

# PONDEROSA PINES

*Gravel Race*

MAY 30-31, 2026, MT. CRAWFORD

GRVL — P — RACE  
SOUTH AUSTRALIA

## TECHNICAL GUIDE



INCLUDING THE  
**2026 GRAVEL NATIONAL  
CHAMPIONSHIPS**

  
National  
Championships  
AusCycling



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# Here for the future of Australian Cycling

**We believe in the power of sport to inspire, unite, and enhance our communities. We support Australian Cycling at all levels and aim to promote a culture of inclusivity and excellence.**

**We are here for the athletes.  
Here for the up-and-comers.  
Here for the ride.**

At ARA, our focus is on more than just delivering essential building and infrastructure services. We're always thinking about how we can create value for our customers, support our community and enrich the lives of Australians.

## Essential services for facilities and infrastructure

- Fire & Security
- Electrical
- Building Services
- Products

Naming sponsor of the  
Australian Cycling Team

## Section One – Welcome

### Ponderosa Pines - 2026 AusCycling Gravel National Championships

This Technical Guide is for the information of participants competing in the Ponderosa Pines – 2026 AusCycling Gravel National Championships at Mt Crawford, SA on 30<sup>th</sup> and 31<sup>st</sup> of May 2026. AusCycling would like to acknowledge and thank their major sponsors including the Australian Sports Commission, ARA, GWM, and Shimano as well as minor partners The Barossa Council and Giant Adelaide.

## Contact list

### Race Management

President of the Commissaires' Panel (PCP)	Susan Mitchell
Commissaire	Rachel Goud
Commissaire	Tracy Johnson
Commissaire	Stephen Wasley

### AusCycling Management

Head of Events (Road and eSport)	Carlijn Kerdijk	
Event Operations Manager (Road and eSport)	Carlee Taylor	
State Operations Manager (SA & NT)	Jake Thomas	0434 499 963
Event Coordination Manager	Shaun O'Callaghan	0437 755 520

### Timing & Results

Timing and Results Coordinator	Neil Hamey
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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		08 81829000

### Social Media

Website	<a href="#">Ponderosa Pines Gravel Race - 2026</a>
Instagram	@AusCyclingAus
Official Hashtag	#PonderosaPines, #GravelNats26

## Section Two – Event Details

### Type of Event

The Ponderosa Pines gravel event is hosting the 2026 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:

The main course is a 51km circuit with a 17.5km Western Loop and a 36km Eastern Loop.

- 0% bitumen – 100% gravel
- Longest climb – High Noon: 2km long, gains 100m
- Nastiest hill – Tombstone: 150m 8%, difficult terrain

#### Distance / Loops

Elite Men & Women	1 Western Loop + 2 full Laps of main course – 123km
Masters Women 1-4	2 full laps of main course – 105km
Masters Women 5+	1 Western Loop + 1 full lap of main course – 71km
Masters Men 1-6	2 full laps of main course – 105km
Masters Men 7+	1 Western Loop + 1 full lap of main course – 71km
U19	1 Western Loop + 1 full lap of main course – 71km
U17	1 full lap of main course – 51km
U15	2 Western Loops – 35km
Para	1 full lap of main course – 51km
Ponderosa Ramble	1 full lap of main course – 51km (recreation ride, any membership valid including day license, 16+)

Course Maps available in Appendix A

GPX details can be found [HERE](#)

### Race Categories

Categories for the 2026 AusCycling Gravel National Championships are as follows:

Category	Year of Birth
U15	2012 - 13 (13-14 years old)
U17	2010 - 11 (15-16 years old)
U19	2008 - 09 (17-18 years old)
Elite	2007 onward (19 years old +)
Masters	5-year age groups
Para	All recognized classes

\* Age is determined from the riders age on 31 December 2026

## Competition Schedule\*

Final timings will be confirmed after entries close.

Racing will begin as a mass start in waves. Riders MUST stage and start with their wave. Riders will be briefed on the start line by staff and commissaires. There may be slight changes to waves if categories have 3 or less participants. If that is the case, AusCycling will look to combine multiple age groups.

Date	Category	Course	Distance	Elevation	Start time race
<i>Saturday 30 May</i>	Ponderosa Ramble	1 lap main course	51km	707m	10:20am
	Elite Women	1 Western loop & 2 laps main course	123km	1667m	11:30am
	U19 Women	1 Western loop & 1 lap main course	71km	974m	11:40am
	Masters 1 Women	2 laps main course	105km	1414m	11:45am
	Masters 2 Women	2 laps main course	105km	1414m	11:47am
	Masters 3 Women	2 laps main course	105km	1414m	11:49am
	Masters 4 Women	2 laps main course	105km	1414m	11:51am
	Masters 5 Women	1 Western loop & 1 lap main course	71km	974m	11:53am
	Masters 6 Women	1 Western loop & 1 lap main course	71km	974m	11:55am
	Masters 7 Women	1 Western loop & 1 lap main course	71km	974m	11:57am
	Masters 8+ Women	1 Western loop & 1 lap main course	71km	974m	11:59am
	U15 Women	2 Western loops	35km	528m	12:05pm
	U17 Women	1 lap main course	51km	707m	12:15pm
	Para & Adaptive Women	1 lap main course (TBC)	51km	707m	12:17pm
	<i>Sunday 31 May</i>	Ponderosa Ramble	1 lap main course	51km	707m
Elite Men		1 Western loop & 2 laps main course	123km	1667m	9:30am
U19 Men		1 Western loop & 1 lap main course	71km	974m	9:40am
Masters 1 Men		2 laps main course	105km	1414m	9:45am
Masters 2 Men		2 laps main course	105km	1414m	9:47am
Masters 3 Men		2 laps main course	105km	1414m	9:49am
Masters 4 Men		2 laps main course	105km	1414m	9:51am
Masters 5 Men		2 laps main course	105km	1414m	9:53am
Masters 6 Men		2 laps main course	105km	1414m	9:55am
Masters 7 Men		1 Western loop & 1 lap main course	71km	974m	9:57am
Masters 8+ Men		1 Western loop & 1 lap main course	71km	974m	9:59am
U15 Men		2 Western loops	35km	528m	10:05am
U17 Men		1 lap main course	51km	707m	10:15am
Para & Adaptive Men		1 lap main course (TBC)	51km	707m	10:17am

