



SATURDAY 19<sup>th</sup> March 2011, Canberra, ACT

## Competitor Briefing (Version 2) – new words are shaded grey

**PLEASE READ CAREFULLY**

### 1. Event Registration

#### Event Registration Location

Registration for the event is at Crowne Plaza Hotel Canberra. The hotel is located at 1 Binara St in the heart of Canberra and it adjoins Casino Canberra.

#### Parking for Event Registration

There is lots of pay parking in the centre of Canberra as well as some on-street meter parking. The outdoor car parks in Constitution Ave are the closest to Crowne Plaza. Note that Friday night is late night shopping in Canberra and pay parking is until 9pm.

#### Event Registration Times

Registration will take place on Friday 18<sup>th</sup> March between 4PM and 10PM and on Saturday 19<sup>th</sup> March between 5AM and 6AM. Please try to come to register on Friday as you will not have a great deal of time on Saturday to both register and make it to the 100km or 50km race start locations. Any registration changes must be done on Friday. You will not be able to make any changes on the Saturday morning. There is no registration at the start locations.

#### Event Registration Process

To registration you should bring:

- **1 x A printout of your event confirmation email:** This shows your race number. Go straight to the registration table that matches your race number.
- **1 x Signed indemnity form:** There is a copy for you to print out at the end of this document. Someone else may register for you but they must bring an indemnity form signed by you.

At registration you will receive:

- **1 x Race Number with attached disposable timing chip and event emergency details:** This must be secured to the front of your bike with the zip ties provided. The disposable timing chip does not need to be returned at the end of the event. Emergency contact numbers are printed on the back of the race number.

- **1 x Registration Pack** with sponsor and event partner information as well as a 2 for 1 Crowne Plaza drinks voucher.
- **1 x Large Plastic Bag** so you can have clothes taken from the 100km or 50km start locations to the finish. If you want to use this service you must write your race number in large, clear lettering on the plastic bag. There will be large marker pens at registration. Your bags will be waiting for you at the finish.
- **1 x Event T-shirt** for all riders who entered the race prior to 19<sup>th</sup> January 2011.

### Entry Transfers

Any rider changes (entry transfers) can only be made on Friday during registration between 4pm and 10pm. Transfers **cannot** be made on Saturday. To make changes please go to the table marked "Registration Changes". If you can no longer ride and are transferring your entry to someone else you do not need to turn up at registration. Instead the person taking your entry should come to the "Registration Changes" table with the following:

1. A printed copy of the original rider's event confirmation email;
2. a printout of an email or letter from the original rider indicating that it is OK for them to take the entry;
3. \$30 transfer fee; and
4. A completed entry form for the new rider which can be downloaded from the website – see the entry details page.

Please note that you cannot swap between the 100km and 50km events at registration.

### Jersey Purchases & Collections

If you pre-purchased a jersey, these can be collected at registration at the jersey collection table. There will be limited numbers of extra jerseys available for purchase at registration and at the finish. Orders for jerseys can also be placed at registration and at the finish but please note that late jersey orders will take approximately **4 weeks** from the event date to be made and delivered to you.

## 2. Start Locations

### 50km Start Location

The 50km start is located at Campbell Park Offices, Northcott Drive.

Directions from Crowne Plaza to the 50km start location. (Total Distance 5.2km. Estimated time by car 10 minutes)

- From Crowne Plaza Hotel drive 0.1km North-East on Binara St (towards Mt Ainslie).
- Veer left on Binara St (which becomes Bunda St) and travel 0.1km to the traffic lights.
- At the traffic lights, turn right into Akuna St and travel 0.2km to the next traffic lights.
- At the traffic lights, turn left into Ballumir St and travel 0.1km to the next traffic lights.
- At the traffic lights, turn right into Ainslie Av and travel 0.9km to the next traffic lights.
- At the traffic lights, turn right into Limestone Av and travel 0.7km to the roundabout.
- At the roundabout, veer left into Fairbairn Av and continue 0.4km to the next roundabout.
- At the roundabout, continue straight ahead on Fairbairn Ave for a further 1.4km to the next roundabout.
- At the roundabout, turn left into Northcott Dr and travel 1.2km to the 50km start location parking.

### 100km Start Location

The 100km start is located at Millpost Road. This is a dirt road leading off Kings Highway, just to the west of the clearly marked HQJOC Roundabout.

Directions from Crowne Plaza to the 100km start location. (Total Distance 30km. Estimated time by car 30 minutes but you should allow 50 minutes)

- From Crowne Plaza Hotel drive 0.3km South-West on Binara St which then becomes Allara St at pedestrian traffic lights.
- Continue straight ahead on Allara St for a further 0.2km to the Constitution Ave traffic lights.
- At the traffic lights, turn left into Constitution Ave and travel 0.3km to the Coranderk St traffic lights.
- At the traffic lights, turn right into Coranderk St and travel 0.2km to the large roundabout.

