



ROCKSHOX GOLDEN TRIANGLE EPIC RIDERS INFORMATION PACK

Congratulations on your entry into the 2009 MTBA Australian MTB Marathon Championships ROCKSHOX Golden Triangle Epic. Everything is ready now for the big day - all we need to do is get you there! 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 is on Saturday 19th September at Braidies Tavern in Strathfieldsaye from 12 noon – 7pm unless you have made alternative arrangements with the club for directions [see here](#).

After registering take the opportunity to taste some of the Braidies delights and talk trail or bike "trash". It is recommended people book a table for the bistro if you are wanting to dine there.

Each rider will be given a race number at rego on Saturday

Each rider will need to be marked off at the start gate on race day see times outlined below.

There will be food vendors at the race village offering breakfast and good quality coffee before the race. Food will be available throughout the day.

WHAT TO BRING

Each rider should carry a spare tube, patch kit, mini pump and multi tool. This is not compulsory but it is recommended. You need to start the race and leave every checkpoint with a minimum of two drink bottles.

CHECKPOINTS – WHAT DO THEY HAVE

DRINKS –

- There will be a place at the start/finish for you to put bottle/gels etc to be transported to checkpoints. Please ensure you have your name on bottles/food etc.
- If you require extra water we will have large water containers where you can fill bottles or hydration pack systems at each checkpoint..
- We will have half bananas and limited snack foods including muffins and pastries at each feed zone.

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

SPECTATORS & RIDER HELPERS POINTS

Checkpoint 3 is the **only** checkpoint where riders' feeders and spectators are allowed. This point is accessed by riders twice (at the 70km and 87km mark), and will have a spectator viewing area and technical support area. Checkpoint one is also planned as a technical zone. See map of track on the club's website. Feed and tech zone supporters will need to obtain an identification tag when registering.

There are to be no rider's helpers in other sections of the course so all riders will need to either use the provided food / water at feed stations, or carry enough for these sections. The time between each checkpoint can be up to 2hrs depending on your speed, so plan appropriately.

RECOMMENDATION:

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 TIME

Everybody in the event will have the opportunity to finish! However for your safety and our operations we have set cut off times for checkpoint, they are as follows:

Check point cut off times

Ridge track where 105 & 50km tracks separate (25km mark) **10.30am** (2.5 hr)

Checkpoint 3 (Murray Track intersection 65km mark) **12.30pm** (approx 4.5hr)

Checkpoint 4 (Fibre optic 85km mark) **2.30pm** (approx 6.5hr)

All riders who are outside the cut off times will be turned on an alternative shorter return track with plates marked and recorded for results. Alternatively you may decide to use the sag wagon. As a guide you need to average approx 12.5km per hr to beat the cut off times.

CAMPING & ACCOMMODATION OPTIONS

Camping is available at the start venue alongside the track, at a cost of \$5 per head, payable at rego on Saturday. There will be toilets, fresh water and a bonfire provided for Saturday night.

Other accommodation options include: Bendigo has a wide range of Motels and caravan parks within 20 minutes drive of the venue. For more information see the **RACV website**

CAR PARKING

Until the start of the 1st category (@ 7.15am) free parking is available at the start venue, after this time all cars will be parked 400metres from the venue on Story's rd. Parking attendants will assist you in finding a car park.

Event start times

105km Event

7.00 – 7.15 105km Open and all 105km women riders assemble to be marked off at the start gate.

7.15 105km Women Riders briefing

7.25 Open Women presented and brought up to the start line.

7.30 Open Women 105km START

7.35 Start for all Sport, Vets, Masters and Super Masters and Ultra Masters Women

7.35 - 7.50 All 105km riders assemble to be marked off

7.50 Riders briefing

7.55 Open and Vets men presented and brought up to the start line.

8.05 Open Men and Vets men start 105km

8.10 Sport men 105km

8.15 Masters Men 105km, Super masters Men 105km & Ultra masters Men 105km

50km Event

8.30 – 8.45am 50km riders assemble to be marked off at start gate.

