



DuO Adventure 2015



NSW DuO Championships Castle Hill COURSE INSTRUCTIONS

PARKING

Follow signs at entry to Castle Hill Showground to event site.

REGISTRATION

All competitors are required to attend registration.

For Hard 1 & 2 only, your course maps for the MTBO and second run legs plus control descriptions will be issued at registration. Check you have the correct maps before you start. Hire SI sticks will be available at registration.

Pick up your lucky draw voucher at registration and place in the lucky draw box.

MAP PREPARATION

The first run leg (Score Course) will be handed out at the Start.

Competitors may mark up their maps for the course using the course and control descriptions. Check how many controls that you are required to collect.

Give yourself time before the start for map preparation and placing your bike, helmet, food and water at the transition marked with bunting.

Running shoes and platform pedals are recommended to save time at transitions.

The map paper is water resistant and you will be issued with a waterproof sleeve for added protection of your maps.

Ensure that you have your maps with you for each leg.

START

Fix your SI unit to you person/finger for all legs.

There will be a mass start for each course commencing at 9.30am for the Hard 1.

Your start time is on your course instructions.

Ensure that you clear and check your SI unit at the start area.

The start time for each course is set in the SI system. **You do not punch at the start.**

If you miss the start, your time is still taken from your course start time. Give yourself plenty of time to make the start.

All competitor's, ensure that you carry your maps.

LEG 1 Score Course (All runners) Numbers on flags with punches only.

From the start you must collect the allocated number of controls in accordance with your class. Collect the controls in any order.

Punch boxes are on your map. Punch the Leg 1 boxes as required.

Return to the start/transition area.

Enter the transition and pick up your bike/gear and proceed onto the first MTBO stage.

LEG 2 MTBO (Line course) All riders H1 7.5k, H2 4k, H3 7k

There are several short technical descents. If you are not confident, dismount and walk just to be on the safe side.

Collect the controls in order as allocated in the map. The MTBO controls will be corflute signs with SI unit and control flags tied to trees.

There are no controls to punch at the transition, proceed directly to the first MTBO control.

Hard 3 course only returns to start/finish at Castle Hill Showground.

On completion of MTBO stage punch the finish control.

Leg 3 RUN (Line Course) Hard 1 and Hard 2 only H1 3.5k, H2 2.8k

Leave your bike and gear at the transition.

Collect the allocated number of controls on foot for your course in order and return to your bike.

There is no control to punch at the transition.

LEG 4 MTBO (Line Course) Hard 1 & Hard 2 only H1 6.5k, H2 5k

Collect your gear and return to your bike.

Proceed directly to the first MTBO control on leg 4.

Collect the controls in order on your way back to Castle Hill Showground.

On completion of MTBO stage punch the finish control.

CONTROL DESCRIPTIONS

Control descriptions are listed on each map.

EVENT SAFETY: At times you will be running on public roads and you must keep to the verge of the road and use common sense when crossing roads.

You will be using public roads on the MTB leg. Obey all road rules and keep to the left, watch for oncoming traffic.

There is a long set of stairs which is a route option. If it has been raining it is recommended NOT to transit the stairs with your bike as the descent is steep and the top section becomes extremely treacherous. Accidents have occurred on this section in wet weather. If you choose this route you must walk your bike on the stairs. Riding the stairs will result in disqualification. Ascending is safer than descending. Shoulder your bike to leave one hand free to grab the railing.

RESULTS

Results will be posted on the results board and on Eventor.

Hand in your hire Si unit if applicable.

LUCKY DRAW

A lucky draw will be held at the completion of the event. You must be present to collect any prizes.