



Rider Briefing

This rider briefing is to provide a general overview of the **Rocky Trail MTB Grand Prix Series 2010**, including **information about the upcoming Round 3**, as well as **race rules & regulations**.

There is also a general Q&A section – if you have any further questions, email us at cycle@rockytrailentertainment.com and we'll reply and include it here.

Thank you and see you at the races!

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This is a work-in-progress document; last update: 16 August 2010.

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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 MTB Park, NSW	Sat, 3 July	GP4 + GP8 hour race
Round 2 - GP4	Dargle Farm, Lower Portland, NSW	Sun, 8 August	GP4 hour race only (day after 12H race)
Round 3 - GP4+GP8	Del Rio Resort, Wisemans Ferry, NSW	Sat, 18 Sept	GP4 + GP8 hour race
Round 4 - GP4+GP8	Mt Stromlo, Canberra ACT	Sat, 20 Nov	GP4 + GP8 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.

- Mixed male/female teams: each team needs to record at least one female AND one male lap to be in the 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 and generally closes Wednesday night before the race. **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.
- An email confirmation will be sent to you, which 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 / Masters	\$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 / Masters	\$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+ Masters 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 Masters categories will be offered at all rounds.
- **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.
- **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.

Refund policy

In case you can't make it to the event you can transfer it to someone else or use it for a future event, but you have to let us know well ahead by sending an email to cycle@rockytrailentertainment.com

We (the event organisers) reserve the right to cancel the race at any time and the race may be cancelled by the organisers due to fire, storm, rain, inclement weather, wind, forest closure, or any other circumstances. 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.

Please see below detailing the refund cut off dates and associated refund scale. All refund requests must be made in writing or via email and be received prior to the scheduled refund cut-off dates as outlined below. The event organiser will determine the appropriate refund amount.

- 40 days or more before the event: 95%
- up to 20 days before the event: 50%
- less than 20 days before the event: 0%

Refunds granted will attract a 10% processing fee, to offset transaction fees that Rocky Trail already had to incur.

Please note: Refunds will not be given if the number of riders in your team is reduced, regardless of the circumstances. For further questions, please contact Rocky Trail Entertainment via cycle@rockytrailentertainment.com or on 02 9476 0639.

Note regarding an International Transaction Fee

Due to our registration system being hosted in the USA, some people that registered may have been charged an international transaction fee. Some of the banks tend to randomly apply this. If you find you have been charged this please go to <https://regonline.activeglobal.com/IntlRefund>, follow the prompts and this additional amount will be refunded to you. Many apologies for this.

Racing the whole series

To qualify for overall series points & wins, riders need to **complete at least 2 races in their category**. 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.

IMPORTANT:

- GP8 racers can also collect series points in the second round, which is only a GP4 Hour race; the GP4 series points will be added to their GP8 overall score!
- GP4 racers can "upgrade" to the GP8 format (for rounds 3 and 4) and can take any collected GP4 points with them.
- The general Rocky Trail MTB GP Series Points Overview is published on our website.

ROUND 1 – AWABA MTB PARK, NSW WAS HELD ON SATURDAY 3 JULY 2010



4 Hour + 8 Hour Race

Round 1 of the Rocky Trail MTB Grand Prix Series 2010 was held at Awaba, thanks to the the Hunter Mountain Bike Association. What an awesome track it was – even the clean-up laps on Sunday were fun (we had to sneak in a second one)! Heaps of new sections provided pure singletrack fun – good on you guys, we'll be back for more.

Event location

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.



Results Round 1

By category - http://www.rockytrailentertainment.com/pdf/A23-1_Results_by_Category.pdf

Detailed laps - http://www.rockytrailentertainment.com/pdf/A23-1_Results_Final_detailed.pdf

Overall - http://www.rockytrailentertainment.com/pdf/A23-1_Results_Overall.pdf

Fastest male - http://www.rockytrailentertainment.com/pdf/A23-1_Results_Fastest_Laps_Male.pdf

Fastest female - http://www.rockytrailentertainment.com/pdf/A23-1_Results_Fastest_Laps_Female.pdf

Photos Round 1

Rocky Trail Facebook Page – <http://www.facebook.com/rockytrailentertainment>, or direct:

