



## IMPORTANT Rider Instructions and Race Information

Kia ora koutou,

Thank you for registering for the Alpine Energy Ten Hour MTB Race – it's on this Saturday 7 November 2020 in Centennial Park Timaru. Maybe time for one more training ride!

If you are a team manager or captain, you may receive multiple copies of this email. This relates to any members of your team that are registered under your email address. Please forward on to them or make sure they know all the important stuff.

### RACE INFORMATION

The Alpine Energy 10 Hour Mountain Bike Race is a continuous relay race over 10 hours. You either ride it solo (totally on your own for 10 hours) or in a team as a relay. We also have a 6-hour solo section.

### RACE OVERVIEW

Here's a brief outline of what you can expect at the Alpine Energy 10 Hour.

- 10-hour teams and 10-hour solos ride from 9 am – 7 pm
- 6-hour solos ride from 1pm - 7pm
- One lap of the NEW course is a loop of about 9.5km (changed from last year)
- Only one rider from each team is on the course at any one time
- Teams decide what order they ride and how many laps – all members of the team must ride at least one lap
- The idea is to complete as many laps as possible in the 10 hours, the teams in each category who do the most laps WIN!!

### NEW COURSE

The course has changed from previous years. It's a little shorter 9.5km and runs over most of the track we have usually done but in a different order. Here's a Strava link

<https://www.strava.com/segments/26258959?filter=overall> or view the [PDF of course here](#)

### Transponder Timing

- Timing is based on a transponder chip inside a velcro ankle strap. There is one transponder for each team and one for each solo rider.
- Thanks to Sports Splits, your 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 an envelope. 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 may only change transponders at their pit/transition site. You must ride with your transponder on through the whole lap.
- There is no issue if the chip gets wet (and it might). In the extremely unlikely event that someone loses their chip on course then you need to report to the timing tent and we can get a new one. You will be charged \$50 + GST if you don't return the original.
- At the end of the race when the riders come through for their last lap, we'll collect the transponders or bring them up to the rego tent.
- Race numbers are personalised. You need to ride with your race number visible always. If you change bikes during the race, remember to change your number also.

## **THINGS TO Bring with you**

- Your bike in good working order plus spares to keep you going for the whole of the race
- Cycle clothing for hot or cold or wet weather – not just Lycra, why not bring fancy dress
- Lights for night riding will **NOT** be required. The race finishes at 7 pm
- Hydration and food to keep you going for the day
- Family and Friends to hang out with and support you during the day/night
- Cash/\$\$\$ to purchase coffee, hot chocolates, cold drinks etc.
  - Coffee will be available all day with some food available to purchase – if you can please bring your own reusable coffee cup.
  - EFTPOS or cash.
  - Thanks to Hyundai South Canterbury a free BBQ will run from 6.30 pm and there is a complimentary refreshment from our friends at DB.
- Your phone with the NZ COVID Tracer App

## **TRANSITION/CAMPING SITES**

The transition/camping site is in the middle of the course on the grass area beside the Duck Pond in Centennial Park. Each team or solo rider has their own transition site or you can share with one or more others.

**NEW.** This year your **SITES HAVE NOT BEEN PRE-ALLOCATED** (except for sponsors and 6-hour riders). There's plenty of room, please help out by not taking up too much space.

**SET UP TIME** – 3 pm – 8 pm on Friday or on race day from 7 am – 8.30 am. You can camp overnight at your transition site on Friday and Saturday.

There are no actual campaign sites or camping facilities except toilets and fresh water.

There is no security overnight but there will be other riders camping overnight.

**TOILETS** are located right next to the paved car parking area just there are portaloos behind the HQ/Registration marquee.

