

# <sup>2</sup> BMC

BLUE MOUNTAINS ^ SEA



**2 days of exhilarating mountain  
bike stage riding from the top  
of the Blue Mountains to the Sea**



## About the Blue Mountains to Sea

The Blue Mountains to Sea (**BM2C**) is a tour style of ride where entrants in pairs will ride over 180km on a journey from Mt Victoria in the Blue Mountains to Queenscliff beach on the Northern Beaches of Sydney NSW. The majority of the riding will be in stages and will allow you to ride in all types of exciting terrain – uphill, downhill, cross country, single track, fire trails and cycle paths. Whilst the timed stages will range in length from 11km to 40km, there will also be a number of non-timed cruising stages along the way. The Blue Mountains to Sea is not just about the ride – it's about the chance to catch up with mates old and new and to be part of a great ride through some of Australia's best landscapes.



## Event Contacts

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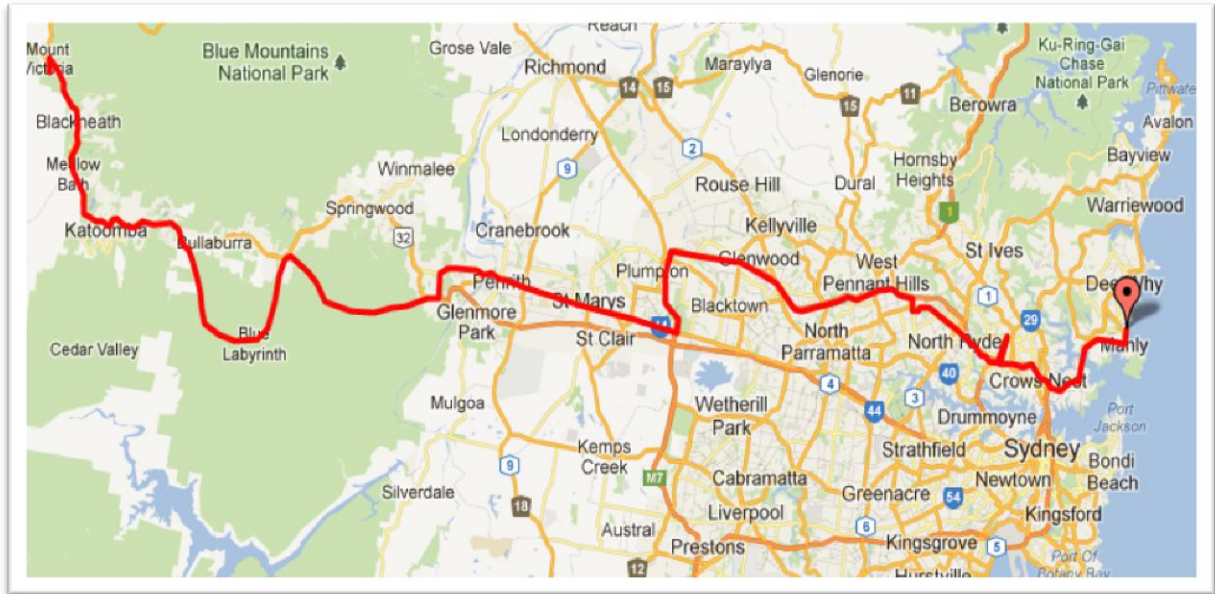
Facebook - <http://www.facebook.com/BlueMountains2Sea>

## The 2012 Blue Mountains to Sea at a Glance

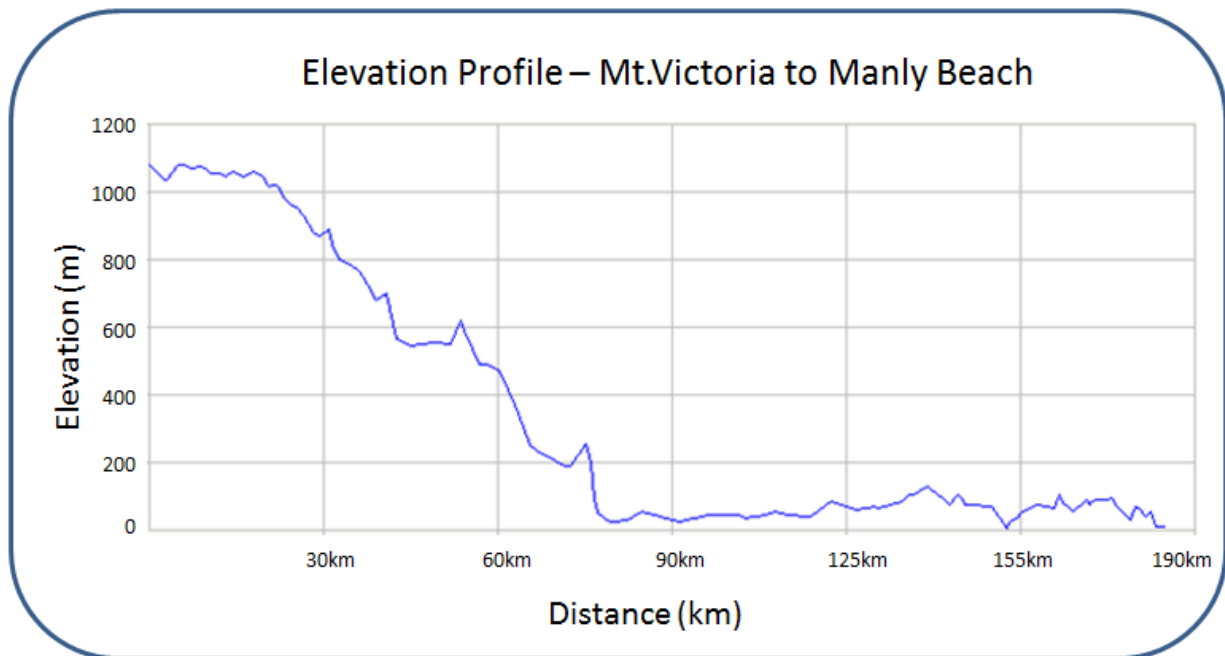
The 2012 Blue Mountains to Sea at a Glance				
Stage	Type	Distance	Where	Terrain
Stage 1	Race	10.4km	Mt Victoria to Medlow Bath	Off Road
Stage 2	Cruise	12.7km	Medlow Bath to Wentworth Falls	Off Road / Road
Stage 3	Race	31.1km	Wentworth Falls to Woodford (Anderson's Trail)	Off Road
Stage 4	Race	25.7km	Woodford to Glenbrook (Oaks Trail)	Off Road
Stage 5	Cruise	10.2km	Glenbrook to Penrith	Road
Stage 6	Cruise	60.1km	Penrith to Lane Cove	Road
Stage 7	Race	10.4km	Lane Cove Off Road	Off Road
Stage 8	Cruise	24.3km	Lane Cove to Queenscliff Beach	Road
<b>TOTAL</b>		<b>184.9km</b>	<b>Blue Mountains to the Sea</b>	



