



12-13 September 2009, Mogo, NSW  
Competitor Briefing

**PLEASE READ CAREFULLY**

## 1. Event Hub

### Event Hub Location

Mogo Oval, Church St, Mogo NSW 2536. Mogo is 10km south of Batemans Bay on the Princes Highway. The oval is on the western side of the Princes Highway. Travel time from Sydney is approximately 4.5 hours. From Canberra it is around a 2-hour drive.

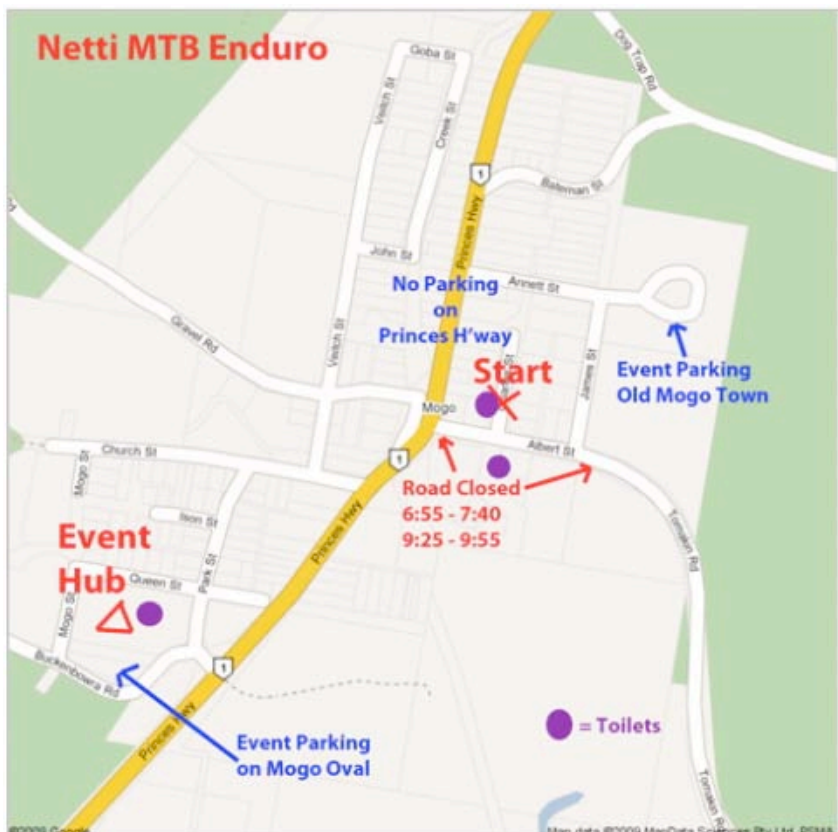
### Start Locations

- For Nasty Nurse Prologue (Saturday 12 September): Start from Event Hub on Mogo Oval.
- For Irate Intern 50km & Angry Doctor 100km (Sunday 13 September): Start from the Mogo car park on Tomakin Road, on the eastern side of the Princes Highway.

### Registration

Registration for all events is at the Event Hub on Mogo Oval.

Sponsor tents and expo, coffee & food vans, BBQ, massage stations, first aid and toilets are all at the Event Hub. There are also toilets at the Irate Intern and Angry Doctor start location (Mogo car park).



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 carpool with others to get from your accommodation to the start.

Parking locations are shown on the map above. Note that Tomakin Road will be closed to traffic for 4- to 5-minute periods between 6:55am and 7:40am for the start of the Angry Doctor and then again between 9:25am and 9:55am for the start of the Irate Intern. 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.

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

## 3. Event Schedule for the Netti MTB Enduro

### Nasty Nurse 11km Prologue Schedule

Saturday 12 September 2009	
1:30pm-3:15pm	Late Entry & Registration for Nasty Nurse 11km Prologue
2:00pm-3:45am	Nasty Nurse 11km Prologue Start

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 11km loop with a mix of single track and fire roads that are also used in the 50km and 100km events.

People who have already pre-entered the Nasty Nurse still need to come to Mogo Oval to register and collect their Race Number/Timing Chip.

Electronic timing is being used for the Nasty Nurse Prologue so you can start whenever you like between 2:00pm and 3:45pm.

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

**Start Groups:** Other than the Elite riders who will have a designated front row start, the start will be self-seeding meaning it is up to you to put yourself in the most appropriate start group for your mountain biking speed. There are designated start groups corresponding to the time you estimate to complete the course. Please have a think about your estimated race time based on the results from last year and be sensible about your speed, fitness and ability. Don't ruin the start for other riders. Note that your timing chip will record your start time as you cross the actual start line so you are not losing time by starting at the back. The first single track is 1.5km in length and is all downhill. This single track begins 2.2km from the start of the race. You will gain 100m in height in this first 2.2km on a mostly wide open fire road.

Last year Shaun Lewis won the 100km event in near perfect conditions in 4:39. There were only 26 riders who completed the 100km course in under 5:45 hours. The person who came half way through the field did the 100km in a time of 7:20. Compared with other 100km events this event is much slower so please have a look at last year's results to get an idea of what time you might do.

