

GUIDELINES FOR CIRCUS PERFORMERS

25 JULY 2010

WINGELLO STATE FOREST, SOUTHERN HIGHLANDS, NSW

ALL PERFORMERS MUST READ THESE NOTES AND BRING THEM TO THE EVENT!

INTRODUCTION

Roll up, Roll up, Roll up! Bring bikes, bring the family to the Big Top. See wild trails tamed, be charmed by the snaking singletrack, watch OTB acrobatics and riders juggling speed and stamina.....Fairy floss will flow, handlebars may be swallowed.

The 3 Ring Circus is cycling to town.....

Thanks for entering the 3 Ring Circus, a MTB enduro event where solo performers or relay teams of two or three will ride a 50km circuit taking in three loops of the MTB trails in Wingello State Forest – Blue (approx 6km), Red (approx 25km), and Yellow (approx. 19km).

The 3 Ring Circus offers something for everyone – singletrack for the experienced, climbs for the fit, and scenic forest roads for the novice. Perform solo and challenge yourself over 50km or do it as a relay team and enjoy a great day out on the beautiful Wingello trails.

Dress as a clown or trapeze artist. Style your bike as a lion or elephant!

I know there is a lot to read here but settle down with a glass of red or cleansing ale, a coffee or a juice and read it through. Remember we don't answer questions if the answer can be found in these pages!

Looking forward to welcoming you and your supporters to the Big Top for the inaugural 3 Ring Circus!

Huw Kingston

RINGMASTER



GENERAL EVENT INFORMATION

BIG TOP EVENT CENTRE

The Big Top Event Centre is based at Wingello Forest Camp, in Wingello State Forest, at the southern end of the Southern Highlands (see Location map on page 10). This is where you'll find Registration (on Sunday morning), the event Start/Finish, sponsor displays, bike repairs, catering, parking, camping, etc. **Please note that Registration on Saturday 24 July will be at Ye Olde Bicycle Shoppe in Bundanoon.**

HOW TO GET TO WINGELLO STATE FOREST

From the North: The quickest way is to come down the Hume Highway, passing the Servo/Macdonalds at Sallys Corner. Some 11km after Sallys Corner there is a turnoff signposted to Wingello. It is quite easy to miss so go slow approaching. Follow this road (Murrimba Rd) into Wingello (7km) and crossover the Railway Line and turn right (Wingello shop is in front of you). Take the first road on the left (Forest Road) which soon turns to dirt. Follow this into Wingello State forest and after 4km or so you'll come to Wingello Forest Camp. Turn in here and you've arrived. It's about 2hrs from Sydney. Alternatively come off the Hume Highway earlier and follow a route through Bundanoon, then the small village of Penrose and onto Wingello.

From the South: Travel up the Hume as far as the Marulan Service Centre. Continue on until just past the Heavy Vehicle Checking Centre there is a turnoff to the right signposted Tallong/Bundanoon. Be ready for this as it's easy to miss at high speed. Drive on through Tallong to Wingello. Follow Forest Road as above. It is about 1.5hrs from Canberra.

HOW TO GET TO BUNDANOON

Bundanoon is situated approximately 1.5 hours' drive along the Hume Highway from either Sydney (allow 2 hours in traffic) or Canberra.

From the North: Follow the Hume Highway to the turnoff for Mittagong/Bowral. Go through both these towns and then also Moss Vale. Approximately 5km out of Moss Vale you'll come to the village of Sutton Forest. Turn left, signposted Bundanoon, in front of the 'Little Piece of Scotland' shop. Continue on through the village of Exeter to Bundanoon, approximately 12 km from Sutton Forest.

From the South: Follow the Hume Highway until just past Marulan. Soon after the Heavy Vehicle Checking Station you'll see a sign to Tallong/Bundanoon on the right. This is easy to miss as you need to be in the outside lane ready to turn across the southbound carriageway. If you do miss this then another 10km or so further on there is a similar turnoff signed Wingello/Bundanoon (in fact this is marginally quicker). If you take the Tallong turnoff it is 32km to Bundanoon. Follow the road through Tallong village, Wingello village, Penrose village to come into Bundanoon (10km from Penrose).

