



# Multi Terrain Bike Orienteers

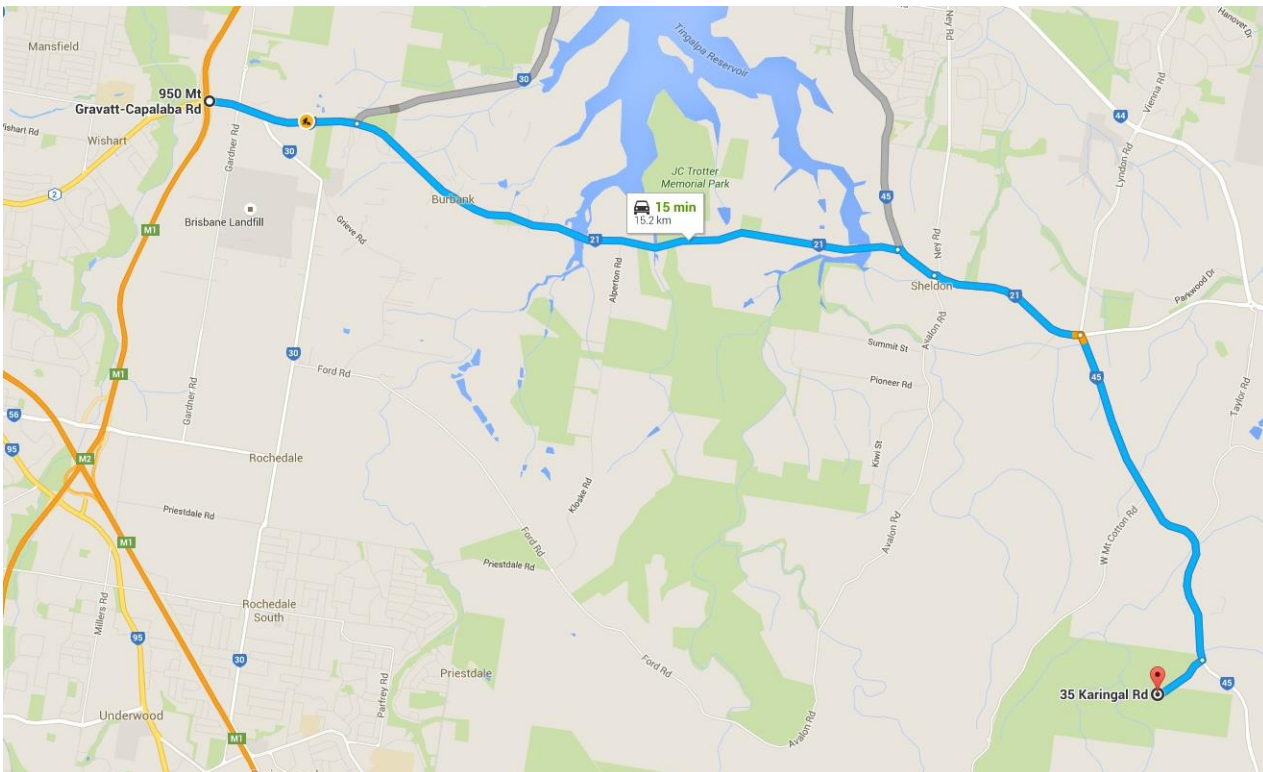
Mt Cotton MTBO

Sunday 29<sup>th</sup> September 2024

## Directions:

Karingal Scout Campsite is located at the end of Karingal Rd, Mt Cotton.

Google Location – <https://maps.app.goo.gl/JiBJ3hk1DC69PS2d9>



From Brisbane and the Gold Coast:

From the Gateway motorway, take Mt Gravatt-Capalaba Rd Exit and head east. At the 3rd set of traffic lights continue straight ahead onto Mt Cotton Rd. Two sets of traffic lights further along (cnr Lyndon Rd), turn right to stay on Mt Cotton Rd. After about 4km, just past Sirromet Wines, turn right into Karingal Rd. This will take you to the only house on Karingal Rd, which is on the r/h side of the road. Continue on past this house to the end of the bitumen and then continue onto the dirt road. You should now be at the front gate of Karingal Scout Campsite. At the next intersection turn left and follow the MTBO signs to the parking area. Vehicle speed limit in Karingal Scout Campsite is strictly 10kph.

## Registration

The registration desk will open at 8:30am.

