



Rider Briefing

This rider briefing is to provide a general overview of the **Rocky Trail MTB Grand Prix Series 2010**, including some **quick facts**, more **detailed information about the upcoming Round 1**, as well as useful information **how to prepare for the races and race rules & regulations**.

What's in this Rider Briefing?

Quick Facts about the Series.....	3
Racing options.....	3
Race dates & locations.....	3
General race schedule.....	3
Race format and who wins.....	3
Online registration.....	4
Race entry fees.....	4
Racing the whole series.....	4
Round 1 – Awaba, NSW	
on Saturday 3 July 2010.....	5
Event location.....	5
Event schedule.....	5
General event Q&A.....	6
What will expect me at the event centre?.....	6
What happens at Registration?.....	6
What about insurance?.....	6
How do I best prepare for the event?.....	6
What do I need to bring?.....	7
Will food & water be available?.....	7
What skill level is needed and how will the track be marked?.....	7
I have never raced before, where do I start?.....	8
What happens out on the track?.....	8
How does the timing work?.....	8
How the race works and who wins	9
Will there be race marshals?.....	10
What happens if a rider cheats?.....	10
When will the results be determined and what about ceremony & prizes?.....	10
Will there be a bike shop to assist with bike repair?.....	10
Will someone take photos of me riding and can I get them afterwards?.....	10
Will there be a First Aid Officer?.....	11
Can I bring my family and friends?.....	11
Are there photos and race reports from last year?.....	11
What happens, if it rains?.....	11
What happens, if the event is cancelled?.....	11
Racing etiquette and general rules.....	12
Race Waiver.....	13

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QUICK FACTS ABOUT THE SERIES

The Rocky Trail MTB Grand Prix Series is in its second year and more than 350 riders have raced with us in 2009. Originally launched as a 4 Hour racing series, in 2010 a new 8 Hour racing option has been added!

Racing options

- **GP4 – the popular 4 Hour endurance race to catch the racing bug**
 - Categories for male, female, mixed (if appl.): Solo, Pairs, Teams of 3, as well as Junior Team of 3
- **GP8 – a popular 8 Hour race duration for all you endurance junkies out there**
 - Categories for male, female, mixed (if appl.): Solo, Pairs, Teams of 3, as well as Junior Team of 3

Race dates & locations

Series Round	Location	Race Date	Race Format
Round 1 - GP4+GP8	Awaba, NSW	Sat, 3 July	4 + 8 hour race
Round 2 - GP4	Yellomundee, NSW	Sun, 8 August	4 hour race only (day after the 12H race)
Round 3 - GP4+GP8	Wisemans Ferry, NSW	Sat, 18 Sept	4 + 8 hour race
Round 4 - GP4+GP8	Mt Stromlo, ACT	Sat, 20 Nov	4 + 8 hour race

Please refer to further race venue information including driving directions and trail maps in the individual rounds' section in this rider briefing and on our website www.rockytrailentertainment.com.

General race schedule

This is a very broad outline of a typical race day's event schedule, for detailed timings, please refer to the individual rounds' section in this rider briefing.

- 7am-8am Registration
- 9am Race mass start for GP4 and GP8
- 1pm Race finish GP4 – 2pm Ceremony
- 5pm Race finish GP8 – 6pm Ceremony

Race format and who wins

The original qualifying sessions have been eliminated for the 2010 season to have enough time for the 8 Hour race option. Therefore there will be a **mass start for all GP4 and GP8 racers**. Depending on rider numbers, we might choose to do a staggered start of individual categories, to spread out the field a bit.

Basically, the race is a relay-style race. Team riders of the first lap (who start the race for their teams) can after 1 lap hand over to the next team member or keep riding – that's up to the teams to decide. As soon as you ride 1 lap per solo rider, respectively per team, your time counts and is valid in the final results.

The rider in the solo categories / the team with most laps (and shortest time thereafter) wins.

If there are riders/teams in a category with the same number of laps, the fastest total lap time determines the ranking.

