

EVENT PROGRAM

WHERE LEGENDS ARE FORGED

WELCOME TO THE 2024 OTWAY ODYSSEY AND GREAT OTWAY GRAVEL GRIND PRESENTED BY FOCUS.

Welcome to the 18th year of these block buster events! The 2024 Otway Odyssey and Great Otway Gravel Grind are shaping up to be our biggest yet and we're looking forward to seeing you at Forrest on 24-25 February.

There are over 2,000 riders expected across the weekend, ranging from world champions and pro riders through to first time racers and kids on balance bikes. HOW COOL IS THAT! that the event can bring riders of all abilities, across MTB and gravel together for a HUGE CELEBRATION of cycling in a beautiful wilderness setting.

The courses are simply world class, from the supreme flow of Forrest's renowned single track (made even better with new trails in 2023) to the 'champagne gravel' roads that weave through the towering timber forests. There is no surprise that riders keep coming back each year to experience the magic.

No matter if this is your 1st year - or your 18th year - competing in this iconic event, we extend a warm welcome to the trails & roads and we can't wait to see you in action in the Otways. It's going to be HUGE.

The Rapid Ascent Team



































EVENT SCHEDULE

Friday 23 February:

3:30pm - 7:30pm Competitor Registration for all races 4:30pm T-shirt ride - MTB social ride (NEW)

5:30pm - 6:30pm Pre-race champagne, Skratcharitas and info session in the Ladies Lounge - women only

6:00pm Elite MTB athlete Q&A session (NEW)

Saturday 24 February:

6:00am - onwards Late registration open in the event expo.

7:00am 100km Elite Female riders start - on Yaugher Rd

7:25am 100km e-bike race start

7:30am 100km race start for all riders (except Elite Females) on Yaugher Rd

7:55am 50km e-bike race start

8.00am 50km Otway Shorty race start

9:30am – 5:00pm Otway Odyssey sponsors expo open with sponsor stands, food, kid's activities 10:00am - 5:00pm Registration open for Sunday's GOGG riders, 30km and 10km MTB riders

1:00pm 50km Race presentations1:30pm Otway Groms ride activities

1:30pm T-shirt ride - Gravel social ride (NEW)
2:30pm Elite Gravel athlete Q&A session (NEW)

3.00pm 100km Race presentations

Sunday 25 February:

7:00am - 9:30am Registration for GOGG riders, 30km and 10km MTB riders

8:00am GOGG 97km Big Ring race start - on Yaugher Rd

8:30am – 3:30pm Otway Odyssey sponsors expo open with sponsor stands, food

9:00am GOGG 49km Small Ring race start - on Yaugher Rd

9:25am 30km e-bike race start

9:30am 30km Otway Rookie race starts – mixed gender – Yaugher Rd 9:40am 30km Otway Rookie race starts – females only – Yaugher Rd

10:20am 10km Otway Pioneer race start – on Yaugher Rd
12:00pm 10km Pioneer and 30km Rookie presentations
1:00pm GOGG 97km and 49km race presentations

3:30pm Courses close

We acknowledge that the Otway Odyssey and GOGG are being held on the land of the first peoples and traditional custodians of Gadubanud, of the <u>Eastern Maar nation</u>. We encourage all event attendees to pause and admire the beauty of this land and pay respect and appreciation to the traditional owners past, present and emerging.



EVENT LOCATIONS

Forrest Football Ground - EVENT CENTRE, start & finish line for all races

Forrest Football Ground is the event hub and all races start and finish from here. The Ground is located on Yaugher Road, 1.5km north of the township of Forrest. Forrest is approx 2hrs from Melbourne with the quickest route via Geelong and Winchelsea. Forrest is a 40minute drive from Apollo Bay and 25 minutes from Colac.

CAR PARKING IMPORTANT PARKING POINTS:

- There is limited parking at the Football Ground so we recommend riders park in the Forrest Township.
- Alternative parking in the Forrest Horse Riding Club (located immediately adjacent the Football Ground) is charged at \$5per car CASH ONLY. Cars without \$5 change will not be able to park (the money goes to the Forrest Primary School). Please HAVE EXACT CHANGE READY to speed up the parking process - credit cards not accepted.
- CARS CANNOT BE PARKED OVERNIGHT in the Forrest Pony Club, this includes campers. Any cars left overnight
 will be towed away.
- Camping is not permitted in the horse club parking area or in the Football ground on Friday or Saturday night.
- Riders who paid for VIP Parking are eligible to park inside the Forrest Football Ground. We will e-mail a VIP parking pass to you please ensure it is displayed on your dashboard.

All roads around Forrest remain open throughout the event - drivers must remain alert for riders.



PRESENTS

OTWAY ODYSSEY

and

GREAT OTWAY GRAVEL GRIND





COMPETITOR REGISTRATION

All riders must COLLECT THEIR NUMBER PLATE before the start of your race (unless you paid for your number plate to be posted to you). You can arrange for a friend to collect your number plate.

If you received your plate in the post you can collect a CLIF Builders Bar, Skratch drink sachet and Premax chamois cream sample from the registration at any time (as we could not post these).

Competitor registration times:

- All riders (MTB and GOGG): Friday between 3:30pm and 7:30pm
- 100km, 50km MTB riders: Late registration on Saturday 6:00am 7:45am
- Grom riders: Registration and entries on Saturday 10:00am 1:15pm
- 10km & 30km MTB, 49km & 97km GOGG riders: Registration and entries on Saturday 10:00am
 - 5:00pm and on Sunday 7:00am 9:15am

If you entered in January you can collect your free AZUR frame bag from the BikeCorp expo stand. See <u>list of eligible riders here</u>. (Excludes riders enetred into the Groms and 10km events).

MTB riders: attach your number plate to the front of your handlebars so it can be clearly seen from the front. Do not alter the plate in any way.

GOGG riders: attach your **number plate** to your seat post with the zip ties provided so the plate trails behind you. ALSO fix the **helmet sticker** to the front of your helmet so it can be seen from the front.





MTB PLATE COLOURS:

100km Otway Odyssey # plate



50km Otway Shorty # plate



30km Otway Male # plate



30km Otway Female # plate



10km Otway Pioneer # plate



Otway Grommets # plate



GOGG seat post number plate:

97km GOGG # plate



49km GOGG # plate



GOGG helmet sticker:

97km GOGG # sticker



FINISH LINE AND EVENT EXPO

The Otway Odyssey and GOGG weekend is far more than 'just another bike race' and includes the Event Expo as a massive extra feature on race day and is the ideal place to park the family and your friends while you flog yourself around the course!

