

# 2023 ACT Schools MTB Championships

## 1 September, Stromlo Forest Park



### Timetable

**Time**      **Activity**

#### Thursday, 31<sup>st</sup> August

2 - 5pm      Registration open & track open for practice  
4 - 5pm      Course familiarisation (\$10 **cash** to CORC coaches)

#### Friday, 1<sup>st</sup> September

8:00 am      Teams arrive; Rego open  
8 - 9:00 am   Course practice (1 lap)  
9:00 am      Rego closes; Volunteer briefing  
9:30 am      Race briefing  
9:50 am      College riders to start line  
**9:55 am      Race start College**  
**10:00 am      Race start Senior & Junior**  
2:00 pm      No new riders on track  
2:00 pm      Sweep sets out & start clearing course markings  
2:30 pm      Race complete  
3:00 pm      Presentations  
4:00 pm      Event closed

#### Emergency contacts

1. Jeff Hughes (Race Director) 0427 885 112
2. Mike Dunlop (Course Director) 0438 662 611
3. Scott Dore (Event Director) 0412009705

#### Online results

<https://my.raceresult.com/250335/>

**Photos:** Unfortunately, no photos from Talentspotter (David Blucher) this year.

**Catering:** Rotary BBQ and Funky Brew coffee cart

### General

- **Format:** Teams of 3 or 4 riders race as a relay for 4 hr, generally swapping riders after each lap.
- **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.
- If you cannot complete your lap, make your way directly to the transition - **do not cross the finish line**; you or a marshal may call ahead and have your next rider start. Alternatively, complete your whole lap on foot and do cross the finish line, as normal.
- It's a team race, to get on the podium (1<sup>st</sup>, 2<sup>nd</sup> or 3<sup>rd</sup> place) ...
  - the number of **female** laps in a **mixed team** must be no less than: 25% of the team's total laps (rounded down) in a 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% x 17 = 5.1, rounded up to 6). Flying Frederica must have done at least 3 laps (20% x 17 = 3.4, rounded down to 3).
  - Injuries and other mitigating circumstances ... see the Race Director.

- Any issues, find: Jeff, Mike, Lou (in Village), or Dave (in Timing). Race Director (Jeff) is the final arbiter.
- Bikes are fun, but don't be a goose in the village. **\*\* No bikes on the grass running track \*\***

### Transition (Refer to Figure 2: Transition Zone)

- You must **walk / run through** transition, not ride.
- Next Riders must **wait in the middle of the inner fenced area until tagged**
- Finishing Riders will **dismount in the finish chute**, run across the finish line, then through the outer fenced area, find and tag their Next Rider. Finishing Riders then move into the village.
- Next Riders **run to the mounting line**, then get on and ride.

### 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 Jeff (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 ...

#### 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.*" Don't just ignore the rider behind.
- 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 pedalling: *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 Jeff know when you get back.

#### Passing

- Take it easy. Choose a sensible spot - don't expect to pass half way down Luge.
- Call out "*Hi, How's your day 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 you through, e.g. "*On my right*". 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. I like your socks.*"
- Don't scream "*RIDER!*" and barge straight through. You don't want that hard-earned lap deducted.
- 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 Jeff in the race village: he wants to hear about it *from you* before he hears about it from someone else.
- If you catch someone, then do pass them (as above) because long trains of riders are no fun for faster riders, and they become unsafe for everyone.

### Track notes (refer to Figure 1: Proposed Course)

- The Junior/Senior course includes *Evolution* (with the green descent).
- There are marshals on track. Say "*Hi, how's your day going?*". Let them know about any issues on track.
- Half of the College and Senior/Junior courses are separate; half are shared. Enjoy, and Chill.
- There are two places where the College and Senior/Junior tracks split (at the top of *Fenceline*, and at the top of *Cockatoo Switchbacks*) ...
- and two places where the tracks merge (at the top of *Fenceline*, and beginning of *Old Duffy*): College riders will probably have right of way, but obey the marshalls.
- Know which way you need to go. Check the map now. Read the signs, ask someone... If you take a short-cut we will know, believe me, and you will lose your lap.
- The sneaky A-line at the top of *Cockatoo* is closed (due to bad etiquette in the past).
- Everything is easily rideable, but there are a few spots riders might want to watch out for on the track ...  
Junior/Senior:

- The downhill section of *Evolution* has some loose, off-camber corners and some sudden berms, take it easy on your first run.

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*. It's way fun, but has a lot of tight corners and big rollers, with a few optional jumps that you don't want to take by mistake, and some loose dirt.