[http://www.facebook.com/rockytrailentertainment#!/album.php?
aid=183390&id=91921478923&ref=mf](http://www.facebook.com/rockytrailentertainment#!/album.php?aid=183390&id=91921478923&ref=mf)

or

<http://s635.photobucket.com/albums/uu72/pi11wizard/Rocky%20Trail%20GP%20-%20Awaba/>

Race Report Round 1

Website - http://www.rockytrailentertainment.com/pdf/Media_release-A23-1_Race_Report_GP1.pdf

ROUND 2 – DARGLE FARM, LOWER PORTLAND, NSW WAS HELD ON SUNDAY 8 AUGUST 2010



4 Hour Race ONLY

Round 2 of the Rocky Trail MTB Grand Prix Series 2010 was held at Dargle Farm, Lower Portland, in cooperation with the Western Sydney MTB Club.

Event location

Dargle Farm is a private property, located about 1.5hrs from Sydney, and land owners operate a Water Ski Park in summer. The MTB race track for the JetBlack 12 Hour WSMTB race will lead you through

pristine cattle farm and bush land and we are very honoured and excited to have permission to revive the awesome trails for and with you! Get ready to revive one of the best-kept MTB track secrets in Sydney!



Why a new location?

After setting a rider number of 600 in April, the land managers at Yellomundee Regional Park, National Parks and Wildlife Services (NPWS), informed Rocky Trail Entertainment and the Western Sydney MTB Club (WSMTB) last week (end of June 2010) of a new maximum 250 rider limit at that venue.



Google Maps link:

<http://maps.google.com.au/maps/ms?hl=en&ie=UTF8&t=h&msa=0&ll=-33.457869,150.922108&spn=0.053419,0.111494&z=14&msid=102014375398175162739.00048a216776057c82cff>

Results Round 2

By category - http://www.rockytrailentertainment.com/pdf/A23-2_Final%20Results_Category.pdf

Detailed laps - http://www.rockytrailentertainment.com/pdf/A23-2_Final%20Results_Category.pdf

Overall - http://www.rockytrailentertainment.com/pdf/A23-2_Overall_Final_Results.pdf

Fastest male - http://www.rockytrailentertainment.com/pdf/A23-2_Fastest_Male_Laps.pdf

Fastest female - http://www.rockytrailentertainment.com/pdf/A23-2_Fastest_Female_Laps.pdf

Photos Round 2

Rocky Trail Facebook Page – <http://www.facebook.com/rockytrailentertainment>

Series Points

www.rockytrailentertainment.com

ROUND 3 – DEL RIO RESORT, WISEMANS FERRY, NSW ON SATURDAY 18 SEPTEMBER 2010



4 Hour + 8 Hour Race

Round 3 of the Rocky Trail MTB Grand Prix Series 2010 will be held at the Del Rio Resort at Wisemans Ferry – home of Rocky Trail's JetBlack twenty four hours Sydney race. The track is on private land and has been purpose built by the Rocky Trail Crew in recent years. At the last 24H race, the track was exposed to a lot of rain and wet weather and is currently under maintenance by Rocky Trail. We will improve a lot of the single track sections, in fact, we are trying to include more single track. The exact track data shall be posted in the week before the race. The location is also frequently used by WSMTB Club for their club downhill races.

Event schedule

Fri, 17 September	7:00-8:00 pm	Registration open to pick your number plate early.
Sat, 18 September	7:00-8:30 am	Registration open to pick your number plate.
	8:45am	Rider briefing, be race ready.
	9:00am	Race start – GP4 + GP8
	1:00pm	Race finish – GP4
	2:00pm	Ceremony – GP4
	5:00pm	Race finish – GP8
	6:00pm	Ceremony - GP8

Event location

The track for Round 3 is on private land, owned by the Del Rio Resort, and has been purpose built by the Rocky Trail Crew in recent years. The location is also frequently used by WSMTB Club for their club downhill races.

Rocky Trail Entertainment has booked most of the facility for the day. Read on for more detailed information, but basically you can expect plenty of camping possibilities, and for a more “luxurious” off-track experience, waterfront cabins, waterview holiday villas, deluxe, family and studio cabins. There are even two large lodges for 20 or more people. Set on lush meadows on the Hawkesbury, the resort is also equipped with a pub & bistro-style restaurant, a swimming pool, as well as a playground and facilities for kids. There will be a separate “solo riders camping” area very close to the transition zone.