Expo: Saturday 9:30am – 5:00pm and Sunday 8:30am - 3:30pm

All sponsors of the Otway Odyssey, as well as several other biking and tourism related companies will have stands at the Forrest Football Ground including:

- Focus and Cervelo Bikes Australia will be set up with a selection of their bikes and the opportunity to have a chat about their range of MTB, gravel, CX and road bikes
- Bikecorp displaying and retailing Michelin Tyres, Leat clothing, Knog lights and Super-B tools
- Skratch selling and sampling a range of hydration and nutrition products
- Krush bike wash wash, try, buy their comprehensive range of bike care products
- Velotherapy with onsite bike mechanic onsite, bikes and accessories
- Rubber Side Down showcasing and selling their cargo base layes and other cycle clothing
- Steigen with a broad assortment of cycling socks and some apparel
- ISI bike carriers demonstrating their ultimate bicycle transport systems

NO DOGS - the Forrest Football Ground is a dog free zone. Thank you.

Eve's myotherapy and massage



We're excited to promote that Eve Conyers will be in Forrest providing massages and myotherapy treatments from Friday – Sunday. Eve is a fellow cyclist, runner, rock climber and active all rounder so has a great deal of knowledge of the body. She will be available to treat any of your pain and discomfort for \$55 for a 45min appointment or \$40 for a 30min appointment. Find her in the event expo or book direct by phone: 0403 139 482 or book online via her FACEBOOK PAGE HERE.

KRUSH Bike Wash



Event sponsors KRUSH will have a huge hand bike wash set up under their A-frame tent near the race chute with plenty of free product, water, buckets and brushes so you can give your bike some tender loving care. You can also buy their product direct from the source at their marquee near the rego tent.

Kids entertainment and activities: Sat 11–2pm & Sun 11–2pm

Kids will have plenty of things to keep them busy with the Krazy Koala kids entertainer and activity station set up between 11am - 2pm on Saturday and Sunday.

HAVE A DRINK AND CELEBRATE... With these local providers, including:

Forrest Brewery event bar

The award winning local business - The Forrest Brewing Company - will be operating a thriving event bar right next to the finish line all weekend. Serving 4 of their locally brewed beers from their stylish Airstream Bar and they are the centre of post race celebrations.



Coast Seltzer

Hailing from Torquay we're excited to be serving cans of sparkling hard seltzer in 4 tropical flavours: Watermelon, Lime, Blood Orange and Cucumber & Mint. Seltzers are the boozy spritz for any day, Low sugar, No Gluten, No worries! Available from the Forrest Brewery Bar.



Flowstate Distillery

Born out of travel + adventure and based at nearby Torquay, Flowstate Distillers will be serving their award-winning spirits across the weekend. They make a great range of Gins, Sangria, mixed drinks and more and are excitied to be serving riders and friends at the event.



Australian Sports Beer 0% alc - FREE BEER!

FREE BEER for all riders - come and try their 0% alcohol Pale Ale sports beer that can be enjoyed anywhere and anytime. The beers are enhanced with electrolytes and natural polyphenols to aid in your recovery without the consequences of alcohol. One can per rider from their expo tent.

SPORTS BEER

Finish line refreshments thanks to Top Bike Tours

All adult riders will receive a free can of soft drink and 10km kids a juice box after you finish thanks to the generous support of Topbike Tours. Please consider Top Bike's riding tours when planning your next international dream holiday - including Sicily, Corsica, Tuscany, Italy, Spain, France and more...)

TOPBIKE

Food stalls: Saturday 9:30am - 5pm and Sunday 8:30am - 3:30pm

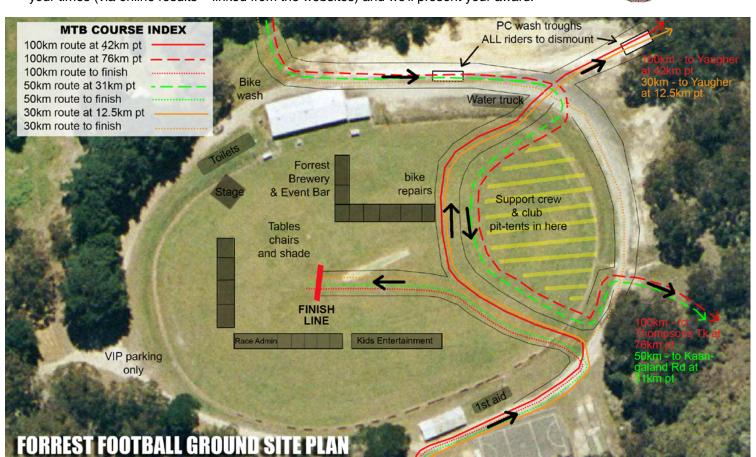
There will be a wide range of stalls selling food and drinks to riders and the public. Coffee is available nice and early before the races start!

SET A PB?

If you've raced the Odyssey and/or GOGG in the last 3 years and you BEAT YOUR PREVIOUS TIME then you've earnt yourself a stem-cap or bottle opener! Come to the rego tent and show us your times (via online results – linked from the websites) and we'll present your award.







T-SHIRT (SOCIAL) RIDES (NEW FOR 2024)

We will be conducting two social / warm up rides before the MTB and Gravel events to allow riders to spin your legs over, check your bikes are working OK and connect with a few others. Each ride will be totally casual (thus t-shirts!) and go for 30-45mins under the coordination of a ride leader. Meet at the footy goals nearest the gate at the times listed below:

• 4:30pm Friday for mountain bikers

1:30pm Saturday for gravel riders



ELITE ATHLETE Q&A'S (NEW FOR 2024)

The Otway Odyssey and GOGG attracts the best MTB and gravel riders in the country (world?) all of whom have considerable experience and fascinating tales to share. We'll have a chat to 2-3 riders from each discipline about their preparations and plans for race day. All Q&A sessions will be streamed onto Rapid Ascent Events' Facebook Live.