\* Subject to change

## 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.

## Local hospital

Mount Pleasant District Hospital (28 Hospital Rd, Mount Pleasant SA 5235) is the nearest hospital. The Lyell McEwin Hospital (Haydown Rd, Elizabeth Vale SA 5112) is the nearest major hospital with an Emergency Department.

## Amenities & Vendors

There will be portable toilets at the Ponderosa Campground. Food trucks will be at the Ponderosa Campground with coffee on site by 9:00am Saturday and 7:00am Sunday.

## Water

Access to water is limited in the Mount Crawford Forest. There will be water provided for participants, however, please bring what you expect to need on the day.

## Spectator Viewing

The event area 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. You are not allowed to drive within the park, so navigating to other areas of the course has to be done on bicycle. Please note: You are **not** allowed to ride on the course during racing. You are allowed to use alternative paths and are allowed to cross the course to navigated around the course. However, when crossing the course the spectator should take care not to impede any race. Races always have right of way and priority on course.

Vehicle travel is only available if you travel outside the forest on boundary roads and then walk or ride onto Forestry SA land.

## **Section Three – Gravel National Championship Regulations**

### **Article 1. Organisation**

The AusCycling Gravel National Championships is organised by AusCycling, under the general and gravel regulations of the International Cycling Union (UCI) and AusCycling. It is to be held from 30 – 31 May 2026.

The Secretary General for each day is Carlijn Kerdijs, AusCycling.

The organisation's address is: 459 Collins St, Level 6, South Tower Melbourne, Victoria 3000, AU

### **Article 2. Participation**

The 2026 AusCycling Gravel National Championships is open to riders competing in J17, J19, Elite, Masters and Para & Adaptive riders.

The gravel national championship for the Masters will be raced in age categories, where the age category for the rider is determined by the rider's age on 31 December 2026.

**All riders in Championship Categories must hold an AusCycling All Discipline Race Membership or an International license issued by another federation. All riders in the Elite, U19 and Para competition will also need a UCI ID, with Australian nationality. Riders without Australian nationality are able to compete in the event but will not be eligible for the National Championship.** To be allocated a UCI ID, there is a free application process that will be detailed in an email to each entered rider requiring one.

There will be a race for J15, but no National Championship title will be awarded for this category.

Riders in the U15 event or Ponderosa Ramble are required to hold, at minimum, an active AusCycling Lifestyle license or Event License. Riders who are entered in a Championship category above but do not hold an active Race All-Disciplines license at the time of the event will only be able to participate in the Ramble and may not take part in their Age Group Championship race detailed above.

### **Article 3. Technical Support**

The team at Giant Adelaide will be providing basic mechanical support before the beginning of the race but there will NOT be a vehicle with neutral race support following every race. Each athlete should be prepared to fix any mechanical mishaps that could be encountered on course.

### **Article 4. Anti-Doping**

Anti-doping will be carried out by Sport Integrity Australia (SIA).

The anti-doping tests will take place at a dedicated location after each event. Please see Section 5 for information on locations.

Each rider to be tested must present themselves at the doping control station as soon as possible and at the latest within 30 minutes of finishing the race. If a rider takes part in an official ceremony, the deadline shall be 30 minutes from the end of the ceremony. Riders that have abandoned the race shall proceed immediately to the doping control station. Riders must report to the doping control station

with their current licence, if there is no photograph, another I.D with a photo must be presented. Riders may be accompanied by a person of their choice.

## Article 5. Award Presentations

Presentation ceremonies will take place at event area as per the schedule listed in the Technical Guide. All riders who finish 1st to 3rd in their category must be present at the presentation ceremony, 10 minutes before the scheduled time.

## Article 6. Penalties

The UCI and AusCycling penalty scales are applicable.

## Article 7. Signage

Signs located on course can be viewed in [Appendix B](#). As per national championship signage guidelines, turn ahead signage will be placed approximately 200m before a designated corner on the course. Arrow signage will be repeated at the corner where a turn is to be made. Within reason, the organisation will place 'Wrong way' signs on the course, where necessary to limit confusion around course direction.

"AusCycling" bunting tape will also be placed across intersecting roadways where it is deemed necessary. Ultimately, knowledge of the course is the responsibility of the participant and GPX downloadable courses can be found in [Appendix A](#).