If you've accidentally put yourself in the wrong start group and you get left behind, please let faster riders from later start groups pass you as soon as they catch up to you or you may even need to stand off to the side of the track until riders of your own ability catch up to you.

### Angry Doctor 100km Schedule

<b>Saturday 12 September 2009</b>	
1:30pm-5:30pm	Registration for 50km & 100km events
<b>Sunday 13 September 2009</b>	
5:45am-6:15am	Late Registration for Angry Doctor 100km only (NOT for 50km riders)
<b>From 6:50am</b>	<b>You must be in your group start location 10 minutes before your group start time for the compulsory pre-race briefing. There will be a short pre-race briefing before each group start.</b>
From 7:00am	Start Angry Doctor 100km (see start groups below)
<b>7:00am</b>	<b>GROUP 1 Elite and riders taking under 5:45 hours to complete the 100km (elite riders will be seeded at the front of GROUP 1)</b>
<b>7:06am</b>	<b>GROUP 2 Riders taking 5:45 – 6:15 hours to complete the 100km</b>
<b>7:12am</b>	<b>GROUP 3 Riders taking 6:15 – 6:45 hours to complete the 100km</b>
<b>7:18am</b>	<b>GROUP 4 Riders taking 6:45 – 7:15 hours to complete the 100km</b>
<b>7:24am</b>	<b>GROUP 5 Riders taking 7:15 – 7:45 hours to complete the 100km</b>
<b>7:30am</b>	<b>GROUP 6 Riders taking 7:45 – 8:15 hours to complete the 100km</b>
<b>7:36am</b>	<b>GROUP 7 Riders taking over 8:15 hours to complete the 100km</b>
3:00pm	Presentations for Nasty Nurse, Irate Intern & Angry Doctor

### Irate Intern 50km Schedule

<b>Saturday 12 September 2009</b>	
1:30pm-5:30pm	Registration for 50km & 100km events
<b>Sunday 13 September 2009</b>	
8:00am-8:45am	Late Registration for Irate Intern 50km
<b>From 9:14am</b>	<b>You must be in your group start location 10 minutes before your group start time for the compulsory pre-race briefing. There will be a short pre-race briefing before each group start.</b>
From 9:24am	Start Irate Intern 50km (see start groups below)
<b>9:24am</b>	<b>GROUP 1 Riders taking under 3:00 hours to complete the 50km</b>
<b>9:30am</b>	<b>GROUP 2 Riders taking 3:00 – 3:30 hours to complete the 50km</b>
<b>9:36am</b>	<b>GROUP 3 Riders taking 3:30 – 4:00 hours to complete the 50km</b>
<b>9:42am</b>	<b>GROUP 4 Riders taking 4:00 – 4:30 hours to complete the 50km</b>
<b>9:48am</b>	<b>GROUP 5 Riders taking over 4:30 hours to complete the 50km</b>
3:00pm	Presentations for Nasty Nurse, Irate Intern & Angry Doctor

## 4. Registration

Registration for all 3 events is at Mogo Oval. There is very little time to register on the Sunday morning so please try to 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:

- **Race Number with a Timing Chip attached:** This must be secured to the front of your bike with the zip ties provided. There will be timing stations at the 50km mark and finish. You do not need to return the Timing Chips.
- **Registration pack** with sponsors' goodies and information.

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. You can have someone else register for you but they must bring a signed indemnity form signed by you.

## **Rider / category changes**

Any rider changes (entry transfers) and category changes can only be made on the Saturday during registration between 1:30pm and 5:30pm. Please go to the table marked rego changes. Please note that you cannot swap between the 100km and 50km events.

## **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 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**

The Angry Doctor consists of two different 50km loops. Both 50km loops end at Mogo Oval. The first 50km loop of the Angry Doctor is also the course for the Irate Intern. The start will take you from the Mogo car park, about 120m along Tomakin Road and immediately left into James St to Old Mogo Town. You will make your way through the mining village in Old Mogo Town and then into the forest. Take it easy as there is a good 100m climb on a wide fire road to warm your legs up! The tracks are really fun to ride and Mogo State Forest is beautiful to travel through.

For both 50km loops there are many climbs and 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, if you are not a super fit rider, is to go steady on the uphill especially early on in the race. The first 15km of the course is the hardest section of the whole day.

You will not be given maps of the course. There will be maps on display at the Event Hub near the registration area. The course is well marked with tape and arrows. The course is marked with a combination of pink flagging tape and 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 1km 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.

## **Checkpoints / Feed Stations locations**

There are 3 feed stations along the route at 29km, 50km (Event Hub) and 80km. There will be a combination of water, Gu drink, Gu gels, Sun Health Foods cereal bars, bananas, lollies and fruit buns at each of these feed stations. There will also be Red Bull energy drink at the 50km mark. You can leave your own supplies at the 50km mark if you wish. You should not solely rely on the feed stations. Bring your own food and hydration as well.

