

GMBC Annual XCO & Club Champion Race - Rider Information



***GMBC Annual XCO &
Club Championship Race***

***Saturday, 14th of
September 2019***



Our Supporters:

This is an event run by a volunteer club (not a promoter) and we would not be able to have this event without the GMBC members' support!

We also acknowledge the support of Parks Victoria for all our GMBC events.



Race format:

- A, B, C, D and Women's A & B Grade
- Cross Country Olympic Style Course - You race multiple laps of a shortish loop (see map). Last year most grades raced 4 laps which equated to between 1-2hrs riding time. Cut off to start a new lap is 90 minutes.

Prizes are awarded on the day to 1st, 2nd & 3rd in each grade. You do not have to be a GMBC Club Member to be eligible for these prizes.

Club Champion Awards

These are awarded on our "Presentation Day" which is the 15th of December 2019 at Little River Hotel.

To be eligible for the Club Champion awards you must be a GMBC Member and race / participate in at least 3 GMBC events in the 12 months prior to this race (NFF, WNFF, Gazebo, Crazy6, Yowie, XC race Volunteered for an event or led a social ride).

The Club Champion Jersey is awarded to the Fastest Overall Male (18+), Fastest Overall Female (18+), Fastest Overall Male Junior (13-18) and Fastest Overall Female Junior (13-18).

The Club Champion Medals are awarded to the fastest male and female in each of the following categories. Age is as at the 31st of December 2019

- Under 15
- Under 17
- Under 19
- Open (19-29)
- 30-39
- 40-49
- 50-59
- 60+

This race is also worth **Double Points in the GMBC Aggregate Championships**.

Tire 3 National Cup Race:

Points towards the MTBA National Cup can be provided and is based on your overall times for your Age Category (ie: Masters 1,2,3,4 etc.), indicate on the entry in the question section if you race in the "Elite" Category. If you do not wish this race to go towards MTBA or National Cup points please let us know.

Registration/Entries:

Entries are open on the MTBA entry system and close at 11:59pm on Thursday the 13th of September 2019. **There are no 'on the day' entries.**

Entry Link: <https://online.mtba.org.au/ERegister.aspx?E=6866>

Rego will be open: 8.30-9.30am at the Stockyards Race Village, You Yangs Regional Park. Enter from Drysdale Rd, Little River. **Bring your MTBA licence or proof of ID** to rego to pick up your race plate

What can Juniors do?

- GMBC follows the MTBA Junior Policy
- To compete in the race you must be at least 13 years of age as of 31 Dec 2019
- Our Dirt Squirts crew are running races for anyone under 13 years of age

What to Bring:

- Australian certified helmet
- Serviceable MTB Bike - Your bike will need to be of a sound condition suitable for XC trails. It should be suited to the distance that you expect to ride
- Spare tube, levers and pump/CO₂ cartridge, toolkit
- Current MTBA licence if you have one
- Adequate water for your race day
- Food as required

You will be able to access your water and food at the Transition area, **no tap water** is available. Coffee Van with Snacks (Pies and the Like), Soft Drink and is available on the day. Medical assistance can be given by any person involved in the event. There will be specialised medical support provided at the event village.