## 2012 Blue Mountains to the Sea Overall Profile



## 2012 Blue Mountains to the Sea Elevation Profile



## Event Registration

The historic town of Mt Victoria is where it all begins. The event Hub will be based around the Mt. Victoria Hotel. All riders must register in person on Friday 23<sup>rd</sup> November at 7.30pm. Here you first sign a waiver and you will be given a bag containing your ID wrist band, bike number, accommodation details, baggage tags and sponsor goodies.

## Rider Briefing

All Rider briefings are mandatory. The pre-event briefing will take place at 8pm during the Welcome Dinner at the Mt. Victoria Hotel. There are other briefings, pre and post stage which are shown in each days schedule throughout this guide.

## Blue Mountains to Sea Stages

There are 8 stages in total during the weekend. Four are timed stages and 4 are untimed cruises. All riders must ride, and complete every race and cruise stage to be eligible for a placing.

## Race Stages

Race stages are timed stages varying in length. Provisional results will be posted at the end of each race stage and final results will be given at the stage presentation each day. Protests may be made up to one hour up to stage results are posted. All riders must ride (or walk) and complete each stage to be eligible for a placing in the event.

## Cruise Stages

Cruise stages are non-race stages which you can ride at your own pace and enjoy the scenery! Cut off times do apply so you need to allow sufficient time to arrive before the cut off. All riders must check in and check out when you arrive at the end of a cruise stage.

## Cut off times

Cut off times have been calculated for all stages, both race and cruise. It is up to you how hard you go – provided you complete each stage within the cut-off times then you can enjoy the event as a tour. The cut off times are listed in each stage description and are quite generous for riders with reasonable fitness.

## Bike Number

Your bike number must be mounted on the front of your bike with the cable ties provided. It is your responsibility to ensure that the number is visible from the front at all times during the event.

## ID Wrist Band

At registration on the Friday night 23<sup>rd</sup> November you will be given a blue ID wrist band which you must wear for the duration of the event.

## Course Markings

There will be limited course markings due to the nature of the event however you will get detailed directions at the briefing sessions as well as maps. The course we have chosen is well documented in all Mountain Bike guides and therefore should be easy to follow.

It is up to you to manage your own safety. Some sections may be steep and require you to dismount and walk. Ride within your skill level and always air on the side of caution.

## What to do if you get lost

If you have travelled for a significant distance and not seen a fellow competitor for a while you should stop, turn around and make your way back along the path until you come across another rider. If you are unable to find another rider and you are uncertain

what to do, call either the van or Anthony or Graham for assistance.

## Withdrawing from a Stage

If you fail to complete a stage or are pulling out of a stage you must advise either Anthony or Graham at the earliest opportunity. Failure to do so may result in a search and rescue operation, the costs of which will be billed to you.

## First Aid

There will be First Aid available at the start and finish area of all event stages. On course, the van will attempt to attend to incidents as required. You can also call Anthony or Graham in the event of the emergency and they will attend if required.

## Equipment – Mandatory and Recommended

Mandatory equipment that each rider must be carrying is:

- Suitable mountain bike in good repair
- Australian approved cycling helmet
- Race number mounted on handlebars
- Race wrist band
- Minimum 750ml of fluid
- Toolkit with a minimum of pump, puncture repair kit, tyre levers and inner tube.
- Food – energy bars etc
- Space / Emergency foil blanket

- Water resistant jacket
- First Aid kit with a minimum of crepe bandage, Band-Aid strips, painkillers and sterile dressing
- Warm hat
- Working front and rear light

We recommend you bring clothing for all conditions – both for riding and off the bike time. Mountain weather can be extremely unpredictable and while the days may be sunny and warm, the evenings are typically cool. As we descend to the coast, warmer weather should prevail, although it is not guaranteed!