All competitors are required to check in at the registration desk, collect a timing stick and pay any outstanding entry fees.

For newcomers, basic instruction will be available from our friendly club members at rego.

You'll be able to hire a mapboard at registration and get help to mount it. It makes all the difference for holding your map on your handlebars.

You can also hire a Sportident timing stick at registration, if you didn't hire one upon entry.

## Intro session for Women and Girls

There will be a group session at 9:00 am for any females new to orienteering. Experienced club members, Eva Kovacs, Kate Riseley and Andrea Harris, will explain the basics of MTB orienteering, map reading and event timing, they'll then guide the group to the first couple of control flags. Then, depending on your level of confidence, you can venture off on your own, or with a friend, or stay with one of the mentors, and continue around the course together.

The tracks are generally pleasant and not hardcore and you can stop midcourse and watch the birds - or race! – it is totally up to you.

Meet Eva, Kate and Andrea at the Rego desk at 8:50 am, ready to ride!

## Terrain

This site has a network of sealed roads joining the villages and conference venues. There are many open grassy fields used for camping and events. Dirt tracks link these spaces through the native bush. Most tracks and grassy areas are fast to medium speed with the more recently slashed areas slow to ride. The gradient of the area varies from flat to gently undulating to a couple of steep areas.

## Map

### Scale and Contour Interval

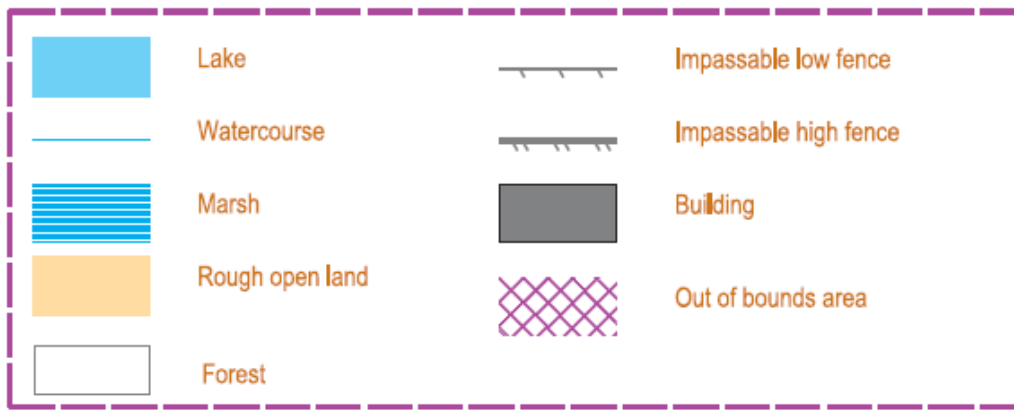
Scale 1:5,000. 1cm=50m. Contour interval 5 metres. The maps will be A3 size.

## Map Symbols

### Where you can ride

	Open land		Track: medium riding
	Open land w. scattered trees		Path: medium riding
	Forest, permitted to ride		Track: slow riding
	Paved road		Path: slow riding
	Track: fast riding		Track: very slow riding
	Path: fast riding		Path: very slow riding

## Where you can't ride



### Map Notes

The position of the Start triangle on the map is where you receive your map.

As this a Scout Campsite and Conservation Park, many tracks have leaf and bark litter, which may camouflage some tracks.

Creek crossings on tracks and paths may have water that you are permitted to ride through.

Not all fences have been shown on the map. You are not permitted to cross locked gates.

On this map, the tracks are shown with a rideability grading. This equates to the maximum speed of an elite rider in either direction.

Open land is shown as yellow shading. These areas can be ridden on.

Open land with scattered trees is shown on the map with ad yellow with white dotted symbol.

These areas can be ridden on but may be rough and slow

There's a lightly forested activity area with numerous paths that are unable to be accurately mapped. This area has been shown with the Forested area, permitted to ride symbol. This area can be ridden.



Forested area, permitted to ride

All roads have been graded for their rideable speeds with this plant growth taken into consideration.

Areas of natural bushland are shown as white areas on the map and are out of bounds and can't be ridden on.

Tracks and paths may have ruts and holes due to water damage. Ride to the conditions.

Wood decking on bridges may be slippery when wet. Exercise caution.

The site has many features, natural and man-made, but in order to make the map readable at the scale we're using, it wasn't possible to show everything.