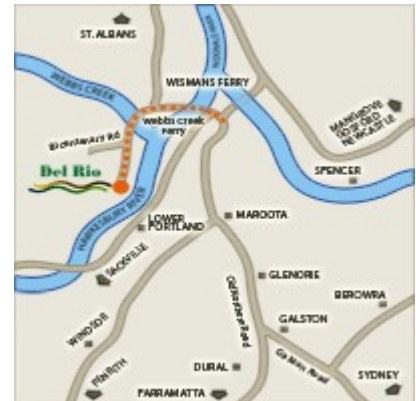
Other than that, expect a day of fun, entertainment, great company, a well-organised event, sponsors who are showcasing their products and giving away goodies throughout the event – **why not make it a whole weekend for the family?**

How to get to the event location:

The event venue is located about 1.5 hours North-West of Sydney at Wiseman's Ferry. How to get there by car:

- From Sydney – From the M2 get off at Pennant Hills and onto New Line Road (via Castle Hill Rd), then onto Old Northern Road through Dural and Glenorie.
- From Parramatta - Through Dural and Glenorie.
- From Windsor - Through McGraths Hill and Pitt Town.
- From Gosford - Across Wisemans Vehicular Ferry,

... then cross the **Webbs Creek Ferry** (take a left turn as you enter Wiseman's Ferry village), turn left off the ferry and then drive for about 2 km beyond concrete bridge. You'll see blue Del Rio River Resort signs along the way.



[To download a PDF with a more detailed description click here.](#)

Important notice regarding traffic conditions & ferry times

The Webbs Creek Ferry is expected to be the bottle neck as people arrive to the event. We recommend that you come out on the Friday night, if you can, which will give you a relaxed start into your race day.

If you plan to arrive on Saturday, expect some slight delays across the river. The ferry holds 18-20 cars at a time and goes across the river six times per hour, which results in a capacity of 108-120 cars per hour. Based on Round 1 & 2 rider numbers, we expect anywhere between 200 and 250 cars, it's really hard to predict. Please make sure to have enough buffer time in the planning of your race day and weekend.

During the race there will be no car traffic allowed in and around the resort for safety reasons.

Event accommodation & catering

With the Del Rio Resort we found an excellent event partner to provide riders with a lot of options, flexibility and the possibilities to bring family & friends along as there are plenty of accommodation types and varieties, as well as things to do (apart from riding with you, cheering you on and supporting you).

All accommodation questions and bookings are handled directly by the Del Rio Resort, we recommend you contact them directly for booking purposes and their contact details are as follows:

Del Rio Riverside Resort - Phone: 02 4566 4330 - Website: www.delrioresort.com.au

If you plan to camp, booking is not necessary, however, if you prefer to stay in a villa, lodge or cabin, we recommend you get in early to secure your preferred option.

Accommodation rates:

- Camping: \$10 per person & per night - to be paid in cash upon arrival on Saturday or Friday at the resort reception; for race registration times refer to the event schedule.
- Resort accommodation: shoulder season rates have been secured for all event participants – please refer to the Del Rio Resort website for more details and types of accommodation. Please make bookings directly with Del Rio Resort (www.delrioresort.com.au/tariffs.asp). Note: as you enter the event venue, please register with the resort regarding accommodation.

Food, drinks & catering:

There is a resort pub that serves good and very reasonably priced Aussie food, including steaks, burgers and schnitzels. We'll arrange for a coffee bar to be set up with hot drinks and sandwiches and snacks. We'll also ask that the chef includes some hearty pasta dishes for our riders on the pub menu for the weekend.

Phone reception

Telstra and Three should work (not great), Vodafone doesn't, not sure about Optus. You can provide the resort phone number 02 4566 4330 for emergencies; resort management is connected to the Race Director via radio and can pass on messages.

Please find updates on race supporters and activities on the following pages.

EVENT SUPPORTERS & COMPETITIONS

① CLOSED Pre-Race Competition Round 1, powered by SHIMANO

Congratulations to Sarah Neumann! She's the Winner of 1x brand-new SHIMANO MY2011 Deore XT Dyna-Sys drivetrain

Sarah was nominated by her partner, Tim Nelson, to win the prize.

Says Tim, "I'd love the Shimano Dynasys drivetrain on my bike (who wouldn't?!), but that would be a tad selfish, so i'd like to nominate my partner, Sarah, to win the free upgrade. Hopefully it would inspire her to new heights in her riding (we are entered in the Awaba 8 hour and the WS 12 hour in a mixed pair), and I would love us to enter the Scott 24hr this year, so if she gets a funky new drive chain it might just encourage her to get out on her bike a bit more and get training for it (hopefully!). It could be just the trick to spruce up her bike a bit."