- 6:00pm Friday Elite MTB rider Q&A featuring the likes of Sam Fox, Bec Henderson & Chris Jongewaard *
- 2:30pm Saturday Elite gravel rider Q&A featuring Brendan 'Trekky' Johnson, Tasman Nankervis & Ella Bloor * exact riders to be confirmed.

KEEP IT SOCIAL - POST RACE

Post race celebrations - in Forrest

We wholeheartedly encourage riders to stay Friday and / or Saturday night in Forrest and celebrate your achievements:

- Forrest Brewery and Cafe AFTER PARTY LOCATION! With live music from 6:00pm, locally brewed beers and tasty food this is always a riders' favourite
- Terminus Hotel Drop into the Forrest pub for some great pub meals, beers and post race celebrations
- plus other local venues in the Forrest region



Tested & Approved by

The KMC ORBEA Team

Elite Mountain Bike Team

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OTWAY ODYSSEY MTB RACES SPECIFIC INFO

The following pages with a blue square in the corner relate to the MTB races on Saturday and Sunday

THE MTB COURSES

The Otway Odyssey MTB courses provide plenty of rewarding riding through some spectacular terrain. General notes about the courses

- · All courses intersect with each other so all riders need to be careful to follow the colours for your course
- Rider etiquette faster riders will come up on slower riders at various points. Please show respect and be courteous to one another, the faster rider should only pass when the slower rider is comfortable.

Course marking:

It is up to the rider to keep an eye out for course markings as explained below:

- COLOURS: 100km red arrows & pink tape / 50km green arrows & tape / 30km green arrows & tape / 10km blue
- ARROWS pointing the correct way to go (pegged into the ground and fixed to trees or bushes)
- PLASTIC SURVEYORS TAPE tied to trees or bushes, indicating the correct way to go (colours above)
- RED and WHITE barrier tape across a track / road marking the wrong way. Do NOT cross red and white tape.
- All intersections will be clearly marked with an arrow and/or coloured tape
- There will be occasional markings (up to 1km apart) between intersections to confirm you are on the right track

Clif Bar nutrition + Skratch Labs hydration stations

Each course has a number of water points along their length (locations explained below). The following items are provided at each water point:

- Skratch sports drink sachets one sachet mixes with 500ml of water
- Water available from either drums or taps (BYO water bottle...)
- There will NOT be Clif Bars at all water pts (we give these to you at registration instead)



Forrest Football Ground water point:

The 100km, 50km and 30km MTB courses all come through the water point on the Forest Football ground. Riders can pre-place your own hydration / nutrition in the race chute ready to collect during the race. Items must be:



- placed in number order according to the numbered signs
- limited to water bottles and some food in a small bag only no deck chairs, eskies or umbrellas!
- items can be dropped off on Friday evening and on each race morning

Riders can also exit the race chute and receive support from non-riders (even buy an ice-cream!) provided you remain on the playing surface of the Football Ground.

On course water points:

The 100km course includes three water points away from the football ground but we will only take your own items to the first water pt at the 30km mark, provided your items are:

- in a sealed bag clearly marked with your name, race number and the water point it is to be transported to
- bags must be no heavier than 5kg and have essentials only (we recommend the blue, supermarket cooler bags that zip shut). Plastic boxes will not be accepted
- bags must be dropped off at registration at Forrest on Friday evening before 7:30pm
- bags will be lined up in number order at the remote water point riders find their own bags

Riders cannot receive any assistance from non-riders or supporters anywhere along the course or at any of the remote water points - other than on the playing surface of the Forrest Football Ground.

Pit Tents

We openly encourage riders and clubs to set up your own track-side 'pit tents' on the Forrest Football Ground. Please set them up beside the race track on the far side (northern side) of the feed zone near the footy goals.

Start process

- All races start on Yaugher Road, immediately adjacent the Forrest Football Ground
- All e-bike riders must start 5 minutes before the main field
- Riders must self-seed yourselves in the start chute faster riders towards the front!
- Elite female riders contesting the 100km Odyssey must start 30 minutes ahead of the main field. This start is only for women aiming to be in contention for overall placings. Female riders hoping to win the Queen of the Mountain Climb must also start in this elite women's start.

IMPORTANT: Arrive clean - leave clean

In order to help prevent the spread of the deadly Phytophthora dieback disease we urge all riders to arrive with your wheels and shoes clean of soil or other substances from your home area. And just as importantly to leave Forrest with clean wheels and shoes. Additionally, stay to made tracks and wash wheels at the designated points.

WHEEL WASH: All 100km, 50km and 30km riders must dismount and push your bikes through a shallow trough of Phyto-clean solution when you start and finish your loop through the Yaugher Forest.













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100KM OTWAY ODYSSEY COURSE

The 2024 course is basically the same as 2023 course with just 1-2 minor tweaks only. A full description and course map is <u>available on the website HERE</u> or via the <u>Capra mapping app</u> HERE.

Click here to DOWNLOAD A GPX FILE of the 100km MTB course route

Start / finish location: Yaugher Rd / Forrest Football Ground **Length, total elevation gain / loss: ~99km ~2100m** gain / loss

Start times and arrangements: 7:00am Saturday - 100km Elite female race start

7:25am Saturday - 100km E-bike race start 7:30am Saturday - 100km Odyssey race start

Course marking:

- red and/or orange arrows on a white background.
- fluro pink plastic surveyors' tape tied to trees.

Legs:

- 43km Stage 1 The Michelin Loop. Racing starts with a long climb up Kaanglang Rd then
 it's steeply down No.1 Spur Tk before a tough climb up Noonday Tk. Descend down and back to
 the Lake Elizabeth car park then it's a racing descent of the Michelin Tyres Red Carpet Tk before
 heading into the West Forrest Trails and trails 4, 5 and 6, then over the road into the new flow trails
 before returning to Football Ground. This loop will spilt the field with a couple of big climbs so start
 easy and save your energy for the later loops.
- 33km (76km total) Stage 2 The Skratch Labs Super Loop Heads into the Yaugher Forest and includes the Grass Trees, Marriners Run, J2, Vista, the Super Loop and plenty of other single tracks. The single track has great flow but you'll ned to keep your concentration up as its nearly all single track over undulating terrain.
- 23km (Total 99km) Stage 3 The Focus Loop leaves the Football Ground and heads
 out Kents Rd and then its a big climb to the top of the Otways on Thompsons Tk before a fast 4WD
 track descent on Newcombs Spur Tk. Conquer the final climb The Sledgehammer then its down
 the dirt road and you're done. This loop has some big climbs and fast descents so conserve your
 energy early and empty the tank out here.