Please also note that grass grows, trees fall and tracks are occasionally bulldozed or slashed.

These things are beyond the mapper's control.

## Timing

8.30	Rego opens
9:00	Start Opens
9:00	Novice briefing
10.00	Start Closes
12.00	Courses Close

## Key Personnel

Course planner: Eva Kovacs

Event Organiser: Craig Steffens

## Courses

Course	Km	Climb	Controls	Classes
1	16.4	455	26	M21, Long, Women Open - Long, Ebike
2	14.3	405	23	W21, M40, M20
3	12.1	375	21	M50, W40, Medium
4	10.0	285	18	M60, W50, W20
5	8.5	210	15	W60, M70, M80, W70, M14, W14, W16, Short
Score	1.5 hrs		24	Solo riders and teams

For Courses 1-5, you must get the controls in the order specified on the map (Start, 1, 2, 3... Finish).

For the Score courses, the controls are worth different values. You can visit the controls in any sequence in order within the 1.5 hour time limit. After that, points penalties apply. 20 points per minute that you're late back gets deducted from your total.

## Course Closure

Courses close at 12:00 noon. If you have not finished your course by this time, please abandon it and return to the Finish control (double circle) and then the Download desk.

## Out of Bounds Areas

Areas of private property bordering the event area are off limits. All other OOB area are represented by purple hashing.

## Catering

We'll have Jenny catering in support of Smiling for Smiddy with Burgers, Snags and baked goodies.

## Road and Track Grading

The maps have been prepared to the IOF standard for MTBO maps with the exception that we are using the Australian 2 x 4 track grading system, briefly explained below. If you are unsure about the track grading system, study the map legends available at rego. If you have any questions, please ask of our helpers.

**Fast** – little or no restriction to the speed which a rider can attain. Generally, these are tracks that would be suitable for a standard 2WD vehicle. Roads shown as a wide full line, and tracks as a narrower full line.

**Medium** – generally good riding with some reduction in speed and a requirement to keep an eye on where you are going to avoid obstacles such as potholes, rocks, ruts, sand, vegetation etc. Generally, these are tracks that would be suitable for a light 4WD vehicle. Roads shown with a wide line and a long dash and tracks with a narrower line and a long dash.

**Slow** – sufficient obstacles to require the rider to pick lines to avoid obstacles. Consistently potholed, rocky, rutted, vegetated or sandy. Soft surface due to standing water. Skilled, fit riders should be able to ride almost always. Less skilled and fit riders may have to dismount. Roads shown with a wide line and a short dash and tracks with a narrower line and short dash.

**Difficult** – a technical track/path which may require the rider to dismount. Skilled, fit riders may be able to ride without dismounting.

## Safety

If you encounter an injured rider, you **MUST** abandon your course and render whatever assistance you can. Send another rider back to registration for assistance, if possible. Please keep alert and ride to the conditions. You must obey all road rules and are fully responsible for your own safety.

The emergency contact at the assembly area is Craig on 0418871193.

Hazards on this course may include: -

- fallen trees
- potholes and erosion gullies
- long grass
- wildlife
- cyclist, runners, walkers
- vehicles

## Control Flags

Standard orange and white control flags will be suspended on pickets with an SPORTIDENT unit and red pin punch (for use if the control units fail). The control identification number will be the SPORTIDENT unit. This will match up with the control number on the map. If you accidentally punch the wrong control, continue on to your correct control and proceed as normal. Punching a control more than once will not gain you any extra points.

## Rules

The Australian MTBO rules shall apply to this event. These can be found on the [Orienteering Australia page](#). All competitors are urged to read and understand these rules. Some key items include:

- All competitors must wear bike helmets.
- Competitors must stay on the tracks marked on the competition map. If terrain or road conditions force the rider to dismount, they must carry the bike on a marked track. No off-road shortcuts through the bush are permitted.
- Competitors on normal courses must visit the control sites in sequential order. Check the control number on the marker is the same as the one on your map before punching.
- Competitors must not become separated from their bike during a competition, unless through injury or mechanical failure.
- Courtesy and sensible behaviour are expected when mountain bike riders encounter walkers, runners, horseback riders, land-owners, forestry workers, or logging vehicles during an event.
- Competitors and officials must avoid disturbing local flora, fauna and stock at the event and respect the local environment.
- Practice and observe the rules of the road – keep to the left on roads and tracks.
- Approach all track/road crossings, corners and hillcrests with caution.
- Ride defensively and in control at all times.
- Give way to faster riders wishing to pass on narrow tracks
- Riders going downhill should give way to riders going uphill
- Calling out to other riders, sharing information about control locations, or seeking assistance with regards to your location, will bring instant disqualification. If you see or hear any of this behaviour, report this to the organiser.
- Give assistance to injured competitors on the course. Organisers may give a restart or organiser points for the rider who gave assistance.