- At the large roundabout, turn left into Parkes Way and remain on this road all the way to Queenbeyan. Note that Parkes Way becomes Moreshead Drive which then becomes Pialligo Ave and then becomes Yass Rd. You should continue straight ahead at all roundabouts, road junctions, traffic lights and overpasses all the way to the Yass Rd / Kings Highway roundabout. The distance from Coranderk St is 14.2km and on the way you will pass Canberra Airport.
- At the Kings Highway roundabout, turn left onto Kings Highway and travel 14.3km to Millpost Rd.
- Turn left into Millpost Rd (dirt road) and continue 600m to the parking area.

### Facilities Available at Start Locations

There are coffee vans and portaloos at both start locations.

There is plenty of parking at both start locations. Parking at the 50km start is in a bitumen carpark and parking at the 100km start is in an open paddock with easy 2WD access however it becomes slippery and boggy if wet.

## 3. Finish Location

Both events finish at Stromlo Forest Park. The main entrance is off Uriarra Road, Stromlo. For information on Stromlo Forest Park including driving directions check out the website [www.stromloforestpark.com.au](http://www.stromloforestpark.com.au).

### Facilities Available at Finish

There will be lots happening at the finish from just after 9AM when our first 50km riders are expected to finish. Event sponsors will be there including stalls by Mount Majura Vineyard, Skins, Nitelights, GT and Endura. There will be music and plenty of food stalls selling burgers, wraps, salads, pasta, Mexican food, pizza, potatoes and Black Magic Coffee. There are toilets and limited showers. There is lots of parking available.

Note that the presentation will take place from 7:30pm at Crowne Plaza Hotel.

## 4. Transport Options

Capital Punishment is a point-to-point race. With this comes the logistics of getting back to your car or home once you've finished. Please remember that you should never speed when travelling to or from the event.

**Get dropped off** - The easiest way to get to the starts. Convince a friend or loved one to drop you at your start and meet you at the finish. For 100km riders only please note that any vehicle that perform drop offs at the 100km start will not be allowed back out of the car parking paddock until after 7:40am. You must not attempt to travel back out of the paddock until after this time (after all riders have arrived at the start area). This is because the access road to the start (Millpost Road) is just a single land dirt road that initially passes through a single car width gate. If your driver did try to exit Millpost Road earlier than 7:40am they would block all traffic back on the Kings Highway and prevent other riders from getting to the start on time.

**Car Shuffle** – The parking at Stromlo Forest Park (the finish) will open on Friday afternoon between 5pm and 10:30pm and on Saturday morning between 4.30am and 6.30am. Leave your car at the finish and get a lift to the start with a friend or fellow competitor. Then once you've conquered your distance, had a rest and gotten some good quality tucker into you, drive your friend back to the start. While AROC will have staff at Stromlo Forest Park overnight and the gates will be locked at 10:30pm we do not guarantee the security of your vehicle and possessions.

**Mini Buses with bike trailers** – There will be 5 mini buses towing bike trailers running a shuttle service from the finish back to the 50km and 100km starts. This service will run between 10.30am and 6pm. It is strictly a first come, first served basis. If required some runs will go via Crowne Plaza Hotel.

**Coaches** – Coaches carrying just competitors (no bikes) will be running a shuttle service to the 50km and 100km start locations. Those competitors using this service can leave their bikes in a compound at the finish which will be manned by event staff. The bike compound will be open between 11am and 5pm.

**Ride** - If you are staying at Crowne Plaza Hotel and doing the 50km event, it is only about 5km to the start so you

could ride and then catch the mini bus back to Crowne Plaza after the finish.

**Transport Notes** - It is 30km from Crowne Plaza Hotel to the 100km start via Canberra Airport and Queanbeyan. While Whereis says this will take 30 minutes by car, we recommend that you allow 50 minutes. When driving back to Canberra from the 100km start location, you must turn left onto Kings Hwy (towards Bungendore) and use the HQJOC roundabout to do a 180° turn towards Canberra. The exit of Millpost Rd is dangerous and as such you should not turn right onto the Highway but follow the directional signs to access the HQJOC roundabout.

## 5. Start Group Timings

You must be in your start group location 5 minutes before your start group start time for the compulsory pre-race briefing. There will be a short pre-race briefing before the start of each group.

Your start group is determined by what percentage in the field you will finish as indicated by you when you completed the on-line entry form. Please keep to the group you nominated on your online entry as the groups and time gaps between groups have been created using this data. The % you expect to finish in the field appears on your confirmation email. From the tables below you can work out which start group that relates to. Please make sure you either remember which group you are in or write your group on the back of your hand.

Note that the start time used to calculate your final result will be the start time of your start group, ie anyone crossing the start line between 7:00 and 7:03:55 will be given a start time of *Start Group 1* which is 7:00. Your timing chip records which start group you start in as you cross the start line timing mat.