CAMPING & PARKING AT THE BIG TOP EVENT CENTRE, WINGELLO STATE FOREST

Space is at a premium for camping and parking so please follow all signs and instructions.

Camping – Camping (gold coin donation to RFS) is available and there will be marshals and signage on site on Saturday 24 and Sunday 25 July to guide you to event camping and parking areas. **Please note that the camping and parking areas are separate;** however your camp should be no more than about 500m from your car. Event camping will officially open at 2.00pm on Saturday. If you arrive earlier than this, please do not set up your camp anywhere on the shed side of the main track running through the Forest Camp, as you will be asked to move! Toilets and water are available at Wingello Forest Camp.

Parking – Parking will be challenging. PLEASE follow the directions from the parking marshals and **BE NICE TO THEM...** or they might just put your car in the "special" parking area! We have a lot of cars to park in a limited space. Please factor in enough time for a walk/ride of up to a kilometre from your car to the start. This is particularly the case if you are arriving on Sunday morning and still need to register etc

Perhaps also try for the record and see how many clowns you can squeeze into your car!

ACCOMMODATION

If you're not keen to camp, there are many accommodation options close to Wingello with heaps to choose from in nearby Bundanoon. For more information see the Accommodation section on The 3 Ring Circus website or call Tourism Southern Highlands on 1300 657 559 or visit www.southern-highlands.com.au

SPECTATORS

The best places for spectators will be at the Big Top Event Centre, as riders will pass through the Transition Area here as they complete a Ring - so it's a good spot to cheer on your partners or friends. There's food and drink to enjoy there too as well as circus entertainment. Whilst there are numerous places on the course to see the action please do not drive on any of the tracks being used for the race or crossing the race route.



3 RING CIRCUS SCHEDULE

SATURDAY 24 JULY

2.00pm	Event Camping & Parking Open	Big Top Event Centre, Wingello State Forest
3.00-8.00pm	Raceworx Mechanic Service	Big Top Event Centre
4.00-8.00pm	BBQ & Coffee Van	Big Top Event Centre
3.00-8.00pm	Registration	<i>Ye Olde Bicycle Shoppe, Bundanoon</i>

SUNDAY 25 JULY

7.00-9.00am	Registration	Big Top Event Centre, Wingello State Forest
9.30am	Rider Briefing	Big Top Event Centre
10.00am	Event Start	Big Top Event Centre
7.00am onwards	Food & Drink, Raceworx Mechanic Service, Entertainment	Big Top Event Centre
Approx 2pm	Presentation	Big Top Event Centre

REGISTRATION

- Registration on Saturday 24 July is from 3.00-8.00pm, at Ye Olde Bicycle Shoppe in Bundanoon.
- Registration on Sunday 25 July is from 7.00-9.00am at the Big Top Event Centre, at Wingello State Forest Camp.

All riders, including each member of a team, must register in person. You will first sign the Event Waiver - for competitors under 14 years old on the day of the event, a parent or guardian must be present at Registration to sign the Waiver on their behalf. You will then be given your bike number and transponder.

Early registration is recommended, as Registration will close promptly at the times listed above. Please allow plenty of time to get from your parked car to Registration on Sunday morning.

T Shirt Pick Up - If you ordered an event T-shirt then it will be available for pick up at a dedicated desk after you have registered.

CANCELLATIONS, CHANGES TO ENTRY DETAILS AND RIDER REPLACEMENTS

Entry cancellations can be made up to 5pm on Monday 19 July when a refund (less 20% administration fee) will be made. Any cancellations after that date will not be considered for a refund. Should the event have to be cancelled for any reason, we would endeavour to reschedule the event. Should you be unable to attend this rescheduled event, you would receive 50% of your entry fee. Should cancellation of the event be outside our control and is unable to be rescheduled, entry fees are non-refundable.

Changes to entries (eg solo to team entry, category change) may be made up until 5pm on Wednesday 21 July. Please note that no changes can be made to your entry details after this date.

Any rider changing their entry to a lower value category will not be refunded the difference in entry fee, however this amount will be donated to the Ben Mikic Foundation.

In order to effect any cancellations or changes you must first log into the Wild Horizons Event Management System and make the changes you wish. If you are eligible for a partial refund, you should then email cancellations@wildhorizons.com.au or call (02) 4883 6509 (during business hours) to provide your credit card details as they are not kept on file.

