

SOUTHERN PEAKS

The logo for Southern Peaks 2023 Albany WA. It features the words "SOUTHERN" and "PEAKS" in a bold, black, blocky font. Above the letters "H", "E", and "R" in "SOUTHERN" are three orange chevron shapes pointing upwards. To the right of "PEAKS" is an orange banner with the text "2023" in large white numbers and "ALBANY WA" in smaller white capital letters below it.

XC COMPETITORS GUIDE

Sunday 24th September 2023

SCHEDULE OF EVENTS 2023

SUNDAY 24 SEPTEMBER XC RACE

Race finish line and XC Event HQ at
Albany Senior High School (ASHS) oval

11am – 4pm Food, live DJ, music and entertainment

**XC race plates available from Youth Challenge Park, Sanford Road
on Saturday 23 September between 5pm and 6.30pm*

TIME	DESCRIPTION	LOCATION
8.00am	First shuttle bus departs	ASHS carpark, Suffolk Street
8.30am	Second shuttle bus departs	ASHS carpark, Suffolk Street
9.00am	Late plate collection opens	Emu Point, Cunningham Street
9.45am	Compulsory rider briefing	Emu Point
10.00am	37km riders start	Emu Point
10.01am	17km riders start	Emu Point
11.00am	First 17km riders expected to finish	ASHS oval, Serpentine East Road
12.15pm	First 37km riders expected to finish	ASHS oval, Serpentine East Road
3.00pm	Course closure, rider cut-off time	All course
3.00pm	Presentations	ASHS oval, Serpentine East Road

SOUTHERN PEAKS ALBANY
23 - 24
SEPT 2023

RULES

Southern Peaks is sanctioned by AusCycling and therefore follows the rules and regulations of this governing body. It is each rider's sole responsibility to be aware of and understand the rules and regulations of AusCycling before participating in this event.

The additional rules and regulations outlined below have been determined by Event Organisers and Officials to ensure that the integrity of the event is not compromised and that the safety of participants is not jeopardised.

Please make sure that you familiarise yourself with these rules. Any questions you may have or clarification you may need, please speak to an event official before you begin your ride.

- Participants must start and finish the complete and full course on a non-motorised mountain bike to be eligible for any prizes and placings. (E-bikes are permitted but are **not** eligible for any prizes or placings). Drop bar bikes are not permitted to participate.
- It is the participant's responsibility to ensure they follow the correct course (identified by course markers and course marshals giving directions). Any participant who is found taking shortcuts or using any unfair means of obtaining an advantage over other participants will face disqualification.
- All participants must wear an Australian Standard Bike Helmet at all times.
- Participants who withdraw or pull out of the event at any time must notify the nearest course marshal or return to the finish line of your withdrawal as soon as practical.
- Race numbers must be displayed on the handle bars at all times.
- Participants may not offer assistance to other participants if moving in a forward progression (pushing, pulling or towing) unless in an emergency circumstance.
- Western Australian road rules apply at all times when riding on roads, tracks or trails.
- Only registered participants, event marshals and officials may ride on the course.
- Failure to abide by road rules may result in disqualification from the event.
- Race organisers reserve the right to alter the format of the event in the interest of participant safety if deemed necessary due to prevailing weather conditions.

Please bear in mind the City of Albany and its residents have us here as guests - respect their generosity and it will be happy days.

CODE OF CONDUCT

- **All course is on open roads and dual use paths.** Local and state laws apply, traffic and otherwise. Riders who do not follow traffic laws, or directions of marshals, risk disqualification.
- Show respect to your fellow competitors, the officials who give up their time to provide the event for you and the public who have come to experience and share your achievements.
- Be prepared – take food, water, tool kit and basic first aid. We have a water station on the XC course (at approximately the 17km mark), we strongly recommended that all riders carry

sufficient water and electrolytes to prevent dehydration. Riders who have medical conditions should carry their own medication for the duration of the event

- Ride in control and within your ability level – so you can safely avoid objects and keep yourself intact. There is steps and rollable drops on course, a road crosses requiring riders to dismount and several short sections that rider may be required to ‘hike a bike’.
- When overtaking a slower rider do so when safe and let them know.
- When stopping, move to the side of the trail where you can be seen by other approaching riders.
- Take care of the people around you and pass your knowledge onto others.
- You will ride through nature reserves, please respect the trail and the surrounding flora and fauna. Come with a clean bike to keep Dieback disease and pest weeds off our trails (it also makes your bike faster!).
- Take your rubbish home – like banana skins, old tubes and gel wrappers. Anyone littering on course risks disqualification.

