

LONGEST DAY, LONGEST RIDE

CRAIG'S HEARTSTRONG FOUNDATION
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Riders Briefing Notes

1. Hazards

- a. **Course Cross-Over** - There is a course cross over point just before the second tree run. This will be clearly marked and should be treated as a Double Down Arrow section. Riders on the out lap need to be aware of riders coming from the right and riders on the return lap need to be aware of riders from the left and should give way to these riders.
- b. **Merging Traffic** - Just before the first tree run the course merges for approximately 50 meters. This section will be marked with barriers and will also be separated in to two lanes of traffic.
- c. **The Bridges/Boards** - There has been extensive work undertaken to add something different to the course and we would ask riders to proceed with caution until they become familiar with these new sections and features and report any issues to event control.
- d. **Other plantation users** - The plantation and course is not closed to the public. Notices have been posted on access points and hazard tape used on junctions demarcating the course. Please consider all other users and remember your trail etiquette.

2. Night riding

- a. **Lights must be working** - Front and rear lights must be used during the darker hours!
- b. **The course** - The course has been well marked with hazard/tiger tape as well as directional arrows, some reflective, to help you. If you come across any breaks in the tape please report it to event control.

3. Fatigue

- a. **Common sense** - If you are overly tired **stop** – symptoms will be tunnel vision, inability to focus, blurring of vision. You are the only person you are competing with.

4. Silent Zone

- a. The main designated silent zone this year will be the camping field across the road from the main car park. We would however request that people be considerate of others and keep the noise down in and around the event centre during the hours of 10pm and 6am so that those people wishing to rest in their vehicles / tents can do so.

5. Marshaling

- a. All riders are designated as traveling marshals - you must carry your mobile phone with you at all times. If you find (or are involved in an incident) ring event control on **07624-453016**. Please program this number in to your phone, it will also be on a sticker on the back of your event number.

6. General housekeeping

- a. **The Car Park** - We would ideally like to use the main plantation car park for motor-homes, visitors, spectators and short stay competitors. The course does not enter the main plantation car park so riders should refrain from cycling in this area and dismount when passing through. The entrance to the car park and plantation should be kept clear at all times to allow for easy access of the emergency vehicles should they be required.
- b. **Parking** - Due to safety issues raised after 2012's event there will be NO PARKING on the road side of the plantation and traffic cones will be in situ. We have the use of the fields immediately opposite the main plantation car park which will be signed as Parking / Camping. There will be a £1 fee for parking. We would therefore ask that people park on the left hand side of the field, sensibly and considerately whilst using the right hand side for camping. People who intend to bring a motor-home should contact the event organisers (Gary on 453016 or Coops on 481793) prior to arriving so that you can be allocated a spot in the main car park. If you intend to park your motor-home before Saturday morning we would ask that you contact us as we will need to ensure we have access and space for official vehicles (timing trailer, first aid etc.). please be aware that



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you may be asked to move your vehicle to assist us with this as well as to accommodate other motor-homes.

- c. **Gazebos** - If you wish to erect a gazebo we would ask that these be erected on the grass verge to the right of the car park and not next to your vehicle in the car park, if you wish to do this we ask that you utilise the camping field opposite. If you have any specific requirements please speak to the event organisers who will try to accommodate you.
- d. **Camping** - If you have selected 'Yes' for camping at initial registration you will need to pay your £5 per person fee at registration on Friday evening. When arriving at the plantation please follow the signs for the camping field which is situated directly opposite the main plantation car park entrance. The camping field will be available after registration or if we have sufficient helpers it may be available late afternoon on Friday.
- e. **Team changeover** - The team changeover will be on the stretch of Fire Road immediately after the timing mats. Take over riders should assemble on the path side of the fence and walk to the end where the finishing rider should 'tag' the take over rider who then continues the lap. The finishing rider must dismount to return to the car park via the footpath, please do not ride back down the course to the car park.
- f. **Overtaking** - If you are caught by a faster rider please try to get out of their way at the earliest convenient point. Please check behind you as you enter any sections of singletrack. Faster riders should give a clear 'Passing Left' or 'Passing Right' as they approach the slower ride and allow them adequate time to move.

7. Timing

- a. **Start** - The race starts at 12-noon precisely on Saturday. There will be a large race clock at the start, which shows the count-down to the start. When this reaches zero, the race is on! After the race has started, the clock display will be changed so that it displays the amount of time remaining; that is, counting down from 24 hours to zero (12-noon on Sunday).
- b. **Shoe Tags** - Every competitor will be issued with a small tag that should be attached to the laces or straps of their riding shoe. These should be mounted horizontally using zip ties. If you are not sure how to mount the tags, please ask as, if they are not mounted correctly, they will not work - and you will not get a time! Most riders who have competed in Manx Mountain Bike Club events over the past couple of years will be familiar with how the tags operate - and should use their normal personal tags. **If you do not already own a tag, you will need to purchase one at registration at a cost of £4 each. Please note that we are not loaning tags for this event. Please also note that, if you own multiple tags, you do need to tell us which one you will be using in this event!**
- c. **Counting Laps** - As you finish each lap, you will ride over a large mat that is situated next to the car park. As you pass over the mat, you should hear a series of beeps that confirm that your tag has registered. Only riders who are finishing a lap should ride over the mat. If you are riding as part of a relay team and another rider is waiting to take over from you, the hand-over should be done on the Fire Road after the area beyond the mats. **To emphasise this, ONLY the rider who is finishing their lap should ride over the mat.**
- d. **Non active riders - Important:** If you are riding around the course but are not the active rider, you should either remove your tag or bypass the mat at the end of the lap by either riding around the mat or dismount and walk through the car park before rejoining after the hand-over area! Similarly, if you are a "riding spectator" who is not taking part in the event, please ensure that you are not riding across the mats wearing a timing tag!
- e. **Counting Laps Continued** - If, for some reason, you do not hear the beep as you finish a lap, you should run back to try again. If this still does not register, it is possible that you have damaged the tag (e.g. in a crash). If this occurs, you should contact one of the organisers immediately and



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arrange a replacement. You should then run back over the mat to register the replacement tag before either continuing or handing over to the next member of your team. The organiser will need to inform us of the substitution so that we can associate the replacement tag with the rider. It may be that, until this has been done, your laps will not show on the score-board - but this will catch up when the substitution has been logged.

- f. **Score-board** - There will be a score-board display located in the marquee. This will show the current number of laps that have been completed by each team.