

# CROC INFO

## SPARE PARTS

### RECOMMENDE FROM OUR MECHANIC

- Derailleur hanger
- Spokes for special wheels
- Tubeless valves
- Latex for tubeless tires
- Chamois creme
- Cleats for your clip less pedals Brake pads
- Spare parts for your disc brakes (eg disc brake hose)
- Batteries for your computer and heart rate computer should be new
- Not all spare parts will be available in the outback

## MEDICAL INFO

### RECOMMENDE FROM OUR TOUR DOCTOR

Doctor and emergency service are available during the whole race. Response time depends of locality. Following medicaments are not available by the organisation (except emergencies or against payment):

- Cream for backside (Vaseline antiseptic)
- Vitamin pills
- Sunblocker
- Polividon Jod - wound desinfection
- Protects against insect bites
- Dexpanthenol - wound ointment
- Painkiller (Voltaren 100mg (NSAR))
- Eucarbon (Carbo adsorbens) - coal tablets
- Imodium (Loperamid)
- Antibiotics (Ciprofloxacin or Clarithromycin)
- Wound bandage
- Second skin (for the back side)
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### VACCINATION

Every participant has to be vaccinated against tetanus!!

### WATER

Generally the water is drinkable in the area where we are. For your safety we use drops to sterilize and disinfect the drinking water ("Romin Keimfrei"). For your personal needs take a package of drops or tablets with you.





# IMPORTANT!

## FOR PARTICIPANTS

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### **ROUTE INFORMATION!**

Since last year, some of the originally planned sections have become impassable for vehicles unfortunately. Therefore we had to make changes for some of the stages. The Race Director will inspect the course early October and the detailed route description with the exact GPS tracks will then be announced seven days before the race on our website.

### **FEEDING STATION (DEPOT)**

We have specially manufactured water tanks (for water and energy drinks) for our depot vehicles.

Therefore you fill up your drinking bottles yourself at all feeding stations. To be fair for all participants it will be prohibited for the support crew to hand out bottles to the riders. That way we create equal opportunities and we reduce the number of support vehicle on the course. As a benefit you won't have the hassle of cleaning your bottles after each stage. We recommend that you bring 6 drinking bottles or a hydration-bladder (Camelbak).

At each feeding station you will of course additionally get fresh fruit (bananas, pineapples, melons ...) and muesli bars. The gels and energy bars will be handed out at the registration.

### **FIRST STAGE IN SMITHFIELD ON 22ND OF OCTOBER 2016**

The start from the first stage is in front of our partner hotel/resort Paradise Plams in Kewarra Beach, which is located approx. 20 km from the centre of Cairns. You can easily ride your bike there and back. The race starts at 12:00 am and the winner celebration will be at 2:30 pm.



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## FOR PARTICIPANTS

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### **THE LAST STAGE FROM WETHERBY TO PORT DOUGLAS**

At the last stage from Wetherby to Port Douglas the riders will start in reverse order of the overall classification like in a time trial (start interval 30 seconds). As a result of that all participants will be able to arrive and celebrate together at the finish. We are planning the start at 10 am, but we have to check the tide on that date. Potentially we have to start 30 min. later or earlier. The list with the detailed starting times of each rider will be announced the day before. The final winner celebration and pasta party will be at the Surf Life Saving Club at the Port Douglas Four Mile Beach at 2 pm on Sunday. The bike boxes (which you would have left with us in Cairns) and your luggage will be transported to the Surf Life Saving Club.

### **BUS SHUTTLE FROM PORT DOUGLAS TO CAIRNS**

Bus transfer Port Douglas to Cairns on the 29.10. at 4.30pm - running time approx. 1:15 hours. The bus transfer from Port Douglas to Cairns is free of charge. You will receive the ticket (if you need one) at the registration. The bus will stop at Paradise Palms, Cairns airport and in the centre of Cairns Lagoon.