Also, Sarah is one of the two girls who've set up the Hunter Womens Mountain bike group (<http://www.facebook.com/group.php?gid=204001343636&ref=nl>) to try to get more girls into riding off road, and regularly takes groups of girls round Glenrock and Awaba to encourage more girls to participate in the sport, so it's time she got something back, we reckon.

For more product info, visit
www.dynasystech.com



① Competition – FREE entry to the Australian Crocodile Trophy 2010

Congratulations to **James Lamb** who won the FREE entry to the Crocodile Trophy 2010!



Photo Courtesy Marathon-Photos.

Our race series supporters for 2010:

JetBlack Cycling



JetBlack Cycling is one of the major supporters of Australian MTB events. A home grown Australian company, JetBlack supplies quality products to cyclists in the sport's many arenas. Their support of both on and off road events, as well as several pro and world champ riders, has given JetBlack a keen insight in what riders are looking for in their equipment: innovative design, superior functionality and great value!

www.jetblackproducts.com

Em's Power Cookies & Bars



We're excited to announce Em's Power Cookies and Bars as event supporters for the JetBlack 12Hour WSMTB Race, as well as the Rocky Trail MTB Grand Prix! All of Em's Power Cookies and Bars are made with natural ingredients and truly wholesome energy food that tastes delicious too. Emily Miazga is the "Power Woman" behind the scenes – being a nutritionist and elite athlete herself, she has created her products to provide you with sustained energy and balanced nutrition to fuel all your adventures!

Get a taste of them with free product samples at registration – they are beneficial before, during and after exercise!

www.powercookies.com

Bernard Beer



Enjoy a cool, sparkling Finisher Beer from Bernard - a small family brewery in the heart of the Czech Moravian highlands. Bernard Beer is brought to you in Australia by one of our most dedicated riders Andrej and his Powerizer Race Team. Their beers are not not pasteurized as this heat treatment is damaging to taste & colour, but is filtered through a special microbe filter, in which all the micro-organisms are trapped.

Bernard Beer Website

Weldtite

Specialist bike lubricants for protection and bike performance – they'll get you and your bike through any kind of weather!

Weldtite Product Info

Hammer Nutrition



Rocky Trail is working with Hammer Nutrition, to ensure that every athlete is supplied with the best endurance sports nutrition. On course, Hammer will provide you with their world famous H.E.E.D. (High Energy Electrolyte Drink) samples. Hammer Nutrition have provided us with specific sports nutrition information – go to the nutrition section of our website or visit:

www.hammernutrition.com.au

The Bike Shed Mortdale



The Bike Shed Mortdale will set up camp at every MTB Grand Prix Race and will support you with bike repairs and they'll also have basic spare parts on sale.

www.tbsm.com.au

Azul-Helmets

High-quality and cool design helmets that will be up for prizes, check it out:

www.azulhelmets.com

EnduroPulse

Your endurance online one-stop-shop. Race reports, results, images – and the most comprehensive MTB endurance race calendar in the country! Founded and operated by a racer, Craig Baylis, for racers. Watch out for that new EnduroPulse Racing team at the MTB Grand Prix races!

www.enduropulse.com.au

ActiveNetwork

The new Rocky Trail registration portal is hosted by Active Network. It is very important for us to provide a simple, fast and secure online registration platform. This is why we have worked with leading Australian online registration provider Active Network to implement just that.

www.activenetwork.com

ArkGroup

Ark Group is a leading provider of straightforward business information, delivered through our range of strategically-focused events and publications.

www.arkgroupaustralia.com.au

Pedal 4 Pierce

Rocky Trail is proudly supporting Pedal4Pierce, a Canberra-local charity initiative. We have teamed up for the Rocky Trail MTB Grand Prix to raise awareness for their good cause: to raise funds for research efforts to help cure Congenital Muscular Dystrophy (CMD).

Pedal4Pierce is an extraordinary initiative, started by then 10-year old Christopher, whose friend Pierce is 5 years old and was diagnosed with CMD. As part of the Pedal 4 Pierce ride, Christopher's dad Nigel will be riding the Rocky Trail MTB Grand Prix series, with the final round at Stromlo on Saturday 20th November 2010. There will be a charity ride on 21 November 2010 (Sunday after the final GP round) at Mt Stromlo and we invite all GP riders to stay for a ride, maybe get some raffle tickets to help raise funds for Pierce.