INSURANCE AND WAIVER

Wild Horizons is covered by its own Public Liability Insurance. You do not need a MTBA or CA annual license or day license to compete in the event. We recommend you take out your own personal accident insurance and ambulance cover.

All participants are required to read and sign the event Waiver. This has been read and agreed to on the online entry forms. You will be required to sign this again at Registration. Anyone who has not signed the Waiver will be unable to take part in the event. For competitors under 14 years old on the day of the event, a parent or guardian must be present to sign the Waiver on their behalf.

TIMING TRANSPONDERS AND BIKE NUMBER PLATES



The 3 Ring Circus is timed by Castech Sports Technology.

You will receive your timing transponder at Registration. Each rider (including all team members) will have an unique bike number and transponder.

YOUR TIMING TRANSPONDER IS LINKED TO YOUR BIKE NUMBER AND MUST NOT BE SWAPPED!

Loss of transponders will result in your time being unable to be recorded and a charge of \$50 being levied.

Your Transponder

You are responsible for the attachment of the Transponder and its return.

Instructions:

- Cable tie the Transponder to your fork as illustrated
- Ensure cable tie is tight enough that the Transponder won't move during the event. If you are not sure it is secure, use additional cable ties or electrical tape.
- Ensure the Transponder is 10cm away from any electronic device. (place on opposite side and away from such things as bike computer sensors)



A CIRCUS LIGHT SHOW DRESS REHEARSAL



Ay-Up, The 3 Ring Circus lighting technicians are running a night ride and demo on Saturday evening. If you haven't ridden forest tracks with lights before (or even if you have!), this is a great opportunity to enjoy an hour or so on the Wingello Trails before dinner.

Meet at Wingello Forest Camp from **5pm Saturday** to borrow and fit lights from Ay-Up. **Ride departs at 6pm.**

The rides will be led by World 24 Hour Solo MTB runner up Andrew Fellows and Ay Up ringmaster Andrew Patten. Please email operations@wildhorizons.com.au if you would like to sample the powerful simplicity of Ay-Ups latest offering.

TERTINI WINES

Enjoy some of the Southern Highlands most awarded wines.

One of the most awarded wineries in the Southern Highlands, Tertini Wines is dedicated to producing premium, cool climate wines with a particular interest in alternative varieties. The wines are subtle and elegant, with excellent fruit characters arising from the long, slow ripening period and the winery's commitment to low cropping, hand pruning, hand picking and meticulous winemaking. High natural acidity gives the wines a clean finish and good cellaring potential.

Tertini's "Yaraandoo" vineyard is located near the historic village of Berrima at the relatively high altitude of 715 metres. Although the vineyard is young, it has produced outstanding fruit from the start, with each vintage of Tertini Riesling, Pinot Noir and Arneis achieving multiple gold and silver medals at wine shows across Australia and overseas. Such outstanding results from young vines show great promise for the future, and confirm the potential of both the vineyard and the region.

The Tertini Wines Cellar Door is located at our winery on Kells Creek Road (off Wombeyan Caves Road), Mittagong, NSW where you can enjoy tasting our wines or relax with excellent coffee and locally produced cakes, cheese or jams.

Adding to a rush of Gold Medals at national wine shows over the last year, the 2005 Tertini Riesling has been awarded a Gold Medal at the 2010 Sydney Royal Wine Show as well as Trophies for Champion White Wine and Champion Riesling at the 2009 National Cool Climate Wine Show, and the 2008 Tertini Reserve Noble Riesling won Silver at the International Sweet Wine Challenge. The small range of Tertini wines (which also features Arneis and Pinot Noir) has now won 136 trophies and medals since the first vintage in 2005.

TERTINI WINES

SERVICES AT THE EVENT

FOOD AND DRINK AT THE 3 RING CIRCUS

Saturday

There are many options for getting a good feed on Saturday night

Bundanoon - Ye Olde Bicycle Shoppe will be open all day, then for dinner from 5.30-8.00pm with the full café menu. BYO beer and wine. Bookings are a good idea on 02 4883 6043.

Also in Bundanoon The Primula Café, Bundanoon Club, Chinese Restaurant, Bundanoon Pizza & Pasta (takeaway) and Bundanoon Hotel (bookings essential) will all be serving dinner/snacks/coffee.

