



Mountain Bike Race Briefing – 10 THINGS TO REMEMBER

- 1. Check the weather and prepare for the conditions on race day! Any relevant course updates will be communicated by the announcer at the start line.**
2. Before you line up in your start chute, ensure you have collected your race number and have attached it to your handle bars. You will be given cable ties to do this. Your transponder is attached to the back of your race number.
3. Gear – Compulsory gear must be carried at all times.
4. Cut off – you must reach Aid Station 1 by 12:45pm and Aid Station 2 by 2:15pm. If you do not make the cut off you will be taken out with the aid station crew to Glendhu Bay. Course cut off is 6:00pm
- 5. Respect the valley! Please do not litter on course and TAKE ALL YOUR OWN RUBBISH OUT**
6. There are 4 Aid Stations on course. All stations will have water, PURE All stations will have water, PURE, jet planes and some stations will have a supply of Clif bars.
7. iPods/headphones are not recommended as there may be emergency 4WD vehicles moving through the course. If headphones are worn, ensure that the volume is set at a level whereas surrounding sound can be heard.
8. **Course Etiquette** - If you are unsure you will make the hill climbs get off and walk and KEEP LEFT – if you do have to stop in the middle of the climb be aware of the bikers behind and beside you. GET OUT OF THEIR WAY so they can continue their climb. Same for descents. You may encounter walkers and runners on the final section of the course. They have been asked to stay left, so please take care when passing on their RIGHT and ensure you call “coming right”.
- 9. All hazards on course are not marked. Please keep your eyes open and take extra care on steeper descents, on narrow sections, and near drop offs.**
10. If you are first on scene at an accident please stop and assist the competitor who is injured or in distress, and then go on and report it to the nearest marshal or send a person for help. All aid stations, farm vehicles and medics all have radios and they can call for help if required.

There will be over 100 volunteers helping on course and at the finish line during your race. If you get the chance, please thank these amazing people!