Online registration

Online registration is open via our website www.rockytrailentertainment.com! **No registration on the day.** The registration process is facilitated via a very secure portal with Active Network with the aim to provide a very simple, quick & easy process. All you need to do is enter your email address and create a user profile once. For returning registrants the systems will remember and automatically paste your rider details via your email address. Easy! Please remember:



- Online registration will close Wednesday before the race at 9pm.
- You will receive an email confirmation of your registration.
- Your email confirmation contains a link to update your registration details – this comes in handy, if you don't know all your team members' names as yet.
- If you don't know the names of all your racing mates as yet, please enter their names as “TBC” and you can update your registration at a later stage, before race day (via link in your registration email).

Race entry fees

Please find below an overview of race entry fees per round of the Rocky Trail MTB Grand Prix Series:

Race format	Race category	Team gender category	Team race entry*
GP4 = 4 Hours	Solo	Male / Female	\$70.00
	Team 2	Male / Female / Mixed	\$110.00
	Team 3	Male / Female / Mixed	\$130.00
	Junior Team 3**	Male / Female / Mixed	\$60.00
GP8 = 8 Hours	Solo	Male / Female	\$80.00
	Team 2	Male / Female / Mixed	\$120.00
	Team 3	Male / Female / Mixed	\$150.00
	Junior Team 3**	Male / Female / Mixed	\$75.00

- **40+ Teams:** You will be prompted during online registration to let us know if you/your entire team is over 40 years. If we receive more than 5 team registrations in a category, we will make the 40+ option available and contact you before race day.
- **SOLO Singlespeed riders:** You will be prompted during online registration to let us know if you will be riding a single speed bike. If we receive more than 5 team registrations in either Solo Female/Male categories, we will make the Singlespeed category available and contact you before race day.
- **MTBA racing licence – every rider needs one.** Day licences can be purchased for \$15 online or on the day.

* Race entry is per team and amount incl. 10% GST.

** Junior Teams – requirement for all team members to be 16 years or younger by 20 November 2010, which is the last race day for the 2010 Series of the Rocky Trail MTB Grand Prix.

Racing the whole series

To qualify for overall series points & wins, riders need to **complete either (1) at least 2 races of 4 in the GP4 events and (2) at least 2 races of 3 in the GP8 events.** If you are in it to win the whole series your best 3 out of 4 results count. That means if you miss one and finish strong in the others you still have a good chance of winning. After the second round we will publish the teams with the accumulated points. You must race under the same team name in all the races. If you are in a team of 2 or 3 riders at least 1 original member must be in all races riding under that team name.

ROUND 1 – AWABA, NSW ON SATURDAY 3 JULY 2010

Round 1 of the Rocky Trail MTB Grand Prix Series 2010 is held at Awaba, thanks to the the Hunter Mountain Bike Association and we are thrilled to be back at their home track! Heaps of new sections shall promise pure offroad racing bliss!



Event location

The event will be held at Awaba Mountain Bike Park. Here is a link to the club's website with some images of the track:

<http://www.hmba.asn.au/?q=node/11>



How to get there

Coming from Sydney: Head up the F3 freeway towards Newcastle (Highway 1). After about 100 km take the exit toward Freemans Dr. Turn right at Freemans Dr and drive for 4.6 km. Turn right at Mount Faulk Rd and continue for 2.4 km. From there you can see the MTB Park signs.

Accommodation

Camping on-site? Not a problem at all. Food & drinks will be available Saturday. We'll organise basic amenities for Friday night (toilets), but please bring your own drinking water.

Parking

Plenty off-road parking available.

Event schedule

Fri, 2 July	7:00-8:00 pm	Registration open
Sat, 3 July	7:00-8:30 am	Registration Open
	at 8:45 am	MTB GP Rider Briefing
	at 9:00 am	MTB GP Race Start – 4 Hours + 8 Hours Mass Start
	at 1:00 pm	MTB GP4 Hour Race Finish
	~ 2:00 pm	Ceremony GP4 Hour race
	at 5:00 pm	MTB GP8 Hour Race Finish
	at 6:00 pm	Ceremony GP8 Hour race
	at 6:30 pm	Event Finish

Please watch this space for further updates on race supporters and activities.

Join us on Facebook to stay up to date with what's happening at Rocky Trail and for news on the races. Search for "Rocky Trail Entertainment" and become a fan today.

