

PONDEROSA PINES *Gravel Race*

APRIL 26 2025, MT. CRAWFORD



TECHNICAL GUIDE



ForestrySA



INCLUDING THE
**2025 GRAVEL NATIONAL
CHAMPIONSHIPS**


**National
Championships**
AusCycling



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Section One – Welcome

Ponderosa Pines - 2025 AusCycling Gravel National Championships

This Technical Guide is for the information of participants competing in the Ponderosa Pines – 2025 AusCycling Gravel National Championships at Mt Crawford, SA on 26 April 2025. AusCycling would like to acknowledge and thank their major sponsors including the Australian Sports Commission, ARA, GWM, and Shimano.

Contact List

Race Management

President of the Commissaires' Panel (PCP)	Susan Mitchell	0478 399 030
Commissaire	Hollamby, Paula	
Commissaire	Doveton, Kevin	

AusCycling Management

Head of Events (Road and eSport)	Jeff Corbett	0418 434 814
State Manager (South Australia)	Jake Thomas	0434 499 963

Timing & Results

Timing and Results Coordinator	Neil Hamey	0427 713 454
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Medical

Royal Flying Doctor Service (SA) - Coordinator	Nicola Medlycott	0498 483 307
Mt Pleasant District Hospital		08 85680000
Lyell McEwin Hospital, Haydown Rd, Elizabeth Vale SA 5112		08 81829000

Social Media

Website	AusCycling Gravel National Championships
Instagram	@AusCyclingAus
Official Hashtag	#PonderosaPines , #GravelNats25

Section Two – Event Details

Type Of Event

The Ponderosa Pines gravel event is hosting the 2025 AusCycling Gravel National Championships. This will be a Platinum level event and therefore will be conducted under the guidance of both the AusCycling and UCI Technical Regulations.

Course Details

Course: 102km - 1062M ELEVATION

The main course is a 51km circuit with a 20km western loop and a 31km eastern loop.

- 0% bitumen – 100% gravel
- Longest Climb – High Noon: 2km long, gains 100m
- Nastiest Hill – Tombstone: 150m 8% rocky SOB....y'all might be walking

Distance / Loops

Elites & Masters 1-5 :	2 Full Laps of Main Course – 102km
U 19 :	1 Full Lap of Main Course + 1 Western Loop – 71km
U17, Masters 6+. Para :	1 Full Lap of Main Course – 51km
U 15 :	1 Eastern Loop – 31km
Ponderosa Ramble:	1 Full Lap of Main Course – 51km (recreation ride, any membership valid including day license, 16+)

Course Maps available in Appendix A

Race Categories

Categories for the 2025 AusCycling Gravel National Championships are as follows:

Category	Championship	Year of Birth
U17	National Championships	2009/10 (15-16 years old)
Elite	National Championships	2006 onward (19 years old +)
U19	National Championships	2007/08 (17-18 years old)
Elite	National Championships	1995-2005 (19-29 years old)
Masters	National Championships	5-year age groups
Para	National Championship	All recognized classes

Schedule (TBC)

Time	Event Schedule	Location
Friday 25th April		
2 – 8pm	Packet Pick Up (optional)	Adelaide Superdrome, 50 Anna Meares Way, Gepps Cross SA 5094
Saturday 26th April		
7am – 10am	Packet Pick Up	Ponderosa Campground
9:30am	Elites & Masters 1-5	Main Start- 2 min. waves
9:40am	U 15	Secondary Start Line
9:50am	U 19	Main Start- 2 min. waves
10:00am	Masters 6+ & Para	Main Start- 2 min. waves
10:10am	Ponderosa Ramble	Main Start- 1 wave

Start Waves (TBC)

Racing will begin as a mass start in waves. Riders MUST stage and start with your wave. Riders will be briefed on the start line by staff and commissaires.

Category	Start Time
Elite Men	9:30 AM
Elite Women	9:32 AM
MMAS 1-5	9:36 AM
WMAS 1-5	9:38 AM
U15 Men (Secondary Start Line)	9:40 AM
U15 Women (Secondary Start Line)	9:42 AM
U19 Men	9:50 AM
U19 Women	9:52 AM
MMAS 6+	10:00 AM
WMAS 6+	10:02 AM
Para	10:04 AM
Ponderosa Ramble	10:10 AM

Rider Registration

All entries are to be taken online prior to the event (closes April 22), there will be no ON THE DAY entries available. Riders are to pick up numbers/transponders during the Packet Pick Up times listed above.

