

EVENT INFORMATION

EVENT: **MTBO 3 - GLEN FORREST**

DATE: **SUNDAY, 26 MAY 2024**

ENTRY DETAILS:	PRE-ENTRY PREFERRED By SATURDAY May 25th at 4:59pm ENTER ON THE DAY FROM 9:00 – 10:30 AM
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START TIMES: 9.30 – 11.30 AM

COURSES CLOSE: 1:00 PM
You need to be back at the assembly area by this time, whether or not you complete the course.

COURSES AVAILABLE:

- Long approx. 30 km
- Medium approx. 20 km
- Short approx. 10 km
- Easy approx. 5.5 km, does not stray far from the Heritage trail, minimal climb.

COURSE NOTES:

- The area is in the outer metropolitan suburbs surrounding the Railway Heritage Trail, and adjacent forest to the south.
- The area was mapped by Duncan Sullivan and updated in 2024 to ISMTBOM 2022v3 symbols.
- Map scale 1:15,000 with 5m contours on a A3.
- This event uses MapRun for timing. Please bring your fully charged mobile phone with MapRun installed.
- This event is suited to beginners and families. E-bikes and runners are also welcome.

FACILITIES:

The assembly area at Morgan John Morgan “train Park” is family friendly, with toilets, barbecue, shelter, and playground. Glen Forrest Gourmet Café, on Railway Parade, is recommended for drinks, cakes and lunches (open 8am to 2pm).

THINGS TO BRING:

Mountain or gravel bike, helmet, and water bottle. Map board, if you have one, or this can be borrowed at the event. Your fully-charged mobile phone, with MapRun installed.

MAPRUN INSTRUCTIONS:

Download the MapRun app on your phone AHEAD OF TIME - search for "Maprun" on your Google Store or App Store or use the link:

Android: <https://play.google.com/store/apps/details?id=au.com.fne.maprun7>

Apple: <https://apps.apple.com/au/app/maprun/id1634949963>

Open the app and enter your details: use the same name as you used for registering on Eventor. Instructions on how to access the specific MapRun6 event will be given at the event.

Controls will change to green on your phone as you visit them during the event. Your phone will beep when this happens. So, make sure your phone is on max volume, especially if in your bag.

If you get lost during the event, you can ask the app on the phone to show you your position on the map up to 3 times, this will not count negatively towards your points. Punching is automated when you are at the control site. As long as you hear the beep, you are good to go to the next one!

If your phone doesn't beep at a control:

1. Make sure you are at the right location as shown on the paper map.
2. Look at your phone to see if you have punched the control but you didn't hear the beep.
3. Move on to the rest of the course, and immediately after you finish let an official know which control(s) failed. It should be verifiable using the GPS trace that MapRun records, and in this case, we will add the missing control to the final results.

Teams can carry one or multiple Maprun devices if they like.

Make sure you fully charge your phone before the event. If you are having trouble installing MapRun on your phone, instructors at the registration desk can help (registration desk is open 9-10.30am).