

Adelaide Mountain Bike Club

Ride Guide XCO Series 2010



GENERAL INFORMATION

The AMBC XCO series events are races based on the discipline of Olympic format cross country, the only MTB event included in the Olympic Games, and a format which is raced all over the world. Races are held over multiple laps of a 5 – 7km course. The winner is the competitor who completes the allocated number of laps for their respective class in the fastest time

DATES AND LOCATIONS

- August 15 – SA XCO Series Race 1 – Fox Creek
- Sept 5 - SA XCO Series Race 2 – Prospect Hill
- Sept 26 - SA XCO Series Race 3 – Mt Torrens Windy Paddock
- Oct 17 - SA XCO Series Race 4 - Cromer
- Oct 31 - SA XCO Series Race 5 – Mt Torrens Township

Full details of locations including directions to the venues will be available closer to the events at www.amtbc.com

CATEGORIES / LAPS/ RACE TIMES

Non-Championship Classes are held in the morning starting at 10:30am. These classes are aimed at people wanting to challenge themselves over shorter distances against people of similar age and / or abilities. Classes cater for complete beginners and juniors through more experienced riders.

Class	Approx Race Time	Laps	Race Plate No.
Veteran Men (30 – 39)	1hr	2	800-899
Masters Men (40 – 49)	1hr	2	450-499
Super Masters Men (50 plus)	1hr	2	500-599
Sport Women (open)	1hr	2	600-649
“Lifecycles” Sub Sport Men (open)	1hr	2	700-799
Junior (U17)	1hr	2	61-99
“EscapeGoat” Rec Men/Women (open)	40min	1	900-949

Championship Classes are held in the afternoon starting at 1:15pm. These riders are aimed at riders looking for a more serious challenge and cater for moderately experienced riders through to riders that also compete at a National and International level.

Class (all afternoons classes are open age)	Approx Race Time	Laps	Race Plate No.
“Hammer Nutrition” Elite Men	2hr 10m	6	1-60
Elite Women	1hr 40m	4	950-999
Expert Men	2 hrs	5	100-199
Expert Women	1hr 20m	3	650-699
Sport A Men	1hr 40m	4	200-299
Sport B Men	1hr 20m	3	300-399
Singlespeed	1hr 40m	4	400-449

Please note

*Age is taken as of December 31st 2010. *Open categories are not limited by age

PRIZES

Prizes and medals will be awarded from first to third position in all categories. Trophies will be awarded for first to third positions in the series for all Championship categories. The series takes each rider's best 4 results from the 5 races.

Points for the Championship will be awarded as follows.

1st	125	11	48	11	48	31	10
2	110	12	46	12	46	32	9
3	99	13	44	13	44	33	8
4	89	14	42	14	42	34	7
5	80	15	40	15	40	35	6
6	72	16	38	16	38	36	5
7	65	17	36	17	36	37	4
8	59	18	34	18	34	38	3
9	54	19	32	19	32	39	2
10	50	20	30	20	30	40	1

RACE COURSES

The race tracks will consist of a mixture of singletrack and fireroads. The length of the course will be somewhere between 5km and 7km depending on the terrain. The aim is to provide a lap that the fastest elite riders will complete in about 20 mins. All technical abilities will be catered for. Difficult technical sections will have easier "B-lines" or be made easy to walk if necessary. The course will be marked out and available for a practice lap by approx 2pm the day prior to the event and tracking building and ride days are often held a week or 2 prior to each race. Keep an eye on the "Races/Events" thread on the AMBC forum (www.amtbc.com/forum) for more information on this.

Course Markings

The race track is marked by 20 x 20cm white/red arrows. Where there is a forward pointing arrow on either side of the race track - this forms a gate, and the competitor must pass through this gate. If there is a downward pointing arrow, there is an obstacle to watch out for. This could be a very rocky section, a drop or something to be a bit careful over. Two down arrows means a more severe obstacle.

