



Crows Nest Mountain Bike Orienteering State Series-Round 8, Oct 29, 2017

Thankyou all for your entry into the State Series – Round 8, hosted by Range Runners Orienteering Club. These are your final instructions:

ROAD DIRECTIONS

From Brisbane, take the Brisbane Valley Highway through Esk and then take the Esk-Hampton Rd towards Crows Nest (Route 85). After about 30km, turn right into Philp Rd (signposted Crows Nest, Perseverance Dam). There is not much warning that this turn is coming up . After 200m, turn left, then right into Mt Jockey Rd. Follow this for about 18km. The assembly area is on the left in the Pechey Forest station. Allow about 35 mins from Esk.

If you prefer, you can stay on the Esk-Hampton Rd all the way to Hampton, turn right onto the New England Highway and follow about 7km to Pechey and follow directions as for Toowoomba.

From Toowoomba, travel north along the New England Highway. At Pechey (about 35km from north Toowoomba), turn right into Pechey Forestry Rd (signposted to Perseverance and Cressbrook Dams) and follow for about 1.5km. The assembly area is on the right in the Pechey Forestry station. Allow about 35 mins from north Toowoomba.

From Crows Nest, travel south along the New England Highway (about 5km) turn left into Pechey Forestry Rd (signposted to Perseverance and Cressbrook Dams) and follow for about 1.5km. The assembly area is on the right in the Pechey Forestry station. Allow about 35 mins from north Toowoomba.

To assist, there will be an orienteering sign at the entrance to the Pechey Forestry Station, as well as a sign at the New England Highway turn off.

ASSEMBLY AREA/ FACILITIES

The assembly area is an open grassy area with shady trees and some picnic benches and is courtesy of the local staff from Forestry Plantations Queensland. There is plenty of room to set up further shade tents and picnic rugs for before and after the event.

Parking is on the left immediately after the entrance off Pechey Forestry Road. To maintain a safe assembly and warmup area - please no cars outside of the designated parking area unless authorised.

The Local Lions Club will be having a **sausage sizzle and selling soft drinks**, so please show them some support.

REGISTRATION

The Registration desk will open at **7:30am with starts from 8.30am**

All competitors are required to go to Registration to check in and make any outstanding payments.

If you requested a hire SI stick with your entry, this will be issued at Registration.

If you hired a map board with your entry, this will be available at Registration.

For newcomers, basic instruction will also be available from a club member near Registration.

MAP

Map size is A4 for all courses.

Map Scale is 1:25000 for all courses

Contour interval is 5metres.

CONTROL STANDS AND FLAGS

Orange and white control flags will be on stands with a Sportident unit attached.

The number on the control flag and control unit will match the control number on the map.

COURSES

The following table provides information about the classes and courses available on the day:

Course	Approx. Length (km)	Description	Approx. Climbing (m)	Approx Winning Time (mins)	Classes
1	33.0	Long, Difficult	750	100	M21, Open A
2	23.0	Long	500	80	W21, M40-49, M17-20
3	16.0	Moderate	330	70	M50-59,W17-20,W40-49, Open B
4	10.0	Short	250	60	W 50-59, M/W15- 16
5	5.8	Beginner 2	140	60	M/W13 -14, M/W 60-69, M/W70+,Open C
Score	N/A	Advanced	N/A	120	Open

The State Series line courses are set lengths and controls have to be collected in order. Points are accumulated over the series throughout the year. Riders must race in their correct age category.

The starting block for all entrants will open at **8.30am and close at 10.00am**, so please be ready to go out in that time frame.

Newcomers and social riders are encouraged to do one of the open courses or the score course. They can ride out together if preferred.

Score Course

The Score event is where the rider races (or saunters) around the course collecting controls (worth different points) in any order and maximizing their point score in the set time of 120mins or less. Riders can go out individually or in teams.

Each control value for the Score event is equal to the Control number rounded down to the nearest 10. Eg Control 72= 70 points, 109 = 100 points, 110 = 110 points etc. The maximum number of points on the Score course is 2570 points for 29 controls. Competitors will be penalised 20 points for every minute over 120mins

SPORTIDENT TIMING SYSTEM

For those new to MTBO, the Sportident electronic timing system is used. All riders must carry an SI stick (an electronic timing chip) attached to their bike or rider. If you have hired an SI stick, please take care not to lose or damage it as lost sticks will incur a replacement cost of \$50.