### **STAY IN PORT DOUGLAS**

Riders who stay longer are asked to arrange their own taxis or airport shuttles to get back to Cairns. We recommend that you contact your hotel in Port Douglas or you can search online for suitable options via this recommended link: <http://www.tourismportdouglas.com.au/Port-Douglas-Airport-Transfers.953.0.html>

### **VISUM/VISA FOR AUSTRALIA**

For the entry into Australia every overseas rider (except New Zealand citizens) will need a VISA or an Electronic Travel Authority (ETA). All Europeans can order the ETA on [www.ticketfox.de](http://www.ticketfox.de) (Euro 9.99) or [http://www.immi.gov.au/e\\_visa/visitors.htm](http://www.immi.gov.au/e_visa/visitors.htm) (free of charge). Non-Europeans please ask at the Australian embassy in your country.



# IMPORTANT!

## FOR PARTICIPANTS

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### HELMET AND TRAFFIC REGULATIONS IN AUSTRALIA

In Australia, by law you when riding a bicycle, you are required to wear a helmet at all times! Penalties of up to AUD 150 are enforced. ATTENTION: Australian traffic is left-hand driving. Please familiarize yourself with these traffic conditions as soon as you arrive in Australia so that you are comfortable on the bike.

### CREDIT CARD OR CASH?

During the race you can pay with Credit Card only in Port Douglas. In the Outback usually only cash payments are accepted! During the event you will need also money for spare parts, drinks and physio treatments.

### SPARE EQUIPMENT AND ADDITIONAL LUGGAGE

You can store the luggage and bike boxes, which you don't need during the race in our truck at the start in Cairns on 23.10.2016 (will be marked as: **LUGGAGE FOR PORT DOUGLAS**). Pickup times at the notice board below. This truck will deliver these personal belongings to a storage at the Surf Life Saving Club in Port Douglas. During the race this truck is locked and stored at the premises of our rental company in Cairns. However, please note that we hereby expressly state that we cannot assume liability for any damages or lost luggage.

Due to logistical and capacity restraints we don't accept bike cases and boxes during the race! But **please send your bike box to Port Douglas for the back transport** to Cairns. During the race please take only the absolutely necessary belongings with you. Your spare wheels will be stored at the mechanic truck during the race - we recommend that you put your wheels in wheel bags as we will not assume liability for damages.



### START 2ND STAGE FROM CAIRNS TO ATHERTON

We offer a shuttle from Paradise Palms to the start in Cairns. Departure is at 07.45 in front of the hotel. Please store your luggage latest until 07:15 in our trucks. One truck is for the race and the other one for the Luggage for Port Douglas.





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## FOR PARTICIPANTS

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### **CROC FACEBOOK PAGE – STAY IN TOUCH**

We will post updates via our Facebook page in the lead-up and will arrange for some social gatherings as well as media calls in the week leading up to the race start. Please LIKE us on Facebook to follow and participate in those activities - we are looking forward to meeting you! We'll also post updates and photos during the race so that your families and friends at home can follow our race activities.

<https://www.facebook.com/CrocodileTrophy>

The official hashtag for Twitter and Instagram for the event is **#croctrophy**

## GENERAL CHECKLIST

### RECOMMENDED FROM OUR THE ORGANIZATION

#### **GENERAL**

- Jacket
- Swim wear
- Cap
- Credit Card
- Eyewear
- First aid kit
- Flight Ticket
- Mat
- Medicaments
- Pair of jeans or trousers
- Passport
- Pocket lamp
- Pullover
- Short

- Sleeping Bag
- Sun cream
- Tent
- Toilet article
- Towel
- Trekking shoes
- T-shirts
- Visa for Australia

#### **FOR BIKER**

- Air pump
- Crème for back side
- Cycling gloves
- Cycling jerseys
- Cycling lock

- Cycling shoes
- Cycling shorts
- Helmet (compulsory)
- Special spare parts for your bike
- Wind breaker
- Mountainbike
- Pair of socks
- Rain jacket
- Repair kit
- Spare cycling shoes
- Spare tubes
- Set of spare wheels (recommended)

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