GENERAL EVENT Q&A

Here are some of the most frequently asked questions we get – and the answers we give to our best ability. If you have any more questions, email us at cycle@rockytrailandentertainment.com and we will reply immediately and add them here with the answers. Remember, there are no stupid questions! And we are here to help! (Plus we always love a good bike chat!)

What will expect me at the event centre?

We will have a simple event set up with a registration tent – that's where you come to meet us and our crew to pick up your number plate first. We'll have the music going, there'll be a coffee van selling food & drinks and our sponsors will have their marquees set up displaying their products, a lot of which you can test on the day! We will also have plenty of portable toilets organised. As more activities become confirmed we will update this section.

What happens at Registration?

- If you do not hold an **MTBA racing licence** you will need to buy day licence (\$15.00 per person) on the day in cash or during the pre-registration process online. By signing the race waiver you agree to all terms & conditions.
- Every rider needs to read and sign a **Race Waiver**. We will have a master copy at registration that you can read through and then sign the document. You can also print the attachment to this document (see last page of this document) and bring your signed copy to the event, if you wish.
- You will be issued with your **number plate**.

What about insurance?

As mentioned, when you race the MTB Grand Prix with us, you either need to be a member of MTBA or have a Day Licence, which you get from us for \$15.00 per rider (please select the item when you register online or pay in cash on the day). This covers your race insurance. However, it's always save to have Medicare or your personal private insurance on top of it.

How do I best prepare for the event?

We'd recommend you do a couple of training rides on your local or favourite tracks to get your fitness up to a level that you are comfortable to ride in a race. If you have never participated in a race before, well, you know your body best. The tracks we race on are not very long, so you can always do a lap and then have a rest – if you are riding in a team, due to the relay-style of the event, you'll have plenty of time to get some rest, while your mates are doing their turns.

Prepare all your gear and clothes and bring your supplies of race fuel. Remember, we'll have a coffee van at the events also and the guys will sell basic sandwiches and snacks. We also always have an energy drink & gel supplier to support us, and they are always happy for riders to get some free samples!

Get a good night's sleep before the event and eat well – that good old bowl of pasta is never a bad idea! 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 Australian 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.rockytrailandentertainment.com/pdf/Get ready for an endurance event - full version RTE.pdf>

What do I 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. Please also bring drinking water for you.

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

- water (cycling bottle or hydration backpack)
- spare tube
- pump
- a basic tool kit
- a basic first aid kit
- tyre leavers depending on how hard it is to get your tyres on and off the rims
- bring camping gear if you want to stay overnight.

Will food & water be available?

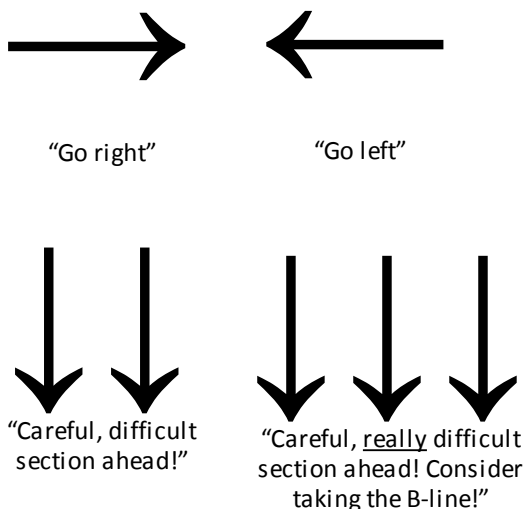
Yes, we will have a coffee van organised at minimum, who will sell sandwiches and some basic food to fuel up during the event. They'll also have drinks and please bring your own water supplies for the day to fill up your bottles/hydration packs.

What skill level is needed and how will the track be marked?

You should be a quite comfortable and fit mountain biker and we encourage you to take up the challenge to ride in a race! Everyone is out there to have fun and beginner racers will most likely race alongside elite racers, that have raced in World Cup and World Championships before – but hey, isn't that the awesome side of mountain biking?

The tracks will be clearly marked and Martin will explain what to look out for in the rider briefing before race start. Look out for these directional Rocky Trail arrows, marking the way at major intersections ↓:

We will also work with bunting tape and have other warning signs out on the track, alerting you to technical sections, for example:



I have never raced before, where do I start?