Membership Requirements

To qualify for a National Championship, you must have an Annual AusCycling Race Membership (Off-Road or All-Discipline). Event/Day license holders are not eligible for National Championship awards, but can ride the Ponderosa Ramble.

Medical Coverage

Professional medical services will be provided by Royal Flying Doctor Service. They will be onsite and dispatched on course as needed. In case of a serious emergency, please call 000 and Race Command (Jeff Corbett: 0418 434 814).

Local Hospital

Mount Pleasant District Hospital (28 Hospital Rd, Mount Pleasant SA 5235) is the nearest hospital. The Lyell McEwin Hospital is the nearest major hospital.

Results

The event will be timed, recorded, displayed, and publicised by AusCycling. Results will be available [online](#).

Amenities & Vendors

There will be portable toilets at the Ponderosa Campground. Food trucks will be at the Ponderosa Campground with coffee on site by 7:30am.

Water

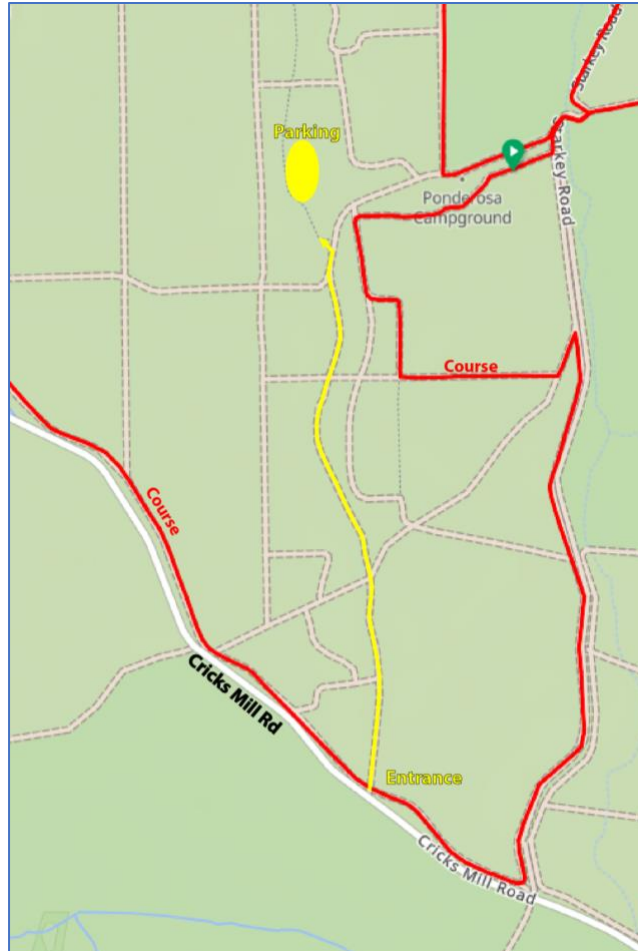
Access to water is limited on the Mount Crawford Forest. We will provide water for participants, however, please bring what you expect to need on the day.

Spectator Viewing

The Ponderosa Campground makes for ideal spectating as it allows fans to see racers start, pass through after 20km, and again at the finish. For racers doing 2 laps, this means fans get to see them 5 times. Spectating on other parts of the course is permitted, but only by bike unless you travel outside the forest on boundary roads and then walk or ride onto Forestry SA land.

Section Three – Venue Details

Start/Finish Village Map





Course Map

Details can be found [HERE](#)

And below in this document. Appendix A

Section Four – Competitor Information

Rules & Regulations

The event will be conducted under the guidance of the AusCycling Technical Regulations plus UCI Technical Regulations, both General and Gravel specific.

Competitor Responsibilities

Participants shall:

- Obey instructions from the Event Organisers, Commissaires and event marshals/officials.
- Employ correct etiquette and ride safely in all situations.
- Be required to wear minimum safety gear including appropriately approved helmet.
- Ensure that their bicycle is in good working order.
- Ensure they have adequate supply of water, sports drink and nutrition as required for the activity they are to participate in.
- Be responsible for ensuring they are fit enough for the activity.

Presentations

Presentation ceremonies will take place at Ponderosa Campground at 2:00 PM. All riders who finish 1st to 3rd in the Elite category or 1st to 3rd in all other categories must be present at the presentation ceremony.

