



2017
MOUNTAIN BIKE AUSTRALIA
XCM
NATIONAL SERIES



CITY OF GREATER
BENDIGO



RIDERS INFORMATION PACK

Congratulations on your entry into the 2017 Golden Triangle Epic. Everything is now ready for the big day - all we need to do is get you here! This pack has valuable information for both you and any spectators who are coming with you. Please read through it to be sure you understand how it all works.

REGISTRATION / NUMBER PICK UP IMPORTANT NOTE:

Registration times:

Friday 24th March 5:00pm – 8:30pm

Saturday 25th (100miler only) 5:30am – 6:00am

Saturday 25th 7:30am onwards

Registration desk is at the Bendigo Toy Library – please refer to village maps attached.

Please register at least one hour prior to your event starting.

All riders need to produce a current MTBA card or else a day license must be purchased at \$25 per rider.

After registering take the opportunity to taste some of the Bendigo's delights and talk trail or bike "trash"

Each rider will be given a race number at rego to be fixed onto the front of your bike. Each rider will need to be marked off at the start gate on race day - see start times outlined below.

SCHEDULE FOR THE DAY

5:30AM – REGISTRATION FOR 100 MILERS ONLY

6:00AM – 100 MILER START

(100 milers will need suitable lights affixed to either their helmet or bike in order to start at 6:00am)

9:30AM – 100KM WOMENS START

9:50AM – 100KM MENS START

10:00AM – 30KM START

10:45AM – 50KM START

11:15AM – 15KM START

Rider briefings will take place immediately prior to each of the above starts.

1:00PM – 15KM AND 30KM PRESENTATIONS
DRAW FOR CYCLESCAPE TREK BIKES 1 AND 2.

4:00PM – REMAINDER OF PRESENTATIONS
DRAW FOR CYCLESCAPE TREK BIKE 3.

There will be a food and beverage vendors at the race village including the Lockwood CFA BBQ, Pizza de Wheels, Brew 2 U coffee and a pop up bar courtesy of one of our sponsors, Bendigo Beer.

WHAT TO BRING

Each rider should carry a mobile phone, spare tube, patch kit, mini pump and multi tool. This is not compulsory but it is recommended. You need to start the race with a minimum of one drink bottle or hydration pack.

Note: 100 milers will need lights as you will be starting in the dark!

CHECKPOINTS AND FEED STATIONS

There are 8 checkpoints on course. Refer to the attached course map for locations.

Check points 4, 5 & 6 are all serviced from a single location (Checkpoint Charlie) which are also feed stations. These occur at the 16km, 25km and 38.5km points on the course. A transition zone is also provided at the event village for setting up your own feed/hydration station.

If you have bottles, gels etc to be taken to Checkpoint Charlie there will be a series of containers near the rego desk for you to leave them. Please label items with your name and identify which distances you would like them placed. Bottle drop for 50km and 100km categories will close at 10:00 am. Bottle drop for 100 milers will close at 5:45am.

If you require extra water we will have large water containers where you can fill bottles or hydration pack systems at Checkpoint Charlie. An addition for 2017 is a mini lube station at Checkpoint Charlie to keep your machine running smoothly – thanks to Rock “n Roll.

We will have half bananas, pastries and lollies at Checkpoint Charlie while stocks last.

All other checkpoints will be marshalled but will not have food and water supplies for competitors.

There will be two road crossings at the 14.5km and 43km points, you need to dismount and wheel your bike across the road, only when the marshal tells you that it is safe to do so.

RIDERS THAT DISOBEY ROAD CROSSING MARSHALS AND FAIL TO DISMOUNT WILL BE DISQUALIFIED!

**PLEASE DISPOSE OF LITTER IN BINS PROVIDED
DO NOT LITTER. ANY RIDER SEEN LITTERING WILL BE DISQUALIFIED
IMMEDIATELY!**

SPECTATORS & RIDER HELPERS POINTS

All feeding/helping and viewing by spectators is to be done within the event village. No rider's helpers are permitted on sections of the course and all riders will need to either use the provided food / water at feed station or carry sufficient with them.