The track will be much less congested with the start group system so you will be far better off sticking to your nominated start group. For the 100km event, there is approximately 2.6km of fire trail before you head into single track. For the 50km event, there is approximately 5.5km of fire trail before you hit the single track.

If you have mistakenly put yourself into a start group which is much faster than you, you will get left behind and after a while riders from the group behind you will catch up to you. In this case you **MUST** let faster riders from later start groups pass you as soon as they catch up to you. If you are on single track this will mean that you will probably have to stand off to the side of the track to let the faster riders go past and continue to do this until riders of your own ability catch up to you.

### 100km Start Groups (Saturday 19<sup>th</sup> March 2011)

Start Group	Start Time	Number of starters in Group	Finish % in field (chosen in on-line entry)	Time gap between previous start group
1	7:00	121	0-10	0
2	7:04	85	10-20	0:04
3	7:10	92	20-30	0:06
4	7:18	123	30-40	0:08
5	7:26	133	40-50	0:08
6	7:34	119	50-60	0:08
7	7:40	173	60-70, 70-80, 80-90, 90-100	0:06

### 50km Start Groups (Saturday 19<sup>th</sup> March 2011)

Start Group	Start Time	Number of starters in Group	Finish % in field (chosen in on-line entry)	Time gap between previous start group
1	7:00	52	0-10	0
2	7:03	49	10-20	0:03

3	7:06	66	20-30	0:03
4	7:09	93	30-40	0:03
5	7:13	146	40-50	0:04
6	7:18	168	50-60	0:05
7	7:23	79	60-70	0:05
8	7:26	97	70-80	0:03
9	7:29	94	80-90, 90-100	0:03

For the 100km event there will be timing mats at the start, the 34km feed station, the 54km feed station, the start of the untimed section, the finish of the untimed section, the 74km feed station and at the finish.

For the 50km event there will be timing mats at the start, the start of the untimed section, the finish of the untimed section, the 29km feed station and at the finish.

## 6. The course

Capital Punishment is a point-to-point course.

### 100km Course

The 100km event starts at Kowen Forest on fire trail and we are very appreciative this year to be able to use some of the fantastic new trails in the area designed and built by Paul Cole, the Kowalski Brothers and the Mont Trail Building Crew. From the start there is 2.6km of fire trail with 60m of total climb before you hit the first 600m section of single track. Then there is another 1km of fire trail with another 30m of climb before you get to a section of mostly single track which goes for 3.8km and is 75% downhill. The course then makes its way through single track and fire trails from East Kowen Forest through Central Kowen and onto the North-Western corner of Kowen Forest. It then comes down CORC Club mountain bike tracks beside Sutton Rd and exits the forest onto Sutton Road. It travels down Sutton Road for 3km and turns right into the 34km feed station which is on private land. This private land belongs to the Southern Districts Motorsports Association and ACT Motor Cycle Club. After leaving the motorcycle club land the course goes through Fairbairn Pines for 1km and then straight into the Majura Military Training Area which is Department of Defence land. The start and finish of this Military area will be marshalled and will be clearly marked. This section of the course, as well as all other sections of private property on the course, is open for the event only. These sections are not to be ridden or visited outside of the event. In the race, while riding through the Majura Military Training Area it is imperative that you stay on the marked trail as the surrounding areas may have unexploded ordnance. Any person going off the marked trail through this section will compromise their safety and jeopardise the future of the event. If you need to go to the toilet, you must go before entering the Defence land or after exiting the Defence land at Majura Road.

After crossing Majura Road, the course goes through the private property of Dove Cottage Farm then along a horse laneway and onto fire trail through Mount Ainslie Nature Reserve and over Hackett Hill to the top entrance of Majura Pines. There is 3.5km of single track in Majura Pines and then the course exits the North end of the pines into land owned by Mount Majura Vineyard. The 54km feed station is at The Mount Majura Vineyard. The course then returns back into Majura Pines and travels a further 3.5km of single track to exit at the same location as you originally entered the pines.

UNTIMED / NON-RACE SECTION: At the exit point of the Majura Pines you will cross a timing mat and you will begin the untimed, non-race section. The untimed section will go through a gate into the suburb of Hackett and then travel the following route: MacKenzie St, Phillip Ave, driveway to Dickson College, cycle path through to Dickson, Lyneham and into O'Connor, then on road along David Street, Dryandra Street and Frith Road. The fire trails of Black Mountain start at the end of Frith Rd. This is where you will re-start the race. A timing mat at this location will record your re-start time. The distance of the untimed section is 9.5km and this distance is included in the total distance count for both 50km and 100km races. You will have a maximum of 45 minutes to complete the untimed section. Any time you spend in the untimed section up to 45 minutes will be taken off your overall time. So if it takes you 32 minutes you will get 32 minutes taken off your time. If you take more than 45 minutes you will only get 45 minutes taken off your time. So if you take 55 minutes you will get 45 minutes taken off your time.

