

RIDER BRIEFING

Real Bike Insurance MTB Cruise

Last update: 3 March 2010

ROCKY TRAIL
ENTERTAINMENT

www.rockytrailentertainment.com



Event: **Real Bike Insurance MTB Cruise**

Date: **Saturday, 6 March 2010**

Time: **6.30am commencement registration for 8am first race start**

Venue: **Mt Stromlo, Canberra (ACT)**

Online: RealBike Insurance/Bike/MTB-Cruise-event

Registration: www.rockytrailentertainment.com

Please read through this rider briefing carefully, it should provide you with all infos and details to spend a great racing day with us! Should you have any other questions, just send us an email to cycle@rockytrailentertainment.com

We are looking forward to seeing you at the event!

The Rocky Trail Entertainment Crew





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Image: Sportograf; Location: Mt Stromlo

See you at Mt Stromlo, ready to cruise!



BEFORE THE EVENT

What to expect

Choose your own challenge and come along on a different kind of cruise...

If you can ride a bike, you can ride the **RealBike MTB Cruise** at Mt Stromlo in Canberra! Coinciding with the Canberra Festival 2010, we have created a **new fun, entry level and family-friendly cycling event** where racers can set their goals themselves and at the same time take the opportunity to ride alongside experienced racers and share the passion for the sport.

Rocky Trail selected Mt Stromlo in Canberra for its versatile mountain bike trails, where options to ride 10km, 30km, 50km or 80km (plus the exclusive 100-Miler option) will be set out. It was important to us to host the event at a venue with lots of variety in terms of track lengths and difficulty, to suit all types of bike riders. From highly experienced **Competitive Racers** to the enthusiastic **Weekend Warriors**. And **Newbie Racers** who have never participated in an organised cycling event before, don't worry and give it a go - this is especially for you!

*** New Category***

Due to popular demand a new 100-Miler cruising option has been added – it's "invitation-only", so send us an email to cycle@rockytrailandentertainment.com if you would like to join the other MTB endurance junkies and ride it!

Please note that unfortunately camping at Mt Stromlo before the race is not permitted. However, there is a great camping spot up Cotter Road about 5km from the event centre.

Race format

Riders pick the distance for their personal challenge: **10km, 30km, 50km and 80km**

Invitation-only: **100-Miler**

- **10km and 30km are on an easier track**
 - The minimum age for 10km/30km races is 12 years unless accompanied by an adult.
- **50km and 80km on a more challenging track**
- **100-Miler is on the same track as the 80km option – but about twice as long ;-)**

Due to popular demand we added the 100 miles invitation only option. If you would like to ride it please send an email to cycle@rockytrailandentertainment.com for the details on how to get invited.

During the race

The tracks at Mt Stromlo are very versatile. We've picked a track for the shorter distances that is a bit less difficult, ie a shorter lap and less technical difficulties. If you have ridden off-road before, you'll easily manage. We do want to recommend, however, that you prepare and train for the race.

We have some recommendations regarding appropriate food & hydration during an endurance event – read on in the "At the Event" section for the "How to prepare for the event" suggestions. In general, go out there, have fun most of all and see what best works for you – do take a rest if you feel you need to. We are all at Mt Stromlo to have fun and achieve our goals together. For the longer distances we'll take you around to the sweetest sections of Stromlo's MTB trail network! Enjoy!

Real Bike Insurance

Developed for people who are passionate about cycling, Real Bike Insurance covers not only bicycles, but also personal accidents, which extends across Australia and New Zealand. The standalone bike insurance package includes all sorts of “real-riding-life” situations, including theft, accidental/crash damage whilst in use, including cycling events. Go to <http://www.realinsurance.com.au/Bike.aspx> or call 133 503 for more information or a quote.

How about the track?

There will be 2 loops, clearly marked, on the grounds of Stromlo Forest Park.

- **Green loop 1:**
6.3 km around the bottom of the hill and event centre for the 10 and 30 km options
- **Purple loop 2:**
18.76 km including all the good bits of Mt Stromlo for the 50 and 80 km and 100-Miler options

We have tried to route the track so that we get as close as possible to the 10,30, 50 and 80km & 100 miles. We have determined a number of laps that you need to complete to “finish your challenge” and to achieve your selected km or mile-distance. At this stage all categories are very close to the pre-set distance, except the 50km category, which might do a few more km's.

