

MACPAC MOTATAPU UDC MOUNTAIN BIKE



MANDATORY BIKE & GEAR CHECKLIST

We highly recommend booking a bike service with your local bike shop pre and post event to ensure your bike is in top condition. Regular bike maintenance will increase the longevity of your bike's life, minimise breakdowns and be easier on your pocket in the long run.

Officials can randomly check athlete bike and gear at any point during the event, including at the start and finish line. Officials have the right to stop an athlete from starting the event or withdrawing and disqualifying an athlete for not adhering to the mandatory bike and gear checklist. **No mandatory bike & gear = no start!**

MOUNTAIN BIKE

Must be adequate for the purposes of an endurance mountain bike event, in good condition and be free of defects.

- Bike Frame** – no structural damage or corrosion to bike frame, handlebars and seat posts.
- Brakes** – brakes must be in good enough condition to last the length of the event. The wear on brake pads needs to be above the minimum line.
- Chain & cogs** – the ride is uphill for the majority of the race, placing a lot of pressure on your chain. The cold water river crossings at the end of the race will also affect your chain. When your chain is stretched by not changing gears correctly it means it can break more easily and may not function properly. It also may have damaged and excessively worn your cogs, causing it to slip and again not function correctly. Make sure that your chain and cogs are in good condition to ensure you have a great ride.
- Tyres & Pressure** – no big cuts or damage to tyre casing. Optimal tyre pressure for your particular tyres and the day.
- Seatpost** – Tight, with no damage. Don't be the person having to bike the course without their seat!
- Handlebars** – Tight and have handlebar bungs.
- Overall Bike** – No excessive play in the bottom bracket, headset, wheel set or suspension mechanisms.
- Additional** – Ensure bottle cage/s are firmly screwed in, pump secured with velcro strap (or in saddle bag / backpack) and repair kit is securely fastened.

HELMET

Modern helmets are only designed to withstand one major impact so by throwing them on the ground or in the back of the truck you may render your helmet useless. Sun and heat cause additional wear and tear to helmets, breaking down the materials from which they are made. Helmets must be adequate safety standards approved and free of defects.

- Safety standards approved** – AS/NZS 2063:2020.
- A good fit** – we recommend a helmet with rear bracing. Talk to your local bike shop to check your fit.
- No cracks in the body of the helmet**
- No delamination of the outer layer** - due to sun or heat damage.
- No damage to any of the straps**
- No defects of any buckles or strap webbing**

TOOL KIT

Not only should you carry the following – you should know how to use it! There will not always be someone nearby to help you if you get a flat tyre or your chain breaks. Ask a friend or visit your local bike store for advice if need be.

- Two spare tubes** – correct size! If using tubeless ensure sealant is fresh and carry at least two tubes as emergency back-up.
- Bike Pump** (can be CO2 inflator and 2 x canisters)
- Multi-tool**
- Tyre levers**
- Patch kit**
- Chain Breaker** (spare chain link/speed link is also useful)



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All competitors must carry the following mandatory gear at all times during race day.

- Base Torso Layer** – A technical t-shirt made of quick-drying fabric such as wool or polypropylene. Cotton, Coolmax, Lycra and compression garments are not recommended.
- Thermal Torso Layer** – A long sleeved top made from a warm quick-drying fabric such as merino or polypropylene. Cotton, Coolmax, Lycra and compression garments are not recommended.
- Waterproof Jacket** – Seam sealed with a minimum of 10,000mm waterproofing.
- Personal First Aid Kit** – including bandages, plasters, tape, gauze, whistle and survival blanket. Any prescription medications you might need (e.g. prescription for hay fever). We also recommend carrying pain relief medication (e.g. Panadol).
- Drink bottle / bladder** – Something to carry water on the bike; bottle, bladder. You should be self-sufficient in your fluid requirements and not rely on aid station supplies.

RECOMMENDED GEAR

The following items are recommended but not mandatory:

- Padded Cycle Shorts** – for added comfort.
- Warm Tights** – we recommend wool or polypropylene tights.
- Full Fingered Gloves** – we recommend wool or polypropylene gloves.
- Warm Hat** – we recommend a skull hat for under your helmet



Check out your nearest Macpac store or jump online www.macpac.co.nz to find the best kit for training and racing. If you're unsure about your gear requirements head into your local Macpac store for help and advice.

Bike & Gear in great condition helps ensure you'll have a great day!