The route then travels fire trails over the saddle in Black Mountain Nature Reserve and down the Western slopes of Black Mountain to the cycle path beside Glenlock Interchange. It travels the cycle path under Caswell Drive and under William Hovell Drive to access the Cork Oak Plantation and The International Arboretum. The 74km feed station is located just inside the arboretum after you exit the cork oaks area. The route continues on fire trails to the Molonglo River causeway and then uses cycle path to access Cotter Road. The route crosses Cotter Road at pedestrian traffic lights and continues on cycle path and then the Cotter Road on-road cycle lane. It turns right into Uriarra Rd and then turns left into Stromlo Forest Park. The final 17km mostly uses the great mountain bike tracks of Stromlo Forest Park and includes a climb to the top of Mt Stromlo. **Note** that there is a point on the big descent from the top of Mt Stromlo where 100km riders and 50km riders will turn in different directions. 100km riders will need to be on the ball as you will need to turn sharp left onto fire road whereas 50km riders will go straight ahead. The location of this junction is after the huge enclosed steel bridge and is at the bottom of the first section of 'luge' single track where it crosses a fire road. There will be a marshal there but it is up to you to read the signage at this junction so you don't miss this sharp and fairly fast left hand turn onto the fire road.

### 50km course

The 50km course starts at Campbell Park offices on Northcott Drive. From the start there is 5.5km of fire trail through Mount Ainslie Nature Reserve which takes you over Hackett Hill and down to the top entrance of Majura Pines. There is an 8km loop of mostly single track in Majura Pines which brings you past the forest entrance to Mount Majura Vineyard but not into the Vineyard grounds and then back to exit at the same location as you originally entered the Majura pines.

UNTIMED / NON-RACE SECTION: At the exit point of the Majura Pines you will cross a timing mat and you will begin the untimed, non-race section. The untimed section will go through a gate into the suburb of Hackett and then travel the following route: MacKenzie St, Phillip Ave, driveway to Dickson College, cycle path through to Dickson, Lyneham and into O'Connor, then on road along David Street, Dryandra Street and Frith Road. The fire trails of Black Mountain start at the end of Frith Rd. This is where you will re-start the race. A timing mat in this location will record your re-start time. The distance of the untimed section is 9.5km and this distance is included in the total distance count for both 50km and 100km races. You will have a maximum of 45 minutes to complete the untimed section. Any time you spend in the untimed section up to 45 minutes will be taken off your overall time. So if it takes you 32 minutes you will get 32 minutes taken off your time. If you take more than 45 minutes you will only get 45 minutes taken off your time. So if you take 55 minutes you will get 45 minutes taken off your time.

The route then travels fire trails over the saddle in Black Mountain Nature Reserve and down the Western slopes of Black Mountain to the cycle path beside Glenlock Interchange. It travels the cycle path under Caswell Drive and under William Hovell Drive to access the Cork Oak Plantation and The International Arboretum. The 29km feed station is located just inside the arboretum after you exit the cork oaks area. The route continues on fire trails to the Molonglo River causeway and then uses cycle path to access Cotter Road. The route crosses Cotter Road at pedestrian traffic lights and continues on cycle path and then Cotter Road on-road cycle lane. It turns right into Uriarra Rd and then turns left into Stromlo Forest Park. The final 10km mostly uses the great mountain bike tracks of Stromlo Forest Park and includes a climb to the top of Mt Stromlo and a 5km descent to the finish. **Note** that there is a point within Stromlo where 50km riders and 100km riders will take different directions. 100km riders will be turning sharp left onto fire road while 50km riders will be continuing straight ahead across the fire road and directly back into single track. This point is on the big descent from the top of the mountain. It is after the huge enclosed steel bridge and is at the bottom of the first section of 'luge' single track. There will be a marshal there but it is up to you to read the signage at this junction so you know to continue straight ahead.

### Course maps

You will not be given maps of the course. There will be maps on display at registration at Crowne Plaza Hotel and at the finish at Stromlo Forest Park. The course will be well marked with a combination of pink flagging tape and A5 size black on white or red on white arrows and crosses. At all intersections there will be an arrow indicating the direction to travel followed by two pieces of confirmation pink flagging tape hung a short distance along the correct route. There will be a cross on the incorrect route(s). There will also be pink flagging tape at least every 500m if there are no junctions. There are distance signs every 5km. Make sure to keep a look out for the course markers. There are plenty of markers but if you don't pay attention you could go off the course.

## 7. Feed Stations

Food, water, toilets, rubbish bins and first aid are available at all feed stations. You may not leave anything apart from putting rubbish into the bins at the feed stations.

You should not rely solely on the feed stations but should also bring your own food and hydration as well. If you like to eat gels you will need to bring your own as race supply of Endura Gels is limited. Endura will have a shop at registration on Friday evening selling gels and offering race nutrition advice.