While we will have mechanical spares on hand we strongly suggest that you bring plenty of your own. Things like inner tubes, brake pads, derailleur hanger and chain may be handy.

## Hydration and Food on Course

As a rule, it is mandatory that you have at all times 750ml of fluid. For the longer stages, it is recommended that you have twice this amount - either carried in your backpack or hydration pack.

Water and electrolyte will be available at the end of each stage. Additionally, there will be food at the end of each stage in the form of fruit and sugary treats.

Lunch will be provided at the end of Stage 3 and Stage 6 and will comprise of a roll with meat and salad, a piece of fruit and a muffin. Coffee will be available along the way at shops that are open so we will let you know where

these are so you can deviate from the path and pick up a quick fix.

## Weather

Mountain weather, beach weather - expect it all and be prepared for it all. In the mountains fog is not uncommon in November and certainly could be very cool. Being the tail end of Spring it could also be quite warm and certainly when down near the coast hot so ensure you bring come hot weather gear and sunscreen.

## Bike Preparation

We strongly recommend that your bike is serviced by a qualified mechanic prior to the event. This is important not only for your own safety but also your enjoyment of the event. And we'd definitely urge you to test your brakes prior to being the first stages. Although it is cross country there are certainly some steep descents – not somewhere you'd want to find out that your mechanic has not done a good job.

You must use the same bike throughout the event, however you may swap parts as necessary between stages.

## Personal Sponsorship

You are welcome to display personal sponsorship logos on clothing or bike; however your bike number must not be compromised in any way.

## **Mechanical Support**

A mechanic with many years of experience (Graham!) will be available to support the event. He will set up at the end of the day to help get you going should you have any mechanical issues. He will no doubt be busy so it will be better to get your bike to him sooner rather than later if you have a problem.

## **Bike Clean Station**

The wonderful people at Nepean Village Resort have allowed us the use of high pressure hoses to clean our bikes after the first day. There will also be brushes and detergent available. Supply of product is limited so don't go overboard.

## **Mobile Phone Coverage**

There is limited GSM mobile coverage along some parts of the route. Optus / Telstra Coverage is quite good in most areas however there are still pockets along the route where it is unavailable.

## **Insurance and Waiver**

The organisers of this event are not liable for any mishaps that occur. This is

not an official event. However, to ensure the support of all riders on this Blue Mountains to Sea ride, we will be enrolling all riders into the NSW Cycling Association group which will automatically provide riders with third party protection and insurance.

## **Prizes**

There are plenty of prizes available at the Blue Mountains to Sea. There are thousands of dollars' worth of equipment up for grabs and will be available to all entrants. We will tell you more about this in the upcoming communications and at the Day Zero race briefing.

## **Lost Property**

Any gear found on the course or any lost property should be handed to the Man in the Van.



## Transport and Accommodation

The Blue Mountains to Sea is an all-inclusive event which includes food and accommodation. The only cost not included in the event fee is the Pre-Race transportation from Sydney to the Blue Mountains (or more specifically Mt Victoria) and dinner on the first night.

The City Rail Network operates regular services from Central Station in Sydney to Mt Victoria on a half hourly interval at a cost of \$8.20. There may be an extra charge for a bike at \$4.10. You will need to get on a Train from Central Station before 5.23pm on Friday 23<sup>rd</sup> November to ensure you make it to Mt Victoria station and the Pre-Race registration at the Mt. Victoria Hotel. Below are current train times from Central Station (for more information [www.131500.com.au](http://www.131500.com.au))

Central Station to Mt. Victoria Travel Guide			
Option	Depart	Arrive	Travel Time
Option 1	4:24pm	6:41pm	2hrs 17 mins
Option 2	4:53pm	7:14pm	2hrs 21 mins
Option 3	5:06pm	7:30pm	2hrs 24 mins
Option 4	5:23pm	7:40pm	2hrs 17 mins
Option 5	5:37pm	7:59pm	2hrs 22 mins

The Mt Victoria Hotel is a 2 minute walk from Mt. Victoria station and is where you will have your accommodation on the Friday evening. To ensure you will be on the list make sure when registering you let us know what train you are planning to arrive with at Mt. Victoria Station.

## Accommodation – All in Package

The Blue Mountains to Sea is an all-inclusive event where accommodation and meals are included in the upfront price. You will be provided accommodation on the Friday Night at Mt Victoria at the Mt. Victoria Hotel (the same place where the Registration and Pre-Race meal will take place) and on the Saturday night at the Nepean River Village Resort in Penrith.

Accommodation for the Friday night will be quad share and for the Saturday night will be a large dormitory style setup. Some accommodation providers will allow bikes into the room but only if you have a drop sheet for the bike. It is highly recommended that you bring a quality bike lock for your bike for those occasions your bike will be outside or in a common storage area.

Upon arrival at the Mt. Victoria Hotel proceed to the Bistro area between 4pm and 7pm. Here you will receive details about your accommodation.

The accommodation for the Saturday night will be provided by the Nepean Village Resort which is nestled close to the banks of the Nepean River in Penrith. Check in will be between 5-6pm.

