the trails grow around the foothills, like the giant worm that inhabits these hills. There are a few green trails for beginners and blue runs for the more experienced, but mostly it's black runs for the hard-core nuts.

The Stage riders finish on the Saturday and there'll be a celebration that night to coincide with the first finishers of the Non-Stop race. Riders will continue arriving through the night, and well into the Sunday.

There will be a final dash for cash in Melrose on Sunday morning, before prize giving at 11am. It's all over bar the shouting and any final Non-Stop riders yet to make it (riders have until 2pm Sunday to cross the finish line).