

2017 ACT Schools MTB Championships

25 August, racing from 10am - 2pm, at Stromlo Forest Park.



Emergency

1. Scott Doré (Race Director) **0412 009 705**
2. Mike Dunlop (Course Director) **0438 662 611**

First Aid

- In the village: First Aid Tent
- On track: tell a marshall, or call Mike or Scott
- Bike needs first aid: see the repair crew in the village



General

- **Do not take someone else's plate over the finish line.** Timing is electronic. If you are sharing a bike, pin your plate onto your body; don't put multiple plates on the one bike at the same time.
- It's a team race, to get on the podium (1, 2 or 3 place) ...
 - the number of female laps in a mixed team must be no less than: 25% of the team's laps (rounded down) in team of 3 riders, or 20% (rounded down) in a team of 4. Otherwise you will be moved into the male category.
 - the number of laps from any one individual in a team must be no more than: 30% of the team's laps (rounded up) in a team of 4, or 50% in a team of 3. Excess laps will be deducted.
 - For example: The Four Freds (mixed fours) did 17 laps. Fast Fred must have done no more than 6 laps ($30\% \times 17 = 5.1$, rounded up to 6). Flying Frederica must have done least 3 laps ($20\% \times 17 = 3.4$, rounded down to 3).
 - Injuries and other mitigating circumstances ... see Scott.
- Any issues, find: Scott, Mike, Nic (in Village) or Mike (in Timing). Race Director (Scott) is the final arbiter.
- Bikes are fun, but don't be a goose in the village. No bikes on the grass running track.

Transition

- This year you will **walk through transition**.
- Next Riders must stay behind the fence on the edge of the tarmac.
- Finishing Riders will dismount in the finish chute. Walk across the finish line, then around the arch on the grass until they find and tag their Next Rider. Finishing Riders then go through the fence into the village.
- Next Riders walk their bikes across the grass to the mounting line, get on and ride.
- **Yes - you can run.** But don't barge through others: you might find yourself doing push-ups.

Injured riders on track

- Stop and check they are OK. Provide assistance if needed. We'll correct your time if you are delayed.
- If further assistance is needed, call Scott (phone number on race plate), and let a marshal know.

You are likely to be passed and/or pass others, possibly quite a lot. Here's how to make it easy ...

Passing

- Call "*Hi, How's your race going? I'd like to pass when you have a moment. Thanks.*" or "*Track please - when it's safe.*"
- The rider in front chooses the right place for you to pass. Wait until they call "*On my right*" or "*On my left*". The other rider continues to have right of way until you are a bike length in front.
- As you pass, call out "*Thanks. Have a nice day.*" or "*Cheers. Like your socks.*"
- Don't scream "*RIDER!*" and barge straight through. You wouldn't want that hard-earned lap deducted, would you??

- Stuff-ups happen. If you stuff up, take responsibility. Stop; say: *“Sorry, that was my fault. Are you OK?”* When you finish your lap, tell Scott in the race village: he wants to hear about it from you before he hears about it from someone else.
- If you catch someone, do pass them (as above). Long trains of riders are no fun for faster riders, and they become unsafe for everyone.

Being passed

- If someone catches up to you, they are faster than you, and they probably want to pass.
- If someone wants to pass, you choose the right spot. Make it as soon as you feel safe.
- Passing should only take a couple of seconds and should not slow you up much.
- If it's not immediately safe, call out *“In a sec.”* or *“Round the corner”*.
- When it is safe, move to the left of the track, and call out *“On my right”*, or move to the right and call *“On my left”*, or make it obvious and call *“Go, now”*.
- It's best to stay on the track and keep pedaling: you don't have to pull off the track or stop.
- If someone does get too close or knocks you off, take note and let Scott know when you get back.

Track notes

- There are marshals on track. Say *“Hi, how's your day going?”*. Let them know about any track or rider issues.
- Half of the College and High School (Senior and Junior) courses are separate; half are shared. Enjoy, and Chill.
- There are two places the College and High School tracks split (on the Crit Track, and at the top of Cockatoo Switchbacks); know which way you need to go, check the map now, read the signs, ask someone...
- And two places where the tracks merge (beginning of Fence Lines, and beginning of Old Duffy): college riders will probably have right of way, but obey the marshals.
- The sneaky A-line at the top of Cockatoo is open and marked. But you don't get right of way by doing it; don't make the marshal at the top grumpy.
- Everything is easily rideable, but there are a few spots riders might want to watch out for on the track ...

Highschools:

- There are some ruts on the very first fire road and the fire road down to Old Duffy
- The Holdens Creek crossing is wet and rocky but *you can easily ride straight through*

College:

- The fire road from Blue Gums up to the top of Luge is shared with horse riders. If you encounter any horses, talk to the riders, and move well to the side.
- Take care on Luge if you are not familiar with it. It's way fun, but has a lot of tight corners and big rollers, and it has a few optional jumps you don't want to take by mistake.
The first jump on is closed.

All:

- The pump section after Fenceline: the rollers are hard (and slower) if you are going fast

Start

- **College:** Around the crit track, straight up the fire road, RIGHT above Fenceline into the pump section.
- **High School:** Around the crit track then LEFT down towards Brittle Gums (as per normal).

Finally

- Next Year's Champs: 31 August 2018 (week 6, NSW and ACT)
- We changed the courses this year - did you like them?
- Any other suggestions?
- Tell Scott or Mike, or CORC by Email or Facebook.



