



## 1-2 September 2007, Mogo, NSW Competitor Briefing

PLEASE READ CAREFULLY

### 1. Event Hub

Event Hub Location: Mogo Oval, Church St, Mogo. Mogo is 10km south of Batemans Bay on the Princes Highway. The oval is on the western side of Princes Highway. Travel time from Sydney is approximately 4.5 hours. From Canberra it is around 2 hours drive.

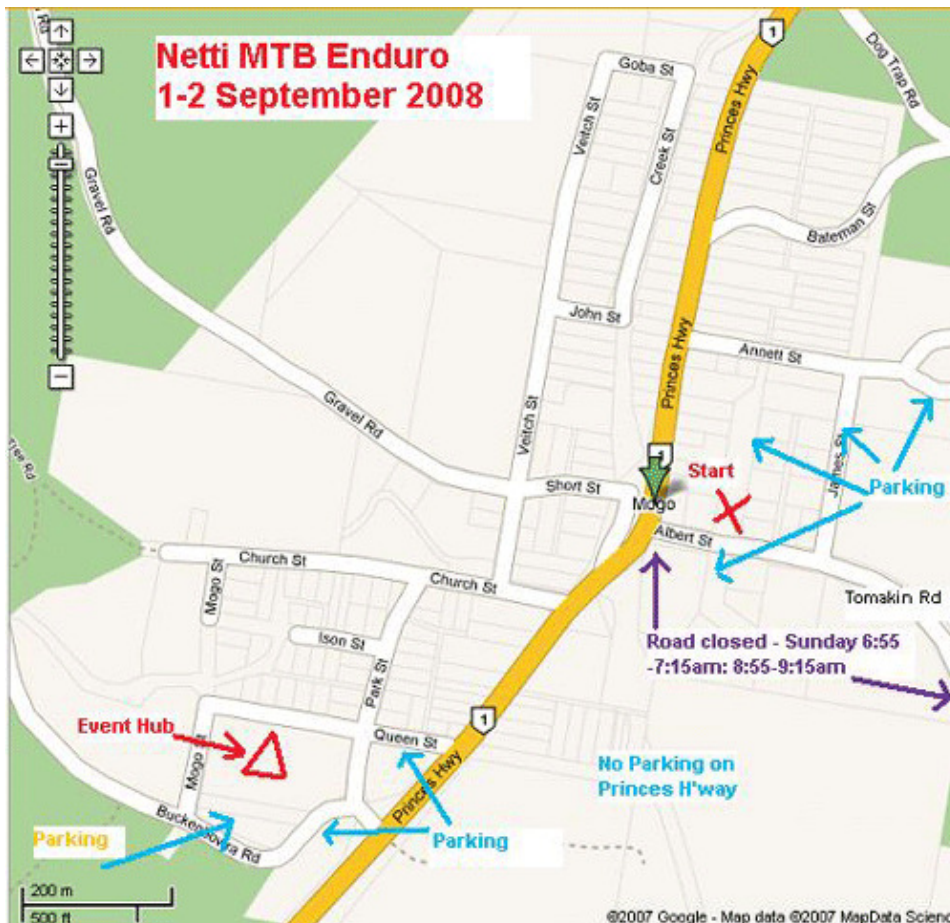
Start Location:

Nasty Nurse Prologue (Saturday 1 September): Event Hub

Irate Intern & Angry Doctor (Sunday 2 September): Tomakin Road on the eastern side of Princes Highway.

Registration: for all events is at the Event Hub.

Sponsor tents and expo, coffee van, BBQ, first aid and toilets are all at the event hub.



Mogo Village is a delightful village with some great cafés, galleries and specialty shops. Make sure you save some time to have a look and support the local businesses. The Event Hub at the Mogo Oval is within walking distance of the Mogo village and the start area on Tomakin Road. Please use the pedestrian lights at Church St to cross the Princes Highway.

## 2. Parking

Parking is limited at Mogo. If you can, please ride or team up with others to drive from your accommodation to the start.

Parking locations are shown on the map above. Note that Tomakin Road will be closed for the start of the Angry Doctor between 6:55am and 7:15am and the Irate Intern between 8:55am-9:15am. If you are coming from the coast (Barlings Beach, Tomakin, Broulee, Malua Bay etc) please make sure you allow plenty of time to avoid the road closure times. Access to the main parking area behind the start is only via Tomakin Road.

Please DO NOT PARK ALONG THE PRINCES HIGHWAY. This area is reserved for other tourists to the area.

## 3. Event Schedule for the Netti MTB Enduro

### Nasty Nurse Prologue (11.5 km) - Saturday 1 September 2007

**Late entry & Registration:** 1:30pm – 3:15pm

**Start:** 2:00pm – 4:00pm

You can enter the Nasty Nurse Prologue (time trial) on the day at Mogo Oval. So get your family and friends and have a warm up for the main event on Sunday. Entry fee is only \$20. It is a tough but fun 11.5km loop with a mix of single track and fire roads that are also used in the 50km and 100km events.