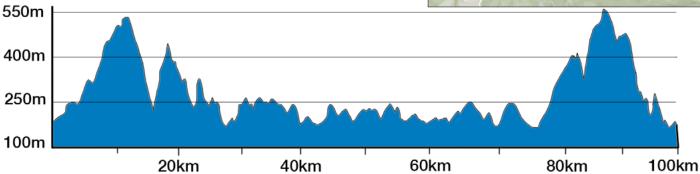
CLIF nutrition and Skratch hydration points:

- 18km point (jcn. of Kaanglang Rd and Noonday Track): water only
- 30km point (jnc. of West Barwon Dam Access Rd and Skenes Ck Rd): Water and Skratch and food bag drop off point
- 43km point (Forrest Football Oval): Full support feed zone and water bottle/food bag drop off point
- 62.5km point (in Yaugher Forest at base of Yo Yo track): Water and Skratch only - not a bag drop pt
- 76km point (Forrest Football Oval): Full support feed zone and water bottle/food bag drop off point
- 87km point (Top of the Thompsons Track climb): Water and Skratch only - not a bag drop pt



skraich

100km MTB elevation profile



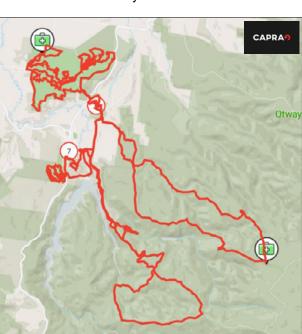


Scan this QR Code to download the terrific CAPRA mapping app and receive the 100km map on your phone. (Follow the prompts to create an account and you'll find the maps in the app's 'Library')









50KM OTWAY SHORTY COURSE

The 2024 course is basically the same as 2023 course with just 1-2 minor tweaks only. A full description and course map is <u>available on the website HERE</u> or via the <u>Capra mapping app</u> HERE.

Click here to DOWNLOAD A GPX FILE of the 50km MTB course route.

Start / finish locations: Forrest Football Ground

Length, total elevation gain / loss: ~50km / 900m climbing / descending

Start times and arrangements: 7:55am Saturday - 50km E-bike race start - Yaugher Rd

8:00am Saturday - 50km Otway Shorty race start

Course marking:

- green arrows on a white background.
- fluro green plastic surveyors' tape tied to trees.

Legs:

• 31km Leg 1 – The Skratch Labs Super Loop: Starting with a short loop through the Forrest Township (including to the base of the dam wall) riders then complete a single track loop in the Yaugher Forest including Grass Trees, Marriners Run, J2 and Vista before returning through the Football ground. With a lot of single track you'll need to concentrate and pace yourself well so you're ready for leg 2.



skraich

50KM COURSE MAP

download the terrific CAPRA

mapping app and receive the 50km map on your phone. (Follow the prompts to create

an account and you'll find the

maps in the app's 'Library')



CLIF nutrition and Skratch hydration points:

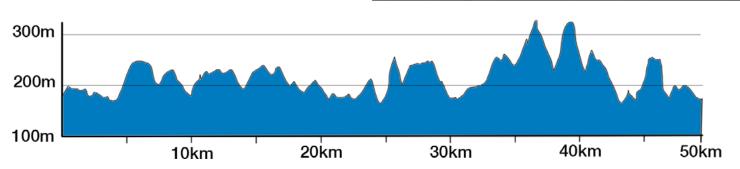
ELIF

- 23km point (in Yaugher Forest at base of Yo Yo track): Water and Skratch only - not a bag drop pt
- 31km point (Forrest Football Oval): Full support feed zone and water bottle/food bag drop off point
- 44km point (junction of West Barwon Dam Access Rd and Skenes Ck Rd): Water and Skratch only not a bag drop pt



skratch







30KM OTWAY ROOKIE COURSE

The 2024 course is basically the same as 2023 course with just 1-2 minor tweaks only. A full description is available on the website HERE or via the Capra mapping app HERE.

Click here to DOWNLOAD A GPX FILE of the 30km MTB course route.

Start / finish location: Yaugher Rd / Forrest Football Ground

Length, total elevation gain / loss: ~29km / 500m climbing / descending

Start times and arrangements: 9:25am Sunday - E-bike riders race start - Yaugher Rd

9:30am Sunday - Mixed gender race start (all males and

optional for female)

9:40am Sunday - Female only race start

Course marking

- green arrows on a white background.
- fluro green plastic surveyors' tape tied to trees

Legs:

- 12.6km Leg 1 The Michelin Loop: Racing commences with a long climb up Kaanglang Rd to the Red Carpet Tk cross-over where riders turn right to descend this fun single track to the Barwon River. Ride up the Barlidjaru tk then descend back to the river on one of the new tracks and continue on to the Football Ground. This leg includes a few solid hills so pace yourself early
- 17km (30km total) Leg 2 Skratch Labs Super Loop : Exit the Football Ground and you'll race a thrilling single track loop in the Yaugher Forest that includes the Super Loop, Foxtail and Barre Warre trails before finishing in the middle of the Footy Ground - well done.

30KM COURSE MAP

download the terrific CAPRA mapping app and receive the

30km map on your phone.

(Follow the prompts to create

an account and you'll find the

maps in the app's 'Library')

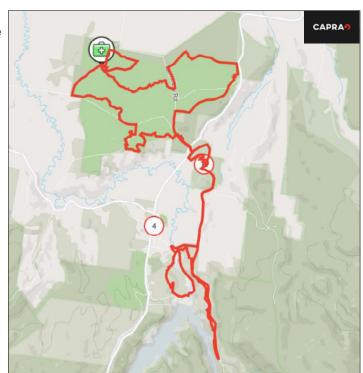


CLIF nutrition and Skratch hydration points:

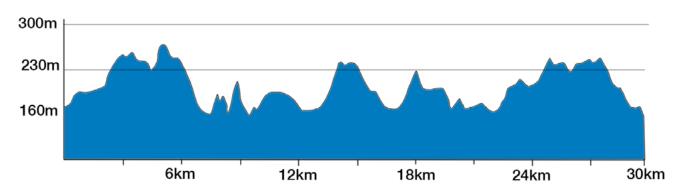
- 13km point (Forrest Football Oval): Full support feed zone and water bottle/food bag drop off point
- 22km point (in Yaugher Forest at base of Yo Yo track): Water and Skratch only - not a drop off point

NOTE - 30km race starts: There are two main starts for the 30km race. The 9:30am start is for all male riders but is also open to faster, more experienced female riders who are happy to start with the guys. The 9:40am start is for females only and is designed to be a more inclusive, less intimidating. Female riders can choose which start they prefer.