Well, if you've read through the entire rider briefing so far, good on ya, you're on the right track ;-). On a more serious note, a first race can be a bit intimidating, however, do dare giving it a go. We at Rocky Trail are there to help you along the way and if you have any questions or concerns, don't ever hesitate emailing us (cycle@rockytrailentertainment.com) or calling us on 02 9476 0639. We're happy to have a chat and providing you with some tricks, from our own racing experience and from what we see our racers go through during events.

If you race in a team, you'll have some time to relax in between laps anyway to get a bit of a breather and enjoy the event atmosphere. Take it easy and don't worry, if you need a bit of a break out on the track, just move off the main path to let the other riders pass and when you're ready, get going again. From our own experience, the "being overtaken" part can be sometimes scary. However, be assured that we instruct the fast and sometimes elite racers that might be in the field to give other riders their space.

Check out the next sections that go into overtaking (and being overtaken), as well as race timing and transition zones.

What happens out on the track?

Here's a bit of racing etiquette (also check out the racing rules & regulations section of this rider briefing). A lot of our racers are experienced enduros and we want to make sure that also beginner racers have awesome time out there. So to all the newbies, don't freak out when you those chains rattling behind you. We will ask all riders to be polite out there and to give their fellow riders enough space when passing. So they will come up behind you and signal to you that they're there and where they would like to pass you (mostly depending on the section of the track you're on):

- "Mate, when you're ready, may I pass on your left?" (you move towards right, to let them pass)
- "May I pass on your right?" (you move towards the left, to let them pass on the right)

Easy. And everyone will have a great racing time on the tracks!

Please do look out for those directional signs and pay attention to those 5 minutes of Martin's rider briefing before race start. He will point out critical sections, if there are any major turn-offs etc., which will be clearly marked, of course. We know, once the race is off, everyone goes into "race mode" and we try considering this, when setting the course to make the trail as obvious as possible.

We'll try and publish track profiles before race day on our websites, but a lot of the tracks change frequently and we'll work with "the locals", ie clubs, to bring you the best race track.

How does the timing work?

The Rocky Trail MTB Grand Prix will be timed manually, via a computer system. That means, when you come back from your lap, you need to ride through "transition zone".

This is the area of the event centre where our timing crew is stationed – at the timing tent. Martin will point this area out to you during the rider briefing before race start.



It will be clearly marked and as you ride past us, we will record the number on your race number plate into our system, which will keep track of your laps and add it to your team's laps, if applicable.

Important for correct timing:

- Number plates need to be attached to the handle bar of your bike; we provide cable ties at race registration.
- Please slow down for the timers, so they can have a good visual of your race number.
- It helps us a lot if you adjust your race number so it is flat across the cables.
- You will hear a “caller person” shout out your number; make sure they do, that means the “computer person” will type the number in.

Thanks for your cooperation! We also record all numbers via a back-up system to keep track of times and number sequence.

Important rule - Handing over to the next rider:

- If you are riding in a team of 2 or more riders, as you come back from your lap and if you're handing over to the next rider, there HAS to be physical contact between the two of you. E.g.:
 - a motivating high-five
 - a friendly slap on the back
 - a nice tap on the shoulder
 - etc.

Keeping track of your time/laps

We will have an area set out where racers can check their lap times, which are usually updated every half hour to an hour. If you see a discrepancy, please contact the race director Juliane immediately, who will be able to look into it and adjust times/lap numbers if necessary.

If you find out AFTER the race that something has been recorded wrongly:

Don't worry, contact Juliane via email/phone and she can adjust results. We usually publish “preliminary results” immediately on the eve of race day or the next morning and upload final results within a week, which gives you that week to double-check.

How the race works and who wins

The races are relay-style races. Solo riders just keep going ;-), but for teams of 2 riders or more, only ONE rider is ever allowed on the track:

- Team riders of the first lap (who start the race for their teams) can after 1 lap hand over to the next team member or keep riding – that's up to the teams to decide.
- As soon as you ride 1 lap per solo rider, respectively per team, your time counts and is valid in the final results.
- The rider in the solo categories / the team with most laps (and shortest time thereafter) **wins**.
- If there are riders/teams in a category with the same number of laps, the fastest total lap times determine the ranking.