Distance to go markers:

Distance to go markers will be positioned at the following distances:

- 10 kilometers to go
- 5 kilometers to go
- 1 kilometer to go

## Article 8. Severe Weather

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.

Please refer to the AusCycling Extreme Weather Policy [here](#).

The following actions may be taken based on the forecast and conditions:

- No direct action - monitor situation
- Modification of the course
- Change of start times
- Combining of classes and categories
- Shortening of individual races
- Change of start date
- Cancellation

## Article 9. Results

Results will be released after confirmation from the commissaire's Panel. Official results will be posted online at [results.auscycling.org.au](https://results.auscycling.org.au).

## Article 10. Local laws

It is against the law to urinate in public in the State of South Australia, and by doing so you may be cited by local law enforcement and penalised by the commissaire panel. Portable toilets will be located near the start line.

The Commissaires may enforce these rules concerning rider conduct, even if there is no citation by local law enforcement.

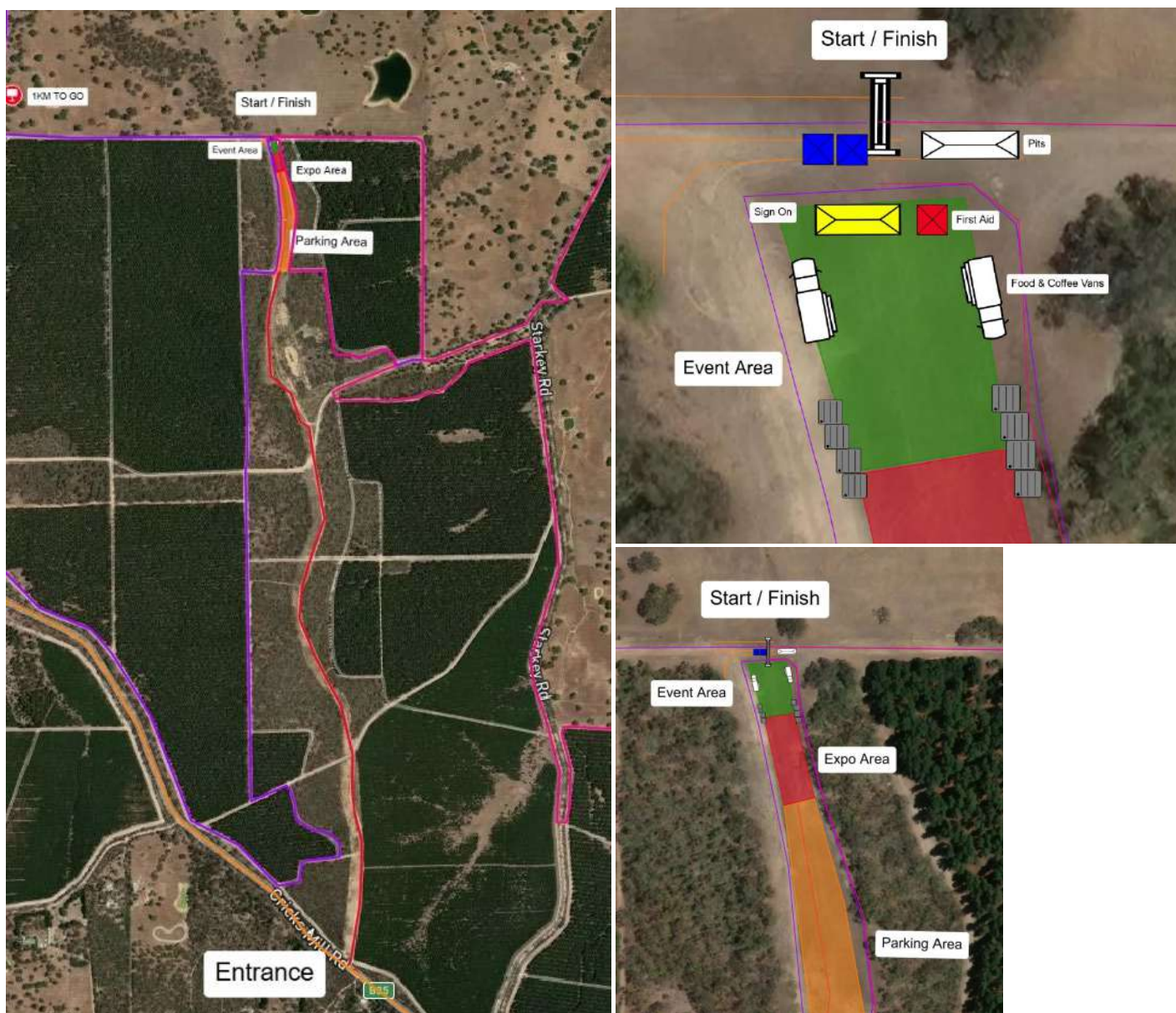
## Section Four - Rider Information

Please read the information below relevant for each event for riders participating.

### Course Map

Details can be found [HERE](#) and below in this document (Appendix A).

### Start/Finish Village Map



### Rider Registration

All entries are to be taken online prior to the event (closes May 25th), there will be no ON THE DAY entries available. Riders are to pick up numbers/transponders during the following packet pick-up time and location.

Between 2pm and 8pm on Friday 29 May 2026, Giant Adelaide, 100 Flinderst St, Adelaide

## Rider and Team Parking

To access team/rider parking for the event, please enter via Cricks Mill Rd and follow signage/marshal direction to the parking area.