### Feed Stations on the 100km Course:

The 100km course has three feed stations along the route with the following supplies:

- **Feed Station 1** -34km at Fairbairn Park Hillclimb -Water, Endura Rehydration drink, Wallaby Bars, bananas, watermelon, lollies and fruit buns. There will not be any gels.
- **Feed Station 2** -54km at Mount Majura Vineyard -Water, Endura Rehydration drink, limited quantity of Endura gels, bananas, watermelon, oranges, lollies and fruit buns.
- **Feed Station 3** -74km within The Arboretum -Water, Endura Rehydration drink, limited quantity of Endura gels, bananas, watermelon, oranges, lollies and fruit buns.

Outside assistance is allowed at Feed Station 2 at Mount Majura Vineyard. Spectators or rider support are welcome to come to Mount Majura Vineyard to watch the action or provide assistance to riders. This will be a great point for spectators and there will be a coffee van and wine tasting available. Please be careful when you drive into The Vineyard as riders will be on the same section of dirt driveway as you are driving.

Mechanics from SRAM will be at both Feed Station 1 and Feed Station 2 to provide mechanical assistance to 100km riders. There will be no mechanical assistance available at Feed Station 3.

### Feed Stations on the 50km course:

The 50km course has one feed station along the route with the following supplies:

- **Feed Station 1** -29km within The Arboretum -Water, Endura Rehydration drink, limited quantity of Endura gels, bananas, watermelon, oranges, lollies and fruit buns.

Mechanics from SRAM will be at the 10km mark at the forest entrance gate to Mount Majura Vineyard to provide mechanical assistance to 50km riders even though there will be no feed station available at that location for 50km riders.

## 8. Recommended Equipment

We do require you to be self-sufficient in the event and be prepared so you can repair normal damage to your bikes. So you are able to do this we recommend that you carry the following items:

- Pump or CO<sub>2</sub> canister(s)
- Spare tube(s)
- Chain breaker tool (and know how to use it)
- Spare chain quick links
- Lube
- Food and drink
- Warmer clothes
- Some money and/or credit card
- Sunscreen and sunglasses
- Mobile phone with the event Emergency Phone and Operations Manager phone numbers saved (see Section 7)
- Spare brake pads

Please understand that we are not able to provide a taxi service to collect you if you simply have a flat tyre or a broken chain.

## 9. Cut-off Times

The aim is to have everyone finished by 5:00pm in fine weather conditions and by 6:00pm in poor weather and track conditions. To achieve this there are the following cut-offs on the course. If you miss any cut-off you will be required to follow the directions of marshals and you will be transported with your bike back to the finish at Stromlo Forest Park.

11:00AM cut-off at Fairbairn Park Hillclimb -Feed Station 1 for 100km riders (34km)

1:35PM cut-off at Mount Majura Vineyard -Feed Station 2 for 100km riders (54km)

3:35PM cut-off at feed station within Arboretum -Feed Station 1 for 50km riders (29km) and Feed Station 3 for 100km riders (74km)

4:25PM cut-off near Stromlo stadium (39km / 84km)

5:55PM at Finish (50km / 100km)

## 10. Rubbish

You must not throw your gel/bar wrapper or other rubbish on the course. There are bins at each of the feed stations. Shove your wrappers in your pockets or up your knicks until you get to the next feed station. It is completely unacceptable to litter so please do not litter along the course. We ask that you please pay particular attention to this.

## 11. Spectator Points

There will be large course maps on display at registration at Crowne Plaza Hotel and at the finish at Stromlo Forest Park. Good spectator locations will be at:

- a) The 54km feed station for the 100km which is location at Mount Majura Vineyard. This will be a great point for spectators and there will be a coffee van and wine tasting available. 50km riders will not ride up to the Vineyard buildings. Instead they will come to the Majura Forest entrance gate and then continue on. You can watch the 50km riders through this location but you will need to park at the vineyard and walk about 400m to get to this gate. This point is 10km into the 50km race.
- b) At the finish at Stromlo Forest Park

## 12. Event Safety

### General Mountain Bike Safety

This is a long event and contains single track as well as fire roads and public roads. There are technical sections and some fast downhills. Make sure you ride within your ability and that you are always in control. We don't want any injuries! Get off and walk if you need to. Caution signs are at only the most potentially dangerous locations on the course. The trail can vary quickly from smooth and fast to rough, rocky, rutted short steep mounds with narrow trees in the landing zone and sharp corners. Take it easy, especially when you can't see very far ahead on downhill sections. Kowen Forest is closed for the event but this doesn't mean that motorbikes and other users could not still sneak in. No other sections of the course are closed to other users. Please be aware of your surroundings at all times and ride in a defensive manner even when on fire trails. Please give way to other mountain bikers, pedestrians, and vehicles.