## Catering

Below is a summary of the included meals that are a part of your entry fee. The areas below that require you to purchase your own meal are denoted with a N/A

Date	Breakfast	Lunch	Dinner
24 <sup>th</sup> November	N/A	N/A	N/A
25 <sup>th</sup> November	8.30am Wentworth Falls – N/A – Riders Choice	12-2pm Woodford (between Anderson Trail and Oaks Trail)	7pm – BBQ at Nepean River Village Resort
26 <sup>th</sup> November	6-7am Nepean River Village Resort	12-2pm – Lane Cove National Park	7pm – BBQ Manly Area

## Day Zero – 23<sup>rd</sup> November, 2012

Riders arrive at Mt. Victoria train station, turn left and walk up the road to the Mt. Victoria Hotel. Here you can check in your luggage, grab a beer, acclimatise to the altitude and start preparing yourself for the adventure of a lifetime – riding the Blue Mountains to Sea.

### DAY ZERO – Schedule

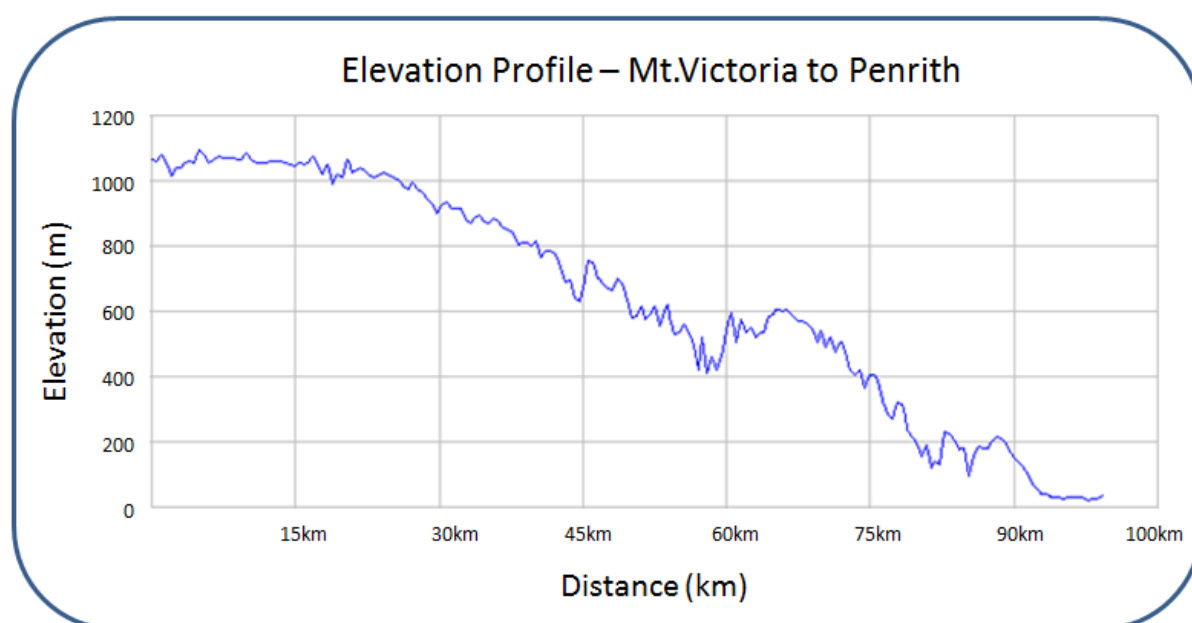
4.00pm – 7.30pm	Registration	Mt. Victoria Hotel, Mt. Victoria
7.30pm – 9.00pm	Welcome Dinner	Mt. Victoria Hotel, Mt. Victoria
8pm	Race Briefing – must attend	Mt. Victoria Hotel, Mt. Victoria



## Day One – 24<sup>th</sup> November, 2012

Let the riding and the journey begin. The day starts with a strenuous 500m ride to the Summit of Mt. Victoria. I hope you were looking out the window yesterday as you sat in comfort on the train as it will be exactly what you will be riding down..... This day is spilt into 4 sections so you will enjoy the variety of what the Blue Mountains has to offer. Finish the day at the foot of the mountains for a well-earned rest and BBQ.

DAY ONE – Schedule		
6.30am	Riders assemble at Mt. Victoria Hotel and slowly ride up to the Trig point	Mt. Victoria
7.00am	Start Stage 1 - Race	Mt Victoria Trig Point
7.45am	Cut off Stage 1	Medlow Bath
7.45am	Start Stage 2 - Cruise	Medlow Bath
8.30am	Cut off Stage 2	Wentworth Falls
8.30am	Breakfast – Riders Choice	Wentworth Falls
9.30am	Start Stage 3 - Race	Andersons Fire Trail
12.30pm	Cut off Stage 3	Woodford
12.30pm – 1.30pm	Lunch	Woodford
1.30pm	Start Stage 4 - Race	Oaks Fire Trail
4.30pm	Cut off Stage 4	Glenbrook
5.00pm – 6.00pm	Start Stage 5 - Cruise	Glenbrook to Nepean River Village Resort
7.00pm – 8.30pm	Dinner - BBQ	Nepean River Village Resort
7.30pm	Race Briefing and presentation	Nepean River Village Resort