People who have already entered the Nasty Nurse need to also come to Mogo Oval to register.

At registration you can request a start time between 2pm and 4pm. It is an easy 2.75km ride to the start line along a marked fire road. You should arrive at the start line to check in about 5 minutes before your start time. The finish is back at Mogo Oval. Riders will be starting at a minimum of 30 second intervals.

### Irate Intern 50km & Angry Doctor 100km

#### **Saturday 1 September 2007**

1:30pm-5:30pm: Registration

#### **Sunday 2 September 2007**

6:00am-6:30am: Late Registration for 100km

8:00am-8:30am: Late Registration for 50km

6:45am: 100km riders gather at Mogo carpark (off Tomakin Road)

6:50am: 100km race briefing

6:55m 100km competitors move out on to Tomakin Road

**7am: Start Angry Doctor (all competitors)**

8:45am: 50km riders gather at Mogo carpark (off Tomakin Road)

8:50am: 50km race briefing

8:55am: 50km competitors move out on to Tomakin Road

**9am: Start Irate Intern (all competitors)**

2:30pm: Presentations for Nasty Nurse, Irate Intern & Angry Doctor

Other than the Elite riders who will have a designated front row start, the start will be self seeding. All categories will start together. Please be sensible about your speed, fitness and ability. This is for both the 50km and 100km events.

## 4. Registration

Registration is at Mogo Oval. There is very little time to register on the Sunday morning so please register on Saturday afternoon. Any registration changes must be done on the Saturday afternoon. You will not be able to make any changes on the Sunday morning.

At registration you will receive:

**Timing Band:** You must put the timing band around your left ankle (over clothing). Do not take it off until you have finished the event. If you do not finish the event please return your timing band to the rego tent so we can make sure we account for all riders. A \$150 replacement fee will be charged for any unreturned timing bands. There will be timing stations at the 50km mark and finish. Make sure you have your left ankle down when you go over the timing mats.

**Race Number:** This must be secured to the front of your bike with the zip ties provided.

**Sponsor product:** Including Carboshotz gel, \$40 voucher to City Bike Depot, ChiroSports voucher for discounted massage and spinal assessment, Endura product, Ducks Nuts sample pack and Sustagen sachet.

You must hand in your signed indemnity form at registration. There is a copy for you to print out on the web and at the end of this document.

### **Rider changes / Category changes / Change of events**

Any rider changes, category changes, changes from 100km to 50km events can only be made on the Saturday during registration between 1:30pm and 5:30pm. Please go to the table marked rego changes.

### **Jersey purchases and collections**

If you pre-purchased a jersey, these can be collected at registration at the jersey collection table. Note that if you purchased your jersey after August 15 they may not be available at registration but will be sent to you after the event. There will be limited numbers of jerseys available for purchase on the day. Orders for jerseys can also be placed and will be sent to you after the event.

AROC t-shirts, hats and buffs will be available for purchase.

## 5. The course

We have worked for the past eight months with Forests NSW and local riders to develop a truly amazing course. The tracks are really fun to ride and Mogo State Forest is beautiful to travel through. There are no big long climbs but there is also not much flat. It is continually up and down and it will be a hard but memorable day out. As we have said before, "The Angry Doctor will rip your legs off!" Our advice is to go steady on the uphill.

You will not be given maps of the course. There will be a map on display at the Event Hub near the registration area. The course is well marked with tape and arrows. There will also be marshals on main crossings and intersections. The Irate Intern course is identical to the first 50km of the Angry Doctor course.

### **Checkpoint locations / Feed Stations**

There are 4 feed stations along the route at 25km, 50km (Event Hub), 74km and 80km. There will be a combination of Water, Endura Drink, Lucozade, Ducks Nuts, bananas, lollies and fruit buns at each of these feed stations. You should not solely rely on the feed stations. Bring your own food and hydration as well.

## **Cut – off Times**

The aim is to have everyone back at the finish by 5:45pm. It will be completely dark by 6:05pm. This means that there will be cut-off times at the following distances:

At 50km: 1:00pm. Any 100km riders arriving at the 50km mark after this time will be required to stop.

At 74km: 3:15PM. Any riders arriving at the 74km mark after this time will miss the next 6km of the course and continue on the course from the 80km mark.

At 80km: 4:00PM. Any riders arriving at the 80km mark after this time will be shown a short course to take them to the finish the quickest way.

At finish: 5:45PM

## **Rubbish**

Please do not throw your gel / bar packets or other rubbish on the course. There will be bins placed every 12 to 15km. Use them and do not litter the forest.

