

ORBEA

SMITH



MAGURA



AUSCYCLING



NEW SOUTH WALES

GRAVITY

20

ENDURO

23

SERIES



COMPETITOR INFORMATION GUIDE

WELCOME TO THE NSW GRAVITY ENDURO SERIES

A SERIES RUN BY THE CLUBS FOR THE RIDERS

It's fair to say we're fizzing to get together with you and your mates for a memorable series worth of road-tripping, camping, riding and bench-racing good times.



ORANGE

**Glenwood State
Forest Trails**

Cargo Rd
Lidster
NSW 2800



GREENVALLEYS

2926 Illawarra Hwy
Tongarra
NSW 2527



STROMLO

Stromlo Forest Park

Dave McInnes Rd,
Stromlo
ACT 2611



MT BORAH

"The Mountain"

1106 Wimborne Rd
Manilla
NSW 2346



OURIMBAH

Ourimbah State Forest

Red Hill Rd,
Wyong Creek
NSW 2258



SCHEDULE

PRACTICE SATURDAYS WITH RACING SUNDAY.

ALL RIDERS MUST BE AT THE VENUE FOR THE RIDERS' BRIEFING ON SUNDAY.

EBIKE RIDERS MUST BE PRESENT FOR THE RIDER BRIEFING ON SATURDAY.

ALL RIDERS MUST BE REGISTERED FOR PRACTICE ON SATURDAY.

PRACTICE SHUTTLES ARE SOLD SEPERATELY AT EACH VENUE.

SATURDAY

8:30am – 12:00pm	Registrations
9:00am – 3:00pm	Shuttles/Practice
2:30pm	eBike rider briefing
3:00pm-4:00pm	E Bike Super Stage

SUNDAY

7:00am - 10:00am	Registrations
8:00am	Rider Briefing
8:30am	Racing starts
3:00pm	Racing ends
3:30pm	Presentations

PRIZES

EVENT STOPS

Podiums 1st - 3rd

Event stop medals and swag 1st - 3rd

SERIES WINNERS

Podiums 1st - 3rd (Male/Female)

Series winner NSW State Jersey

Series winners 1st - 3rd

NSW State Medals plus swag/prize money
(TBC)

School Trophy

Series points leader School Trophy

Club Trophy

Series points leader Club Trophy

TIPS FOR A KILLER EVENT

KNOW YOUR START TIME

Rider lists and start times will be emailed and posted up on social media channels before the event weekend. Don't be late mate.

TAKE YOUR RUBBISH HOME

Look after the venue. Keep it clean, pack up and take your garbage with you, and treat the event venue with respect.

COMMON SENSE AND COURTESY

Be safe and respectful to other riders. This is a fun event, so look out for your fellow competitors, and appreciate that there are riders on the track of all skill levels.

DRIVE SAFE

Please drive in and out of the venue's property slowly and stick to the access roads. Watch out for wildlife and respect the neighbors and local community. We need their support for these events to continue.

HYDRATE

Bring plenty of water.

EVENT LOCATIONS

LOCATION MAPS

Click the link for google map details.