**WATER** is available from a faucet just behind the HQ marquee or at the park toilets.

### **All sites must be setup by 8.30am Sat**

You can set up BBQ's, gas cookers, chairs, cocktail bars, big screen TV's, even spa pools. We encourage you to decorate your site. You may park a vehicle on your site but it and any tents etc must fit into the 8m x 5m area without encroaching on your neighbours. From 8.30 am - once your vehicle is in, it cannot be removed until after the race.

### **6-Hour Solo Riders**

For 6-hour Solos a special site area is accessible by vehicle during the race, but you need to be set up by 12.00 pm. Your sites will be about the size of a 4WD vehicle. 6- hour solo riders, sharing a site with a 10-hour team, then you will not be able to drive onto the site after 8.30 am (the same rules as for 10-hour applies).

The tent village becomes a very, very social hub, for relaxing, chatting to mates, cheering on your team and the others. Dress up your site, i.e. hang a sign with your team name on it, a flag, item of clothing, banner, team mascot etc.

### **The Park Gates get locked at night time**

The gates into Centennial Park are locked at 10 pm each night and unlocked at 6 am the next morning. You cannot drive into/out of the park when the gates are locked.

### **PRIZEGIVING 7.30 pm (or earlier)**

Merit, category, special spot prizes –heaps of booty to win. Enjoy a coldie on DB. Feel free to bring you own refreshments and celebrate an epic day riding.

After prize giving why not visit Armadillos Restaurant – at the Richard Pearse Tavern to enjoy a delicious hearty meal and a few celebration drinks.

**NO FIREWRKS** Please **do not** bring any fireworks with you.

## Pack Out

Transition sites need to be fully dismantled by 12 noon on Sunday and you need to take all your own rubbish away with you

## RACE PACK PICK\_UP

This year you can ONLY COLLECT YOUR RACE PACK on Saturday at the Race HQ/Alpine Energy Registration Tent in Centennial Park. This is by the duck pond (where the transition/camp area is). Follow Quarry Road through the park and you will see the signs.

Official registration is from 7.30 am – 8.30 am. You should be registered by 8.30 am at the absolute latest. Compulsory rider briefing is at 8.40 am. Racing starts at 9 am.

6 Hour Solo Riders - You can register at the above times or from 11noon-12.30pm on race day at the Race HQ. Your briefing is 12.40pm Sat.

Your race pack includes race numbers, cable ties, transponder, free energy to keep you going all day from NZ Biltong company.

## Timetable for Sat 7th November

6am	Centennial Park Gates Open
7.30am – 8.30am	Registration at Event HQ, Centennial Park
7am – 8am	Transition site set up
8am	Course open for pre-race riding
8.40am	Compulsory briefing for all riders in 10-hour teams or solo
9am	10 Hour race start
12.40pm	Compulsory briefing for all riders in 6-hour solo
1pm	6 Hour race start
7pm	Race finish – last lap must be started by 6.45 pm

## COVID-19

We've always taken the health and safety of you all as our number one priority. To reduce COVID-19 risks and to support the Ministry of Health to contact trace if an outbreak of COVID-19 were to occur, we have adopted the Events Sector Voluntary Code. This includes following best practice and we are hoping you'll help us by doing your bit to stop the spread of COVID-19.

What is the one thing we are encouraging you to do?

Use the NZ COVID Tracer App and follow good hygiene principles such as sneeze into your elbows and washing your hands.

**No participants or staff are to attend if they are;**

- unwell
- a confirmed or probable case of COVID-19
- waiting for a COVID-19 test result
- self-isolating

**We're committed to the Event Sector Voluntary Code**

**This means that we are:**

- **Enabling** contact tracing
- **Enabling** good hygiene practices
- **Encouraging** a culture of best practice around COVID-19

**Do your bit to help prevent the spread of COVID-19**

To see the Code head to [www.majorevents.govt.nz/thecode](http://www.majorevents.govt.nz/thecode)

Unite against COVID-19

New Zealand Government

Thank you and enjoy riding the Alpine Energy Ten Hour Mountain Bike Race.

Thank you to our sponsors.