8.45 riders briefing

8.55 Open men 50km start

9.00 Vets Men and Under 19 and Sport 50km

9.05 Masters Men, Supermasters and Ultra Masters Men 50km

9.10 All Womens 50km categories

25km Event

9.30 – 9.40 riders assemble to be marked off at start gate

9.40 Riders briefing

9.45 Mass start of all male riders

9.50 Mass start of all female riders

3.30 Presentations for all categories as per MTBA requirements.

These rules can be added to before the start of the race

1. All riders must register in person with their MTBA licence on Saturday 19th September from 12 noon onwards. The registration venue will be Braidies Tavern Strathfieldsaye see directions here.
2. No registration for the event will happen on Sunday 20th September
3. Riders must affix race numbers to their bike as directed.
4. The wearing of Standards approved helmet is mandatory, by Victorian law, for riders in all stages of the event, at all times.
5. Riders must obey the directions (written or verbal) of event organisers and marshals at all times.
6. Riders are to obey the Australian Road Rules during all stages on public roads, all roads are open to traffic at all times.
7. Attendance at race briefings is mandatory for all riders.
8. Riders must obey all course directions, and are responsible for following the designated course.
9. It is the rider's responsibility to ensure that the correct course is followed.
10. Riders must use the same bike frame and event number for the whole event.
11. Technical Assistance may be received from other riders or at established check points.
12. 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.
13. Appeals must be lodged with the Chief Commissaire within 15 minutes of the provisional times being posted for the event.
14. All riders must carry out what they carry in. Littering will result in expulsion from the event.
15. All bicycles are to be powered by human power alone.
16. If a rider withdraws for any reason, they must notify an official on the closest checkpoint as soon as practical.
17. Riders pushing their bikes should give way at all times to those riding. They should attempt to walk on the least rideable portion of the trail.
18. The winners of each category will be on the basis of the fastest elapsed time for that category.
19. Riders are only eligible for a place in the category they entered.
20. Medals for 1st - 3rd will be awarded in each of the full marathon race class.
21. The Australian Championship jersey will be awarded to the fastest male and female in the full marathon regardless of class entered.
22. The Chief Commissaire has the right to call off the race either before or during for any reason relating to rider safety.
23. 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.
24. The race may be called off before the event starts by the organising club for whatever reason. In this case you are eligible to a minimum of 50% refund of your entry fee
25. This race information may change at any time. Definitive race rules will be available at event registration on 19th September 2009

- 26. Riders should render all possible assistance to any participant who is in distress or danger.**
- 27. 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 and/or to ring the race director on their mobile phone notifying them of the incident.**
- 28. 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.**
- 29. All bicycles are to be powered by human power alone.**
- 30. 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.**
- 31. Failing to complete the whole course, taking shortcuts shall result in the rider being recorded as a DNF. It is the rider's responsibility to ensure that the correct course is followed.**
- 32. Riders pushing their bikes should give way at all times to those riding. They should attempt to walk on the least rideable portion of the trail.**
- 33. 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 and/or to ring the race director on their mobile phone notifying them of the incident.**
- 34. 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.**

Directions to start/finish at Cavagna's Rd Track.

From Bendigo at the Fountain in the middle of Bendigo (where the tramlines are), head up Mitchell St past the Bendigo Mall and past Moroni's Bikes (on your right), over the railway overpass, the railway station is on your right. Travel for 4 km 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 16km (turns in to Sedgwick Rd) past the Spring Gully shop on right 2km, Bendigo Retirement Village 3km, Mandurang 6km, Sedgwick turn left approx 4km past Mandurang oval onto Storys Rd. Cavagna's rd first turn right 500 metres.

From Melbourne:

Travel on Calder Hwy at the end of the Malmsbury Taradale Bypass take the turn right hand turn onto Sutton Grange rd (sign posted to Sutton Grange). Travel for approx 38km turn right Storys Rd. Cavagna's rd first turn right 500 metres. Map ref 44 G7 (5th ed country Mel ways).