Riders will be able to use a Sportident Air Stick SIAC in this event.

Clear & Check

Near the Start, there will be "Clear" and "Check" units to clear your SI stick of past data. When you start, you must insert your SI stick into the "Start" unit and at the finish into the "Finish" unit before proceeding to the assembly area to download into the computer. It is the competitor's responsibility to ensure that they have the correct SI stick and that it is cleared of previous race data before they start. If the SI stick is not cleared, it may not have enough memory to record all controls.

There will also be a test control at the start for those with SIAC to check that they're cleared and working ok.

At controls, there will be an SI unit which the stick is inserted into to record your time. If you go to a wrong control or accidentally miss one, as long as you return to the correct one and then continue on in order, the Sportident timing system will still record an official time. If you miss a control or take them out of order without correcting your mistake, your time will be shown as 'miss punched' or 'DNF'.

When your stick is inserted into a unit, there should be a "beep" and a light should flash to show the data is being recorded. If you have an SIAC you should hear a beep and see a light signal on the stick.

TERRAIN

First of all, apologies to everyone for the uphill start.. It is ok to walk your bike if you need to...

The event area is mainly plantation pine containing a network of dirt roads and some 4 wheel drive tracks and some wide, but poorly maintained single track. The majority of the area is gently undulating. A few of the tracks can be more difficult to identify and may be covered in long grass. The tracks are shown with a rideability (speed) grading. Any 'Rough Open Land' areas can be ridden across. These areas are shaded in yellow on the map. Some tracks have recently been slashed but the long grass lying on the ground may still make them difficult to ride.

This is an active forestry area and some tracks may also have been graded since the mapping was updated and therefore maybe faster riding than is shown on the map.

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 registration. If you have any questions, please ask one of our helpers.

	fast	medium	slow	difficult
Bitumen road	====			
Dirt Roads	_____	— — — —	- - - - -
Dirt Tracks	_____	— — — —	- - - - -
Overgrown			

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. 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.

Overgrown – green overlay colour track existed at some earlier stage to a standard indicated by the black line symbol, but maybe obscured by plant growth.

START

The Score event competitors will start at **9.00 am**.

For all other competitors starts are available from **8.30 to 10.00**. Riders on each course will start a minimum of 3 minutes apart to minimise following.

During the pre-start procedure, you will clear and check your SI stick and then line up in the correct lane for your course. After 2 minutes, you will move forward to the map pickup point. The start official will tell you when you have 1 minute to go at which time you may look at your map as you attach it to your map board.

The clock will give a final “beep” where you will proceed to the start units a few metres down the track insert your SI stick. Your race time will now commence. Be sure to quickly move away from the start lanes so as not to impede other riders and start your course when ready.

Competitors will ride past the Start triangle shown on the map that is located approximately 30m from the start lanes.

Please note that you cannot ride back through the START and pre-start area after you have started. If you attempt to do so you will be disqualified.

FINISH

Riders must punch a “Finish” SportIdent unit to end their event and record a finish time and then proceed to the finish tent back at the picnic area to have your SI stick downloaded.

Riders who finish more than 30 minutes after the official course closure time will be disqualified. Results will be posted as riders finish.

For the SCORE COURSE, for every minute you are back after scheduled finish of 11.00 you will have 20 points deducted. After 12.00 all points will be deducted and you will be disqualified. SO BE BACK BY 11.00.

If you have a hired an SI stick or map board, please return it to the download desk.

Results will be preliminary, until all competitors are in and any protests are resolved.

If you decide not to finish your course, you must still report to the finish tent when you return to the assembly area so that we know that you have returned safely. If you have not finished your course at the time of course closure, you **MUST** abandon your course, return as soon as possible to the assembly area and report to the download tent. Competitors going home without reporting in can cause problems for the organisers and can result in the Emergency Services being called.

COURSE CLOSURE

All courses close at **12.30**. If you are still on the course, please return to the Finish and then the finish tent.