## Sign On

Sign on will be located at the event area sign on will open 1hr and 10mins prior to race start and closes 10min before race start. Please note: Fines will be given to any rider failing to sign on prior to 10mins before their respective race start.

## Warm-Up

Please note that warming up on the course is absolutely not permitted. Riders wanting to set-up trainers or rollers for warm-up may do so inside the event area.

## Aid Stations

There are 2 places on course riders may receive aid.

Tech/Feed zone – There will be a feed zone at the start/finish line and is the only area where support crews may feed or service their riders (feed and mechanical support). There will also be neutral support provided.

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

Aid station - Located on Eastern Loop at the intersection of McBean Rd and Mawson Trail, neutral drinks will be available, but riders must stop to receive them or to refill. This will be accessible in both directions.

## 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 prizing provided by Ironclad Co.

## Race Numbers & Transponders

Riders will be issued a two bib numbers and a transponder at registration.

Bib numbers MUST NOT be cut, folded, or modified in any way.

Bib numbers must be attached to each side of the rider's lower back/hip to be VISIBLE from the side (as below). Transponders must be positioned on the rear side of the seatpost using a plate holder (available to purchase from sign on) or cable ties.

Any rider who fails to return their transponder will be charged \$30.



## Equipment Requirements

### Self-sufficiency

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 Mechanical Service will be available at the Start, but not on course. Static support is only permitted in the Tech Zone, but riders are expected to complete the race with the same frame, forks and wheels as at the start.

## **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)
- Tools and spares required to repair a flat tyre or other predictable mechanical issue

## **Section Five - Doping Control**

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

Competitors required for testing will be identified by Sports Integrity Australia officials at the event, and will be approached by event staff or volunteers and notified to present themselves at the Anti-Doping Testing location.

### **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.

Anti-doping testing will be located in the First Aid section of the event area and will be clearly marked with wayfinding signage.

Further information from Sport Integrity Australia overleaf.

# COMPETITION COMING UP?

## MAKE SURE YOU ARE READY!

**1**

Download the Sport Integrity App and use it to make your way through the following steps.



**2**

### TAKING A MEDICATION?

Use the 'Check a Medication' tab to access Global DRO to make sure your medication isn't banned in sport.



**3**

### TAKING A BANNED SUBSTANCE FOR MEDICAL PURPOSES?

Use the Therapeutic Use Exemption Checker to see if you need a TUE, and complete the paperwork if required.



**4**

### USING SUPPLEMENTS?

Use the 'Check a Supplement' tab to check the risk of your product. Supplements are the leading cause of inadvertent positive tests in Australia.



**5**

### NEVER BEEN TESTED?

Prepare yourself by going through a virtual reality test on the App. (Search for it under the menu icon)



**6**

### KNOW THE RULES?

A positive test is only one way to be banned from sport. Read up on the 11 Anti-Doping Rule Violations.



**7**

### COMPLETED YOUR EDUCATION?

Access the Sport Integrity Australia online courses by clicking on the Get Educated tab.



**8**

TRAIN AND COMPETE CLEAN!



**SPORT INTEGRITY AUSTRALIA**

#### CONTACT US

Please visit our website [sportintegrity.gov.au](https://sportintegrity.gov.au), contact us at [education@sportintegrity.gov.au](mailto:education@sportintegrity.gov.au), call our Safe Sport Hotline 1800 161 361, or enquire 1300 027 232

# ANTI-DOPING RULE VIOLATIONS (ADRV)

Under the World Anti-Doping Code there are 11 possible Anti-Doping Rule Violations. Seven apply to Athletes, Support Personnel & Other Non-Participants and four apply to Athletes only.

## ATHLETES



### PRESENCE

Presence of a prohibited substance in an athlete's sample.



### USE

Use or attempted use of a prohibited substance or method.



### EVASION

Evasion, refusing or failing to submit to sample collection.



### WHEREABOUTS FAILURES

Failing to report whereabouts or being absent during the one-hour testing window. Three whereabouts failures in 12-months is an ADRV. (RTP Athletes Only)

## ATHLETES, SUPPORT PERSONNEL & OTHER NON-PARTICIPANTS



### TAMPERING

Tampering or attempted tampering with any part of doping control.



### POSSESSION

Possession of a prohibited substance or method.



### TRAFFICKING

Trafficking or attempted trafficking of any prohibited substance or method.



### ADMINISTRATION

Administration or attempted administration to any athlete of any prohibited substance or method.



### COMPLICITY

Intentionally assisting, encouraging, or covering up an ADRV by another person.



### PROHIBITED ASSOCIATION

Associating in a professional or sport related capacity with anyone currently serving a sanction.



### RETALIATION

Acts to discourage or retaliate against reporting to authorities.



### WATCH THE VIDEO

"The 11 Anti-Doping Rule Violations" YouTube Link.

### FOR MORE INFORMATION

Please visit our website [sportintegrity.gov.au](https://www.sportintegrity.gov.au), contact us at [education@sportintegrity.gov.au](mailto:education@sportintegrity.gov.au), phone our Safe Sport Hotline 1800 161 361, or enquire 1300 027 232



**SPORT INTEGRITY  
AUSTRALIA**

# REDUCE YOUR RISK OF TESTING POSITIVE

## USE THE **SPORT INTEGRITY APP** TO:

- Find a low risk supplement which has been batch tested for prohibited substances.
- Check if a medication is prohibited in sport.
- Report and integrity issues or suspicious activity.
- Give feedback on an anti-doping test or ask us a question.

