



RIDER BRIEFING

On the weekend of 4&5 October the grand event centre at the Yellomundee Regional Reserve will turn into a Paddock Club – and the Rocky Trail Entertainment Team looks forward to welcoming you to the Pit Lane at the Yellomundee MTB Grand Prix 2008!

Please read through this rider briefing carefully, it should provide you with all infos and details to spend a great racing weekend with us! Should you have any other questions, just send us an email to cycle@rockytrailentertainment.com by Thursday, 2 October.

What to expect

Expect a fun MTB race in a totally new format. Loosely based on a F1 racing weekend there will be free practice sessions, qualifying and of course the race.

The basic idea is that we want to provide you with the opportunity to have **practice** sessions on the racing track on the Saturday. In true "Grand Prix"-style the Sunday will then start with a **qualifying** session early in the morning. Every rider will have to complete one (short) lap and that will determine the starting positions for the 6 hour **race**. If you are in a team the total time will count and that will be compared to other teams in your category.

The qualifying ensures that there are no traffic jams at the beginning of the race: all first-positioned riders from each category start together (ie. the first solo rider, the initial racer of a 2-team that came first in the qualifying etc.). After a pre-determined interval (e.g. 30 seconds) all second positioned riders start together.

What skill level is needed?

While racing solo or in a team of 2 for 6 hours is not for the first time racers, doing it in a team of 3 or 4 certainly is! There will be A and B lines at all technical sections. That means that while the A line will be fast and more technical, the B line is safer and easier and definitely faster than crashing on the A.

Staying overnight?

Not a problem at all. There will be a \$5 charge per person for NPWS (National Parks and Wildlife Service). Food & Drinks will be available all day Sunday. We'll organise basic amenities (toilets) and a tank with drinking water.

Schedule of events

Saturday, 4 October	IMPORTANT NOTICE	Postponed: NSW/ACT Interschools MTB Championships (Due to low pre-registered participant numbers, NSW MTB has postponed the race until later in the year.)
	2:00 pm	Gates to Yellomundee Regional Reserve & Paddock Club open
	3:00-5:00 pm	MTB GP Registration open, gates will be locked at 7:00 pm
	3:00-6:00 pm	Free practice opportunity for all registered riders Note: the first aid medic and race marshalls will be on-site on Sunday only, however, we will run hourly sweeper laps.
	6:00-9:00 pm	Evening get-together, BYO food
	Stay overnight	If you want to stay overnight/camp at Yellomundee, please provide us with \$5.00 per person at registration, which we need to pay to National Parks & Wildlife Service. Thanks.
!!!!!!!!!! PLEASE NOTE: DAY LIGHT SAVING COMMENCES at 2am on Sunday, 5 Oct. !!!!!!!!!!! Clocks need to be adjusted 1 hour FORWARD!!!!		
Sunday, 5 October	6:30-8:00 am	MTB GP Registration Open, Gates open "Daily Espresso" coffee van starts serving breakfast
	8:00-10:00 am	Qualifying heats, Gates locked (for your protection)
	10:00-10:15 am	MTB GP Registration Open for late-arrivers – Gates open if you do not complete the qualifying heats, you have to automatically start at the back of the grid.
	11:00 am	Start of the 6-hour Race, Gates locked
	5:00 pm	Track closes – no more riders allowed to commence a lap.
	5:45 pm	Estimated time the last riders will come through the finish line, Gates open
	6:00 pm	Prize ceremony commences.
	6:30 pm	Event finishes.

What happens at Registration?

If you have pre-registered online:

- If you do not hold an **MTBA racing licence** you are required to fill out a day licence form – you can buy day licences (\$15.00 per person) on the day in cash or during the pre-registration process online.
- Every rider needs to read and sign a **Race Waiver**.
You can download the document from our website ([click here](#)) and bring a completed form to speed up things.
- You will be issued with your **number plate** and your complementary **SRAM PowerLink**.

If you are registering on the day:

- You need to fill out your **registration sheets** (one per team).
To speed up the registration process, download the form from our website (click for [male](#), [female](#), [mixed](#), [juniors](#)) and bring the completed form with you to registration.
- You are required to pay the **racing fee**: \$77.00 per rider
 - \$154.00 per team of 2 riders
 - \$ 231.00 per team of 3 riders
 - \$ 308.00 per team of 4 riders
 - \$ 154.00 per team of 4 junior riders (each rider born before 4 Oct 1991)
- If you do not hold an **MTBA racing licence** you are required to fill out a day licence form – you can buy day licences (\$15.00 per person) on the day in cash.
- Every rider needs to read and sign a **Race Waiver**.
You can download the document from our website ([click here](#)) and bring a completed form to speed up things.
- You will be issued with your number plate and your complementary SRAM PowerLink.

How do I get to the event location?

Coming from Penrith or Castle Hill direction

From the M4, take the 2nd Penrith exit (the "Mulgoa Rd" exit - not "Northern Rd") Follow Mulgoa Rd past Penrith, going straight ahead now at the roundabout (Regatta centre is down to the left). Stay with that road until Agnes Banks, when you see the major Left turn into Springwood Road (some call it Hawkesbury Road) which goes to Springwood. You will pass a number of creeks. When you pass over Shaws Creek about 150 mtrs on the left is the entrance into Yellomundee Regional Park. Just follow the fireroad to the race venue.