All:

- **NOTE course change after Old Duffy ... see map**

**Start lap (Refer to Figure 1: Proposed Course)**

- Head NORTH around the top loop of the crit track, back past transition, all the way around the bottom loop, exit the crit track up the grass towards the Handle Bar.

**Camping - TBC**

- If you are interested in camping at the event on the Thursday please contact us.

**Finally ...**

- Next Year's event: 30 August 2023 (Week 6 NSW and ACT)
- How was the event? How was the course this year? Any suggestions?
- Email [actschools@corc.asn.au](mailto:actschools@corc.asn.au)

**Figure 1: Proposed course**

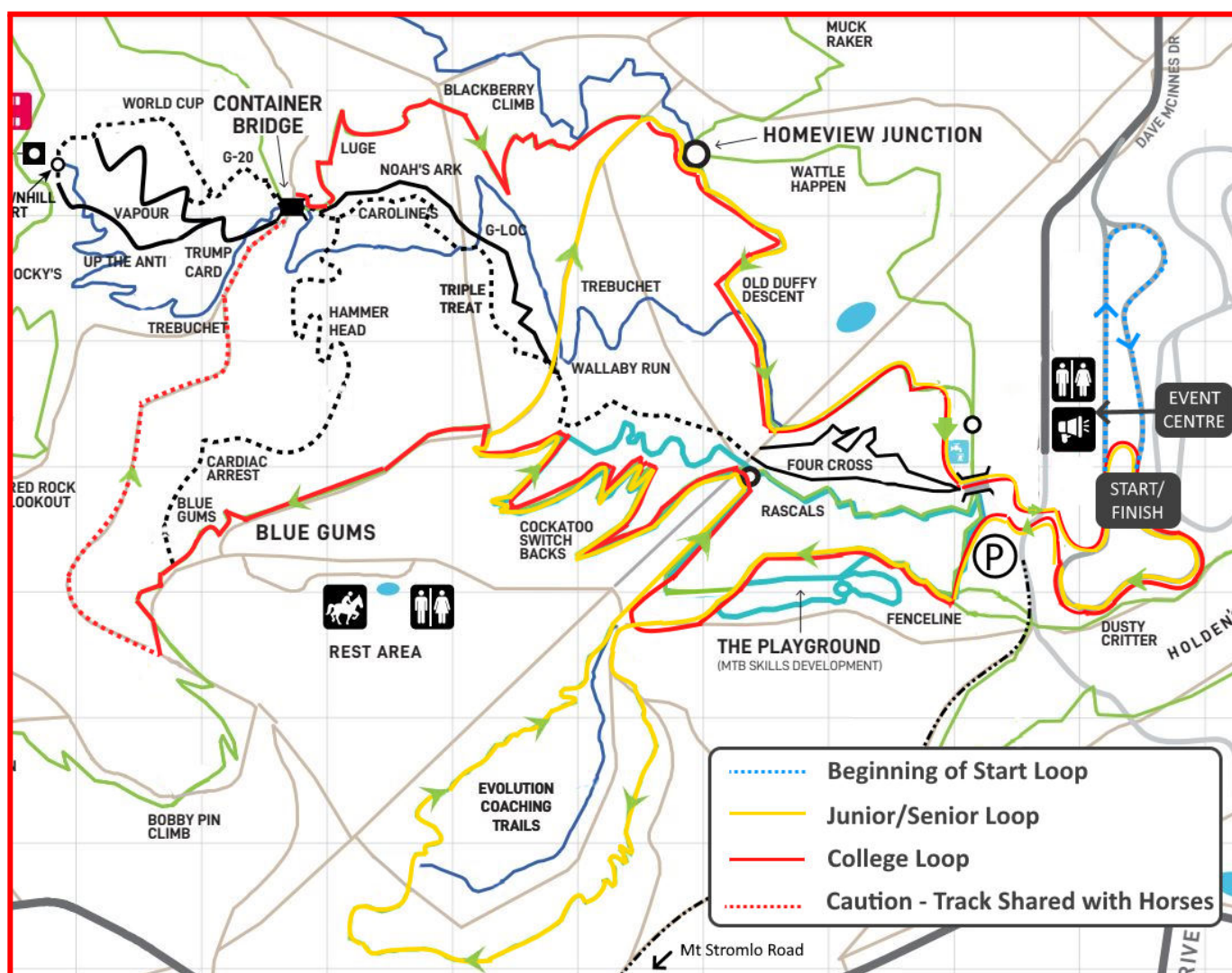
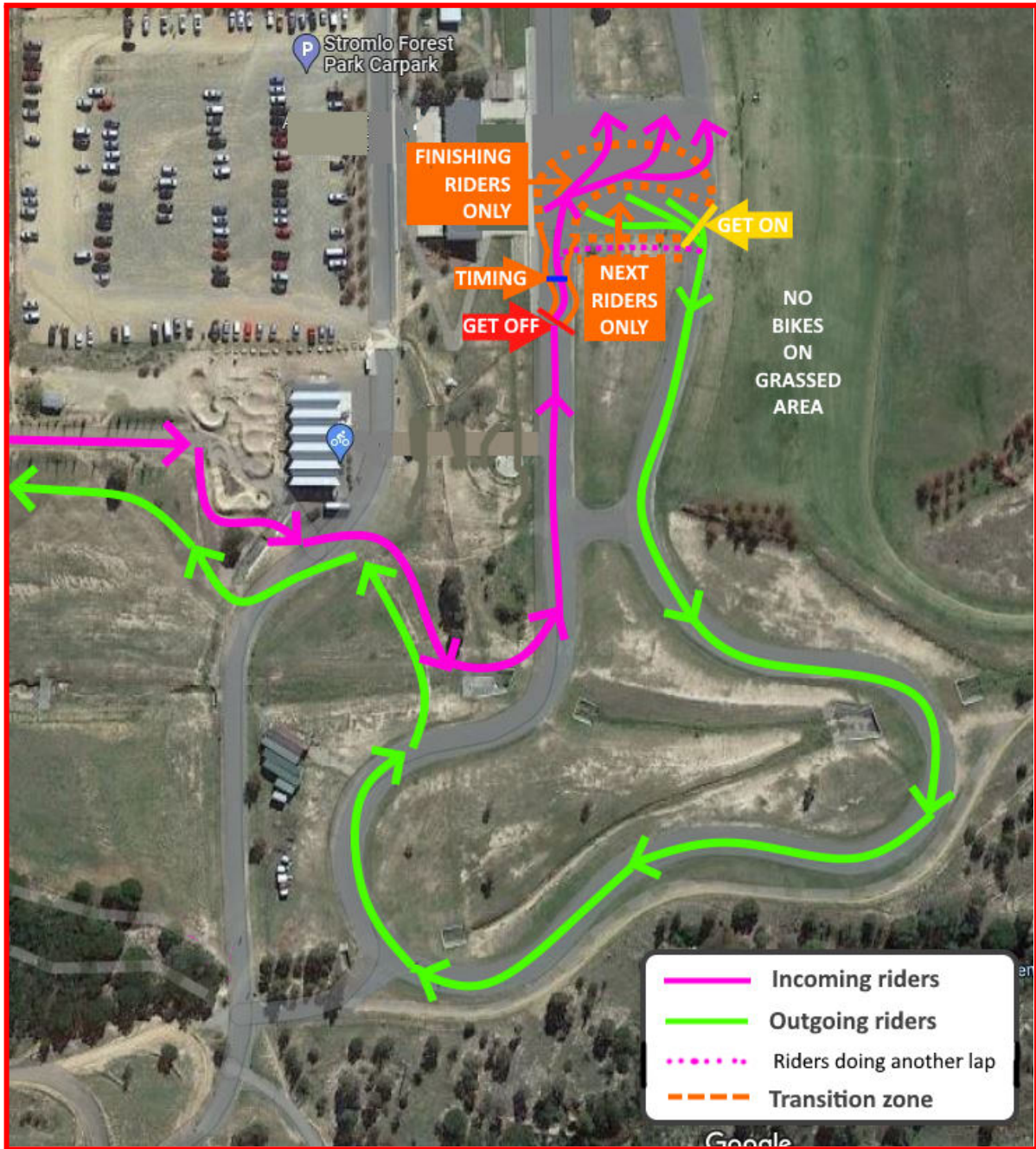


Figure 2: Transition Zone



## Temporary parking and access arrangements

The main Stromlo car park is closed. There is a temporary car park adjacent to the Handle Bar which is accessed from the Mt Stromlo Rd, to the south (pink line). This temporary car park may not be suitable for buses.

Alternative parking is available on Uriarra Rd, south of the roundabout (150 spaces), Stromlo Leisure Centre (the pool) overflow parking (80 spaces), Bushfire Memorial (20 spaces). Each option is about 600 m from the Event village.