FIRST AID

First aid will be available throughout the event at the event village (Albany Senior High School oval) and an ambulance staffed with paramedics will be onsite during all events.

Please notify the race director (Brett Dal Pozzo 0458 371 422) of any incidents on course. The emergency number is located on the rear of your race plate.

SAFETY

As a competitor you are required to stop if you are the first or second on the scene of an accident where another competitor is injured. The first competitor should attend the injured person, and the second should gather information and then either call the Race Director (phone number on back of race plate), or ride to the nearest marshal convey the details of the accident.

At the Finish of the race, talk to the Race Director about adjustment to the overall time based on the time lost.

WASHDOWNS

Many of our unique plant species including coastal heaths are susceptible to dieback (*Phytophthora cinnamomi*) — plant death caused by a microscopic soil-borne water mould. The pathogen kills many coastal species and vegetation types. It is spread by the transportation of infested soil and plant material. There are many areas that are free of Dieback and you can help stop its spread if you clean any mud and soil off your bike prior to the race. Please start the race with a clean bike.

EVENT VILLAGE AND FINISH LINE

The Event Village and Finish Line for both distances will be located at Albany Senior High School oval. This area will include departure point for shuttle buses to the start line, St John Ambulance, on course water and aid station, finish line, race officials, timing officials and podium presentations.

SOUTHERN PEAKS XCM

FROM THE RACE DIRECTOR

A warm welcome to all competitors for the sixth edition of the Southern Peaks race. I hope that you have a fantastic event and get to experience all the best mountain bike highlights that Albany has to offer. From the tough beach slog, scenic ocean views aplenty, conquering the granite on the Albany Mounts there is something for everyone.

The Southern Peaks is a unique mountain bike race with the course threading right through the middle of a major regional city, although you'd hardly notice through most of the race. It's tough, don't be fooled by the distances, and it will challenge you. There will be a soft beach, tough climbs, several sections that many riders will need to hike a bike to get over and a number of challenging (but rollable) rock sections with drops. Type 2 fun, you will swear at the time but thank us later.

The course for 2023 sees some changes to the previous editions with all distances starting at Emu point and finishing on Albany Senior High School oval. This year, due to a number of restrictions beyond our control, resulted in us running a 17km and 37km (actually its 40km, consider the extra 3km a freebie) option. This is a point-to-point race. Riders in the 37km event will see some changes to the Mt Melville trails, which they are required to do 2 laps of, with some new inclusions as well as old favorites. They will return to Mt Clarence for another climb up the top, before repeating a thrilling decent over the top to the finish.

Whatever your goals, whether you're here to race, beat your mates or just to finish, I hope you enjoy the event and get to take away some memories from Albany.

Brett Dal Pozzo

On behalf of Albany Mountain Bike Club

THE SOUTHERN PEAKS XC 17KM and 37KM

START: EMU POINT(ALBANY) 10.00AM (37KM) and 10.01 (17KM)

FINISH BOTH DISTANCES: ALBANY SENIOR HIGH SCHOOL OVAL

COURSE DETAILS

Maps, profiles and Strava course links below.

17KM – 16.3km with 383m of elevation

37km – 40.3km with 1116m of elevation

COURSE DESCRIPTION

After a start on the water's edge at Emu Point, competitors head briefly along the cycle path towards Middleton Beach before ducking into the sandy coastal trails hidden in amongst the Peppermint trees. Emerging at Griffiths street, talented riders will be able to pedal down the beach sand towards the water's edge, to head off along one of Australia's most bike friendly beaches. The mid-tide and likely head wind will make for a challenge to find the hard-packed sand as competitors head towards the main hub of Middleton Beach.

With the ability to ride all the way off the beach at Ellen Cove (look for the off ramp!), riders will head up Albany' spectacular wooden boardwalk for the first of the major climbs up to the Albany Heritage Park. After a compulsory dismount road crossing and a hike-a-bike up a small set of stairs, riders will remount their steeds to take in a tour of the best trails that Mt Clarence and Mt Adelaide offer. Riders will pass directly below the magnificent National Anzac Centre before a flowing section of single track including the infamous chain ring rock where local knowledge will help riders choose the best line.

Riders will again head uphill and pass through the Historic Forts Precinct before another single-track descent to give some reward for all of the climbing. Riders will then skirt the northern side of Albany Heritage Park before the AC/DC climb to gain some quick elevation. Legs will start to burn before this climb is summited but the reward is fantastic with riders being spat out at the top of the Pilot Trail. Riders are in for a single track treat with spectacular views for those brave enough to take their eyes off the track.