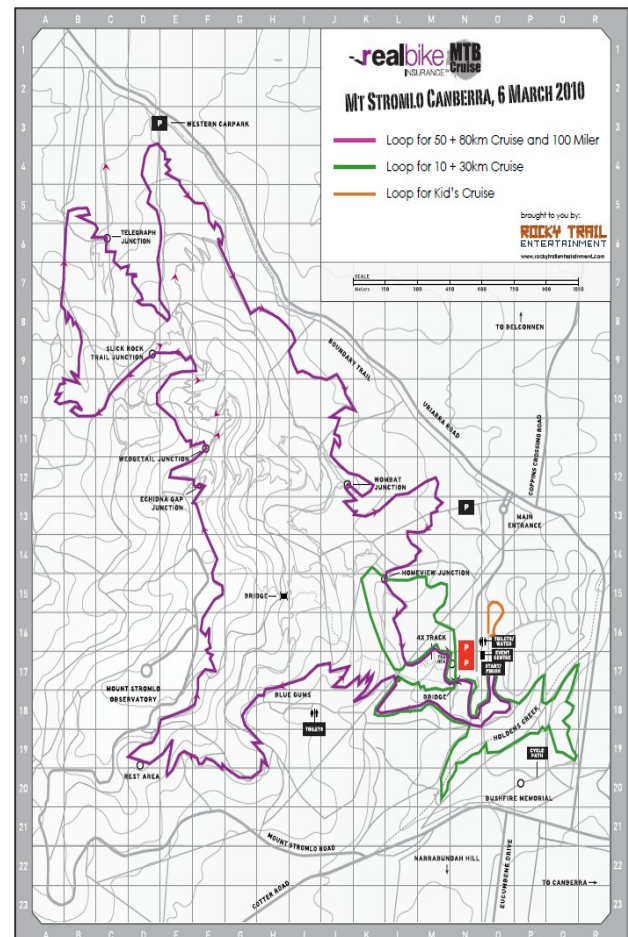
How many laps do I need to do?

This has been updated!

Challenge	Loop	Number of laps to complete the race	Actual distance covered
100miler	Purple Loop	8 laps	150.08 km
80km	Purple Loop	4 laps	75.04 km
50km	Purple Loop	3 laps	56 km
30km	Green Loop	5 laps	31.5 km
10km	Green Loop	2 laps	12.6 km
Kids races	Near Pavilion	n/a	n/a

High Resolution map

<http://www.rockytrailentertainment.com/pdf/A20%20RBI-MTBCruiseMap.pdf>



What happens at the Red Bull timing tent?

Riders need to dismount from the bike and walk through the timing tent past the crew who record your race number. This will allow you to get a good view of the screen displaying the number of laps you still need to do.

What skill level is needed?

You should be a quite comfortable, enthusiastic and relatively fit cyclist and/or mountain biker with that extra longing for a challenge. If you have ridden off-road before, you'll easily manage.

Racing fees & categories

- kids racing - free
- 10km race - \$40
- 30km race - \$50
- 50km race - \$70
- 80km race - \$80
- 100-Miler by invitation only - \$80



Age and gender categories will apply:

	Gender		Age	
100miler	male/female	n/a	Open (16-39)	Veteran 40+
80km	male/female	Junior (under 16)	Open (16-39)	Veteran 40+
50km	male/female	Junior (under 16)	Open (16-39)	Veteran 40+
30km	male/female	Junior (under 16)	Open (16-39)	Veteran 40+
10km	male/female	Junior (under 16)	Open (16-39)	Veteran 40+
Kids races	boys/girls	Ducklings (under 5)	Joeys (under 8)	Cubs (under 12)

Important:

- Please make sure to fill out the **Gender** and **Date of Birth** fields when you register online! That will make things really easy for us to have everything ready when you come to pick up your number plate(s) on the day.
- Please be aware that **kids under the age of 12 years**, who are riding in the 10km and 30km categories, are required to be accompanied by an adult for safety reasons. As the accompanying adult you can register for the race also to be in the rankings. If you don't, you still have to come to registration to pick up your "Buddy Plate" - a plate that identifies you for timing and marshal crews as the kid's buddy out on the track.
- **You won't be able to enter into the race on the day** – every rider has to be registered to race before Friday, 5 March 2010, 8pm. If you have troubles booking online, please contact us via cycle@rockytrailentertainment.com. Otherwise, give us a call at 0416 737 972 (Juliane's mobile) anytime and we will try to assist you with the online booking process.
- If you have any amendments or changes, please try and let us know by the Friday before the race (5 March 2010), that will make the timing set up so much easier. Thanks.
- We have extended online registration due to popular demand until Friday, 5 March 2010 at 8pm.