BEFORE YOU RACE

RACE ENTRY

1. Online

We want you to enter on-line, via the club website. On-line entry is cheaper and helps us with planning and set-up. On-line entry closes at 8pm on the Friday prior to each race and by that time, a reliable weather forecast should be available. Information regarding the course will be posted on the club website.

If you enter on-line and have to pick up your transponder and/or race-plate, you can collect from Registration from 9am on race-day. You will be asked to provide security for the transponder to ensure you to return the transponder after your race, so bring a drivers license, car-keys or mobile phone.

2. Entry on the Day

If you decide to enter on the day, please come to Registration to fill out a form and collect a transponder and/or race plate, as well as pay your entry fees. Again, you will need to provide security for a hire transponder.

3. Entry Fees

	On Line entry	On the Day Entry	On the Day entry for U17, and Rec Classes only	Transponder Hire	Plate deposit
Member	\$23	\$30	\$25	\$5	\$10
Non Member	\$33	\$40	\$35	\$5	\$10

*Transponder hire is not refundable.

*Plate deposit of \$10 will be returned when you return your plate.

4. Refund of On-line Entry

If you advise us before 7pm the night prior to the race, then 100% refund. Either cancel your entry on line, or advise us by email – info@amtbc.com or phone the club on 0408 610 840.

If you advise us by email before 9.30am on the day of the race, we will charge a \$5 refund fee on race entry (plus refund your plate and transponder fees in full).

If you simply don't turn up, there is no refund on fee, and you need to email us by noon the next day for us to refund your plate deposit and transponder hire. No email = no refund.

5. Insurance

All competitors require accident insurance cover. If you are a member of Adelaide Mountain Bike Club, Inside Line MTB Club or Bicycle SA, you will be covered under our capital benefits accident insurance. You must provide proof of membership at registration. If you do not meet the above requirement, then you will need to be signed up as a day member to the Adelaide Mountain Bike Club.

6. Race Cancellation Procedure

If it looks like it will rain all night and day, please confirm on the club mobile 0408 840 610, after 8.30am on race day that the race is going ahead.

RACE DAY TIMETABLE

8.30am – Venue Opens
9.00am – Registration Open
10.00am – Registration for Morning Races Closes
10.30am – Morning Races Start
11.30am – Juniors Races
12.30pm (approx) – Morning Races Presentation
12.45pm – Registration for Afternoon Races Closes
1.15pm – Afternoon Races Start
3.30pm (approx) – Afternoon Races Presentation

TRANSPONDERS AND TIMING

The club uses an electronic timing system. Your transponder must be attached to your front forks by a zip tie - 100mm above the axle – preferably on the left fork. Make sure that you have your transponder firmly attached before you start.

On the day hire is of your transponder \$5 per time. You can buy a new one for \$60, which will last for 4 more years and it works out to be cheaper even if you only do a few races. We also trade them back and refunds work like this:

1 Year old transponder - \$40 refund
2 Year old transponder - \$25 refund
3 Year old transponder - \$10 refund

RACE NUMBER PLATES

Your race plate needs to be fixed to the front of the bike. You must have a race plate to ride the course in practice (it shows you are entered and are covered by our insurance).

Race plates cost \$10 to hire and you can keep it for the rest of the season if you wish. Your \$10 is returned to you when you return your plate.

PRACTICE

You are encouraged to pre-ride the course prior to your race. You must be registered and have a race-plate on to do so on the day of the race. Wear your helmet!

If you want to ride the course the day before, it should be ready mid afternoon on Saturday prior to the race. Please note that no St Johns etc will be available on Saturday – if you crash, you will need to look after yourself.

Please note that there may be modifications and changes made to the track by the race Director to the track up until 9.30am on race day. Apart from the Race Director, no competitor or spectator is to alter the track.

YOUR RACE

1. Start

Do a quick check to see if you have your transponder and race plate on your bike before going to the start line.

The timing mat is usually about 200m from the start line, and the start line is usually at the bottom of a short climb, to spread out the field before hitting the single track. Your first lap is recorded at the actual start and not the first pass over the timing mat.