### Road Safety Within Timed Sections

Whilst on the timed section of course there are four sections where you will travel on main roads and cross main roads. All roads will still be open to vehicles (there are no road closures for this event) so the overriding points to

stay safe are; 1) you must obey road rules at all times during the event and 2) you must obey any marshals at road crossings (all road marshals will be wearing safety vests and be giving hand signals and verbal instructions). Please see below for a description of the operation of each road crossing. You may not remember this detail but it will give you an appreciation of the kind crossings you will encounter.

- 1) **Sutton Road.** Sutton Road will NOT be closed to traffic. Instead there will be traffic controllers at each end of this 3km section of road. The road speed will be slowed to 40km/h and vehicles will not be allowed to overtake you while you are riding along Sutton Road. You may pass other cyclists and ride two-abreast but you MUST stay within the left hand lane of the road and not cross over the middle line markings as there will be oncoming traffic. Also you must not overtake vehicles. If you need to stop along this section you must get right off the road. At the end of this 3km section of road you will be able to turn right directly into Fairbairn Park Hillclimb as the oncoming traffic will be stopped for you to turn across the road.
- 2) **Majura Road.** There will be traffic controllers who will periodically stop traffic to make it safe for you to cross. As you approach Majura Road all riders must prepare to stop in case the traffic is not yet stopped. You may only continue to ride your bike across Majura Road if the marshal is waving you across the road. If the marshal is not waving you across you must stop and wait until being allowed to cross.
- 3) **Cotter Road part 1.** You will ride across Cotter Road using the pedestrian traffic lights and pedestrian crossing. There will be a marshal continually pushing the pedestrian button so the traffic lights will change as soon as possible to green. You must obey the marshals at these traffic lights.
- 4) **Cotter Road part 2.** You will ride along the Cotter Road on-road cycle lane for 500m and then turn right into Uriarra Rd. The traffic behind you will be slowed and narrowed into a single lane behind you and the oncoming traffic will be stopped so you can turn across into Uriarra Road. For your safety you should still check for cars and use hand signals before turning.

The point of writing out the above is to just give you a feel for what you should expect. You may not remember the details of each road crossing listed above which is why you should simply remember to obey road rules at all times and obey any instructions given to you by marshals. Also ride defensively on any road sections. Remember that safety is your responsibility.

### **Road and Fire Trail Safety Within Untimed Sections**

During the untimed section you will travel from Majura Pines top gate through to the end of Frith Rd on Black Mountain via the inner city suburbs of Hackett, Ainslie and O'Connor. The first bit of the untimed section is straight downhill on fire trail towards Hackett. This fire trail is popular for walkers, especially in the lower sections where walking tracks cross it's path. The reason the untimed section starts within the Nature Reserve is because we simply can't have riders racing down this popular fire trail and jeopardising the safety of the general public. You will then be travelling a combination of roads and shared cycle paths. You MUST NOT race at any time within the untimed section. You must continue to obey all road rules. You must ride in single file on roads and cycle paths and only pass other riders when it is clear and safe to do so. You must not form packs within the untimed section. You must give way to other users on the cycle path and be especially careful of pedestrians and children. There are different types of road crossings you will encounter during the untimed section such as traffic lights, pedestrian crossings and roundabouts.

### **Cycle Path Safety**

The timed and untimed sections of course use many shared cycle paths. Remember that all cycle paths are open to other users so you may encounter walkers, runners, other cyclists, playing children. So you must ride in single file in the left hand lane and only pass when it is clear and safe to do so. Please ride defensively on any cycle path especially on downhill sections of cycle path.

### **First Aid**

Pink First Aid will be providing mobile first aid services throughout the course. If you need First Aid while on course please follow the emergency numbers listed below (these will also be listed on the back of you race number). First Aid will also be available at the feed stations and the finish.

If you pass an injured rider on the course please stop to help them and report any incidents to the next marshal you see on the course. We will adjust your time accordingly at the finish so please keep track of the time you spend helping an injured rider.

### **Emergency Instructions**

In case of an incident please follow these steps. To report an incident you should attempt to make contact via step

1. If this is not successful move to step 2 and work your way through accordingly.

#### **Minor Incidents: sprains, fatigue, non-urgent incidents and general reporting if you have safety concerns about the course.**

1. Report to the next feed station. Non-urgent evacuations will be made from feed stations. Evacuations will be done when there are available resources.
2. Call First Aid Coordinator (see below).
3. Text First Aid Coordinator
4. Call or text event Operations Manager (see below)

#### **Major Incidents: broken bones, snake bites, severe bleeding, heat exhaustion, hypothermia etc. Please immediately report any bush fire that you can see or smell to Event HQ.**

1. You or another cyclist needs to provide the first response and injury management.
2. Call First Aid Coordinator (see below).
3. Text First Aid Coordinator
4. Call or text event Operations Manager (see below)
5. If you can't get through on any of the above numbers call '000' which will use any available mobile network. You must tell them you are participating in the Capital Punishment Mountain Bike event in Canberra.