The race location & Canberra Festival 2010

The Real Bike Insurance MTB Cruise is held in Australia's Capital City – Canberra. We encourage all racers to bring their families & friends – not only will race organisers provide kids activities and races, as well as entertainment for spectators, but from Saturday 6 March until Sunday 14 March, Canberra will also play host to a range of extraordinary events as part of the Canberra Festival 2010.

CANBERRA FESTIVAL 2010

You can check out all the different attractions & events at the [official events website \(click here\)](#) - the Canberra Festival honours our sense of community spirit and vibrancy through exhibitions, dance, art, culture and heritage, film, music - and sporting events, including the Balloon Spectacular and the Real Bike Insurance MTB Cruise!

As an [official partner event of the Canberra Festival 2010](#), we are proudly hosting the Real Bike Insurance MTB Cruise at one of the most popular cycling venues in Australia – Stromlo Forest Park in Canberra.

The event venue & facilities

Stromlo Forest Park is located only 10min drive from Canberra and is a world-class multi-use, recreational sporting facility available to both recreational and professional users. There is a purpose built event pavilion, which holds bathroom facilities, including showers, there are a criterium cycling circuit, grass cross country running track, equestrian tracks and, most importantly for all “cruisers” a vast network of mountain bike tracks to suit any level of rider !

This race is an ideal event to bring along family and friends – we will be able to block off traffic from the pavilion area so that also the kids can roam around freely and have a ball on their bikes and running around. It's very family-friendly with a kids playground and we'll arrange for a few more surprises (we're thinking jumping castle, face painting...) to keep them busy and happy. There will also be short fun-races & competitions for them, but you still need to have someone there to look after them. However, we can guarantee you, they will be tired that night :-)

We'll also arrange food, drinks, coffee & water for you – and the supporters and spectators and more details will be confirmed closer to the event day.



How do I get to the event location?

The address is: Stromlo Forest Park, Uriarra Road Stromlo and it is off Cotter Road in Canberra (ACT).

Here is the location on Google maps: **-35° 19' 12.06", +149° 1' 28.86"**

<http://maps.google.com.au/maps/ms?ie=UTF8&hl=en&t=h&msa=0&msid=102014375398175162739.0004749a91dd96c38ce17&ll=-35.320693,149.019628&spn=0.025877,0.055747&z=15>

Important notice regarding traffic conditions & parking

There are approximately 800 on site car spaces at Stromlo Forest Park. To access these, enter Stromlo Forest Park from the main entrance, following the access road until you see two large areas located behind the event pavilion. If in doubt, follow the blue car park signs.

Accommodation

For your FREE Canberra and Capital Region Holiday Planner call 1300 554 114. Booking your Canberra holiday is as easy as making a call to the Canberra and Region Visitors Centre or booking online.

Canberra and Region Visitors Centre

330 Northbourne Avenue, Dickson ACT

Open 9.00am – 5.00pm Monday to Friday

9.00am – 4.00pm Weekends and public holidays

Telephone: 1300 733 228 (Mon – Fri)

Camping - Unfortunately we won't be able to camp at Mt Stromlo before the race, however, we really like the Cotter Road camp ground, which is located along Cotter Road about 5km past Mt. Stromlo.

How to prepare for the event

Talking about food – at Rocky Trail Entertainment we are big on good, nutritious food. That's why we have asked our friends at Food & Nutrition Australia to provide us with some recommendations of how to prepare for an endurance event and how to “feed” your body with the right food throughout a race.

<http://www.rockytrailentertainment.com/pdf/Get ready for an endurance event - full version RTE.pdf>

What do you need to bring?