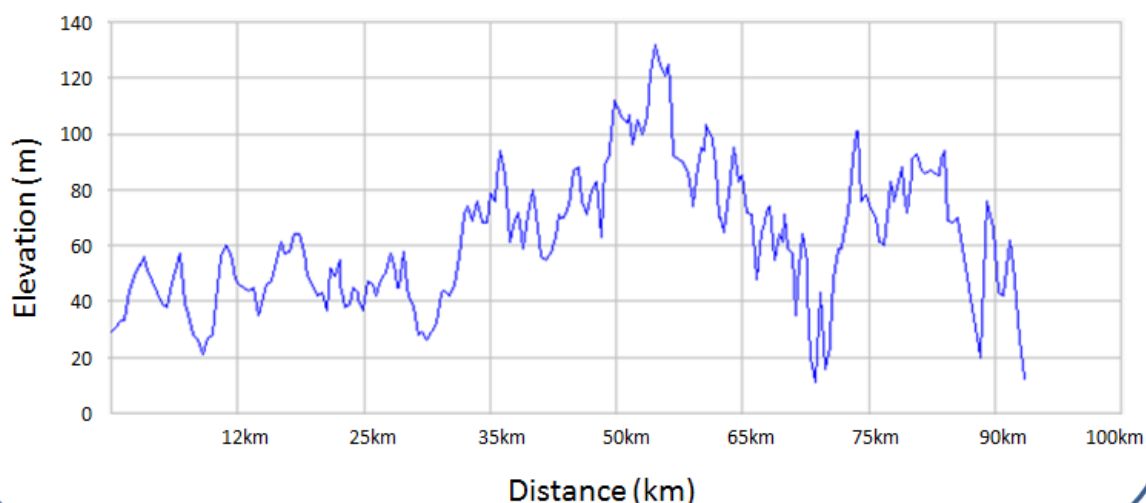
## Day Two – 25<sup>th</sup> November, 2012

Today we leave the bumpy off road serenity of the mountains and start to head towards the rolling waves of Manly Beach. This day is predominantly on a cement / bitumen path with a little bit of single track in the Lane Cove National Park. Ensure you have your Speedo's on as at the end of this day you will have a chance to take a dip in the mighty blue Pacific Ocean. This ends your magnificent journey – you've made it! You are in the unique club of riding the first Blue Mountains to Sea!

### DAY TWO – Schedule

6.00am – 7.00am	Breakfast	Nepean River Village Resort
7.00am – 7.30am	Assemble at the entrance of the Nepean River Village Resort	Penrith
7.30am	Start Stage 6 - Cruise	Penrith to Lane Cove
11.30am	Cut off Stage 6	Lane Cove National Park
12.00pm – 1.00pm	Lunch	Lane Cove National Park
1.30pm	Start Stage 7 - Race	Lane Cove National Park
2.30pm	Cut off Stage 7	Lane Cove National Park
3.00pm	Start Stage 8 - Cruise	Lane Cove National Park
5.30pm	Cut off Stage 8	Manly / Queenscliff Beach
6.00pm – 9.00pm	End of Ride Dinner - BBQ	Balgowlah
7.30pm	Final Presentation	Balgowlah

Elevation Profile – Penrith to Manly Beach



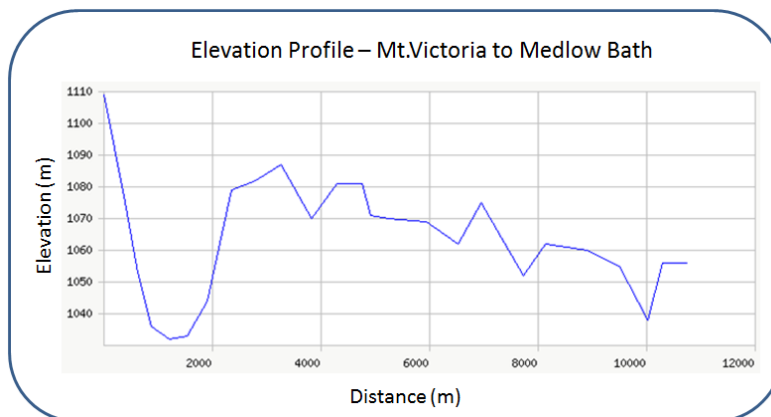
## Stage 1 - Race

**Distance** 10.4km  
**Surface** Off Road Fire Trail  
**Start** Mass start from 7.00am  
**Cut-off time** 7.40am

**Stage Description** You'll walk outside the Mt. Victoria Hotel and catch a beautiful glimpse of the day as you ride a few hundred metres to the Mt Victoria trig point which will be the starting line for the first stage of the Blue Mountains to Sea. From a height of 1111m you will ride through the picturesque town of Mt Victoria (most of which is heritage listed) heading towards the train station and then connect up with a path that runs in parallel to the train line for the duration of this stage. The path is undulating but predominantly downhill. This is the perfect warm up race stage for what is to come later in the day! This race stage ends at Medlow Bath Railway station at an altitude of 1060m.

