



10 HOUR DAY NIGHT MOUNTAIN BIKE RACE



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Welcome. Thank you for entering the 14th Alpine Energy 10 Hour Day Night Mountain Bike Race in Timaru. If you are from out of town, welcome. Enjoy your stay and come back again.

Special thanks to our principal sponsor:

Alpine Energy, who have the mixed grade with their team Alpine Energy Flatliners. Thanks, Alpine Energy and best of luck.

We have riders from most other major sponsors including The Cyclery, and Industrial Controls South Canterbury.

Special thanks to our other major sponsors Corporate Print, Liquorland, Mckenzie Country Hotel, Armadillos, XCM Sport, Ground Effect. Also, DB Mainland Brewery who are supplying something cold to drink at the end of the race.

Audio Dynamite has sponsored the use of the sound system which will keep the music rocking over the full 10 hours of the race.

Thanks to the Timaru District Council who support this event and permitted the use of this public park. Big thanks to the team from Pro Med who are providing first aid support.

Marshals

This year we welcome marshals from Timaru Girls High School Hockey

We don't have a lot of marshals out on the course, but you will easily be able to negotiate the course. If you note some issues, please let us know at the end of your lap so we can make repairs etc.

First aid

First aid is available in carpark by the transition area overlooking the lake. If you see a rider that is potentially injured see if they require assistance and advise the next marshal or first aid point.

Transponder Timing

Timing is based on a transponder chip which comes with an ankle strap. There is one transponder for each team and one for each solo rider.

Lap times will be recorded at the finish of each lap.

Teams - don't forget to change the transponder between riders for each lap. The chip is supplied in its own envelope and there are instructions on how to wear it on the outside of the envelope – it will be in your race pack along with your race number.

Team riders must only change transponders at their pit/transition site. You must ride with transponder on through the whole lap.

There is no issue if the chip gets wet (and it might because you do ride through a ford). In the extremely unlikely event that someone loses their chip on course then you need to report in to the timing tent and we can get a new one. However, you will be charged \$50 plus GST if you do not return the original chip.

At the end of the race when the riders come through for their last lap, we'll collect the transponders

Race numbers are personalized with your solo or team race number and name/team etc. You need to ride with your race number visible always. If you change bikes during the race, remember to change your number also.

All solo riders will have a yellow fluoro tag under their seat – give them plenty of space - remember they are riding alone and doing heaps of kms.

The Course

The course is fully marked out – thanks to assistance from SC Mountain Bike Club who have also developed the MTB tracks in the park.

Course Changes

If weather, track or other circumstances force us to change the course layout during the race, we will do so from the leading lap rider and will endeavor to advise all teams before a change is made.

Lights Should be no need for lights



Riding Rules

Be safety conscious always. By taking part in this race you acknowledge that there are numerous hazards. You are riding at your own risk. Please ride within your capabilities.

You must pass within two meters of an arrow or course marker. Failure to do this (e.g. taking short cuts) constitutes cheating. We have fixed and mobile race marshals who will patrol the course and have the authority to issue warnings and penalties.

There is no outside assistance on course.

If a rider has a mechanical problem, **they must complete the lap they are on and make it back to the transition point (by foot if required)**. You must keep going forward – you can't backtrack up the course.

If a rider is injured and can't complete the lap, another team member may start that same lap again after gaining approval from the organizers or timekeepers.

All riders in a team must ride at least one lap. Apart from this you can manage the way the team works any way you want.

Last Lap

Last lap starts no later than 6.45pm, but it must be completed within the 10 hours/6 hours to count.

Road Rules

The road through the park is open to normal traffic. Take care at all times. The course crosses over and uses the road in two places.

- 1) Road Crossing above the hill overlooking the lake. This stretch of road has a riding lane created with cones – you must keep inside the riding lane. Marshals will control the traffic.
- 2) Road Crossing at the end of the F1 track. The road is open and a stop/go will operate until 7.00pm but be alert as vehicles may cross at any time. You must cross between the road between the cones.

Rider Etiquette

This is a tight but fast flowing course. If you are approaching a rider from behind and want to pass please communicate clearly with the other rider what you would like to do. Riders being passed should allow passing maneuver as soon as practical.

Vehicles

No vehicles may leave the transition. The gate will be locked. 6 hour riders may enter but only under the guidance of an event official.

Do not leave any rubbish on the course or at your camp site - take away all your rubbish and empty bottles.

Toilets are located at the transition area – portaloos (in transition area) and permanent toilets (adjacent to the main carpark).

Fresh water is located at the transition site or by the toilet block. We don't have showers.

Spot Prizes

These will be given out during the day. Names will be listed on the spot prize board in the HQ tent.

Results www.tenhour.co.nz and follow links

Prize Giving will be at 7.30pm –prizes for category winners and other special awards and spot prizes plus a prize for the fastest lap, as well as other special prizes.

There is no after race meal this year but if you go to Armadillos they are open until 10pm, take your race number and you'll get a free drink with every main purchased.

The Start (10 Hour)

Race briefing at 8.40pm. The start will be on the road **behind** the speed bump at the eastern end of the Lake Carpark Entrance. The 1st rider from each team and the 10 hour solo riders are to line up at start line ready for the official start which will take place at 9am or when we have marshal clearance.

The first lap is 500m longer than all other laps. It heads West up the hill on the road. Part way up the hill turn right, go through the gate, turn right again to enter the transition area. Wind your way through the transition area then exit and begin the lap. The front grid will be self-seeded.

First lap times will be taken from the starting hooter.

The Start (6 Hour)

Briefing 12.40pm at Marquee. Start will be on the road **behind** the speed bump at the eastern end of the Lake Carpark Entrance. All solo riders are to line up at start line ready for the official start which will take place at 1pm. The first lap is a half lap of the course – riders join the course through the coned riding lane. This will be explained in more detail at the briefing.

GOOD LUCK AND ENJOY

SAVE THESE DATES:

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| Sat 17 Feb 2017 | SCMTB 4 x 2 – MTB |
| Sun 4 March 2018 | Pass2Pub – www.pas2pub.com |
| 6 & 7 Oct 2018 | South Island Masters Games Mountainbiking |
| Sat 3 Nov 2018 | 10 Hour MTB, Timaru www.tenhour.co.nz |

Thanks from the team at Special Events Aoraki Ltd.