Yes, you need to bring a bike and a helmet. Racing without either won't be allowed! However, you don't necessarily need the latest carbon fibre ultra bling bike. If it is structurally sound and has well functioning brakes you are good to go. We'd recommend that you have your bike serviced by a professional bike mechanic in the lead up to the race. You might avoid a few nasty interruptions of your riding experience.

We suggest you take the following with you when you go out on a lap:

- water – either in a drinking bottle or a water bladder in your backpack
 - spare tube
 - pump
 - a basic tool kit
 - a basic first aid kit
- (note: race marshals will have basic equipment and a first aid medic will be on-site).
- tyre leavers depending on how hard it is to get your tyres on and off the rim
 - food if you need a “mid-ride” snack – there is also food available at the event centre

Event Supporters



AT THE EVENT

Preliminary schedule of events

	Registration	Be race-ready for Rider Briefing	Race start	Laps to complete race	Cut-off time	Est. finish	Est. ceremony
Friday							
All categories	6-9pm						
Saturday							
100miler	6.30am-7.30am	7.45am	8.00am MASS START	8 laps of purple loop 2	5.00pm	5.30pm	6.30 or 7pm
80km	6.30am-9.00am	9.45am	10.00am MASS START	4 laps of purple loop 2		5.00pm	6.00pm
50km	6.30am-9.30am	10.15am	10.30am MASS START	3 laps of purple loop 2		2.30pm	3.00pm
30km	6.30am-10.00am	10.45am	11.00am MASS START	5 laps of green loop 1		1.30pm	2.00pm
10km	6.30am-10.30am	11.15am	11.30am MASS START	2 lap of green loop 1		1.00pm	2.00pm
Kids race(s)	tbc	tbc	After 12pm	tbc		n/a	n/a

- **REGISTRATION**

Come, sign the race waiver and pick up your race number. Registration will be located under the big Pavilion (just follow the signs). See next page for more info.

- **BE RACE-READY**

Be near the starting line to get a chance to listen to the rider briefing where Martin will explain the main rules “of the game” again; have your bike and gear on you so you're ready to “roll”!

- **START**

See your category's starting time. You can start at anytime within a 30 minute window. This way there won't be any bottlenecks and everyone has a smooth ride right from the start.

- **LAPS TO COMPLETE THE RACE**

Between your start time and 4pm you have time to complete “your challenge” and to achieve the total number of km's or miles. We have estimated the length of the two different loops and determined a certain number of laps that each rider has to complete to finish the race and to be in the rankings.

- **CUT-OFF TIME – updated!**

In an attempt to finish the event before it gets dark we will close the race track at **5pm**. This means:

- If you come in just before 5pm, you can go out on another lap and it will count.
- If you come in after 5pm, you will not be allowed to commence another lap and you can start celebrating with all the other finishers that are already back at the event centre.

- **ESTIMATED FINISH TIME**

This is the time we expect the winning riders to finish their laps and this is when we will be able to determine the winners for a speedy prize ceremony.

- **ESTIMATED TIME OF CEREMONY**

Join us for the ceremony, where we will award all first 3 places in each category with product prizes from our sponsors and supporters. We will make announcements on the day about exact times, but try to hold the ceremonies as soon as possible after the category winners have been established.

Please contact us at cycle@rockytrailandentertainment.com if you have any questions at all.

What happens at registration?

When you arrive at the venue, head to the registration area near the pavilion. We'll have all your details from the online registration and will be looking forward to welcome you at the event – here's what you do:

- Every rider needs to read and sign the **Race Waiver**. Riders under 18 will have to get a parent or guardian to sign on their behalf.
=> *You can print the document (see last page of this rider briefing) and bring a completed form to speed up things. Thanks! =)*
- You will be issued with your **number plate and timing chip**, which has to be attached at the front of your bike – we'll have cable ties for you.
- If you are an adult accompanying a child under the age of 12 years on their 10km or 30km ride, please also register, sign the race waiver and you'll be issued with a **“Buddy Plate”**

Results, awards and prizes

The winners will be announced at the prize ceremony on Saturday after the race and you will receive an email with all results. There will be a lot of prizes from our supporters. Oh, and you will get officially recognised bragging rights too!

Phone reception

Phone reception is very clear for all major networks at Mt Stromlo.