## Event Timing



This event will be using the SportIdent Electronic timing system.

## SPORTIDENT Air Contactless Punching

Familiarise yourself with how the system works by reading the guides that we've sent to you.

## SPORTIDENT use on the Course

If a SPORTIDENT unit at a control malfunctions and does not "beep" or "flash" when the stick is inserted, the competitor must use the red pin punch at the control to mark their map. Failure to do this will result in a DNF being recorded. If you need to use a punch at any control, please advise the Finish officials as they will need to sight your punch map, to confirm that you have completed the course.

## Clear & Check

It is important to remember to “clear” and “check” your SPORTIDENT stick prior to each stage, to delete previous event information stored on it. Special “Clear” and “Check” units will be positioned in the pre-start area of each event. It is the competitor’s responsibility to ensure that they have the correct SPORTIDENT stick and that it is cleared of previous race data before they start. If you do not clear your SPORTIDENT stick it may not have enough memory to record all your controls.

## Water

Everyone is urged to drink plenty of water before starting their ride. Please bring your own water for use before and after the event.

## Facilities

There are toilet facilities at the parking area.

## Start

After you register, you can start whenever you’re ready.

There are no pre allocated start times. You may start at any time during the starting window.

Note: you must Clear and Check your SPORTIDENT Air stick, as this wakes it up. There will be a Test unit after the Clear and Check to test your SportIdent Air stick has turned on.

After you’ve been given the start signal, you may choose to spend a few minutes deciding on which route to follow. *Just move aside so you don’t obstruct other starters.*

TIP: take it slow to your first control point, to get a feel for how the scale of the map relates to actual distances on the ground.

The position of the Start triangle on the map will be at the map hand-out point.

## Finish

At the finish, riders must punch or wave one of the “Finish” controls to end their event and record a finish time. After punching the finish control, proceed to the download desk to download your results and receive your time and we’ll retrieve your SPORTIDENT stick.

For safety reasons, all riders must report to the finish and then the download desk to indicate they have returned safely, irrespective of what time they return, to avoid search and rescue procedures. **DO NOT GO HOME WITHOUT DOWNLOADING.**

Tip: The Finish control turns off your SPORTIDENT Air stick, so you must keep well clear of it during your ride.

If you’ve enjoyed yourself, then please consider helping us out by retrieving a couple of controls before you leave. Put your name down at Rego when you check in.

## Safety

For any serious medical emergency call Triple Zero (or 112 if you don’t have reception from your usual mobile carrier).

If you encounter an injured rider, you **MUST** abandon your course and render whatever assistance you can. Send another rider back to registration for assistance, if possible. Mobile phone coverage may be limited on the course and assembly area. The emergency contact at the assembly area is 0418 871 193.



A first-aid kit will be available in the assembly area for emergencies. There will also be a trained first-aider in the assembly area.

Hazards on this course may include fallen trees, potholes, long grass, wildlife, horse riders, motor bike riders, vehicles and trucks on public roads, 4WD's. Please keep alert and ride to the conditions. You must obey all road rules.

We recommend and use the Emergency + App, to assist Emergency Services to locate you...



## Emergency Plus app

'Emergency +' is a national app developed by Australia's emergency services and their Government and industry partners, helping people to call the right number at the right time, anywhere in Australia. ... Triple Zero calls are free.

Android -

[https://play.google.com/store/apps/details?id=com.threesixtyentertainment.nesn&hl=en\\_AU](https://play.google.com/store/apps/details?id=com.threesixtyentertainment.nesn&hl=en_AU)

Apple - <https://itunes.apple.com/au/app/emergency/id691814685?mt=8>

## Event Results

Placings and Split Times will be available in Eventor and our club website shortly after the event...

[www.mtbo.com.au](http://www.mtbo.com.au)

## Anything Else?

Contact Craig Steffens 0418871193