Will there be race marshals?

Yes. We have volunteers who will ride the track as roaming marshals. They will have basic repair kits and first aid supplies on them to help out. They are also in radio contact with the Event and Race Directors, ie Martin and Juliane.

They are also instructed to look out that no riders cheats, ie cuts off parts of the track to achieve an advantage over other riders.



What happens if a rider cheats?

We'd like to think that we mountain bikers are a pretty decent bunch of people and are out there to have fun. It's a social event and we'd like to keep it all fair – browse through the race rules & regulations in the later section of this rider briefing, which we need all competitors to adhere to.

Please be aware that there is a simple Rocky Trail process in place:



- If you see a rider cheat, please report his race number to us at the timing tent. If you have a witness, ie fellow rider, even better.
- We will alert all marshals to look out for that rider. We can really only action on the misbehaviour, if we ourselves, or a marshal witnesses.
- In that case, Race Direction will discuss the issue and may hand down a significant time penalty or to delete a lap of that rider. In severe instances we may decide to disqualify the rider.

When will the results be determined and what about ceremony & prizes?

The winners will be announced at the prize ceremony 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!

We will have an area set out where racers can check their lap times, which are usually updated every half hour to an hour. If you see a discrepancy, please contact the race director Juliane immediately, who will be able to look into it and adjust times/lap numbers if necessary.

All results will be published on our website on the eve of race day or the next morning.

Will there be a bike shop to assist with bike repair?

Yes, we will have a dedicated supporting bike shop on-site for each round of the MTB Grand Prix. They will be there to help repair bikes and will also have basic spare parts on sale.

Will someone take photos of me riding and can I get them afterwards?

Yes, we will have a dedicated sports photographer on-site for each round of the MTB Grand Prix. There is an item during the online registration process, where you can indicate your interest to be contacted with a link to the photos of you, which you can purchase for a usually very reasonable amount from the photographer directly.

Will there be a First Aid Officer?

Yes, we will provide a first aid officer, who will be on-site for each round of the MTB Grand Prix. Please read the race waiver carefully.

Can I bring my family and friends?

ABSOLUTELY! All venues are very family-friendly, there are spaces for kids to roam around and as we have the event catered, they should be looked after also. We also have colouring-in competitions for the kids going. We do recommend that you bring tents or marquees to provide shade – apart from Mt Stromlo, all tracks are part of National Parks and State Forests and have limited facilities.



Are there photos and race reports from last year?

Yep, check out our website and here are some links:

- Facebook profile of Rocky Trail with photos: <http://www.facebook.com/rockytrailentertainment>
- Race Report MTB GP2, 2009: <http://www.rockytrailentertainment.com/pdf/A16%20Media%20release%20MTB%20GP2-09%20290909.pdf>
- Final Series Results 2009-10: <http://www.rockytrailentertainment.com/pdf/RTE%20MTB%20GP%20Series%20Results%202009-10.pdf>

What happens, if it rains?

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 any more then we might either interrupt the race or have it shortened.

We are very conscious about your safety and the sustainable use of the track – so if very bad weather is announced for any of the weekends, we'll send you an email with updates.



What happens, if the event is cancelled?

If due to some unforeseen catastrophe we can't race on that weekend then 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 not alternative racing date can be set, a refund of 80% of the original registration fee will be issued.

RACING ETIQUETTE AND GENERAL 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" - you pass the rider in front on his/her right. Please be polite out on the tracks – we are all there to have fun.
- Relaying team riders need to have physical contact in transition zone as a rider comes back from a lap and before the next lap is started by the next team rider, e.g. doing a high-five, shaking hands, tap on the shoulder, slap on the back.
- Riders are reminded that they must not be disrespectful to the event volunteers, officials or ignore the race regulations.
- Riders must register before they will be allowed to practice.
- Riders must present their MTBA membership card at registration or purchase a MTBA day permit (\$15.00 per rider).
- 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 race is managed by Rocky Trail Entertainment and the Race Director has the task to ensure that the competition is conducted in a safe and 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 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.