First aid

We will organise for sufficient first aid officials to be at the event centre with access to the track from Saturday 10am until the conclusion of the race. We will also have volunteers and race marshals riding the track continuously throughout the event. They will be clearly identifiable with access to radio facilities and direct connection to first aid.

Should you be the first at an accident and the person is unable to continue riding it is very important that you notify the race director and first aid as quickly as possible. How this will be done will be explained during the rider briefing prior to the start.

Event photos

We will organise for a photographer's crew to be out and about at our event, including the tracks. So smile and watch out for those snaps and, if you have indicated your interest during the online sign-up process, you will be contacted by the team after the race with links to your pictures online, where you can purchase them.

GENERAL TERMS & CONDITIONS

Racing etiquette & rules

- Race numbers must be displayed on the handlebars of the bicycle. The number plate must be readable, so it must be fastened as flat as possible. Altering, cutting or placing of unauthorized sponsors' logos on numbers will result in a disqualification. You can keep your number plate as a memento of your race.
- Riders are not permitted to short-cut the course, which will be clearly marked. The responsibility for following the official route lies with the rider. If you do not follow the official route you will be disqualified.
- Riders are not permitted to wilfully alter the course in any way without first consulting with the race officials. This includes moving rocks, logs, tape or other natural obstacles.
- Riders must act in a sporting manner at all times and pass and allow passing without obstructing. A simple "track please, on your right", for instance - you pass the rider in front on his/her right. Please be polite out on the tracks – we are all there to have fun.
- Riders are reminded that they must not be disrespectful to the event volunteers, officials or ignore the race regulations.
- Riders must register and agree to the Race Waiver by signing before they will be allowed to practice and go out onto the race track. Riders that are younger than 18 years, must have a parent or guardian sign the Race Waiver on their behalf.
- If a rider/team pulls out of a race, he/she/they must notify the timing station. This is to ensure that all competitors are accounted for at the conclusion of the race.
- The Real Bike Insurance MTB Cruise event is managed by Rocky Trail Entertainment and the Race Director has the task to ensure that the competition is conducted in a safe fair way. If you have any questions about the way the event was conducted or the results please make sure that you seek out the Race Director and discuss it.
- Once the race has started, all practice of the course is prohibited.
- Rocky Trail Entertainment reminds all competitors and spectators that the responsible consumption of alcohol is paramount. If you are injured and it is determined that you have consumed alcohol or other drugs, any insurance claim you make may be jeopardised.
- All riders must wear a bike helmet that has been authorised by Australian Standards (or approved international standard) at all times when riding and racing. You will be required to wear fully enclosed foot wear and gloves are recommended.
- In terms of repair, you will need to be more or less self-sufficient, however, there will be basic mechanic assistance on site. We recommend you carry a kit that will allow you to make basic repairs during the race, including inner tube, pump or CO2 cartridge, chain tool and some allen keys.

Extreme weather conditions

For us, our riders' safety and health is most important during the event. Therefore, we reserve the right to make amendments to the race length due to extreme weather conditions. That means, if it is very hot on Saturday, we might shorten the length of the race.

This summer has shown us that it can be warm on one day and quite cool and raining the next day. It's very hard to predict the conditions.

Racing in the wet is quite an experience and can be good fun. However, bring lots of warm and rainproof clothes for the laps and afterwards. A bit of rain won't do any harm, however, if there are torrential downpours and we decide it's not safe anymore, we might either interrupt the race or have it shortened. We are very conscious about your safety and the sustainable using of the track – so if bad weather is announced for the weekend, we'll send you an email with updates.

Cancellation of event

If, due to some unforeseen catastrophe, we can't race on that weekend we will reschedule the race. It is however quite unlikely. If conditions do warrant the postponement of the event, Rocky Trail Entertainment will endeavour to set an alternative date and entry fees and registration details will be transferred to that alternative race date. If a rider cannot participate on the alternative race date set we ask that the riders/teams inform us immediately after the announcement of the alternative date and latest 4 weeks before the alternative race date, with the reason for non-participation. We will then on an individual basis refund 80% of the original registration fee paid.

If conditions warrant the cancellation of the event and an alternative racing date cannot be set, a refund of 80% of the original registration fee will be issued.