More information to follow regarding the charity event "Pedal4Pierce"; for now check out how it all started:

[Pedal4Pierce Information](#)



NobMob

NobMob, the Northern Beaches Mountain Biking Group, is one of the most active and engaged online MTB communities in Sydney. You can sign up and post your ride, join someone else or just chat in the forums. Riders from all over Australia are there so you don't have to be a Northern Beaches local to enjoy.

www.nobmob.com

Clubs

We'd like to thank the race hosting and partner clubs for their support – sign up to become a member of your local MTB club and support them back!

WSMTB – [Western Sydney MTB Club](#)

HMBA – [Hunter Mountain Bike Association](#) (Awaba MTB Park)

TORC – [Turramurra Off-Road Cyclists](#)

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@rockytrailentertainment.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 license** you will need to buy day license (\$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 License, 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.rockytrailentertainment.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?

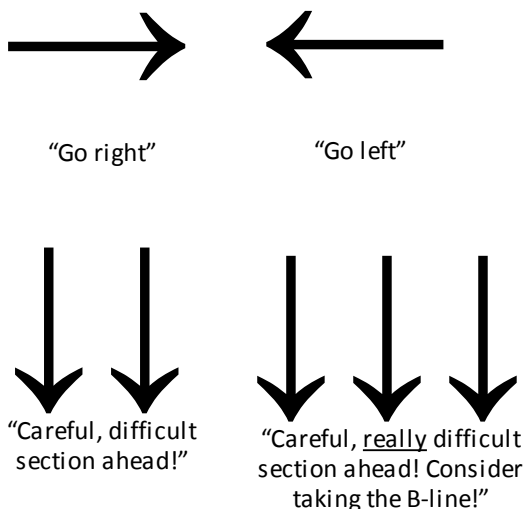
Yes, we will have a coffee van organised at minimum, who will sell sandwiches and some basic food to fuel up during the event. They'll also have drinks and please bring your own water supplies for the day to fill up your bottles/hydration packs.

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 rider 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!

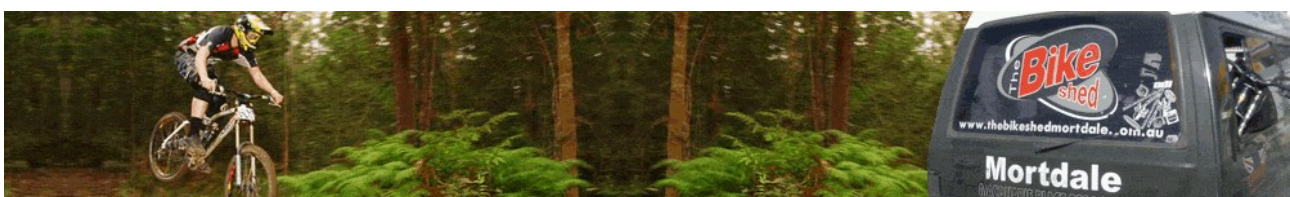
We will have an area set out where racers can check their lap times, which are usually updated every half hour to an hour. If you see a discrepancy, please contact the race director Juliane immediately, who will be able to look into it and adjust times/lap numbers if necessary.

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 would like to welcome “The Bike Shed Mortdale” as the official bike shop partner of the MTB Grand Prix Series 2010. They will be at each race to help repair bikes and will also have basic spare parts on sale.

You can check out their website blog [here](#) and click on the image to go to their website.



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 willfully 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.

RACE WAIVER

Rocky Trail MTB GP Series 2010

Enter race date & location here:.....

In consideration of Mountain Bike Australia Inc. ("MTBA") accepting my participation in any individual event sanctioned by MTBA or 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 MTBA and 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 MTBA and 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 MTBA and / or Rocky Trail Entertainment Pty Ltd can, at my cost, arrange medical treatment and emergency evacuation services as MTBA and / or Rocky Trail Entertainment Pty Ltd deem essential for my safety. I hereby agree that I am responsible for my own medical and ambulance insurance except to the extent provided by MTBA.

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

*****IMOPORTANT*** 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 named above, sanctioned or organised by MTBA and 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