



Mondraker 47km Mountain Bike Race Briefing

- **Check the weather and prepare for the conditions on race day! This Briefing is subject to change based on course and weather conditions. A compulsory briefing will take place at your start line just prior to race start. It is compulsory for you to attend your race briefing.**
- Before you line up in your start chute, ensure you have collected your race number and have attached it to your handle bars. Your timing transponder is attached to the back of your race number. Ebikers will also have a bib to pin to the back of your top, this must be attached and displayed throughout the event. Those Ebike Competitive field (yellow race plates) must ensure they have completed a bit check with the Outside Sports crew prior to race start, you'll be supplied a sticker for you race plate once completed.
- Gear. You will be in the mountains and as in any alpine situation you are the person primarily responsible for your own safety and you must carry the compulsory gear at all times.
- **Cut offs** –Aid Station 1 - 11:15am and Aid Station 2 - 12:45pm. If you do not make the cut off you will be transported out with the aid station crew to Glendhu Bay. Full course cut off is 4:00pm. Cut off times will be strictly enforced, noting the time listed is the time you must be leaving the Aid Station, not arriving and then stopping for 15 minutes.
- **Respect the valley! Please do not litter on course and TAKE ALL YOUR RUBBISH OUT.**
- Total Fire Ban On Course
- There are 3 Aid Stations on course. Aid Stations are predominantly for the Marathon runners, there will be a limited supply of water and PURE. You should be carrying what you need to complete the event. If you need to refuel, please move off the track if you want to refuel at an Aid Station. Toilets located at each aid station.
- iPods/headphones are not recommended as there may be emergency 4WD vehicles moving through the course.
- **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".
- **Not 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. The Macetown track (final 6km) has some sections with large ruts and steep drop offs, extreme care is required. Ride within your ability.**
- 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 have radios and they can call for help, if required.
- Didymo - there will be a Didymo wash at the finish line, you must bike/walk with your bike through this. After the event you must ensure your footwear and bike is completely dried before entering another waterway in a different area.
- There are a large number of volunteers helping on course and at the finish line during your race. If you get the chance, please thank these amazing people!

BE SAFE AND HAVE FUN!