Conditions of entry

By registering for the event, all participants acknowledge that

- Rocky Trail Entertainment Pty Ltd (“the Event organisers”) arranged insurance, which covers public liability and not the riders themselves whilst participating in this event.
- Participants at the event are responsible for any personal accident insurance and ambulance cover.
- The Event organisers reserve the right to alter the advertised course if conditions warrant.
- That the Event organisers reserve the right to cancel or postpone the Event due to weather conditions, natural disaster, acts of god or any other reason so deemed by the organisers. If conditions warrant the postponement of the Event, participants understand that in such a case the Event organisers will endeavour to set an alternative date and that the relevant entry fee and registration details will be transferred to that alternative race date. Participants agree that if they cannot participate on the alternative race date set by the Event organisers that they will inform the organisers immediately after the announcement of the alternative date and latest 4 weeks before the alternative race date, with the reason for non-participation. The Event organisers will then on an individual basis refund 80% of the original registration fee paid.
- If conditions warrant the cancellation of the Event, a refund of 80% of the original registration fee will be issued.

By registering for the event, all participants agree to abide by the Event rules and directions of officials and understand that an entry may be voided if through a participant's actions or behaviour, in the opinion of the organisers, the person breaks any of the rules or the Event is brought into disrepute.

By registering for the event, all participants further understand that the organisers reserve the right to reject any entry without having to justify their actions.

Race Waiver

Real Bike Insurance MTB Cruise - Mt Stromlo, Canberra (ACT)

6 March 2010

In consideration of any individual event organised by Rocky Trail Entertainment Pty Ltd which may involve a significant risk of physical harm, I agree to this release of claims, waiver of liability and assumption of risk. I am aware that mountain biking is a recreational activity which may involve, in addition to usual and inherent risks, personal injury, obvious risk, danger to myself, the possibility of injury and harm and physical exertion for which I may not be prepared, remoteness to normal medical service, weather extremes subject to sudden and unexpected change and evacuation difficulties if I am disabled.

I accept all of the inherent and obvious risks and that mountain biking is a dangerous recreational activity and the possibility of personal injury, death, property damage or loss resulting therefrom. I acknowledge that the enjoyment and excitement of mountain biking is derived in part from the inherent risks incurred by the activity beyond the accepted safety of life at home or work and that these inherent risks contribute to such enjoyment and excitement being a reason for my participation.

I hereby release and forever discharge from all liability and agree not to sue Rocky Trail Entertainment Pty Ltd, and their officers, employees, volunteers, agents, contractors, public bodies, land holders, and sponsors from any and all claims, suits, demands, expenses, costs, damages or proceedings of any nature whatsoever arising from any personal injury, death, property damage or loss sustained by me as a result of my participation in the event.

I hereby indemnify and hold harmless Rocky Trail Entertainment Pty Ltd, their officers, agents, contractors, and sponsors from and against all claims, suits, demands, expenses, costs, actions, and proceedings of any nature whatsoever arising from any injury, loss or damage sustained by me or any injury, loss or damage suffered by any other person as a result of any act, omission, neglect or default on my part in connection with my participation in the event.

I agree that if I suffer injury Rocky Trail Entertainment Pty Ltd can, at my cost, arrange medical treatment and emergency evacuation services as Rocky Trail Entertainment Pty Ltd deem essential for my safety. I hereby agree that I am responsible for my own medical and ambulance insurance.

I confirm that I am aware that a professional first aid medic will be on-site during the event and should I choose to complete a training ride anytime before the race start I do that on my own risk.

I confirm that I am an age of legal consent (that is 18 years or older in Australia) and that I have read and understood this Assumption of Risk and Waiver of Liability Agreement prior to signing it and agree that this agreement will be binding upon my heirs, next of kin, executors, administrators, and successors.

I agree to allow my photograph, video, multimedia, or film likeness to be used for any legitimate purpose by the organisers, sponsors, or others.

Print name of Participant	Signature of Participant	Date
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If you're under the age of 18, please get your parent / guardian to fill out the section below:

I, _____ parent / guardian of the above participant consent to my son / daughter participating in the event above, organised by Rocky Trail Entertainment Pty Ltd and confirm that I have read and understood this agreement prior to signing it.

Print name of Parent / Guardian	Signature of Parent / Guardian	Date
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