30km MTB elevation profile



10KM OTWAY PIONEER COURSE

The course used will be the same as the course raced over the last 8 years. The course will predominantly be on 2WD and 4WD roads with a fun section of the Red Carpet single track for extra fun. The event is primarily for kids aged 7-14yrs who enjoy their riding and want a dose of the racing fun. A course map is <u>available on the website HERE</u> or via the <u>Capra mapping app HERE</u>.

Course marking

- blue arrows on a white background.
- blue plastic surveyors' tape tied to trees.

Water points: There are no water points on the 10km course other than at the finish line.

10KM COURSE MAP

Scan this QR Code to download the terrific CAPRA mapping app and receive the 10km map on your phone. (Follow the prompts to create an account and you'll find the maps in the app's 'Library')

OTWAY GROMMETS EVENT

This is a great event for kids to encourage them to get out on their bikes and HAVE SOME FUN!! The riding is suited to kids on balance bikes and pedal bikes aged between approx. 3yrs and 7yrs. They will remain within the sight of parents and the course is easy and achievable. We will conduct a number of activities like slow races, limbo riding, relay events, obstacle courses and more, and is based around fun (not competition) and will take approx. 30mins.

All Groms riders must register before the event and will get a number plate, an event sticker and a whole lot of fun.

OTHER COURSE NOTES:

The Michelin Tyres Red Carpet Timed Descent (100km, 50km Otway Odyssey)

The Timed Descent is open to riders in both the 100km and the 50km events and is held down the renowned 'Red Carpet Track' from where the track crosses the Lake Elizabeth Road to where it emerges from the bush opposite the Barwon River. The descent flows over 4.5km of track that drops approximately 250m from top to bottom and was reshaped in 2021 to make it more of a flow trail (watch the loose gravel on some corners - see our <u>video preview here</u>). The fastest male / female down the descent will receive \$100.



King and Queen of the Mountain (100km Otway Odyssey)

The King and Queen of the Mountain climb is limited to riders in the 100km Otway Odyssey. It is located on No 1 Spur Track, 500m after the junction with Kaanglang Road, at the ~11.7km pt, at an elevation of 533m above sea level (350m above the start). The fastest male and female will receive \$100. Riders must complete the entire 100km course to be eligible.

Equipment

Compulsory equipment to carry for the MTB: 100km, 50km, 30km races:

• A First Aid kit comprising: 2 x crepe bandages, 2 x nonadhesive wound dressings, 6 x steri-strip wound closures, 1 x triangular bandage and 1 pr of surgical gloves.

A limited number of these First Aid Kits will be available for sale at Registration at Forrest on Friday for \$20 each.

E-Bikes

Pedal assisted e-bikes are welcome at the event but will be competing only against other e-bikes and will not be ranked against traditional pedal bikes and will not be eligible for age group or overall prizes or prize money. Other points to note:

- e-bikes must not have a power output greater than 250watts or a powered speed faster than 25km/hr. The winners' bikes will be checked and additional spot checks will be conducted with any offending bikes + riders disqualified
- e-bikes are only permitted to swap battery on the playing surface of the Forrest Football Ground
- e-bikes will have a bright yellow E sticker on their number plate to denote them as racing in their own category



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DURING

What you eat during exercise can impact performance.





AFTER

When muscles are hungry for nutrients.



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GREAT OTWAY GRAVEL GRIND (GOGG) SPECIFIC INFO

The following pages with a green square in the corner relate to the GOGG races on Sunday

THE GOGG COURSES

The Great Otway Gravel Grind provides some magnificent riding through the tall timber forests. General notes:

- All roads remain open to the public. Whilst there are not many cars there are still some other road users so ride
 safely by sticking to your side of the road, being aware for cars and always riding in control just in case there is a
 car around the blind corner ahead (because one day there will be).
- 97km riders go along the Great Ocean Road (GOR) for 8km which is definitely still open to traffic and can be busy. This section of course involves two left hand turns and is all in a time out zone but it is up to the riders to to be aware of other vehicles and stay safe.

Course marking:

For all courses:

- all intersections will be clearly marked with large red or orange arrows. There will not be a marshal at junctions to direct you, so riders must keep an eye out for, and follow the markings as you see them.
- the course will also be marked with pink surveyors tape tied to trees / branches intermittently along the route.

Skratch Feed Zones and 'time out zones'

Both GOGG races have some time-out section(s) on the course where your race time is no longer ticking over! This allows you to stop and have a drink – order a coffee, regroup with friends, and then set off again.



"Time outs" will be recorded by the electronic timing hardware set up at these locations:

- 34.5km point at Mt Sabine Rd / Kaanglang Rd junction. (97km and 49km riders)
 - Time stops 50m before the junction / Time restarts 50m after the junction.
 - Skratch will also be serving a mystery food for riders at this stop, plus their famous Sports Drink Mix so it will
 definitely be worth stopping here
 - Will also have a **coffee truck selling barista made coffee** and tea plus some cakes and snacks. Coffee truck items are for sale so remember to take some money with you! (Cash preferred due to poor internet)
- 58km point at the Grey River Rd / Great Ocean Road junction. (97km riders only)
 - Time stops on Grey River Rd ~400m before the junction.

NOTE: Riders continue along the Great Ocean Road between the 58km pt and 66km pt, passing through the townships of Kennet River and Wye River / Separation Creek where there are a couple of café's, toilets, and few beaches you can swim at during your race without impacting your race time.