2. Alternate or “B” Lines – who gives way?

There are sometimes “B” Lines around obstacles. If you choose to use the “B” Line, you must give way to riders who have ridden the obstacle, when you re-enter the race line. This will prevent collisions between riders. The alternative lines are slower lines, so the rider who rides the obstacle will be travelling faster any way.

3. Walking Tricky Bits

If you are walking, you must give way to riders who are riding that section.

4. Track Etiquette

Please call “TRACK” or “On your right” or “On your left” to indicate to a rider that you are coming up and going to pass. It goes without saying that you should try to pick a spot that allows room to pass. There should be no need for the slower rider to get off the track but slower riders please also do not impede a faster rider coming through.

5. Riders Who Do Not Finish

If you decide that you are not going to start or finish the race, please let the timekeepers know as soon as you can. This is important, as we need to know where all riders are, so that we know when everyone is finished.

6. One Lap Down Rule

Some people have been misinterpreting the one lap down rule.

Just to clarify it, here are the relevant parts of the rule –

“4.3 Once the first competitor of a category has finished a race, all remaining competitors in the same category will be deemed to be on their final lap, and will be flagged as they cross the finish line. In this case a lapped rider will not be belled. Lapped riders will have their time recorded as on the time sheet as “1LD” (one lap down).

4.4 Only riders who have completed the entire lap when flagged will be recorded as one lap down. Riders who partially complete a lap when flagged will not be recorded as one lap down.” So you need to have completed the entire course on your last lap to be able to be recorded as one lap down.

7. Littering at Events

One of the conditions of use of these areas for racing is that we clean up all litter. This is getting increasingly difficult, and also frustrating with the number of gel packs that have to be picked up as the track is packed up. The volunteers have enough to do without having to pick up after riders. If you are one of the offenders who are dropping used gel packs, STOP IT. Either place them in your jersey, up the leg of your shorts or somewhere that is not on the ground! If you are caught leaving gels on the track you may be penalised.

AFTER YOUR RACE

1. Catering

There is a variety of meals, snacks and drinks available to buy.

2. Did You Hire Anything?

Please go to the Timing tent to return your transponder and/or race plate.

3. Did You Win?

We usually print out results prior to presentations for riders to check out lap times, who they beat, who beat them.

Presentations of prizes happen after the last rider has come in, so stick around if you can. We acknowledge the generosity of our sponsors, and information about them for this year can be found on the website.

GENERAL STUFF

1. Spectators

There is no charge for spectators. Bring along your family and friends to cheer you on – you never know, they might want to get involved too. By the way, your photo contributions are also welcome.

2. Carparking

Please follow directions for carparking at the event.

3. Volunteers

We can always use an extra pair of hands at each race for set up and packing up. Please email the Volunteer Coordinator. An hour or so at the beginning at the end of the event is always welcome.

4. Any Other Questions?

Hopefully we have answered all of the main queries here. Please feel free to drop us a line at info@atmbc.com if you can't find the information you need either in this pack or somewhere on the website.

DETAILED RACE RULES

Below are the complete racing rules.

1. SAFETY

1.1 Every participant must wear a hard shell bicycle helmet that is fitted correctly and satisfies the current Australian Standard or equivalent during both racing. Helmets must be worn during official practice as well as during competition. All helmets must have a visible compliance sticker affixed to the helmet.

Equivalent standards are -

AS/NZ 2063

ANSI Z90.4

Snell "B" or "N" series

ASTM F-1447

Canadian CAN/CSA-D113.2-M

U.S. CPSC standard for bicycle helmets

European CEN standard for bicycle helmets (EN1078)

1.2 Footwear must be fully enclosed.

1.3 The ends of handlebars and any extensions must be solidly plugged to prevent injury.

1.4 Bikes must be fitted with at least one front and one rear brake, both in working order at the start of an event.

1.5 All bikes used in the mountain bike competition must be powered by human power alone.

1.6 Bikes must use a wheel on both front and back that is no bigger than 73.6 cm (29 inches).

1.7 The race director may at any time prior to, or during an event, shorten, stop or cancel the event where there is a likelihood of serious injury to competitors or bystanders, or damage to the environment. In the case of an event halted due to adverse weather conditions, results are based on the last lap completed by the leaders.