Be Warned: There is some 170km to go from the end of this first stage – don't blow it all by an injury so early on. We know it will be hard but try to avoid the temptation to let adrenaline take over on this section. There is some loose sections of this trail that could bring down the brave or the foolish. Be careful overtaking. Enjoy the descent but take it easy – there's a long way to go to Manly Beach

**Water / Food** None

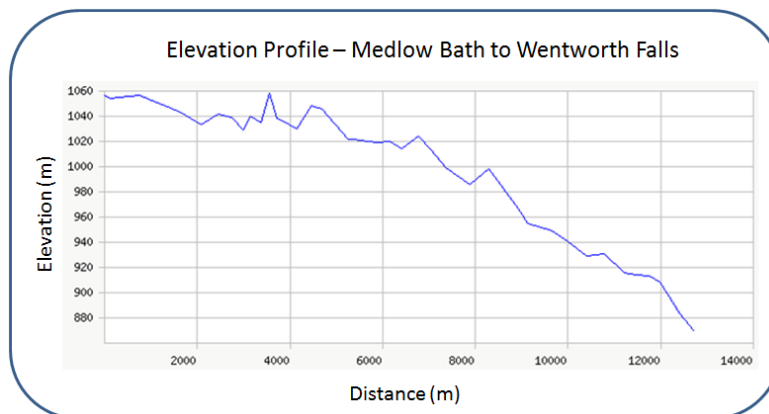


## Stage 2 - Cruise

**Distance** 12.7km  
**Surface** Off Road Rail path  
**Start** Mass Start at 7.45am  
**Cut-off time** 8.30am

**Stage Description** After a nice race stage you will have the opportunity to cruise at your own pace further down the mountain as we get ready to take on the most exciting part of the day from Wentworth Falls. Kicking off at Medlow Bath train station you will cruise alongside the rail line to the famous Blue Mountains town of Katoomba (almost known as the “capital” of the Blue Mountains) at 1030m high before passing the picturesque Leura and then into Wentworth Falls. Here we will stop and have an extended break to have a well-earned breakfast and get ready for the magical descent down the mountain.

**Water / Food** Breakfast at the end of the Cruise at Wentworth Falls



## Stage 3 - Race

**Distance** 31.1km

**Surface** Mix of Gravel, Sand and Rocky fire trail

**Start** Mass Start at 9.30am

**Cut-off time** 12.30pm

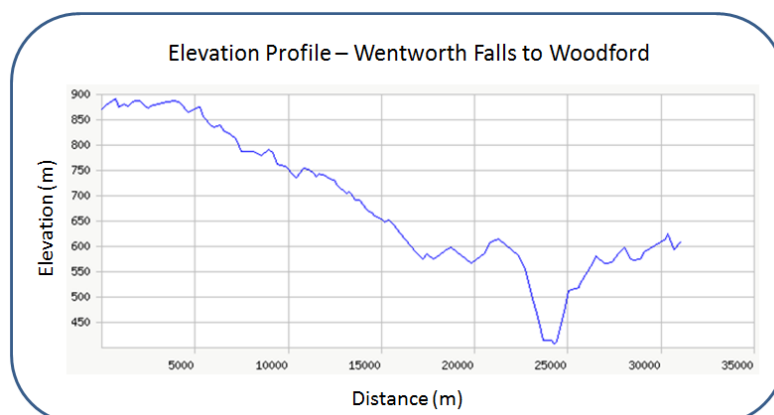
**Stage Description** Now the race and the absolute excitement of the BM2C begins. We start at the Grand View hotel and make our way up the bike path on the Great Western Highway before turning into Kings Tableland Rd that will take us down to the start of the famous Andersons Trail. Go past the Queen Victoria Hospital on the right (can you believe that this was a working hospital only 10 years ago!) and continue for 7 kilometres on a smooth fire trail. Cars use this road so be careful!

At this point an almost well signposted spot sends you left off the main road and up a 50m hill to the gate and the real start of the trail. There is one more little trick coming so keep your eyes out. In about 350m from the gate there is a fork in the road – keep right!! This is the Andersons Trail. Not particularly well marked! If you go straight you will ride 3 km's and be rudely interrupted by a lake. If you do this just ride back up the hill!

The next 10 km is beautiful rolling riding! The best kind! You will end up at a creek that you will cross twice – be prepared to get your feet wet! From here its 3km up! Straight up! Prepare to dismount ☺. Through a gate and turn left and ride along the road and turn right at Sutton St and then left at Taylor Street. The van will meet you here!

**Water / Food**

Lunch will be available from the Van at Woodford





## Stage 4 – Race

**Distance** 25.7km

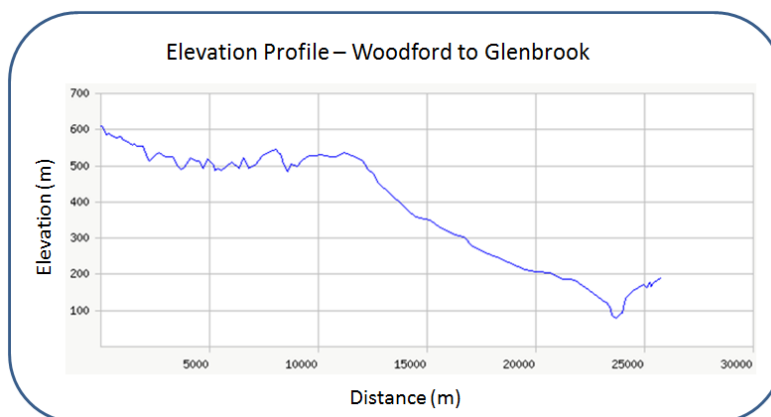
**Surface** Mix of Gravel, Sand, Clay and Rocky fire trail