OUT OF BOUNDS

Prohibited areas are marked on the map with a regular striped pattern. You are not to ride on any road or track within the Out of Bounds area. This includes the New England Highway **(except for the designated crossing point across the Highway as shown on the map for Courses 1 and 2 and the Score event)**.

You must stay on tracks and open land areas marked on the map. You must also remain with your bike at all times. No short-cutting through the bush is allowed.

SMOKING

Orienteering is a Smoke Free sport, so please do not smoke in the assembly area or on the course.

PETS

Please do not bring your pets to the event.

WATER

Drinking water will be available in the assembly area. Competitors are strongly advised to have plenty to drink prior to competing to help minimise the effects of dehydration and to take sufficient water with you.

An extra water refill is available on Courses 1 & 2 at one of the distant control points.

RULES

The Australian MTBO rules shall apply to this event. These can be found on the MTBO Club page here: <http://www.orienteeing.asn.au/wp-content/uploads/2014/08/OA-MTBO-RULES-2014.pdf>

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 offroad shortcuts through the bush are permitted.
- Competitors 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.
- SI sticks must be attached to the bike or rider. 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, landowners, 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.**

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.

Mobile phone coverage may be limited on the course and assembly area. The emergency contact at the assembly area is 0427107148 (Rob Crosato) A first aid kit will be available in the assembly area for emergencies.

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. Take particular care when crossing the New England Highway which bisects the plantation (for Courses 1 & 2 and Score event).

QLD MTBO State Series Points

For all the detail of the yearly series visit www.mtbo.com.au/rules/ROY_rules.pdf

The State Series competition for MTBO, encourages regular participation in the series of events on offer each year and rewards consistent performances. There are usually 10-11 event stages on offer each year that attract series points. A riders best 5 scores will count towards their final points score.

Points are assigned based on the competitors' times relative to the winning time. 1000 points for winner. 5 points deducted for each percent a rider is behind the winners' time. Points will be published in Eventor with the results of each event. Awards in each age category will be given at the final event for the year.

PROTESTS

Complaints may be made in the first instance verbally with the Event Administrator(Rob Crosato) at the Registration Desk. The Organiser will assess the complaint and make a ruling. If the complainant is still dissatisfied, they may lodge a formal written protest with the Registration Desk. The Event Advisor (Craig Steffens) will then appoint a three person jury to assess the complaint. The Event Advisor will chair the jury meeting but will not vote on the outcome. The decision of the jury will be final.

Above all, we want you to be safe and have fun, if you did, let us know. If we can do something better tell us that too.

CONTROL COLLECTION

Many hands make light work. The organisers for this event would very much appreciate it if competitors could provide some assistance after the event collecting controls if they have

some spare time. WHY NOT OFFER TO RIDE A DIFFERENT PART OF THE COURSE TO COLLECT CONTROLS YOU HAVEN'T VISITED :O)

**Last minute queries/Registration queries/amendments: contact Rob Crosato
46981538 or 0427107148**

FEES

Entry prices are:

Under14 yrs- Members	Under14 yrs- Non-Members	15-20 years Members	15-20 years Non-Members	21+ years Members	21+ years Non-Members
Free	\$5.00	\$8.00	\$12.00	\$15.00	\$25.00

FAMILY RATE: If you would like to be considered for a Family discount please email: rroc@oq.asn.au before you complete payment or talk to the attendant at the registration desk on the day.

OTHER FEES

SI-8 Stick hire (30 controls memory) -\$2.00 per rider

Mapboard hire -\$5.00 per rider (These allow you to secure and rotate your map on your handle bars so you can keep your hands free.)

Compasses- No charge to borrow one for the event

LIVELOX

The map and courses will be shortly available on Livelox for those that use the service.

GPS enabling devices and mobile phones may be carried to record your track, but please keep them in a closed bag or pocket.

ORGANISERS

Thank you to our organising team:

Course Setter: Cam Schubert

Course Controller: Ricky Thackray

Event Administrator: Rob Crosato

Event Advisor: Craig Steffens

RROC helpers: Felicity Crosato, Nicole Williams, Andrew Brennan, other members