Emerging alongside the Memorial trees on Apex Drive riders wind their way towards the water tank before starting a tough technical climb to the highest point on course. This is a spectacular part of the course, and riders may catch views to the north of the Stirling Ranges before heading down the Granite Trail. It's technical and riders need to descend with caution.

17km riders will finish here by ending at Albany Senior High School oval.

37km riders can stop here (17km point for water, snacks and aid station).

37km riders will continue a thrilling traverse towards Albany's CBD. The road turns up briefly to the hidden bush containing the one of the stages biggest technical challenges the stairs of Wagon Rock. Inexperienced mountain bikers are encouraged to dismount for this obstacle although experienced riders will love the challenge of the coppice-logged descent, all sections are rollable.

For 37km competitors the race descends right through the heart of Albany's city centre and up again towards Albany's other iconic city peak, Mt Melville. Please stick to the road rules, you're on open roads, we have traffic control in place for the roundabouts only. After heading up a steep road climb riders will head off on the Melville circuit trail which offers a new and improved view of both the city and Princess Royal Harbor. After a grueling pedal up or dismounting for a brief stair climb, riders will have to keep their wits about them over a few slippery granite sections. Best not to touch your brakes as you cross the wet granite! After summiting Mt Melville, locally known as the Spark Plug, riders are faced by a long, challenging descent that confident riders will look to make some time on. The local advice is to keep your weight back on the rock roll-over at the halfway mark.

Emerging on the Western side of Mt Melville, riders will then hit the delight of the Mt Melville Parklands trails. You will feel the burn as this section contains a number of sustained climbs, tight single track and open firebreaks to put out some power or grab some respite.

IMPORTANT – 37km Riders will exit onto Serpentine Rd. You are required to do a second lap of Mount Melville, entering from Serpentine Rd back onto Melville Drive. After completing your 2nd lap you will continue back across town, past the start line and complete a partial second lap of Mount Clarence. Timing mats are in place to ensure riders complete required laps.

After completing the two laps of Mt Melville, riders fly back across the CBD, a long road climb and past the finishing point. Riders will enjoy some flat, following the historic granite drain and newer pipeline. To finish 37km riders tackle for the second time the granite peak of Mt Clarence before descending into the finish on Albany Senior High School Oval.

ROAD SAFETY

The Southern Peaks race uses public roads throughout the course. Whilst traffic management and marshals are in place, the roads remain open to vehicles and normal road rules need to be followed. Please follow instructions from marshals and traffic control.

All Southern Peaks XC riders will cross Apex Drive on Mt Clarence, and it is mandatory that all riders dismount. Please follow the instructions of the marshal and cross when advised to do so. You will then carry your bike up wooden stairs.

37km riders event road safety.

On leaving Wagon Rock riders will descend on Serpentine Road to cross Aberdeen Street and York Street. These roundabout crossings will be supervised by traffic management but please follow the instructions of these road crossing marshals.

All other road sections riders will be on open roads, and must stick to the left and follow normal traffic rules. Marshals will be in place at all crossings and intersections.

BIKE AND SAFETY REQUIREMENTS

Please ensure your bike meets following requirements:

- Bike is in good working order
- Plugged handlebar ends
- At least one working brake

START TIMES

Please be aware if you miss the race briefing you will not be eligible to race.

Race briefing all distances	9.45AM at Emu Point
37km race start	10.00AM at Emu Point
17km race start	10.01AM at Emu Point

CUT OFF TIME

Cut-off times must be enforced due to requirements of traffic management. These are based on riders averaging below 8km/hr.

3.00pm course closed to all riders.

APPROX FINISH TIMES

Times for the first competitors to finish are based on finish times in 2021:

17km: 11:00AM
37km: 12:15PM

AID STATION – 17KM ALBANY SENIOR HIGH SCHOOL

Competitors will be able to resupply with water, and fruit and snacks provided, before proceeding.

This will be the only aid station on course. It will be at the 17km point for 37KM riders.

BAG DROP

All competitors can drop water bottles, bags and gear at the Emu Point start from 9am until the race start. These will be available at the Aid Station (17km mark) for access on course or on completion of race.

SHUTTLE BUSES

There will be a shuttle bus departing from Albany Senior High School (Suffolk St). This is adjacent to the finish line, and competitors can leave their car in the school carpark. Buses will ferry competitors and bikes to the start line at Emu Point.

Bus departure times are as follows:

Bus 1 – 8.00am
Bus 2 – 8.30am

Those that have pre-registered for the Bus transfer will have been assigned to a bus number and this would have been communicated to you via email. Please ensure you arrive on time for your bus as you will not be able to take up a spot on another bus.