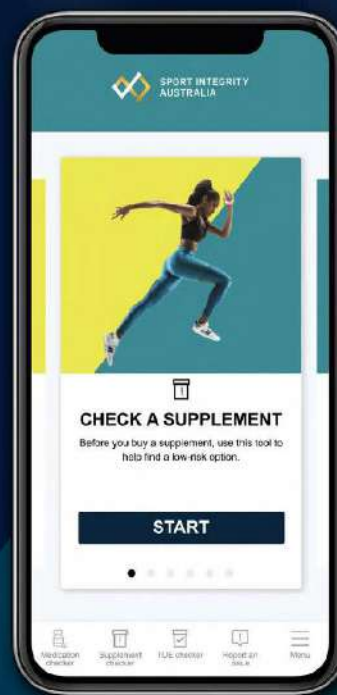
### **CONTACT US**

Safe Sport Hotline: **1800 161 361**

Enquiries: **1300 027 232**

[education@sportintegrity.gov.au](mailto:education@sportintegrity.gov.au)

[sportintegrity.gov.au](http://sportintegrity.gov.au)

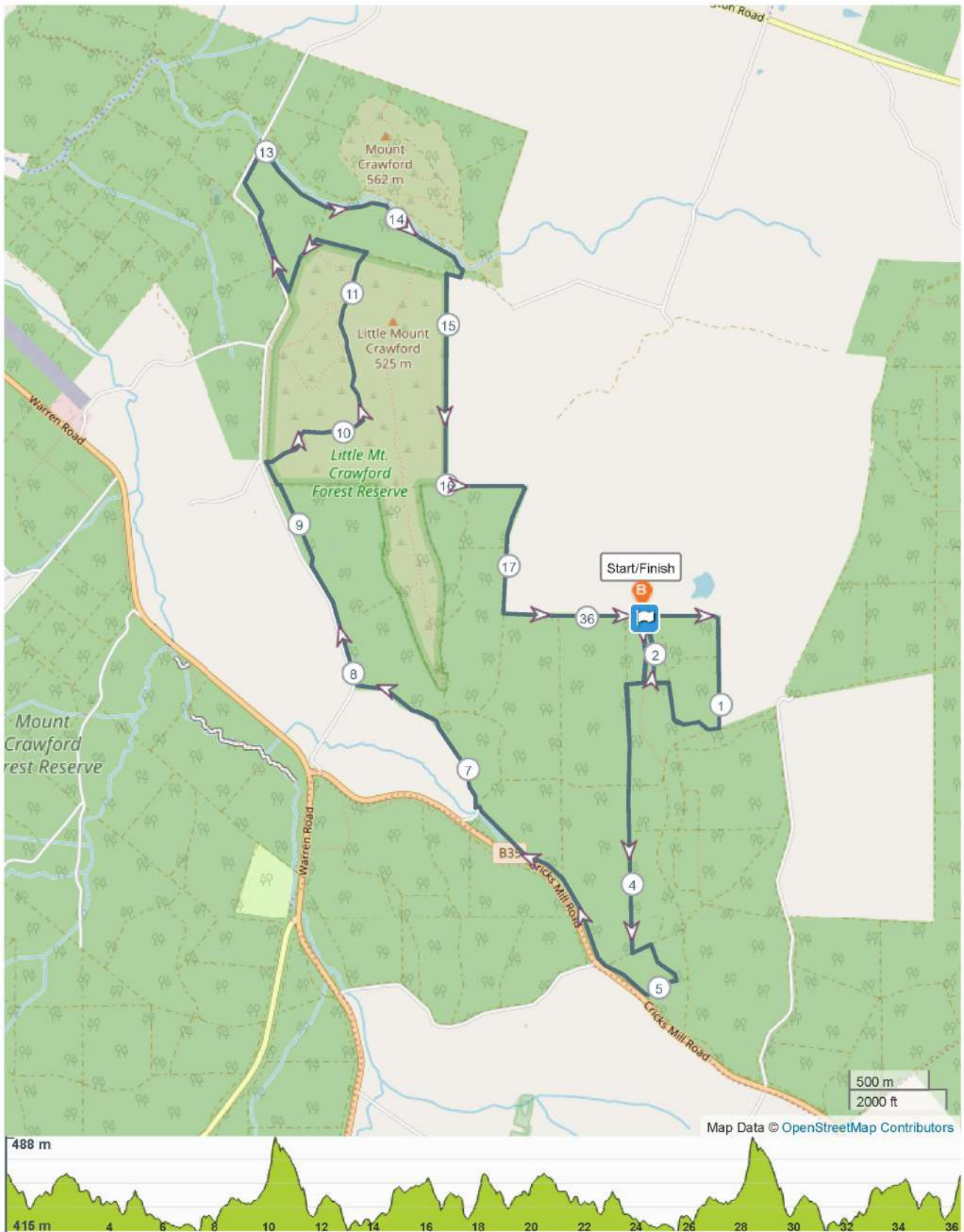


Download the Sport Integrity app from the Apple Store and Google Play Store



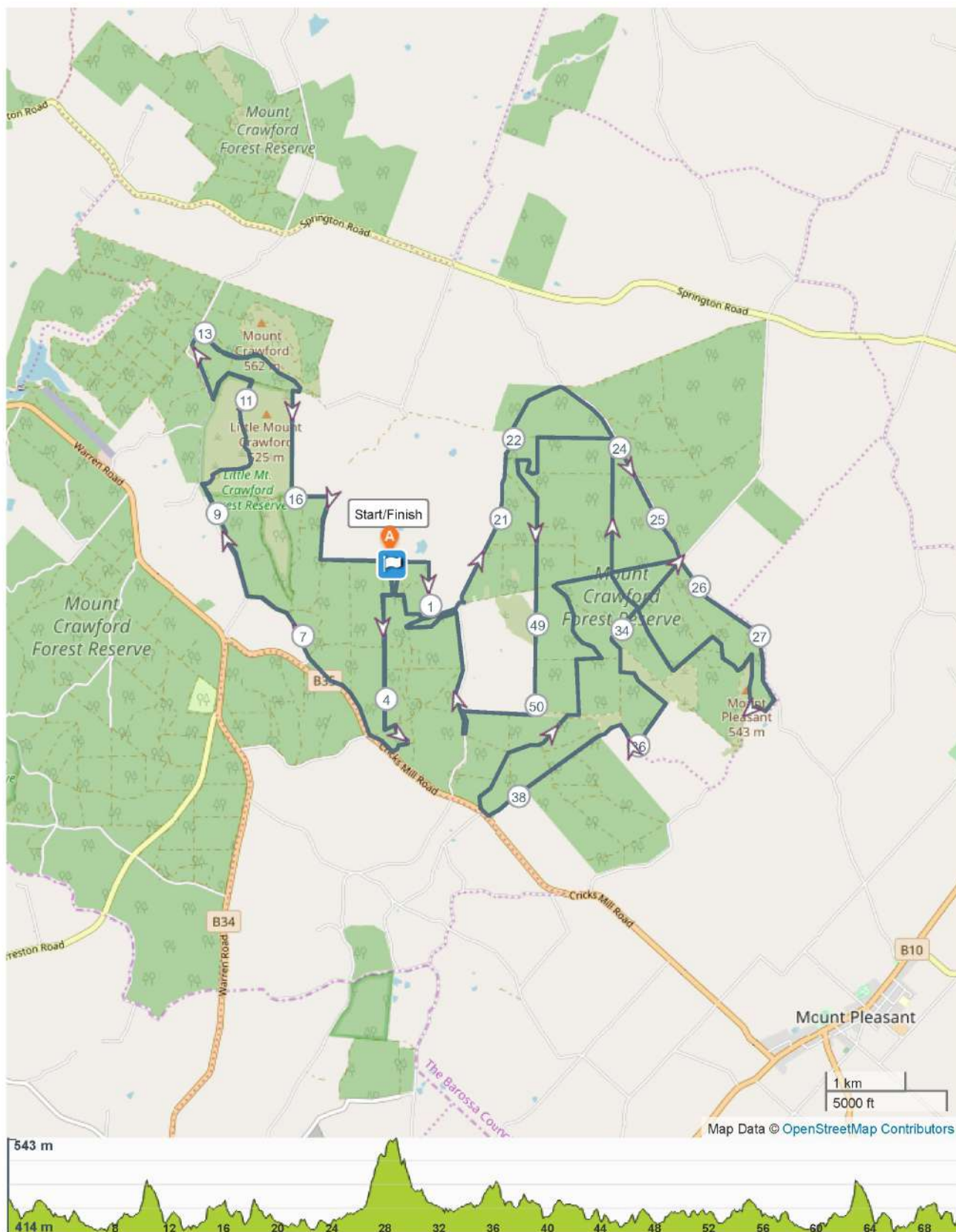