2. CATEGORIES

2.1 The following categories apply. Age is determined by the age the rider is on December 31st 2010 (the year of competition).

- a) Elite Men (age open)
- b) Elite Women (age open)
- c) Expert Men (age open)
- d) Expert Women (age open)
- e) Sport Men A (age open)
- f) Sport Men B (age open)
- g) Single Speed (age open)
- h) Sub Sports Men (age open)
- i) Veteran Men (30 – 39yrs)
- j) Master Men (40 – 49yrs)
- k) Super Masters Men (50+ yrs)
- l) Sport Women (age open)
- m) Under 17s
- n) Recreation (Men and Women)
- o) There will also be a shorter race for juniors U13, U15 and U17 to be run between morning and afternoon racing.

2.2 The Race Director reserves the right to disallow a competitor to enter Recreation Class, Sub Sports Men, Sports A Men, Sports B Men, the Expert Men category when the competitor is considered of a higher standard.

2.3 Elite men, Elite Women, Expert Men, Expert Women, Sport A men, Sport B men, Under 17s and Single Speed will be considered championship categories, and will be awarded trophies at the end of the season.

2.4 Veterans Men, Masters Men, Super Masters Men, Sub sports men, Sports Women and recreation categories will not be considered as championship categories.

2.5 Adelaide Mountain Bike Club State XC Series champion

2.5.1 The Adelaide Mountain Bike Club XC Series champion will be decided in the following way. There will be 5 championship races, as displayed on our calendar. Competitors will be able to earn points at each race towards the state championship. Competitors best 4 races count toward the championship, with the competitor with the highest points in each category being considered the AMBC XC champion for that category. Hence competitors can drop 1 race over the season.

2.5.2 In the case of identical points, the competitors will be considered joint place getters, and there would not be a lower place awarded. For example if two competitors have the same number of points at second place, they would both be awarded second place, but no third place would be awarded in the championship.

2.5.3 If a race is cancelled, the championship will be decided on all of the remaining contested events, less one event. So you are still able to drop one race

2.5.4 Points cannot be transferred between categories. If categories are merged, results will be recalculated, and point assigned retrospectively.

2.5.5 The following points can be earned by competitors:

1 st place	125 points
2 nd place	110 points
3 rd place	99 points
4 th Place	89 points
5 th place	80 points
6 th place	72 points
7 th place	65 points
8 th place	59 points
9 th place	54 points
10 th place	50 points
11 th place	48 points
12 th place	46 points
13 th place	44 points
14 th place	42 points
15 th place	40 points
16 th place	38 points
17 th place	36 points
18 th place	34 points
19 th place	32 points
20 th place	30 points
21 st place	28 points
22 nd place	26 points
23 rd place	24 points
24 th place	22 points
25 th place	20 points
26 th place	18 points
27 th place	16 points
28 th place	14 points
29 th place	12 points
30 th place	11 points
31 st place	10 points
32 nd place	9 points
33 rd place	8 points
34 th place	7 points
35 th place	6 points
36 th place	5 points
37 th place	4 points
38 th place	3 points
39 th place	2 points
40 th place	1 point

3. COMPETITION

3.1 All riders must be members (including day members) of the Adelaide Mountain Bike Club Inc to compete. Competitors must produce their club membership and insurance cover upon request at registration.

3.2 The rider must complete the entire stage of an event on one mountain bike. Therefore, the maximum number of bikes a rider may use in an event is equal to the total number of stages in that event.

3.3 A rider can only receive Technical assistance (outside assistance) during a race under the following conditions -

3.3.1 Authorised technical assistance during a race consists of repairs to or the replacement of any part of the bicycle other than the frame. Bike changes are not permitted and the rider must cross the finishing line with the same handle bar number plate that they had at the start.