**Start** Mass Start at 1.30pm

**Cut-off time** 4.30pm

**Stage Description** From one brilliant Blue Mountains off road trail to another. The Oaks trail is famous amongst mountain bike riders for its thrilling descents as well as its beautiful outlooks. This stage starts only a few hundred metres from where the Anderson Trail ended. The start is a solid path and quickly turns to shingle as your bike levels out the bumps that nature has provided. Soon the trail heads towards the Ironbark's and finally to the Ironbark's gate a mere 300m up the road. Passing the Oaks picnic area you will pass the mountain bike trail map and you will be off and going. Head left up to the Helicopter landing to get some spectacular views and then roll on down towards Glenbrook and the end of a sensational days of off road riding – you will not get much better than this across this great state! Here the van will be there to meet you providing more water and snacks to get you down the mountain and into your accommodation for the night! Don't give up – you are almost there!

**Water / Food** Snacks will be available from the van at Glenbrook



## Stage 5 - Cruise

**Distance** 10.2km

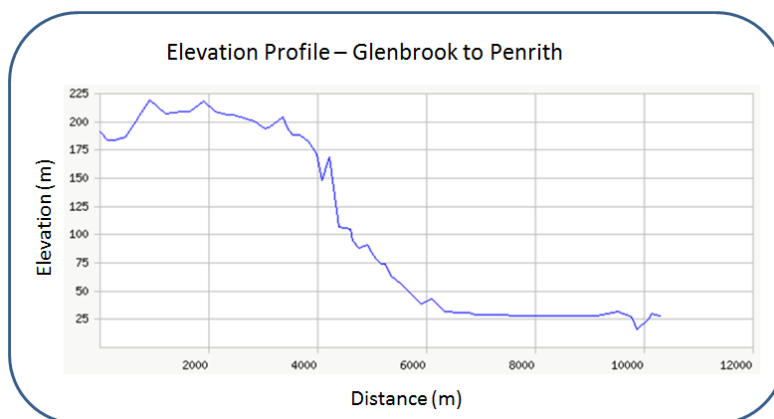
**Surface** Dirt and tar roads

**Start** Mass Start at 5.00pm

**Cut-off time** 6.00pm

**Stage Description** The final part of the day is a leisurely cruise down to the foot of the mountain and to the luscious banks of the Nepean River. Riders make their way across the Great Western Highway at Glenbrook and wind their way through this historic town to the Old Bathurst Highway and shoot down the mountain this way. Hold on! There will be little pedalling here so keep your eyes on the road and keep close with your partner. It will be over before you know it and the mountain descent will be a distant memory. Cross the Nepean River at High street and meander your way to the accommodation for the night

**Water / Food** N/A

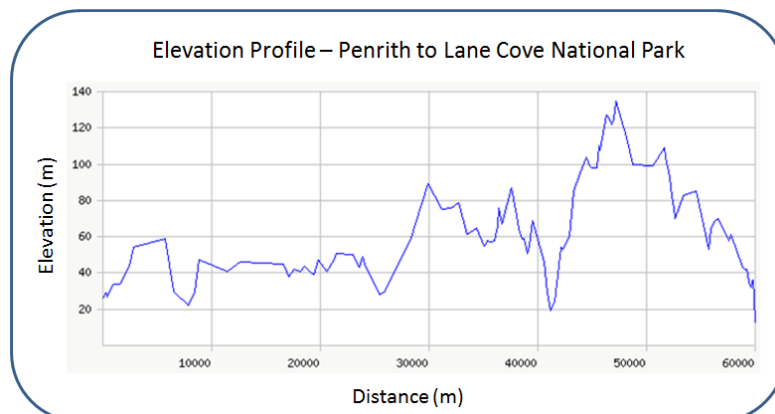


## Stage 6 - Cruise

**Distance** 60.2km  
**Surface** Bike Path and Road  
**Start** Mass Start at 7.30pm  
**Cut-off time** 12.30pm

**Stage Description** The longest stage of the race starts nice and early from the banks of the Nepean River. After a good sleep and resting the legs from bouncing around it will be a much smoother ride today. The route moves through Penrith and heads due East up Route 44 – The Great Western Highway – for about 20km’s before hitting the cycleway at the M7 Motorway and a more undulating ride. This path takes all the riders North before swinging East and manoeuvring through the Hills district (its not called the flat and undulating district for a reason!). The M7 turns into the M2 which signals our exit and we wind our way eventually up to North Rocks Rd before finally connecting to Epping Rd to ride into Macquarie Park. From here we take a deviation from safe bike paths and head down Delhi Road to the entrance of the Lane Cove National Park and the end of this stage. The ride is best done in a group and with lots of chatting about the day that was. While this will not feel much like a Mountain Bike event today, I promise to provide you a little bit of excitement at the end of this stage that will get you back thinking that you are the most amazing off road rider around!