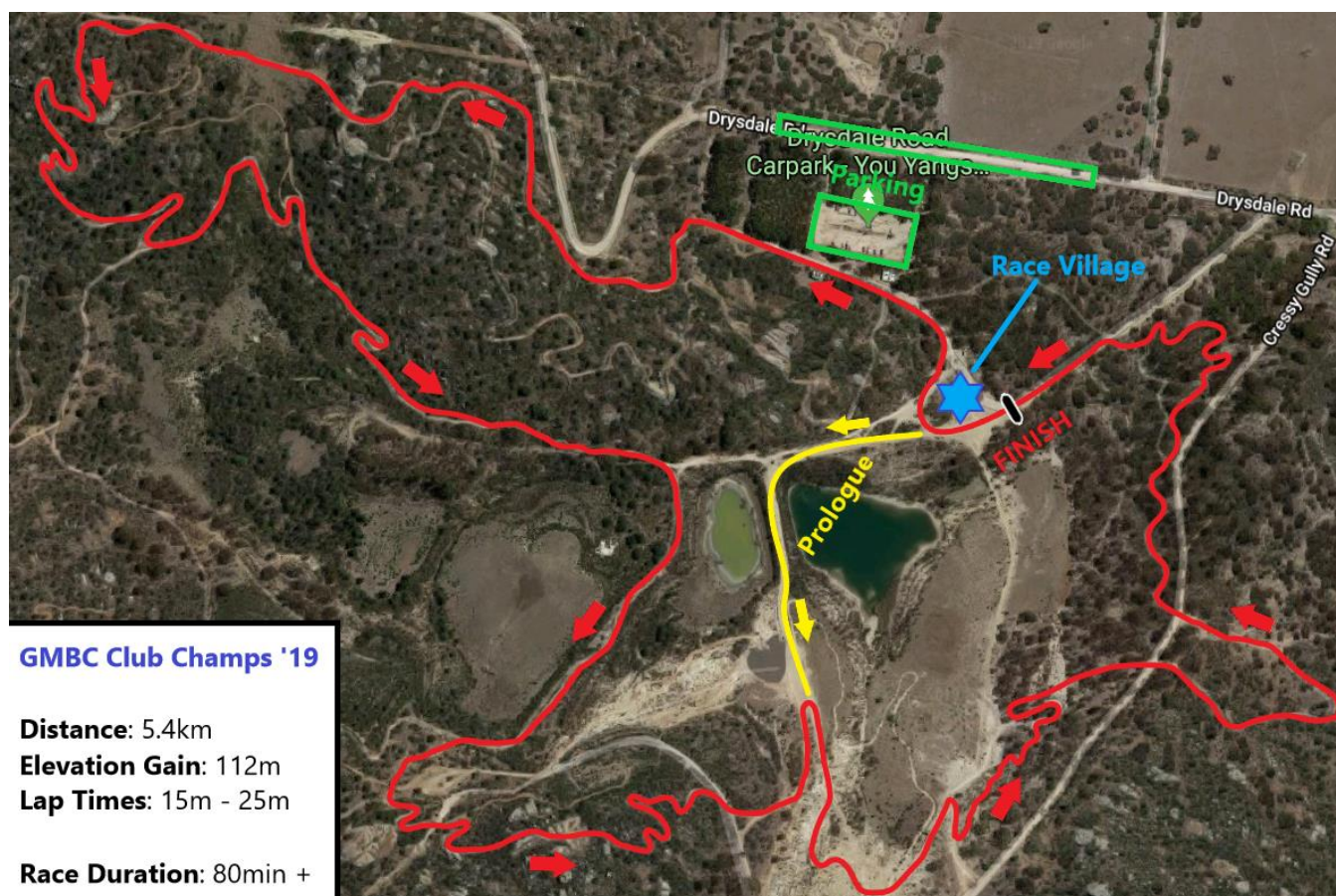
XCO (Cross Country Olympic Format)

XCO is the mountain bike discipline included in the Olympic Games, and provides a diverse riding experience including climbing and descending. An XCO course is usually between 5km and 7km in length. No more than 15% of the course may be on paved or sealed road.

Race Format: Multi Lap. Riders will not be allowed to start a new lap if they cross the Start Finish Line after the 80 minute cut off. Places for each grade are based on the most number of laps done in the least amount of time.