RND 1 ORANGE Glenwood State Forest Trails Cargo Rd Lidster NSW 2800

<https://goo.gl/maps/uuf4QW9joHis4sfM8>

RND 2 GREENVALLEYS Greenvaleys MTB Park 2926 Illawarra Hwy Tongarra NSW 2527

<https://goo.gl/maps/D5KNhGeXAdAC2dQ68>

RND 3 STROMLO Stromlo Forest Park Dave McInnes Rd, Stromlo ACT 2611

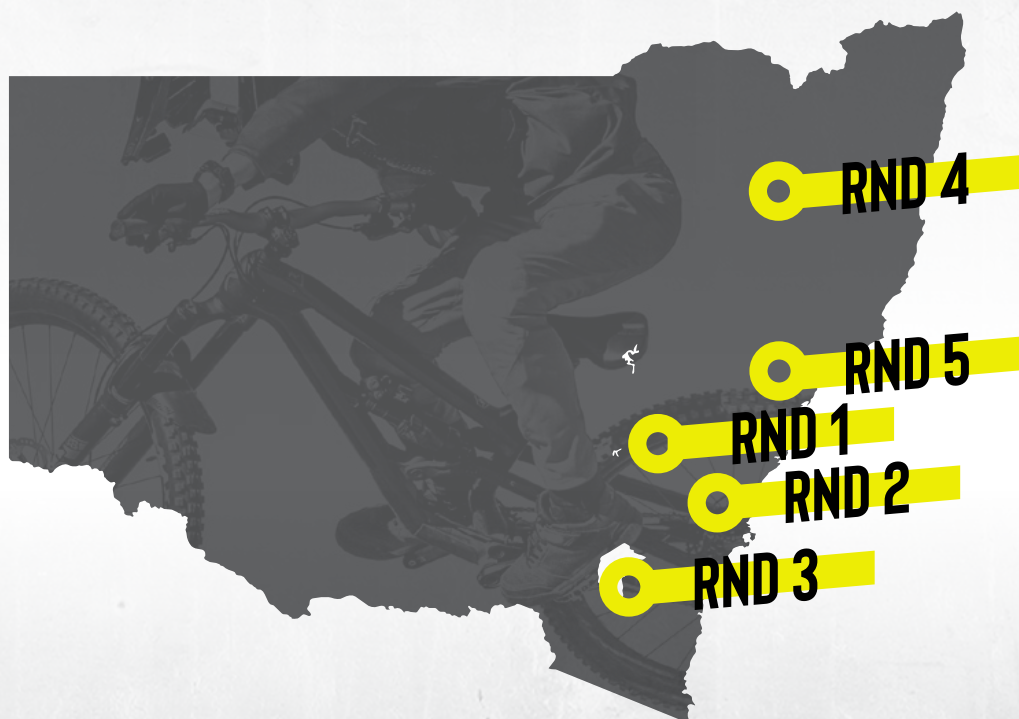
<https://goo.gl/maps/twzgTeTj6tHQUAX7A>

RND 4 MT BORAH "The Mountain" 1106 Wimborne Rd, Manilla NSW 2346

<https://goo.gl/maps/vyA1BKwSy5XotUjQ8>

RND 5 OURIMBAH Ourimbah State Forest Red Hill Rd, Wyong Creek NSW 2258

<https://goo.gl/maps/41jEbDmXW6VaBrND9>



TECHNICAL REGULATIONS

MEMBERSHIP REQUIREMENTS

Riders must have either an AusCycling Off-Road Membership or AusCycling All Discipline Membership.

ENTRY FEES

PER EVENT

Juniors - \$99 (inc GST)

Seniors - \$120 (inc GST)

CATEGORIES

CATEGORIES

Analogue - Male/Female

Under 13

Under 15

Under 17

Under 19

Elite (19+)

Expert (20 - 29)

Veteran (30-39)

Master (40-49)

Super Master (50+)

E Bike

Elite (19+)

Veteran (30-39)

Master (40+)



TECHNICAL REGULATIONS

CLOTHING REQUIREMENTS

Full-face helmets are mandatory at all AusCycling-sanctioned events.

A jersey or shirt covering the elbows must be worn as a minimum. 3/4 length jerseys are acceptable. Knees must be covered by full-length trousers and/or self-fastening knee or knee/shin guards expressly designed for off-road competition

For all riders who are eligible to compete in the Under 13, 15, and Under 17 categories, the following equipment is mandatory at all times while on track regardless of registered category:

- Full-finger gloves must be worn;
- Full-length jersey – jersey must cover elbows at all times;
- Knee pads and elbow pads must be worn.

AusCycling strongly recommends the use of the following for all competitors:

- Neck brace expressly designed for off-road competition;
- Back and shoulder protection expressly designed for the purpose;
- Full finger gloves;
- Elbow protectors and/or long sleeve jersey to the wrist;
- Goggles are expressly designed for the purpose.

RACE FORMAT

4 stages plus an E-Bike Super stage on the Saturday afternoon All athletes get one timed run on each stage

Athletes **MUST** complete all timed stages within their respective categories to get a result

All athletes will be given a start time for the stages 1 week prior to each series stop

Athletes will be given a 30 second gap after the previous athlete on their race run

ANALOGUE BIKE REGULATIONS

Only one set of Frame/Fork/Wheels can be used for the duration of racing

All bikes will receive stickers on Frame/Forks and Wheels before racing commences

E-BIKES REGULATIONS

There will be no technical restrictions on batteries as we believe technology needs maximum opportunity to innovate and grow and it's already moving at a very fast rate

All bikes must be limited to AUS regulations for e-bike/pedelec (25kmph)

Walk function allowed but only in factory settings

All E bikes will be scrutinized before racing

FREQUENTLY ASKED QUESTIONS

WHAT HAPPENS IF I HAVE A MECHANICAL?

A technical assistance zone can be provided by the organiser. Outside technical assistance is only allowed in this area.