# Appendix A – Course Maps

## 2026 Ponderosa Pines 35km



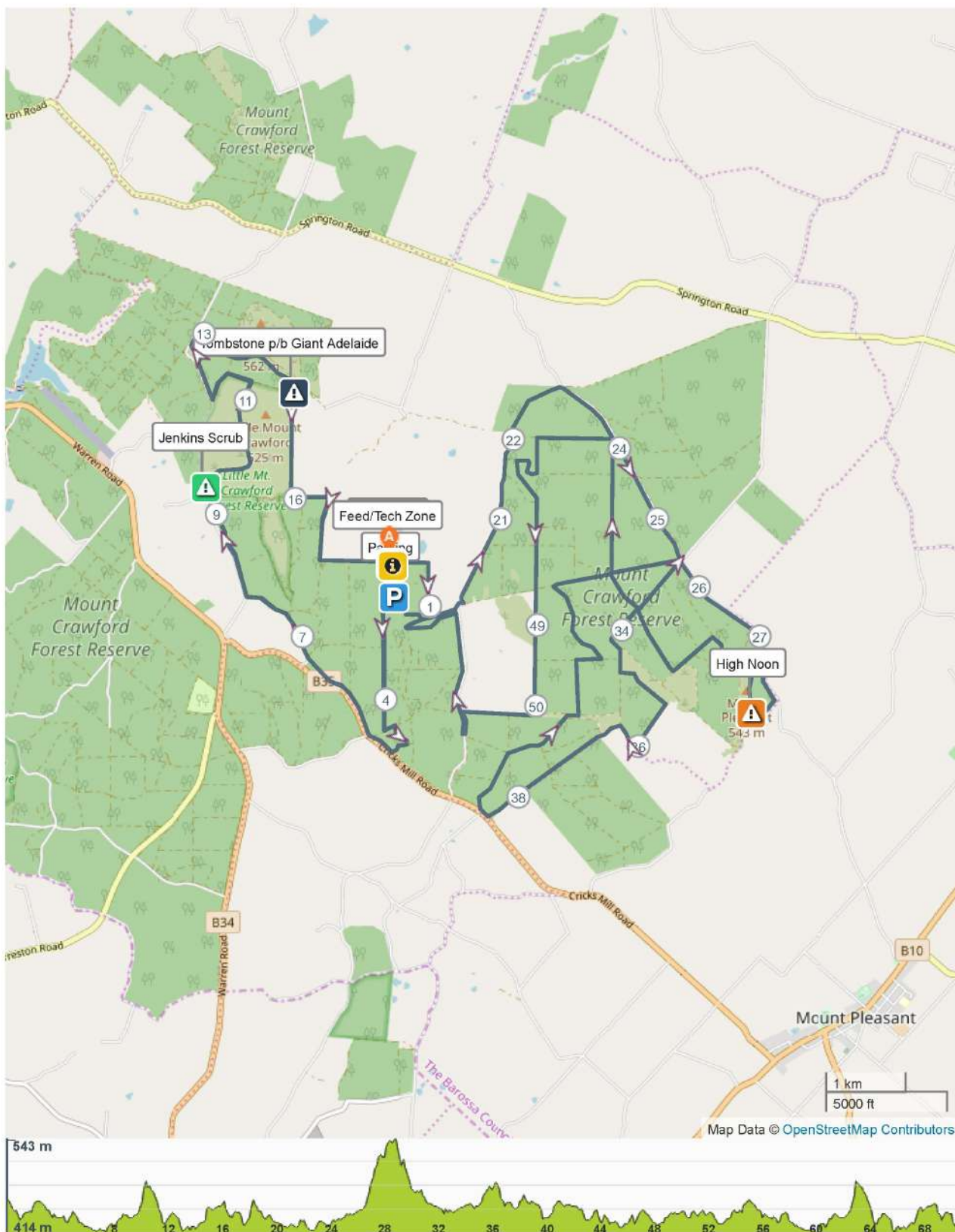
GPX Details can be found [HERE](#)

### 2026 Ponderosa Pines 50km



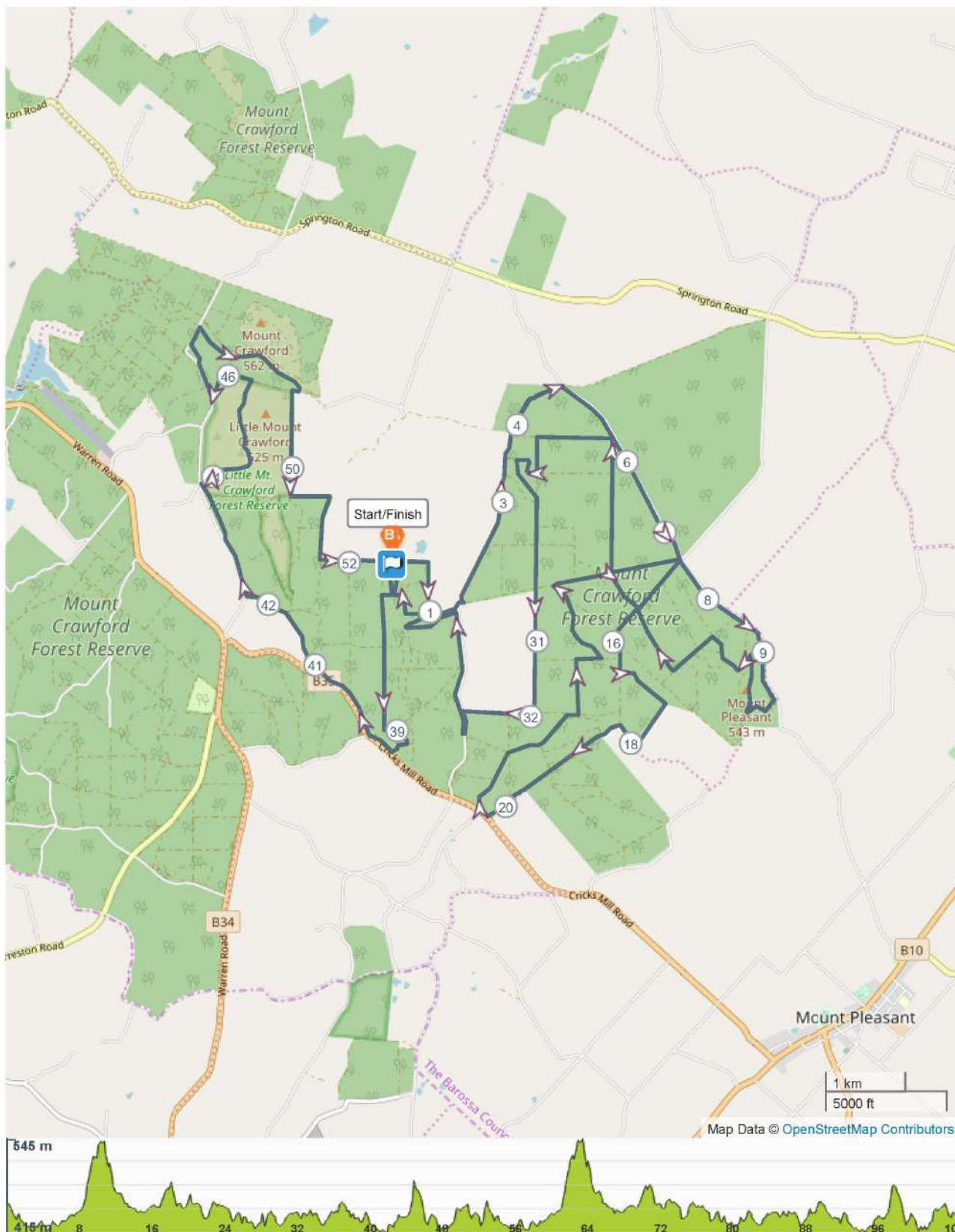
GPX Details can be found [HERE](#)

