



Competitor Information: No. 2

The Netti MTB Enduro has sold out!

There is a waiting list for those that would still like to enter. Email alina@arocsport.com.au if you have a friend that would like to be added to this waiting list.

Competitor Information No. 1

If you did not receive this first e-info you can access it from the website at http://www.arocsport.com.au/MTBenduro/MTB_Newsletter_No1.pdf.

Competitor Briefing

The Competitor Briefing which contains all the information you need including start procedures and race rules is now up on the website at http://www.arocsport.com.au/MTBenduro/competitor_brief.pdf Make sure you read this document carefully. The Indemnity Form at the end of this document must be signed and brought with you to the event registration. Note that you will not receive a personal copy of the Competitor Briefing in your rego bag. There will be copies displayed at the Event Hub. Please read it from the web or print your own copy.

The long range weather forecast is for good dry, warm weather for one week either side of the event. Let's hope this holds true. In any case come prepared for all conditions. What ever the conditions it is worth taking some bike lube with you. There are a few creek crossings. The level will depend on the weather so you might get your feet and bikes a little wet.

Please note that this is an unsupported race. You may leave your own drinks etc at a specified table at the 50km mark. You can also seek assistance from the bike mechanics at the Event Hub and if you are feeling peckish there is no reason why you can't grab a sausage sandwich from the Fire Service BBQ.

Prepare your bike

City Bike Depot at 305 Kent St, Sydney is offering all competitors in the Netti MTB Enduro 10% off bike services prior to the event. If you haven't had a chance to look your bike over now is the time – don't ruin the event day because of mechanicals out on the course that you could have avoided with

a bit of pre-event TLC. On top of the discounted bike service, you will receive a gift voucher for \$40 off any purchase over \$200. Look out for this in your rego bag.

Shimanno and City Bike Depot will also have mechanics at the Event Hub on Saturday afternoon and Sunday.

Prepare your body

As well as your bike why not get your body serviced at ChiroSports with a free initial spinal assessment – ensure your preparation is complete. Contact any one of the ChiroSports offices www.chirosports.com.au

Accommodation

Please note that there is **no camping permitted at the Event Hub** at Mogo Oval. For accommodation options see http://www.arocsport.com.au/MTBenduro/mtbenduro_accommodation.html or call the Eurobodalla Nature Coast Tourism on 1800 802 528 and they will be able to help you out.

Food

Don't forget the pre-event carbo loading dinner being held at Old Mogo Town. Get a great pasta dinner for only \$20. Breakfast is also available. Check it all out at http://www.arocsport.com.au/MTBenduro/mtbenduro_accommodation.html or phone Old Mogo Town direct on (02) 4474 2123. All **Pasta Dinner bookings must be made by Monday 27 August 2008**.

It can be difficult getting food / dinner after 5pm. If you don't do the Pasta Dinner some other options are: The Courtyard Café and Mogo Munchies (serving fish & chips, burgers etc) will be open until 6pm on the Saturday night, Pizza and Fish & Chips in Batemans Bay and the Tomakin RSL.

There will be a delicious coffee van (yummy cakes) at the Event Hub on Saturday and Sunday. The local Rural Fire Service will also be running a BBQ on Sunday afternoon so make sure you pack a few dollars for when you finish. Ben's Big Breakfast from the Courtyard Café at Mogo will be going all day (\$11).

Volunteers

If you have family or friends coming to cheer you on how about seeing if they would like to be a volunteer at the event and really get into the spirit. We need volunteers to help at registration, feed stations and to act as course marshals to direct riders. Volunteers get a \$60 voucher which they can put towards entry of any AROC Sport event including next years Netti MTB Enduro. Please email Alina at alina@arocsport.com.au if you are interested / or know someone that is.

Sponsors Corner

Welcome to **Ducks Nuts** – you will be seeing those little packets at the feed stations on the course. They are nutritious, delicious and good for you!

Providing nutritious good for you snack alternatives can sometimes be challenging. Ducks Nuts Snack Packs have been developed to deliver a nutritious and delicious combination of nuts, fruit and seeds. Nuts are low GI foods so will make you feel satisfied for longer and contain healthy mono unsaturated fats that are good for you. Ducks Nuts Snack Packs contain only the best all natural ingredients. Available in four great varieties. Find them in the dried fruit aisle of all Woolworths and Coles stores. www.ducksnuts.com

Endura Magnesium Rehydration Formula

Possibly the most powerful rehydration and recovery formula available, Endura Rehydration is not just a sports drink. Endura Rehydration contains a balance of electrolytes and magnesium that athletes need for optimum performance. Endura Rehydration:

- Helps prevent muscle cramps and spasms.
- Relieves muscle aches and pains.
- Improves stamina and rapidly replaces fluid and electrolytes.
- Contains Meta Mag™, a patented form of magnesium that's highly absorbable and easily digestible.

Find Endura Rehydration at the feed stations and in your rego bag.

Keep on riding.....

The AROC Team



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