NOTE: Buses will be filled to capacity and we will not be able to cater for walk ups. If you have not nominated at registration then please contact event@southernpeaks.com.au

Riders are responsible for loading and unloading their own bike, unattended bikes will not be transported. All bikes must be loaded onto the trailer, not on the bus itself. We have shuttle trailers that take 20 bikes and are carbon frame friendly!

PARKING

We encourage all competitors to utilise the free shuttle bus service provided or ride to the start (6.5km from the finish at Albany Senior High School). Albany Senior High School has car parking off Suffolk Street, adjacent to the finish line. If you chose to drive to the start at Emu Point start line public parking is available along Roe Parade.

SUGGESTED EQUIPMENT FOR THE SOUTHERN PEAKS:

- Mountain bike (working brakes and bar ends)
- Helmet (complying to Australian standards)
- Spare tube
- tyre levers
- Pump or CO2 inflator
- multi tool
- quick link (chain link)
- fluids (bottles or hydration pack)
- food/gels
- sunglasses
- race plate
- closed shoes

Note e-bikes are permitted, however will not be eligible for podium places, prizes or XCM State Series points. Drop bar bikes are not permitted for safety reasons.

EVENT SIGNAGE

It is the competitor's responsibility to ensure they follow the course markings, Competitors are expected to continue straight along trails unless otherwise directed. Wrong turns will be bunted or appropriately marked.

EVENT MAPS AND ELEVATION

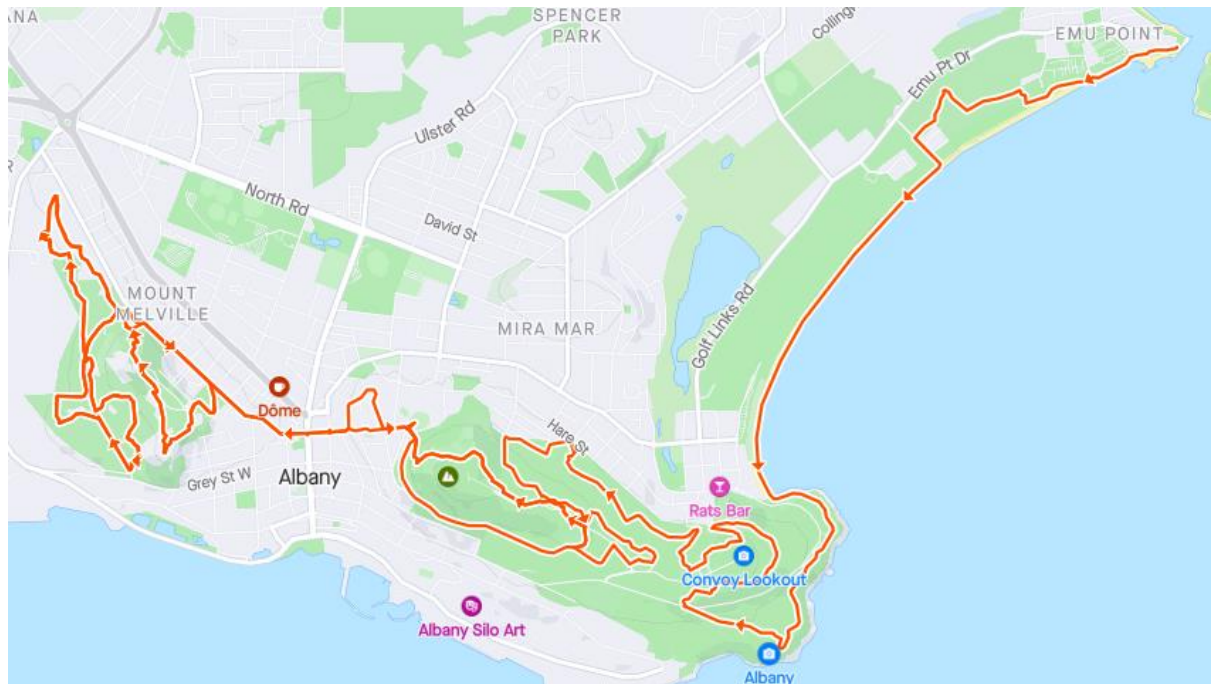
Southern Peaks 37km – Starting at Emu Point and finishing Albany Senior High School, Albany.

Distance 40.3km

Total elevation 1116m

Link to Strava route

<https://www.strava.com/routes/3139599715742135514>



Southern Peaks 17km – Starting at Emu Point and finishing Albany Senior High School, Albany.
Distance 16.3km
Total elevation 383m

Link to Strava route

<https://www.strava.com/routes/3139583895060272136>