## **Recommended Equipment**

We recommend you carry the following items:

- Pump or CO<sub>2</sub> canister(s)
- Spare tube(s) or patches
- Chain breaker tool
- Spare chain quick links
- Lube
- Food and drink
- Sunscreen
- Mobile phone
- Headlamp (for slow riders who might take over 9 hours to complete the 100km event)

Note that we will not run a taxi service to collect you if you simply have a flat tyre or a broken chain.

## **Cut-off Times**

The aim is to have everyone back at the finish by 5:30pm. It will be completely dark by 6:10pm. This means that there will be cut-off times at the following distances:

At 50km: 12:45pm. Any 100km rider arriving at the 50km mark after this time will be required to stop.

At 80km: 3:50pm. 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.

## **Withdrawing from the event**

If you need to withdraw from the event for any reason at all, you must report to the timing marshals at the event Hub at Mogo Oval. This is extremely important for the safety of the event.

## **Rubbish**

Please do 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. Do not litter the forest. Last year there were a lot of gel packets throughout the course: it is not acceptable and really bad form. We ask that you please pay particular attention to this issue this year.

## **Course Safety**

This is a long event and contains single track as well as fire 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 locations we feel could be the most dangerous if you were not warned to use caution or to slow down. The trail can vary very 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.

Tomakin Road is closed to traffic for the start of the 50km and 100km events. This is a 120m 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. Be aware and give way to trail bikes and cars. Be careful at all road crossings.

There is mobile phone coverage over most of the course. Reception goes in and out frequently over the whole course as you go onto ridges and down into gullies. Note that there is good reception at the Mogo Oval but reception in the main street of Mogo is very poor or non-existent. 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 100km course.

## **First Aid**

St John will be providing first aid at each feed station and the local Rural Fire Service will be providing safety communications throughout the course. There is also roaming first aid provided by local first aiders on trail bikes. Please make way for these trail bikes if they come through the course. St John Ambulance will be available to provide first aid at the Event Hub and will attend any emergencies on the course.

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 stopped.

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.

## **Emergency Numbers**

In the event of a non life-threatening emergency, call the AROC Emergency Phone: **0401 394 517**

You should program this number into your phone for the event.

In life-threatening cases you should call **000 or 112** first and then call the AROC Emergency Phone.

## **Spectators**

There will be course maps at the Event Hub near the registration marquee showing spectator locations. Spectators will only be able to access certain locations on the first 50km. Unfortunately, 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.

### **Mosquitoes**

In 2007 we encountered a few mossies at Mogo after wet and warmer weather. This year it's been extremely dry, so the mossies seem to have stayed away but come prepared with repellent just in case. 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**

The Event Hub will be buzzing from Saturday afternoon. Vanuccino's will be providing your caffeine fix and Mogo School will be on hand for some BBQ, salads, cakes and fresh lemonade on Saturday afternoon.

On Sunday, on top of the coffee van, there will be both a pizza van and a funky mushroom caterer offering soups and stuffed mushrooms to take care of your belly. The Runnyford Rural Fire Brigade will be running a fundraising BBQ for when you finish. There are also plenty of cafés and lunch spots at Mogo village.

### **Bike Repairs**

Paul and his crew from local bike store Batemans Bay Cycles will be providing a bike repair service at the Event Hub from 12 noon on Saturday to ensure you have the best ride possible! Forgotten to bring something? They will also carry a range of accessories, including spare parts, tyres, tubes, helmets, clothing, shoes, gloves, sunnies, etc. They will also be there all of Sunday. The Event Hub is also the halfway 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 will have a range of the latest bikes for you to test ride. Netti will also bring some bikes for you to trial. Why not try something new for the Nasty Nurse Prologue?



### **Pre- and post-race injury treatment & massage**

Fluid Management Systems are coming up from Melbourne with massage therapists to provide TLC for broken bodies. They will charge \$1 per minute for massages.

### **St John Ambulance**

They will be at the Event Hub on Saturday and Sunday to provide any first aid you might require.

## **7. Race Results & Photos**

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

Aurora Images will be taking your photo on Saturday and Sunday. Images will be available for you to purchase from their website [www.auroraimages.com.au](http://www.auroraimages.com.au) where you will be able to search for your image by race number or name.



Krystle Wright from Incite Images will also be shooting the event. These shots will be displayed in a photo gallery on the Netti MTB Enduro website in the weeks following the race. You will not be able to purchase these photos.

## 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.
- Give way to emergency vehicles (cars and trail bikes) 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 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 hand in a signed indemnity form at registration.

### 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 insurance 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 3:00pm. 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 riders. So get into the swing and come dressed in your best Angry Doctor, Irate Intern or Nasty Nurse gear.

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. We will not post prizes out after the event.

## 10. Sponsors

Thanks to all our sponsors (those returning for the third year or those just coming onboard) that are supporting this event and providing a mass of goodies and prizes for all the competitors.

### Naming Rights:



### Product Sponsors



### Media Partners



### Nutrition/Hydration Sponsors



### Event Partner



## 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 insurance 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: .....