Prizing

All National Championship Categories will have National Championships medals presented to the top 3 finishers eligible for that Age Group or Category, and the first-placed Australian rider will be presented with the Australian National Champion Jersey.

In the Elite Men and Elite Women Categories, the top 3 finishers will receive additional prize provided by Ironclad Co.

Neutral Race Support

Shimano will be on site for mechanical support (pre-race only).

Race Numbers/Transponder

Riders will be issued a handlebar plate, one bib number, and a transponder at registration.

Frame Plates and Bib Numbers MUST NOT be cut, folded, or modified in any way.

Bib Number must be attached to the rider's lower back and be clearly visible from directly behind the rider during the event.

Transponders must be positioned on the fork blade (either side is acceptable).

Any rider who fails to return their transponder will be charged \$125.



Equipment Requirements

Compulsory Items

Riders are expected to carry a spare tube in addition to the tools necessary to repair their bike if required. This is due to the remote nature of the event and limited vehicle access.

Helmets

All riders are required to always wear a compliant helmet whilst on their bike. Helmets must be always fastened whilst on a bicycle. Helmets must be in good condition. All helmets must be compliant as determined by the presence of an appropriate compliance sticker. To ensure all riders comply with the regulations and their helmet meets current safety standards, helmets may be inspected by a Commissaire at any time throughout the duration of the event.

Bikes

There is no restriction on the type of bike that can be used for gravel racing, however:

- Bikes must have two working brakes.
- Riders are expected to complete the race with the same frame, forks and wheels as at the start.
- Handlebars can be of any shape but must be of a one-piece construction with no bar-ends or clip-on extensions allowed (triathlon handlebars and any other handlebars extension system are forbidden).
- Neutral Service will be available at the Start, but not on course. Static support is only permitted in the Tech Zone, but bike swaps are not permitted.

Other Equipment

Riders are expected to be self-sufficient whilst racing. It is recommended riders carry:

- Adequate water for hydration
- Basic first aid kit
- Adequate food/nutrition
- A map (actual or electronic)

Aid Stations

There are 2 places on course riders may receive aid.

Tech/Feed Zone – This area is near the end of the Western Loop and is the only area where support crews may feed or service their riders (feed and mechanical support). 1 Lap riders will pass through at approx. 20km while 2 Lap riders will pass through at 20km and again at 71km.

*Mechanical support permitted is service only, no bike or wheel swaps

Spaghetti Western Aid Station- Located on Eastern Loop, neutral drinks will be available, but riders must stop to receive them or to refill.

1 Lap rides will pass through at 26.5km and 2 Lap riders will pass through at 26.5km and 77.5km.

Severe Weather Guidelines

When looking at weather conditions, the safety of the athletes, spectators, staff, and volunteers is the utmost priority. While often providing an additional challenge, adverse weather in its extremes may result in hypothermia, heat exhaustion or other dangerous conditions. In all cases the event will follow the AusCycling Extreme Weather Guidelines and advice from BOM/CFS/Emergency Services.

Doping Control

All competitors may be subject to anti-doping testing under AusCycling and Sport Integrity Australia regulations.

Therapeutic Use Exemption (TUE)

A TUE is an exemption that allows an athlete to use, for therapeutic purposes only, an otherwise prohibited substance or method (of administering a substance). TUE approval may protect athletes from receiving a sanction if a prohibited substance is found in their sample.

Who needs to complete a TUE in-advance for Cycling? Athletes who are:

- Competing in the Elite and U23 categories
- A member of the Registered Testing Pool, National Testing Pool or Domestic Testing Pool
- A member of a national open team/squad including athletes with a disability planning to compete at the Elite National Championships

If you are currently taking any medication, please check whether this substance is banned in or out of competition [here](#). Further information on the TUE process can be found on the Sport Integrity Australia (SIA) website [here](#) or by calling 1300 027 232.

Sport Integrity Australia App

Any athlete and official can download the SIA app. The SIA App has been designed with athletes in mind. The App gives a complete list of all supplements sold in Australia that have been screened for prohibited substances by an independent laboratory. The testing and certification of sports supplements cannot provide athlete's a 100% safety guarantee but does significantly lower the risk of a positive test. For non-tested supplements the App gives athletes access to a quiz to assess the risk posed by highlighting key risk factors. The App can also be used to report doping, check if a medication is banned in sport, give SIA feedback on testing missions, and complete online education modules.

Appendix A