Only one frame, one front fork and one pair of wheels can be used by a competitor during a competition. Frame, fork and wheels may be individually marked by the officials before the start of the race and checked at the finish. Broken parts can eventually be replaced upon approval with a 5 min penalty if approved by race official.

WHAT HAPPENS IF I ASSIST A RIDER THAT HAS HAD AN ACCIDENT?

Any rider who comes across an injured rider must stop to render assistance, unless directly indicated by the injured rider that they do not require assistance. They should instruct the next rider to pass to notify the next marshal point of the incident, location, and perceived severity.

All riders who stop to render assistance will be awarded a time for that special stage equal to no more than 10% more than the winning time of that stage in the category they are entered

DO ALL RIDERS HAVE TO CARRY A FIRST AID KIT?

It is strongly recommended that all competitors carry:

- Suitable backpack
- Waterproof jacket
- Emergency blanket
- Innertubes/ puncture repair kit
- Multi tool
- Basic, well maintained first aid kit
- Map
- Food and fluids
- Eye protection (glasses or goggles)

FREQUENTLY ASKED QUESTIONS

- Emergency contacts supplied by organiser

RACE FEE REFUNDS?

Please note: We are unable to offer credits or transfers under any circumstance.

We can only offer refunds and registration transfers to another rider; in the event you are unable to attend.

All refund requests must be made via email prior to the scheduled refund cut-off dates as outlined below.

- up to 14 days before the event: 80% of fees paid
- up to 7 days before the event 50% of fees paid
- less than 7 days before the event: 0% of fees paid

Event hosts cannot accept responsibility for changes to work commitments or personal circumstances (including illness and injury) within this 14-day period. The event hosts will not provide refunds/credits or transfers if a rider injures themselves at the event and are unable to race.

The event host will accept a transfer of the registration to another member, provided the event registration change of name procedure is adhered to:

REGISTRATION TRANSFER/CHANGE OF NAME PROCEDURE:

Change of name can be initiated no later than 3 days prior to the race (i.e. if the race is on the Sunday, the request must be initiated by 6pm Thursday prior), with the following 24hrs to complete the request in full.

Once you notify the event host of your inability to attend, you must also stipulate if you will be requiring a refund (as per the above time frames and rates), or if you intend on transferring your registration to another rider.

You then have 24 hours to provide the event host with the following information for the transfer:
(please copy and paste this section to make sure no details are left out)

Email to: "event host email"

Subject heading: <RACE EVENT NAME> NAME
CHANGE OF RIDER REQUEST

- Withdrawing rider's name:
- Withdrawing rider's category:
- Withdrawing riders paid entry fee cost:
- Replacing rider's full name:
- Replacing rider's DOB:
- Replacing rider's category:
- Attach replacing rider's completed &

signed waiver:

- Attach replacing rider's AusCycling race license:

The replacing rider MUST have:

- Adequate and compliant gear to complete the race
- A current AusCycling RACE license (provide proof by attaching a screenshot)
- Replacing rider must complete & sign the waiver, and attach all documents in the one email.

If the name change is submitted within 7 days of the race, a \$20 CASH ON THE DAY admin fee is required to be paid.

All requests are treated as final, and once

CONTACT US

ORANGE MOUNTAIN BIKE CLUB

Scott Turner

0415 576 253

shop@dgcycleco.com.au

www.orangemountainbikeclub.com.au

Instagram @orangemountainbikeclub

Facebook orangemountainbikeclub

GREENVALLEYS MOUNTAIN BIKE CLUB

Nick Haertsch

0414 750 687

events@greenvalleysmountainbikepark.com

www.greenvalleysmountainbikepark.com

Instagram @greenvalleysbikepark

Facebook greenvalleysbikepark

CANBERRA OFF ROAD CYCLISTS

Jeff Hughes

0427 885 112

ge@corc.asn.au

www.corc.asn.au

Instagram @CORC.social

Facebook corc_mtb

NORTHWEST MOUNTAIN BIKERS

Andrew Dehm

0402 046 350

nwspmtb@gmail.com

www.northwestregion-mtb.com

Instagram @mountborahbikepark

Facebook mountainbikeborah

CENTRAL COAST MOUNTAIN BIKE CLUB

Ivan Herman

0416 878 901

ivan.herman.au@gmail.com

www.ccmtb.com.au

Instagram @centralcoastmtb

Facebook centralcoastmtb

AUSCYCLING

John Davis

02 7229 6466

events@auscycling.org.au

www.auscycling.org.au

Instagram @auscyclingaus

Facebook auscyclingaus



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2023 COMPETITOR INFORMATION