## **Course Safety**

This is a long event and contains single track as well as fire roads. There are technical sections and some fast downhill sections. Make sure you ride within your ability. Get off and walk if you need to. The track or road conditions may vary considerably from one point to the next so always ride in control especially when you can't see very far ahead on downhill sections.

Tomakin Road is closed to traffic for the start of the 50km and 100km events. This is a 3km section. After this you are on a combination of council dirt roads, forest roads and single track. These roads are not closed to other traffic so please ride on the left hand side of roads. Also be aware and give way to trail bikes and cars. You will be required to dismount and walk across a couple of road intersections.

There is mobile phone coverage over most of the course. Note that there is good reception at the Mogo Oval but at the main street of Mogo the reception is very poor or non-existent. It is not compulsory but we encourage all riders to carry a mobile phone on the course. We also encourage you to take a head light if you think you could be taking over 9 hours to complete the course.

## **First Aid**

There is first aid available at each feed station. There is also roaming first aid provided by the Trail bike Search and Rescue group. Please make way for these trail bikes if they come through the course. St Johns Ambulance will be available to provide first aid at the Event Hub.

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.

A team of sweepers will follow the last riders through the course. They will be able to arrange pick up and provide assistance to any injured riders.

## **Spectators**

There will be a map at the Event Hub near the registration marquee showing spectator locations. Spectators will only be able to access certain locations on the first 50km. Spectators will not be able to access any points on the second 50km due to road safety reasons. The riders will be using all major forestry roads in the second 50km so we do not want any vehicles using these roads.

## **Mosquitos**

We have encountered a few mozzies at Mogo after some of the recent wet and warmer weather. Come prepared with repellent. While it is unlikely for them to be around in early September, if the conditions are right for them they are hideous during the daytime as well as night.

## 6. Competitor Services

**Food:** Vannochino will be at the Event Hub on Saturday afternoon and all of Sunday to cater for your caffeine fix. The Local Rural Fire Brigade will also be running a fundraising BBQ on the Sunday afternoon for when you finish. There are also a number of Cafés at Mogo village.

**Bike Repairs:** Shimano and City Bike Depot are both providing bike mechanic services. They will be at the Event Hub from Saturday midday so if you have any last minute repairs come on down to see them. They will also be there all of Sunday. The Event Hub is also the half way point for the 100km event. Note that the mechanics time is free but you will be charged for any parts needed to repair your bike.



**Test Rides:** Cannondale and City Bike Depot will have a range of the latest bikes for you to test ride. Why not try something new for the Nasty Nurse Prologue.



**Pre and post race injury treatment & post race massage:** ChiroSports from Sydney will be available to provide pre-race injury support and strapping. If you need some assistance for your injuries on the Saturday please call Nick on 0402 829 081. ChiroSports will have a massage tent set up on the Sunday afternoon. Check them out for a recovery rub and make sure you bring some drink with you to aid in re-hydration.



**St Johns Ambulance** will be at the Event Hub on Sunday to provide any first aid you might require.

## 7. Race Results & Photos

Race Results will be posted on the website by Monday morning.

Cycle Photos will be taking your photo on the day. Images will be available for you to purchase from their website [www.cycle-photos.com](http://www.cycle-photos.com) where you will be able to search for your image by race number or name.

## 8. Event Rules

- Outside assistance is not permitted. This is a self supported race.
- 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 Event Hub timing marshals 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.
- We recommend that you carry basic repair equipment including pump, patch kit and spare tubes and a chain breaking tool
- Give way to emergency vehicles if they come through the course
- If 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 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 sign and hand in at registration the indemnity form.

### Insurance

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

## Warning

Please ensure that you are sufficiently skilled to undertake the event. The course is a combination of single track, fire road and a small amount of bitumen road. 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.

## 9. Prizes

All prizes will be awarded on the Sunday afternoon. Presentation will begin at 2:30pm. 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 including 2 Cannondale bikes to be given away. There are special prizes as well for best dressed for both riders and spectators. So get into the swing and come dressed in your best Angry Doctor, Irate Intern or Nasty Nurse gear.

## 10. Sponsors

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

### Naming Rights:



### Major Sponsors



### Minor Sponsors



## AROC Sport Pty Ltd

### 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. I have read the competitor briefing and information for the Netti MTB Enduro. ("The Event").
2. 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.
3. 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.
4. I acknowledge that participating in the Event is a dangerous activity and that by such participation I am exposed to certain risks.
5. 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
6. I agree to release, indemnify and hold harmless the Event organisers, its officers, employees, agents, volunteers, contractors, public bodies, landholders 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.
7. 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.
8. 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.
9. I consent to the publication of my name and image without payment or compensation.
10. 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.
11. I agree to abide by the Event rules and the directions of all Event officials.
12. I agree that I am responsible for my personal accident and ambulance cover.
13. 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: .....