**Water / Food** The Van will serve lunch at the Lane Cove National Park



## Stage 7 - Race

**Distance** 10.4km

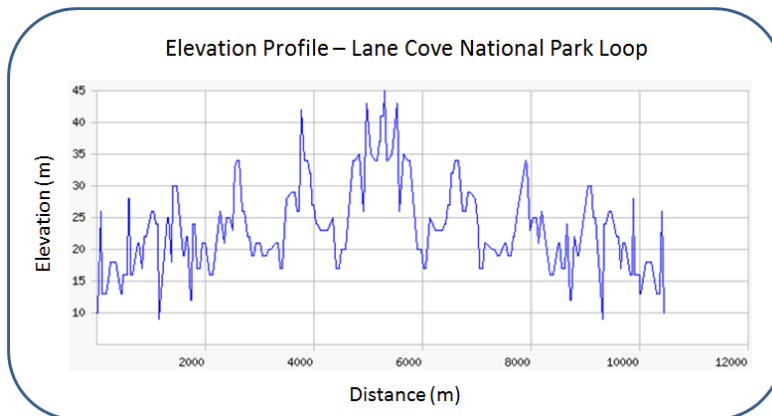
**Surface** Off Road Trail

**Start** Staggered Start at 1.30pm

**Cut-off time** 2.30pm

**Stage Description** This little tucked away part of the world is the best we could find in terms of off road action on our way to the Sea. Whilst not very long, should provide you your fix of gum leaves for you Koalas and bark for you termites. The windy path may cause more issues than it provides a fix as there is numerous ways through this area. Follow the leader will be the focus for the day as we make our way through this maze of paths and off shoots! Enjoy the last of the bush as soon you will have those knobbles buried in the sand!

**Water / Food** The Van will serve drinks and snacks at the Lane Cove National Park



## Stage 8 - Cruise

**Distance**      24.3km

**Surface**        Bike Path and Road

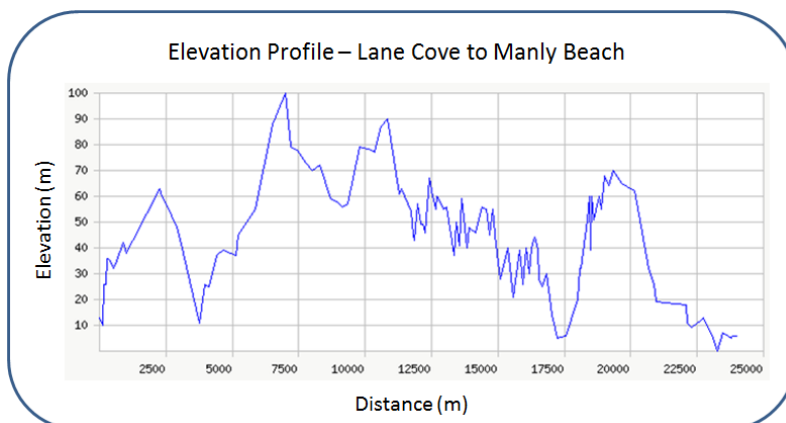
**Start**            Mass Start at 3.00pm

**Cut-off time**    5.30pm

**Stage Description**      This is the final stage of the race and possibly the most satisfying. Riders will make their way back up Delhi road and re-join the bike path they were riding this morning. This path continues along Lane Cove road and then Lane Cove tunnel and provides some nice climbs and smooth descents. At Lane Cove shops go straight and shoot down under the freeway and you will climb up and see Willoughby Shops. Climb up over the foot bridge and make your way up the path to Cammeray shops – only 10km’s to go. You will now wind through the back streets of the ritzy lower North Shore before shooting out at the Spit Bridge where the last of the nasty climbs will greet you. A 500m stinger that will suck out the last remaining energy in your legs. Turn right at Esplanade Road – one of the best views in Sydney. Make your way along Sydney Rd and then shoot down Wanganella St to Balgowlah Rd that will take you all the way to Queenscliff Beach and hopefully plough your tyres into the sand! Now you can Celebrate! You have made it! The inaugural BM2C is completed!

Grab a shower at the surf club (the van will have your bags) and get ready for a BBQ! Many stories to share and tell – please do not let the facts get in the way of the good stories

**Water / Food**            The Van will serve drinks and snacks at Queenscliff Surf Club



## Thanks to .....

The Blue Mountains to Sea (**BM2C**) would not be possible without the enthusiasm of our sponsors, supporters, partners and many others that make this all possible. A huge thanks goes to –

### Our Major Sponsors

A big thank you to Graham Cockerton from Pure Cycling for providing all the training programs and fittings for all the riders. This type of service is invaluable and makes our sport that much more enjoyable when you feel as one with your machine. We truly appreciate your time.

Thanks Bike Pure who kindly donated wrist bands and stem rings to all participants. You are fighting a worthy cause and support you in that quest. We all love the sport for its exhilaration and challenges and any effort that keeps that as the focus we support – so thank you!

### Our Host Partners

A big thank you to Mt Victoria Hotel for making us feel so welcome and allowing us to use your facility as the registration point for the race. We are a big fan of supporting local establishments and you are a great example of how that link and support can be shown – Thank you!

Thanks also to Nepean River Village Resort for hosting us Saturday night and allowing us to setup BBQ facilities and cleaning facilities for the bikes. You make us feel very welcome and go the extra mile for your guests – we truly appreciate that!