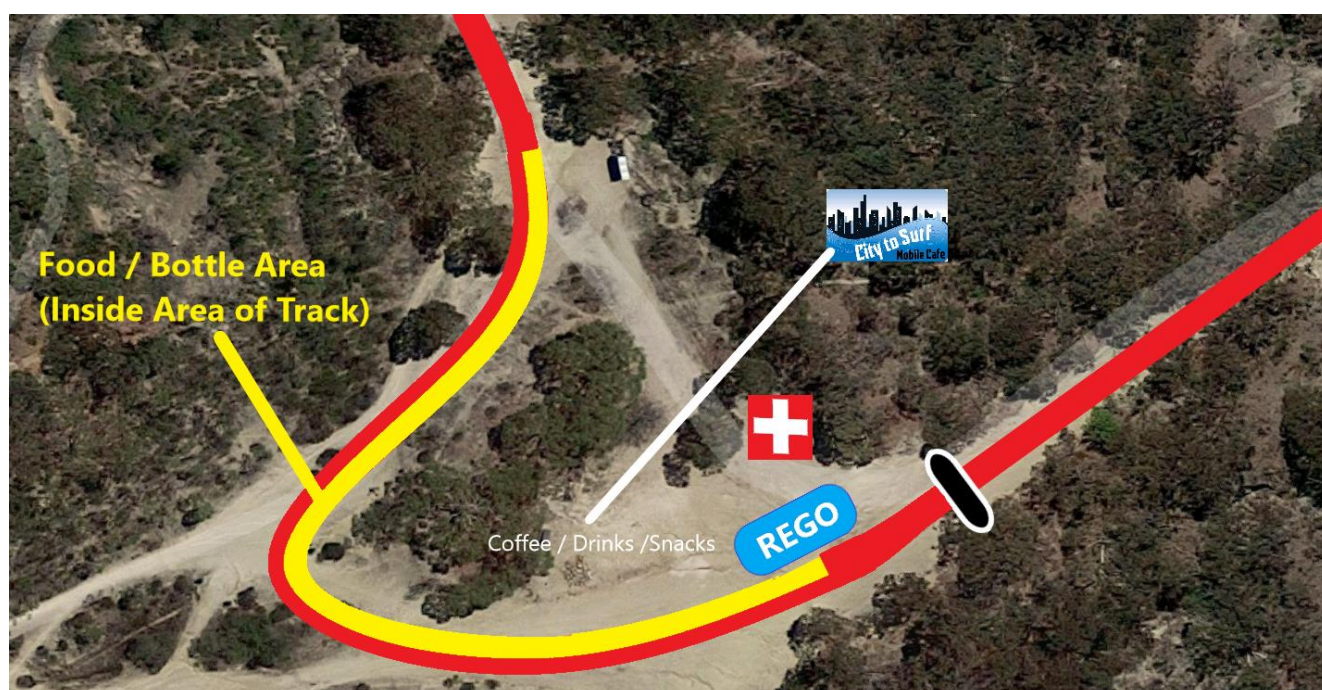
Prologue - Does not include Vomit Climb and will head out towards the Moonscape and Quarry Track (5). You will complete Vomit Climb after you pass the Finish Line for the first time.

Start Order You will start in your Grade with 30 Seconds between each Grade. A Women will Start with B Men, B Women will Start with D Men.



Race schedule

Dirt Squirts Rego opens	7.30am
XCO Registration opens	8.30am
XCO Course open for practice	8.30am
Dirt Squirts race	8.30am
XCO Registration closes	9.30am
Dirt Squirts Presentations	9.30am
Race Brief	9.50am
XCO Race start	10am
XCO Race Complete	11.45am approx
Presentations	12:15pm approx



Vendors and Support

City to Surf Mobile Café will be providing Coffee (of course) Food Mainly Pies and Snack as well as Softdrink and Hot Chocolates

Professional First Aid is available at the Race Village

Water please be self sufficient there is no running water at the You Yangs, while the vendors and GMBC may have some it is limited supply and cannot be guaranteed

Any questions email geelong.mtb.club@gmail.com

How to get to the event:

Start location: Stockyards Race Village, You Yangs Regional Park, Off Drysdale Rd, Little River

Approximate travel times to event from:

Melbourne - 60-70 minutes, Geelong – 35-40 minutes.

Do Not enter the Park Main Entrance on Branch Rd Lara - You will end up at the wrong end of the Stockyards!

From Melbourne:

Take the Princes Hwy to Geelong. Take the Little River exit, and travel along Little River Rd approx 2.8km, take a slight right to stay on Little River Rd. Little River Rd then turns slightly left and becomes River St. Turn right over the railway lines and then take the first left onto You Yangs Rd. Turn right onto Ripley Rd at the T intersection. Travel for approximately 3.3km and turn left onto Drysdale Rd. Follow Drysdale Rd to the car park on your left at the end of the road. Once parked, follow the activity to the Race village

From Geelong:

Head north towards Melbourne on the Princes Fwy. Take the Lara exit onto Forrest Rd. Continue straight ahead at the second round about at Station Lake Rd (or turn left at the round about to stock up on some food from Rods Bakery). Follow Forrest Rd Nth for 6.5 km and turn right into Branch Rd. Continue along Branch Rd until you come to a T intersection and turn left onto Farrars Rd. Continue along Farrars Rd (becomes Ripley Rd) for approx. 5km and turn left onto Drysdale Rd. Follow Drysdale Rd to the car park on your left at the end of the road. Once parked, follow the activity to the Race village.