### 2026 Ponderosa Pines Lap 70km



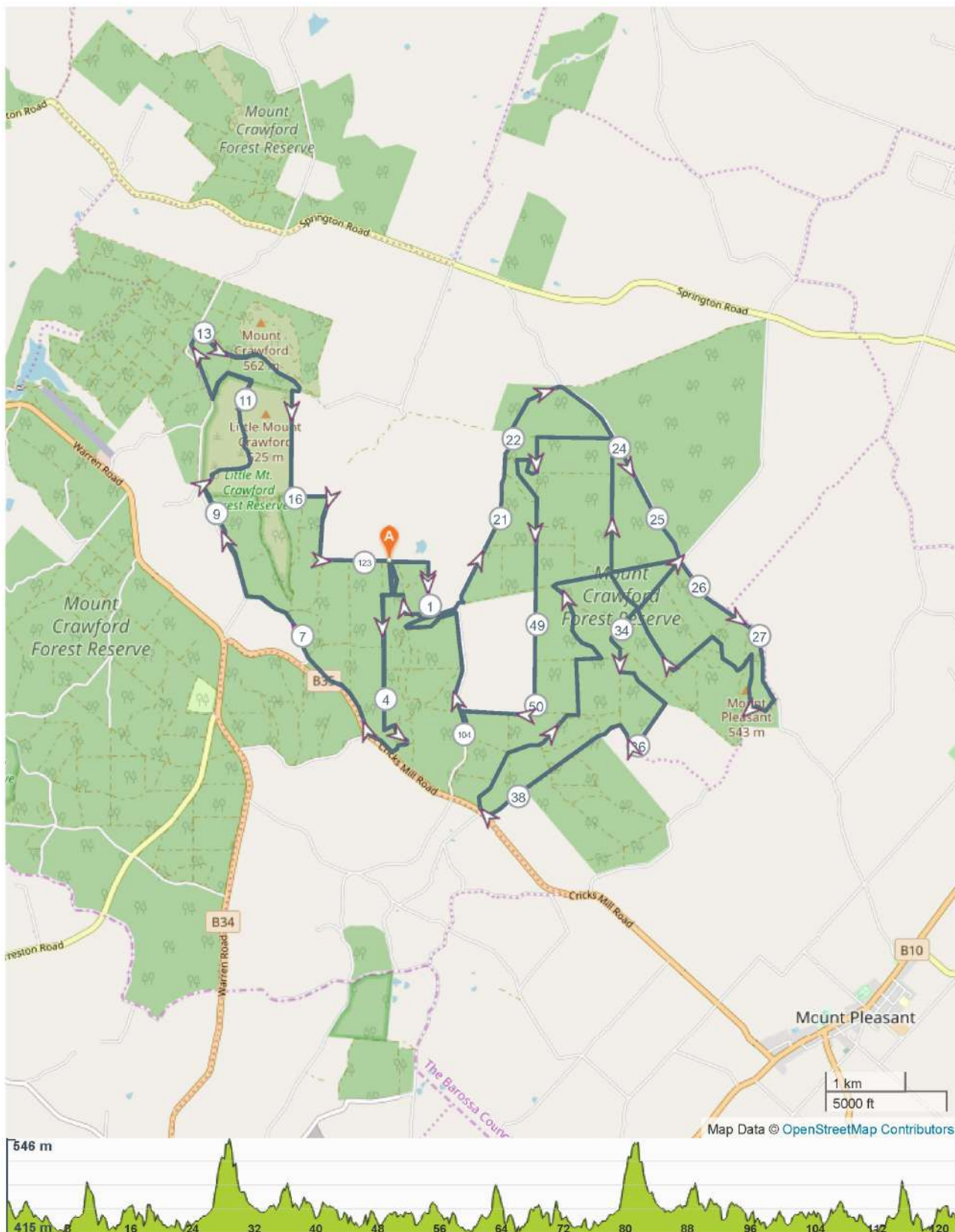
GPX Details can be found [HERE](#)

### 2026 Ponderosa Pines 105km



GPX Details can be found [HERE](#)

### 2026 Ponderosa Pines 123km



GPX Details can be found [HERE](#)

## Appendix B – Course Signage

Course signage to be used at the event.