First Aid Coordinator	0488 584 248	Operations Manager 1	0401 908 623
Operations Manager 2	0421 524 917	Operations Manager 3	0401 564 462

### **Phone Reception**

We recommend all riders to carry a mobile phone on the course. There is good mobile phone coverage over most of the course. Mobile reception within Kowen Forest (the first 30km of the 100km course) is patchy. It tends to work well on the higher elevations and become non-existent in the lower sections of Kowen Forest. If you need to make an emergency call and cannot get reception you should just continue on course to the top of a hill and try again. If you are unable to move you will need to send someone else to make a call.

### **Withdrawing from the Event**

If you intend to withdraw from the event you must do so at a feed station or at Stromo Forest Park event HQ unless you are assisted from the course by an event First Aid crew due to injury or emergency. To withdraw at a feed station you must go to a feed station marshal and do the following:

1. Notify the marshal that you are withdrawing from the event.
2. Complete and sign the event withdrawal form.

Once you have officially withdrawn you may contact a friend to collect you from the feed station. If you do not have anyone to collect you we will endeavour to arrange transport for you back to Stromlo Forest Park as soon as possible. Note that you may have to wait some time for a non-emergency lift back to the finish.

If you can't continue to the next checkpoint and need first aid help on the course you must phone the First Aid Coordinator using the Emergency Instructions listed above.

## Insurance

AROC Sport has its own public liability insurance. This does not include personal accident insurance or ambulance cover. We recommend that you have your own personal accident insurance and ambulance cover.

## Warning

Ensure that you are sufficiently skilled to undertake the event. The course is a combination of single track, fire road, cycle paths and bitumen roads. Some sections of the course are technical and there are some short tricky downhill sections. Ride within your limits and get off the bike and walk if you need to. Please ensure that you are fit enough to complete the event. Ensure that you are in good health and that you do not have any illness that will hinder your ability to complete the event. Make sure you keep well hydrated during the event and take some food with you.

## Other Information

You will come across lots of juicy looking blackberries on the sides of some fire trails in Kowen Forest, Majura Pines and within Stromlo. Even though they look tempting, do not eat the blackberries as most of them would have been sprayed with something nasty to try to kill them.

## 13. Race Results & Photos

Preliminary race results will be posted on the website by Saturday evening. If you have any queries about the results please email us as soon as you can so we can address any issues before posting final results.

Aurora Images will be taking your photo in the event. Images will be available for you to purchase from their website [www.auroraimages.com.au](http://www.auroraimages.com.au) in the week following the event. You will be able to search for your image by race number or by your name. You will be notified by text message when your photos are ready for purchase.



## 14. Event Rules

- This is a self-supported race. Outside assistance is not permitted except at Mount Majura Vineyard and anywhere within the untimed section. Support crew will be allowed to assist 50km riders and 100km riders at Mount Majura Vineyard and anywhere while riders are within the untimed section.
- No littering
- You must wear an Australian standard cycling helmet.
- Your race number must be visible on the front of your bike at all times.
- Report to the finish timing marshals at Stromlo if you withdraw from the event.
- Stay on the marked course. Short cuts are not permitted. If you get lost return to the last sighted race sign.
- You may stop along the untimed section including at shops along / near the route to buy some lunch or go to a bike store. You will ride directly past both Dickson and O'Connor shops. Both these areas have bike stores.
- You must obey all road rules.
- Give way to emergency vehicles if they come through the course.
- You must obey directions of marshals if you miss any time cut-offs.
- Please assist riders on the course that have been badly injured and are in need of help. Pass on information to the next rider to notify marshals. Your time will be adjusted to account for time lost in providing help so keep track of the time you lose.
- Passing: those riders wanting to pass on single track should yell "track left" to pass on the left or "track right" to pass on the right and wait for a safe place to pass. Please be considerate of other riders.
- You must not race within the untimed section. This is for your safety and that of other cycle path users.
- During the race (including both the timed and untimed sections) you must not accept a lift in a vehicle.
- We do not recommend the wearing of iPods or other music players with headphones as we require riders to be aware of their surroundings including an awareness of other riders, being able to hear instructions from event marshals and being aware of road crossing safety. iPods are not allowed to be used at all on the untimed section (you must remove headphones completely).
- You must hand in a signed indemnity form at registration.

## 15. Crowne Plaza Presentation and After Party

The presentation and after party will be at Crowne Plaza Hotel. The after party will begin at 7pm and the presentation should kick off around 7:30pm. All prizes will be awarded at the presentation. There will be limited free nibbles available. There will be a licensed bar and dinner available for purchase (Meat pies, Pizza, fish and chips, noodles and more). See the Event website for details. In your registration pack, compliments of Crowne Plaza, you will receive a buy one get one free drink voucher for use during the Crowne Plaza presentation and after party.