- 66km point at the Wye Rd / Great Ocean Road junction. (97km riders only)
 - Time starts on Wye Rd ~100m after the junction.
 - We will have an event water point set up ~50m before the timing restart point on Wye Rd providing water and Skratch sports drink powder + some snacks
- 83km point at Mt Sabine Rd / Kaanglang Rd junction (same as the 34km pt described above 97km riders only)
 - Time stops 50m before the junction / Time restarts 50m after the junction

Points to note:

- Time Outs are limited to 1.5hrs max per time-out. Riders stopping for longer than 1.5hrs will be given a time penalty
- Riders crossing any time point with less than 1 second apart will be given the time of the first rider to cross the point (as per the Tour de France). This is to stop you truly sprinting into the water pt area.
- There will NOT be Clif Bars at all water pts (we give these to you at registration instead)

Start process

- All riders self seed themselves for a mass start on Yaugher Road, immediately adjacent the Football Ground.
- Riders must start within 10 mins of the designated start time for each distance.

GRAND FONDO WORLD TOUR - GRAVEL SERIES

The 2024 Great Otway Gravel Grind is part of the new Grand Fondo World Tour – Gravel Series (GFWT) which is a collection of 18 different gravel cycling events across 5 continents. <u>CLICK HERE</u> for details.

Involvement with the GFWT allows riders to compare your performances with riders in other races via their intuitive ranking system (<u>details here</u>). Rider rankings for both the 97km and 49km GOGG will be listed on the <u>GFWT website</u> after the event.



THE 97KM GOGG BIG RING COURSE

This is the same course as previous years. A full description and interactive course map is available on the <u>event website here</u> or via the <u>Capra mapping app here</u>.

Click here to DOWNLOAD A GPX FILE of the 97km GOGG route.

Start / finish location: Yaugher Rd / Forrest Football Ground **Length, total elevation gain / loss:** 97km, 2,260m climbing / descending **Course marking**

- with **red and/or orange** arrows on a white background. Arrows indicate the correct route.
- with strips of **fluoro pink plastic surveyors' tape** tied to trees that indicate the right route.

Legs:

- 58km Leg 1: Starting on Yaugher Rd, riders do a short loop through the Forrest township and the Yaugher Forest on basic dirt roads to Barwon Downs. From here it's a long, gradual climb up Delaney Tk to top of the Otways and along the undulating Mt Sabine Rd and through the Skratch Feed Zone at the 33km pt. Continuing along Mt Sabine Road it's a left turn onto Grey River Rd for a long, fast and scenic descent to the ocean at Kennet River.
- **8km (66km total) Leg 2**: Ride along the Great Ocean Road from the Kennett River caravan park, past the Wye River village and turn left up Wye Road. This entire section is in a Time Out Zone.
- 31km (97km total) Leg 3: Ride up Wye Road, passing through the changing layers of rainforest all the way to the top of the Otway Ranges after the biggest climb of the race. Turn right onto Mt Sabine Rd, going back past the Skratch Feedzone before a flying fast descent down Kaanglang Rd to the finish line at the football ground.

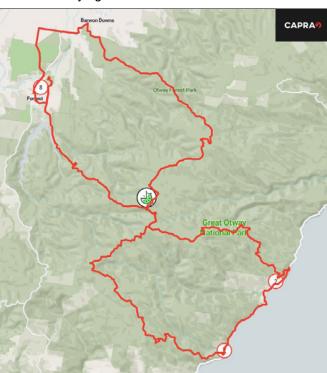
Remember all roads are open to other cars and take care (especially going down Kaanglang Rd).

Skratch hydration and CLIF nutrition Points - see more details about the Time Out Zones above:

- 34km point at Mt Sabine Rd / Kaanglang Rd junction. Water, Skratch drink powder and Coffee in Time Out Zone.
- 58km point at the Kennet River shops in the Time Out Zone refill at the cafe or public toilets.
- 63km point at the Wye River shops in the Time Out Zone refill at the cafe or public toilets.
- 66km point at the junction of Wye Rd & the Great Ocean Road at the end of the Time Out Zone water & Skratch.
- 83km point at Mt Sabine Rd / Kaanglang Rd junction. Water, Skratch drink powder and Coffee in Time Out Zone

CUT OFFS: All 97km riders must:

- depart the first water point at the 34km pt by 10:45am. If you
 miss this cut off you will be directed onto the 49km Small Ring
 course.
- restart your ride after the Wye River / Kennet River time out zone by 12:30pm. This point is located as soon as you turn off Great Ocean Road onto Wye River Rd at approx 64km point.



download the terrific CAPRA

mapping app and receive the

97km map on your phone. (Follow the prompts to create an account and you'll find the

maps in the app's 'Library')

97km GOGG elevation profile



THE 49KM GOGG SMALL RING COURSE

This is the same course as previous years. A full description and interactive course map is available on the <u>event website here</u> or via the <u>Capra mapping app here</u>.

Click here to **DOWNLOAD A GPX FILE** of the 49km GOGG route.

Start / finish location: Yaugher Rd / Forrest Football Ground Length, total elevation gain / loss: 49km, 1,030m climbing / descending Course marking

- red and/or orange arrows on a white background. Arrows indicate the correct route.
- strips of fluoro pink plastic surveyors' tape tied to trees. These indicate the correct route

Legs:

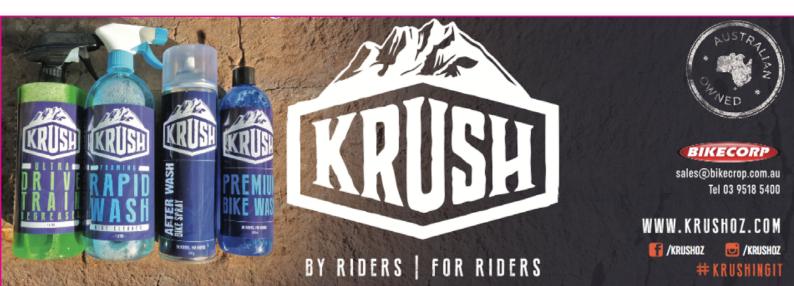
- Leg 1 (Start > water pt Mt Sabine Rd): 34.5km.
- Leg 2 (Water pt on Mt Sabine Rd > Finish): 15km.
 - 34.5m Leg 1: Starting on Yaugher Rd, riders do a short loop through the Forrest township and the Yaugher Forest on basic dirt roads to Barwon Downs. From here it's a long, gradual climb up Delaney Tk to the top of the Otways then turn right to proceed along the undulating Mt Sabine Rd to the Skratch Feedzone and water point at the Kaanglang Rd junction.
 - 15km (49m total) Leg 2: It is basically all down hill from the water point as you complete a fast and flowing descent down Kaanglang Rd all the way to the finish line at the football ground. Remember all roads are open to other cars and take care (especially going down Kaanglang Rd).