3.3.2 Technical assistance shall only be given in the feedzones: these zones must be located in areas that are wide enough, long enough and judiciously distributed and identified on the course. The feed zone locations will be determined by the race director and will be indicated by signs.

3.3.3 Spare equipment and tools for repairs must be kept in the zones. Each rider must carry out the repairs or replace equipment themselves, without the help (physical or verbal) of any other person. Competitors are not permitted to exit the race course (i.e. to the car park) to retrieve spare equipment and tools.

3.3.4 Outside of the feedzones, technical assistance is forbidden.

3.4 Any physical contact between a rider and an outside party, other than a competitor in the same event, may be deemed as a form of Technical assistance and result in a penalty.

3.4.1 In the case of a competitor providing assistance to fellow injured competitor, this would not be considered outside assistance. In the case where a competitors lap time has been affected by providing assistance, the Race Director may, at his or her discretion, alter the overall event results to take this time into account.

3.5 Food and drink may be carried by a competitor. Glass containers of any sort can never be used by competitors during a competition. Riders can only receive food, fluid and eyewear from outside parties in the feedzone during a competition.

3.6 Competitors riding bikes have right of way over competitors pushing bikes. Competitors pushing bikes must allow right of way, and not impede competitors who are riding.

3.7 Competitors must act in a polite manner at all times and permit any faster rider to overtake without deliberately obstructing. In multi lap races slower riders must allow right of way to riders who are lapping them. The overtaking rider should indicate the side they intend passing on.

3.7 Competitors who have ridden an obstacle have right of way over competitors re-entering the course from a marked alternative line.

3.9 Short cutting the course will result in disqualification. If a rider leaves the course, they must re-enter at the same point they exited. The responsibility for following the official route lies with the competitor. Not following the official route will result in disqualification.

3.10 The course will be marked by 20 x 20cm markers. Where forward pointing markers are placed on either side of the track, this forms a gate. All competitors must pass through this gate.

3.11 Riders are not permitted to willingly alter the course in any way without first consulting with the race officials. This includes moving rocks, logs, tape, or other natural obstacles.

3.12 Foul riding or un-sporting like behavior may be grounds for penalty, disqualification, fining or membership suspension. The penalty imposed shall be decided by the executive committee of the Adelaide Mountain Bike Club.

3.13 All appropriate laws and ordinances of the relevant jurisdictions shall be observed by all parties during participation in any event, and while at the event location.

4. TIMING

4.1 Start Sequence is determined by the Race Director.

4.2. The Adelaide Mountain Bike Clubs uses transponders to time racing. The AMBC transponder is to be positioned 100mm from the axle up the left fork leg. It is the responsibility of the competitor to ensure the transponder is fixed securely. The competitor accepts that no lap will be recorded if they do not have their transponder attached to their bike at all times while racing.

4.3 Competitors must display the number supplied to them at all times during competition or whilst training on the course. The numbers must be displayed by them on the front handle bar, unless advised by the Race Director. It is the responsibility of the competitor to ensure the number plate is fixed correctly and is visible to the timekeepers when crossing the start/finish line.

4.4 When competitors have one lap left to complete a race, a bell may sound to indicate final lap, as they cross the line. If an event is 3 laps or less, the race director may deem the process of belling competitors as un-necessary.

4.5 Once the first competitor in a category has finished the race, all remaining competitors in the same category will be deemed to be on their final lap, and will be flagged as they cross the finish line. In this case a lapped rider will not be belled. Lapped riders will have their time recorded as on the time sheet as "1LD" (one lap down). Competitors marked as 1LD are still considered as a finisher.

4.6 Only riders who have completed the entire lap when flagged will be recorded as one lap down. Riders who partially complete a lap when flagged will not be recorded as one lap down.

4.7 All riders who do not finish must advise the time keeper as soon as practicable that they have withdrawn from the race. These competitors will have their time recorded on the time sheet as "DNF" (did not finish).

Last Update 24/8/10