

BIKE-O 75 – 2024 SUMMER MTBO FUN. Version 14 January 2024.

WELCOME

Bike-O 75 are fun 75 minute Mountain Bike Orienteering (MTBO) events in and around Melbourne.

The events are designed to cater as an introduction to the sport as well to challenge the more serious rider.

Riders can 'compete' together as a group (families and friends) or as individuals. The scatter format means you can go to as many or few controls as you want in the 75 minute time limit.

Navigation is generally easy and you should not need a compass.

Check out the website: www.vicorienteeing.asn.au/bikeo75

FAMILY FRIENDLY FUN EVENTS

- Go to as many or few controls as you like
- A number of controls with easy access for families and friends
- Ride as a group or alone
- Giveaways for all new young riders
- BBQ and free fruit at the end
- Free mapboard hire
- All events on MapRun (one phone needed per team)
- Experienced trainers on hand to assist with set up and navigation
- Family discount

THE SERIES

There are three events in the series as follows:

January 20 – Lysterfield Park – starting from Horswood Drive

February 3 – This Saturday evening event has been cancelled. Difficulty with Parks Vic approvals! HOWEVER we will provide access to a map and information for you to do a MapRun training ride in the Yarra River area west of Fitzsimons Lane (Templestowe) in your own time. Visit as many controls as you can in 75 minutes as recorded on MapRun. You can do it any time between 20 Jan and 17 February. The usual MapRun processes apply (see below).

Copies of the map will be available at the Lysterfield event (gold coin donation appreciated for map copy) OR you can print your own from the website. Map link and more information including actual location of the start and finish are available in the documents section for the event on the website. Park at Banyule Flats Reserve, Somerset Dve, Viewbank.

February 17 – Silvan. Assemble at the Eagles Nest Picnic Ground, off Silvan Rd, Silvan. Park along one side of Eagles Nest Rd.

March 2 – You Yangs – starting from the Kurrajong Picnic Ground

The primary objective of each event fun and participation. As a result, each event is standalone and there is no event or overall series winner.

HOW IT WORKS

Register for the event on Eventor (preferred) or Enter on the Day (EOD).

- Event entry: \$12 for adults, \$6 for juniors (\$18 for a family)
- Arrive, check in from 5:00 pm and receive a map (you can plan your course beforehand)
- Get a mapboard attached to your bike (if required, free)
- Go to the start (marked a triangle) and start any time between 6.00pm-6.15pm
- Course closure at 7.45 pm, including for late starters

All events have printed maps and virtual controls using MapRun (app Version 7.3.1 or greater). It is best to download and register on MapRun before you arrive. Assistance on MapRun use can be provided at the start.

Visit as many controls as you can in 75 minutes and return to the finish (you need to record a MapRun finish).

At the end of the event, free fruit will be provided or enjoy the BBQ at a nominal fee.

ENTRY

To participate at a Victorian orienteering event or activity, you must provide organisers with your full name, contact phone number, and emergency contact phone number, either when entering online or at Registration.

Please consider personal risk when participating. Ambulance cover recommended.

Our strong preference is for online entry and payment via Eventor. This reduces the workload on volunteers and speeds up the check in process for participants.

- Sign up on Eventor – select the event from the Eventor calendar. Read the blue box information. Click 'enter'.
- Select age class (Juniors = up to age 17) and follow prompts to pay online.

For EOD, come to the event prepared to pay with credit card. Cash is not preferred but will be accepted - but please bring correct amount.

For EOD or where not provided online, you are required to:

- provide your contact phone number and emergency contact number by scanning our QR code with your phone at Registration
- fill in a simple online entry form. Allow extra time for your entry and payment to be processed
- complete payment

All entrants are required to check in at Registration to receive their map.

You are responsible for all personal items. Find a place to put your keys, water bottles, extra clothes etc, away from Registration.

And if you have signed up on Eventor, but now are unwell, check out the OV refund policy: [OV Refund Policy](#). Please don't come to the event if you are unwell!

MAPRUN

Go to the start marked on the map. Check that your phone/watch beeps to indicate you've started.

On MapRun, select your course and start as soon as you are ready during the start window. Make sure you are using MapRun (not MapRun6) or MapRunG (for Garmin).

- Do not start if the Start control does not 'beep' and go green on the MapRun app. Seek help if required.
- If your watch is not MapRun-compatible (eg older Garmin), it is possible to export your gpx track into MapRun, or use Strava to create a track in MapRun.

Out on the course, use MapRun to record which controls you visit. There are no physical control plates/flags. If MapRun fails to record a control or stops working, keep riding and advise Registration at the end of the event.

You will score 20 points for each control visited and lose 10 points per minute or part thereof if late.

Complete your course and return to the Finish stand/flag. Make sure your phone/watch beeps to indicate that you've finished.

If MapRun fails to record one or more controls, but has otherwise worked and recorded a GPS track, use the HITMO function to notify a missing control. You can get help to do this.

At the event - verify that your track has uploaded by pressing "All Results for this Event". If your result is there, all is good. If not, click the menu option in the top right corner and press Upload (Manual).

Report your return to the Registration volunteer – DON'T FORGET!

Provisional results are available immediately on MapRun. At home, look for results and event reports on Eventor.

Sign up for the next event!

Orienteering Victoria's events have measures in place to reduce the risk of transmission of covid and other infectious diseases. Please stay home if you have covid, are a close contact, or have covid symptoms.