Coming from Springwood direction

From the Great Western Highway, turn into Hawkesbury Road (aka Springwood Road) which takes you through Winmalee. (If you are coming from Sydney you make a left hand turn first which takes you through Springwood and over the GWHighway. The turnoff is about 1km past the Valley Heights Railway Station.) Keep following Hawkesbury Road and eventually you will do a steep descent with a sequence of about 5 hairpins. When you get to the bottom, about 50mtrs on the right is the entrance into Yellomundee Regional Park. Just follow the fireroad to the race venue.

How about parking?

There is plenty of parking at Yellomundee, inside the event centre – please check the event schedule above for gate opening and closing times. We have to lock the gates during qualifying and racing for riders' protection. Outside the gate there is limited parking.

If you need to get out of the gates during the event, please find the Race Director or one of the Rocky Trail Crew members. We can open them for you.

What about insurance?

When you race 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.

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. Also, we'll have the brand new Pivot Cycles there to test – this is a US bike brand that just recently hit our shores and the MTB Grand Prix is the official launch event in Australia.

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 marshalls will have basic equipment and a first aid medic will be on-site on Sunday only).
- a SRAM PowerLink, which you will get when you register
 - tyre leavers depending on how hard it is to get your tyres on and off the rim
 - bring camping gear if you want to stay overnight.
 - food – the "Daily Espresso" team will be at the Pit Lane from Sunday early morning with coffees, teas, hot breakfast, lunch and snacks to get you through the day

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.



[Click here to get the Food & Nutrition Australia guidelines now!](#)

The course

It's one of those brilliant courses that is technically easy, but gets harder the faster you ride it.

Our aim is to keep the track nice and tidy and have B-lines (easier options going around the technical bits), especially for teams of 3 and 4 people. Having said that most of it is single trail and we do not use a lot of firetrails, mainly because single trail is a lot more fun to ride. Technically we would say it is about the same level as Manly Dam but with B lines at the hairier sections.

The track will be marked out clearly with direction and warning signs (if required) to alert you about turns, tricky and especially the fun sections.

What can you expect from the supporters of the race?

Lots! There will be spot prizes and main prizes and no one will go home empty handed.



Check out the GP News section on our website (click on MTB Grand Prix event) for a latest update on all the supporter services at the event.

The winners and winning teams (first places) of each category will receive entries to the mid-February 2009 Rocky Trail 24-Hour Race! Details to be revealed at the Yellomundee MTB GP prize ceremony.

Photos

We have secured the experts in sports photography “sportograf” for the MTB Grand Prix from overseas! They are the absolute number one when it comes to action shots of riders! For them taking pictures does not just mean to press the button! Thanks to the photographers' experience being athletes themselves, they always find the best location to offer the best pictures to riders.



Check out some of their photos on www.rockytrailentertainment.com (GP News section) or on their own website at <http://www.sportograf.de/en/service/general/quality>.

Results, Awards and Prizes

The winners will be announced at the prize ceremony on Sunday after the race and you will receive an email with all results. There will be a lot of prizes from our supporters, however, no cash will be paid out to the winners. Oh, and you will get officially recognised bragging rights too!

Phone reception

Telstra should work, Vodafone sometimes and we have yet to test Optus and 3.

First Aid

Will be there on Sunday for Qualifying and the Race.

Bike Mechanics

Please don't come with a broken bike and expect it to be fixed on the day. But if you have minor issues or some parts brake then we will be able to help you out.

What else is on?

- The **Rockstar Racing** team including Craig Gordon (2006 MTB World Champion) and Hamish Elliot will be racing at the MTB GP 2008 and give us an insight into the more serious side of MTB racing.
- **Laura Scully and CJ Wilson** will be performing live Saturday afternoon and night.
- The **Weldtite lubing station** will be up and running for you to fine-tune the bike or give it a quick rinse mid-race.
- **Test the new Pivot cycles** – we've been warned by Jetblack, however, that people who get on them have to be forced off...
- **Chat to the guys from Australian Mountain Bike magazine** and their latest adventures!
- **Check out the "smart drivers" team** and their unique car sharing concept.
- A **SRAM team** will be on-site with advice and a helping hand for mechanical problems.
- Charge up with "**power bars & drinks**" from **Verofit!**

Craig Gordon will be issued with his ticket to the Australian Crocodile Trophy 2008 – Craig easily won an online voting poll, which was undertaken by Rocky Trail Entertainment. We had joined forces with the organisers of "the Croc" to promote the international event, along with its lead-up and partner event, the **Yellomundee MTB Grand Prix 2008**. Craig will race at the Croc, which is one of the most gruelling MTB adventure races in the world, between 21 and 30 October this year in Northern Queensland. Think 1,200 km in 10 days, 12,000m of elevation in the QLD summer heat.

[Download the official press release here "Craig takes on the Croc".](#)

What 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 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 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.