Water Points - see more details about the Time Out Zones above:
34.5km point at Mt Sabine Rd / Kaanglang Rd junction. Water, Skratch sports drink & Coffee in Time Out Zone.

CUT OFFS: There are no cut offs for the 49km course.

49km GOGG elevation profile









CAPRA

Odyssey Angels



We are excited to continue our range of initiatives to support and encourage greater female participation in the Otway Odyssey (or any MTB event), and we offer a special welcome to any women who are lining up for their first bike event at this year's race. YOU GOT THIS! The following services are available for all women competing in any of this year's events and are designed to help you feel at ease on the day.

30km Otway Rookie Women's only race start. All women tackling this event (whether first time or not) are welcome to join the less intimidating women's only start at 9:40am Sunday. NOTE: faster or more experienced women are able to join the 30km 'mixed gender' start at 9:30am.

Ladies Lounge – we will have set up within the expo area on the Forrest Footy Ground a women's only 'Ladies Lounge' where you can meet other female riders and congregate before, during and after the race. There will be a women's only toilet, chairs, bag storage area as well.

Pre-race Skratcharitas and info session (FREE!) – between 5:30pm and 6:30pm on Friday night we'll pour all female racers a glass of Skratch Lab's famous <u>Skratch Margaritas</u> (with and without alcohol) or a soft drink in the Ladies Lounge and have a bit a chat about race day and answer any last minute questions you may have.

Odyssey Angels Facebook Group – keep tabs with all the pre-race chatter on the female only Odyssey Angels Facebook Group and ask questions, receive advice and all the encouragement you need to make it to the start AND the finish line!

Check up with the '30 steps to 30km' and other information on the Odyssey Angels website pages for more information about the event and what to expect on race day.

We really do wish the very best to all our (first time) female riders and hope you fall in love with riding (and racing) as much as we have. Let us know your feedback post race so we can get even more females on bikes in the future!





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RACE RULES AND CUT OFF TIMES

The following race rules apply to all competitors in either the 100km, the 50km, the 30km MTB races and the GOGG 97km and 49km races:

- Competitors must start and finish the full course on a non-motorised bicycle (e-bikes exempt).
- Competitors must ride the complete course as marked and directed, passing through all checkpoints on your
 course. Taking shortcuts or using any unfair means of obtaining an advantage over other competitors will result in
 disqualification. It is the rider's responsibility to ensure that the correct course is followed.
- All competitors must wear a certified bike helmet at ALL times.
- MTB races only: Individual competitors must use only one bike frame for the entire ride, although wheel changes
 are permissible in the designated support area inside the Forrest Football Ground.
- GOGG races only: Individual competitors must use only one bike frame for the entire ride, although wheel changes are permissible in the designated time out zones.
- If female competitors in the 100km race wish to be eligible for prize money (including the Queen of the Mountain and Timed Descent) they MUST start in the elite womens' field start at 7:00am.
- In order to win either the King or Queen of the Mountain or Timed Descent, a rider must also complete the entire distance of the race entered.
- All competitors must carry the listed compulsory equipment for the entire race.
- Failure to carry the required First Aid Kit will result in a 20 minute time penalty.
- Riders who withdraw at any time after the start must advise a marshal of their withdrawal immediately.
- Race numbers must be displayed on the handlebars for mountain bike riders and seat posts for GOGG riders at all times and cannot be modified or cut down in size in any way.
- Riders may accept mechanical assistance on the course only by other registered racers, designated race officials
 and the specified race mechanic as long as it does not result in assisted forward progression. Outside assistance
 from anyone else may only be provided on the playing surface of the Forrest Football Ground.
- One competitor cannot provide assistance in forward progression (pushing / pulling / towing) or food or drinks to another competitor in another category except in emergency circumstances.
- For the 100km MTB race and GOGG 97km race, cut-off times will be strictly enforced as listed below.
- Australian Road Rules apply at all times on all roads, tracks and trails.
- Only registered riders, marshals or officials may ride on the course.
- Pedal assisted e-bikes may be used provided they do not have a power output greater than 250watts or a powered



speed faster than 25km/hr. E-bikes will have their own category and will not be eligible for age group or overall prizes or prize money.

- Failure to abide by these rules may result in a time penalty or disqualification.
- Rapid Ascent has sole discretion to alter or amend the race format or the rules in order to increase the safety of
 participants or for any other reason deemed appropriate.
- All protests must be lodged with the Race Director within 15 minutes of the official results being posted. A judging
 panel of three Rapid Ascent staff (including the Race Director) will adjudicate on all protests and other contentious
 matters, and their decision will be final.
- If the race is cancelled or called off after it has started, it is each rider's responsibility to get themselves back to either the Start or Finish areas as soon as you have been notified of the cancellation.

Cut Off Times

For the Otway Odyssey 100km MTB, cut-off times at two key points will be strictly enforced as follows:

- Riders cannot depart Forrest Football Ground and head into the final Thompsons/Newcombs Spur Loop (the 75km point) after 2:30pm.
- Riders must pass through the Thompsons Tk/Newcombs Spur track cross over point (78km point) BEFORE 3.00pm. If this cut off is NOT achieved riders will be "short coursed" and return to the finish line from this point NO cut-off times for the 50km and 30km events.

For the 97km GOGG Big Ring race, the following cut-off times will be strictly enforced:

- All riders must have departed the Kaanglang Rd/Mt Sabine Rd time out zone (33km point) by 10.45am on their
 outward journey. Those that do not make this cut off will be moved onto the 49km Small Ring Race and descend
 Kaanglang Rd to the finish.
- All riders must have restarted your ride after the Wye River / Kennett River time out zone by 12:30pm. This point is located soon as you turn off Great Ocean Road onto Wye River Rd at approx 64km point.



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Topbike runs cycling tours throughout European with our own fleet of high quality hire bikes and E-bikes.

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HONOUR BOARD - OMG THESE GUYS ARE LEGENDS!

The champions listed below are absolute heroes - for they have completed all 100km Otway Odyssey races since it started 17 years ago <u>and are lining up for their 18th race in 2024!!!</u> That means that have stayed fit, avoided injury, mechanicals or any family anniversaries on this date for 18 years! They are our Odyssey Gods!