We have also organised for the annual Skyfire fireworks display to coincide with the Presentation. The terrace of Crowne Plaza leads onto Glebe Park, a perfect vantage point for the fireworks!

Prizes will be awarded to 1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> place getters in each category. There are also lots of special or spot prizes for those at the presentation.

Whether you are called up for a prize for placings or spot prizes, you or a representative needs to be present to collect the prize. Prizes will not be posted out after the presentation.

## 16. Sponsors

Thanks to all our sponsors that are supporting this event and providing a mass of goodies and prizes for all the competitors.



Race No:

**Acknowledgement, Release and Indemnity**

**This is an important document which affects your legal rights and obligations. Please read it carefully. All competitors must sign this form.** (If you are under 18 years a parent/guardian must also sign this form)

1. In consideration of AROC Sport Pty Ltd (the "Event Organisers") accepting my participation to the Capital Punishment MTB Enduro to be held on 19 March 2011 (the "Event") I agree to this release of claims, waiver of liability and assumption of risk.
2. I have read the competitor briefing and information relating to the Event.
3. I understand the demanding physical nature of the Event. I declare, as a condition of entry to the Event, that I have sufficiently trained for this Event and that I am not aware of any illness, injury or any other physical disability which may cause me injury or death while participating in the Event.
4. In the event that I become aware of any medical condition or impairment, or am otherwise sick or injured prior to or during the Event, I will withdraw from the Event.
5. I acknowledge that participating in the Event is a dangerous activity and that by such participation I am exposed to certain risks. I acknowledge that the enjoyment of mountain biking is derived in part from the inherent risks and exertion beyond the accepted safety of life at home or at work and that these inherent risks contribute to such enjoyment and is a reason for my participation in the Event.
6. I acknowledge and understand that whilst participating in the Event:
  - I may be injured, physically or mentally, or may die from various causes including, but not limited to, over exertion, dehydration, cardiac arrest, accidents with other participants, spectators and road users or accidents caused by my own actions;
  - My personal property may be lost or damaged;
  - I may cause injury to other persons or damage their property;
  - The conditions in which the Event is conducted may vary without warning;
  - I may be in a remote or isolated location where access to medical support may be limited and take significant time to reach me.
  - There may be no or inadequate facilities for treatment or transport of me if I am injured;
  - I assume the risk and responsibility for any injury, death or property damage resulting from my participation in the Event
7. I agree that if I am injured or require medical assistance the Event Organisers can at my cost arrange medical treatment and emergency evacuation as deemed necessary by the Event Organisers. I agree that I am responsible for my own medical and ambulance insurance.
8. I agree to release, indemnify and hold harmless the Event organisers, its officers, employees, agents, volunteers, contractors, public bodies, landholders including the Department of Defence and the Majura Military Training Area and sponsors, from and against any and all claims, demands, right or cause of action, suits, expenses, costs and proceedings of any nature whatsoever which may be made by me or on my behalf or by other parties for or in respect of or arising out of any injury, loss, damage or death caused to me or my property as a result of my entry or participation in the Event whether by negligence, breach of contract or in any way whatsoever.
9. I also agree that in the event I am injured or my property is damaged I will bring no claim, legal or otherwise, against the Event Organisers in respect to that injury or damage.
10. I agree to AROC Sport entering my personal details in the entry form into a database which will be used for the administration of the Event and which may be used for future marketing and promotion of AROC Sport.
11. I agree to allow my name, results, photographs video, multimedia or film likeness to be used for any legitimate purpose by AROC Sport, the sponsors, or assigns without payment or compensation.
12. I acknowledge that my image may be taken by an Event photographer and that Event photographer may contact me to offer for sale images of me at the Event.
13. I agree to abide by the Event rules and the directions of all Event officials.
14. I acknowledge that the Event Organiser may change the advertised course without notice if the Event Organisers deem this necessary. I also acknowledge that the Event Organiser may cancel the Event due to weather conditions, safety considerations, terrorism or 'acts of god' and that in such circumstances my entry fee will be non-refundable.

Name:..... Signed:..... Date:.....

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**Where competitor is under 18 years of Age**

I, ....., being the parent or guardian of the person named in this Acknowledgement, Release and Indemnity (“the Indemnity”) hereby acknowledge and agree that:

- I have read the whole of this document and understand it and have explained it to the person named in the Indemnity;
- I consent to the person named in the Indemnity participating in the Event; and
- I am aware of the risk, dangers and obligations set out above in the Indemnity.

In consideration of the person named in the Indemnity being accepted to participate in the Event, I agree to release and indemnify the Event organisers, its officers, employees, agents, volunteers, contractors, public bodies, landholders and sponsors, in the same manner and to the same effect and extent as if I were the person named in the Indemnity and the person participating in the Event.

Signature of Parent/Guardian:.....Date: .....