The time between each checkpoint can be over an hour depending on your speed, so plan appropriately. Eating over a long race like this is just as important as drinking. We recommend that you stop if only briefly to eat some food and take some more with you so that you keep your body and muscles fully fuelled. If you run out of energy you will lose more time than you will stopping for 1 min to eat.

CUT OFF TIMES

For your safety and our operations we have set cut off times for the start line and the second pass through Checkpoint Charlie (25km mark).

The start line will be closed at 1:30pm.
Checkpoint Charlie (25km mark) will be closed at 3:00pm.

Multi-lap riders not through the start line by 1:30pm will not be permitted to continue and riders not past the 25km point by 3:00pm will be brought back to the event village by official vehicle.

PRIZES

Prizes will be awarded to 1st, 2nd and 3rd across all categories, however 100 Mile competitors who finish 3 laps each receive a medallion in recognition of completing the epic ride. Winners must be present to collect their prize, nothing will be posted.

A minimum of three riders is required to make a category and for prizes to be awarded. If there are less than 3 entered within a category then these riders will be merged into the closest aligned category with sufficient numbers.

RACE RULES

These rules can be added to before the start of the race.
Registration - All riders must register in person with their MTBA licence.
Riders must affix race numbers to their bike as directed.

The wearing of Standards approved helmet is mandatory, by Victorian law, for riders in all stages of the event, at all times.

Riders must obey the directions (written or verbal) of event organisers and marshals at all times.

Riders are to obey the Australian Road Rules during all stages on public roads, all roads are open for public use on the day.

Attendance at race briefings is mandatory for all riders.

Riders must obey all course directions, and are responsible for following the designated course.

Failing to complete the whole course, taking shortcuts shall result in the rider being recorded as a DSQ. It is the rider's responsibility to ensure that the correct course is followed.

All riders must behave in a sporting manner. This includes not using abusive language or behaviour toward other riders and officials, and allowing faster riders to promptly overtake when safe to do so.

Appeals must be lodged with the event director within 15 minutes of the final times being posted for the event.

All riders must carry out what they carry in. Littering will result in disqualification from the event.

All bicycles are to be powered by human power alone.

If a rider withdraws for any reason, they must notify an official as soon as practicable.

Riders pushing their bikes should give way at all times to those riding and should attempt to walk on the least rideable portion of the trail.

Riders are only eligible for a place in the category they entered.

The event Director has the right to call off the race either before or during for any reason relating to rider safety.

If the race is called off after it has begun, as soon as you have been notified by a race official you are responsible for getting yourself back to the Event start/finish, with the assistance of race officials.

Accidents and Rendering Assistance

Riders must render all possible assistance to any participant who is in distress or danger. In the event of injury or accident, riders must stop to assist an injured rider, prevent others from entering the accident zone, and ask passing riders to inform a race official at the nearest check point notifying them of the incident.

If you stop to give assistance for a health or safety reason, a time adjustment will be made to your final time. Note that this does not apply if you stop to offer mechanical assistance.

Fire Event

If you notice a bushfire when on course contact the emergency contact number on your race plate and notify the next marshal.

DIRECTIONS TO EVENT

At the Fountain in the middle of Bendigo (where the tramlines are), head up Mitchell St past the Bendigo Mall over the railway overpass, the railway station is on your right. Travel for 4 km and you come to the Bendigo Cemetery which is on your right, halfway past the cemetery turn left onto Spring Gully Rd (sign posted to Sutton Grange). Travel on this road for approx 2km and you will start to see event signage directing you into Kendall Street on your right and into the event parking site. Marshals will then direct you towards the registration area.

Enclosures

Parking Plan

Village Plan 1 & 2

Course Map