- David Rusden
- Dave Scarlett

- Brian John
- Craig Sullivan

PREVIOUS WINNERS

100km Otway Odyssey

2007	(Apollo Bay to Forrest)	

Murray Spink 4:59.51 Tory Thomas 6:04.30

2008 (same course as 2007)

Chris Jongewaard 5:06.15 Jennifer Smith 6:24.39

2009 (same course as 2007)

Chris Jongewaard 4:30.46 Katherine O'Shea 5:43.18

2010 (same course as 2007)

Adrian Jackson 4:44.43 Judith Arndt 5:48.59

2011 (short course due to wet weather)

Chris Jongewaard 4:22.06 Peta Mullens 5:51.53

2012

Lachlan Norris 4:32.52 Peta Mullens 5:50.42

2013 (new course)

Chris Jongewaard 4:19.19 Renata Bucher 5:13.35

2014

Chris Jongewaard 4:27.19 Rebecca Locke 5:23.51

2015 (slight change compared to 2014)

Chris Jongewaard 4:20.39 Jenni King 5:13.33

2016 (same course as 2015)

Chris Hamilton 4:18.20 Peta Mullens 5:06.14

2017 (same course as 2015)

Tasman Nankervis 4:20.28 Peta Mullens 5:21.25

2018 (same course as 2015)

Ryan Standish 4:31.28 Peta Mullens 5:22.00

2019 (same course as 2015)

Brendan Johnston 4:22.09 Holly Harris 5:07.02

2020 (same course as 2015)

Robby Hucker 4:15.39 (cr) Peta Mullens 5:22.54

2021 (new Apollo Bay to Forrest course)

Daniel McConnell 4:32.30 Rebecca McConnell 5:26.26

2022 (new course)

Brendan Johnson 4:38.39 Rebecca McConnell 5:28.03

2023 (tweaked course)

Dan McConnell 4:36.20 Peta Mullens 5:25.10

Peta is our most successful rider - she's won the 100km an astounding 7 times (one more than (hris Jongewaard!)



2.16.23

2:51:45



50km Otway Shorty

Unfortunately we have misplaced the records for earlier victories please let us know if you won!

2011

Josh Carlson

Jo King-Hudson	2:57:03
2012 Jack Haig Terri Rhodes	2:15:57 2:41:34
2013 Chris Hamilton	2:17:24

Katie Chancellor

2014Harrison Ernst 2:28:58
April McDonough 2:56:09

2015

 David Sagnol
 2:15:51

 Louise Betts
 2:43:32

 2015

 Jack Lamshed
 2:13:38

 Karen Hill
 2:27:41

2017

Jack Lamshed2:15:26Kim Willocks2:56:13

2018

Adam Blazevic 2:19:04 Maria Plyashechko 3:00:33

2019

Adam Blazevic 2:12:29 Jess Egan 2:54:43

2020

Joshua Sek 2:18:32 Kim Willocks 2:42.04

2021

Liam Johnson 2:06.05 Phoebe Thompson 2:39:32

2022

Angus Neaves 2:23.48 Jenny King 2:57:06

2022

Eddie Worrall 2:23.12 Elizabeth Nuspan 2:46:18





WANT MORE ACTION?

Then check out these other Rapid Ascent races taking place all around the country in 2024.

XTERRA Dunsborough

Dunsborough WA. 20 - 21 April, 2024. www.XTERRAdunsborough.com.au

An off road triathlon event through the stunning scenery around Dunsborough in South West WA. With long, short and kids triathlons as well as 10km and 21km trail runs, this is the biggest off-road triathlon in Australia held in adventure paradise. Now part of XTERRA's Global Series.



Margaret River Ultra Marathon SOLD OUT

Margaret River, WA. 11-12 May, 2024. www.MRultraMarathon.com.au

Providing a spectacular 80km journey for solo runners and relay teams (with up to 5 runners), and a new 42km marathon option, the Margaret River Ultra Marathon provides runners with an incredible race in Western Australia's Cape to Cape coastline.



The Trail Running Series

3 locations 1hr from Melbourne, Jun - Oct 2024. www.TrailRunningSeries.com.au

Trail running races for everyone... The Trail Running Series includes 3 different race venues all within one hour's drive of Melbourne with short (~7km) / medium (~15km) / and long (~22km) course runs through spectacular wilderness. Make sure you are part of this revolutionary series in 2024.



Run Larapinta SOLD OUT

Alice Springs, NT. August 2024. www.RunLarapinta.com.au

A four day, four stage trail running race along the most spectacular sections of the iconic Larapinta Trail in Central Australia. Race either the Malbunka with 20km - 45km stages or the Namatjira with 10km - 30km stages for an incredible event experience.



Shimano Gravel Muster NEW!

Alice Springs, NT. 22 - 25 August, 2024 <u>www.GravelMuster.com.au</u>

Australians most iconic gravel stage race. Riding 380km through the outback in a coordinated event environment over 4 spectacular days. With a mix of timed and untimed stages, staying in cabins and camping at remote cattle statrions, this will be an incredible experience for all riders.



Surf Coast Century

Anglesea, VIC. 21 September, 2023 www.SurfCoastCentury.com.au

A spectacular 100km trail run along Victoria's surf coast and wildflower hinterland with the promise that no two steps will be the same. Do it either as an individual and click over the whole 100km solo or join up with some friends in a relay team of up to 4 and run 25km each.



New WA event coming soon - watch this space

Great Southern Stage Run

Albany, WA. November, 2024 www.GreatSouthernStageRun.com.au

A 3 day stage race through the wild and rugged Great Southern region of WA. Featuring a spectacular course along rugged coastlines, remote beaches, windswept horizons and sheer granite cliffs. With a new format for 2024 featuring long and short course options its a race for everyone.



Rapid Ascent Journeys

Otway Gravel Journey 12-17 March 2024 + more. www.rapidascentjourneys.com.au

A new venture we're conducting alongside our events – Rapid Ascent Journeys offers genuine adventure holidays and guided tours for those who want to use their fitness to explore more. We organise set trips in popular disciplines (like gravel riding and trail running) or we'll organise your own custom trip if you want a real adventure wherever / whatever / whenever you want. These are the ultimate adventure holidays.



Good luck on race day and we hope to see you at another Rapid Ascent event soon.

www.RapidAscent.com.au