Wingello - The RFS will be firing up the BBQ all weekend. Sausage/steak sandwiches, veggie burgers and salad will be on offer for dinner from 4pm on Saturday. Icy cold soft drinks are available too. The coffee van will be pumping out your favourite caffeinated beverage or hot chocolates from 4pm till 8pm.

...And if that's not enough to keep you warm and happy, the RFS will also be providing a few pit fires to warm us from the outside as well!

Marulan - The Meridian Café and The Terminus Hotel both serve meals

Sunday

The RFS will be firing up early from 7am. Wake up with a pancake stack or a bacon and egg roll all day Sunday. Sausage/steak sandwiches, veggie burgers and salad will be on offer for lunch. Icy cold Soft drinks are available too.

The coffee van will be pumping out your favourite caffeinated beverage from 7am Sunday.

The Verofit Hydration Station will be set up at the Big Top area for performers to fill up both before the event and also between 'Rings'.

Hydration on the Course



Water and Verofit sports drink will be available at the Big Top Event Centre.

Aquamann are the official water and tanker supplier to The 3 Ring Circus.

Cold Drinks/Sport Drink will be available to purchase at the Big Top Event Centre.

Rubbish & Recycling

There will only be one type of bin for rubbish AND recycling. These bins are taken to a Mixed Waste facility where recyclable and compostable materials are separated out.

Dob in a Dumper

As always, we are extremely concerned about the impact we have on the environment and will not hesitate to disqualify any clown found littering the course, or the Big Top Event Centre. If you see anyone leaving litter on the course please don't hesitate to Dob in a Dumper - please report the circumstances and rider's race number to an event official. If you find it too hard to put an empty wrapper into your rear jersey pockets then no-one can find it too hard to stick it up the legs of your knicks. There is no excuse for littering!

Course Litterers are not welcome at The 3 Ring Circus.

YE OLDE BICYCLE SHOPPE (YOBS) IN BUNDANOON

Ye Olde Bicycle Shoppe

Apart from fuelling you with caffeine, cakes and much more, you can pick up basic bike spares here. Registration will be here on Saturday 24 July from 3.00-8.00pm.

Bike Hire from YOBS - If you're looking for a bike to ride at the event, we can help. Brand new Trek 6500 hardtails are on offer for hire. Pick up at Rego on Saturday (at YOBS) or Sunday (at Big Top Event Centre) return after the event on Saturday (security your responsibility!). See www.wildhorizons.com.au for more information. **Hire Bikes MUST be pre booked.**

RACEWORX MECHANICAL SUPPORT



The legendary Scott and Paul from Raceworx will be providing a bike repair service / basic spare parts available from 3.00pm until 7.00pm on Saturday 24 July and from 7.00am on Sunday 25 July, at the Big Top Event Centre. Please Note - The service is offered as a last minute tune up not a full bike service. Please ensure your bike is in good repair and working well before you arrive for the weekend.

FIRST AID

St John Ambulance will be stationed at the Big Top Event Centre. Some event marshal vehicles including those from the Rural Fire Service may also carry kits.

CYCLE PHOTOS



Cycle Photos (www.cycle-photos.com) will be on the course snapping away and will have a selection of photos of each rider available for sale after the event from their website

PRIZES

There are plenty of prizes available at The 3 Ring Circus. There's a huge range of prizes from Ground Effect, Ay Up, Tertini Wines, Lake Crackenback Resort, Verofit, Maxxis, Sigma and Rock 'n' Roll. And much more!

3 RING CIRCUS COSTUME

We will be awarding prizes for the best circus costumes and bikes, so make sure you dress to impress the crowds or show us your circus tricks!

THE DARK SIDE



A large team of people is required to run The 3 Ring Circus. They are the world famous Dark Side. If you see a marshal or volunteer be nice to them and thank them for helping out. They are there for a fun weekend too, and not to be abused by over-zealous competitors!

3 RING CIRCUS T SHIRT

For those who pre-ordered these sweatshop free, Australian made, organic cotton T Shirts, these will be available for pickup at registration. There will be a limited number available for sale on the weekend for \$35.

MOBILE PHONE COVERAGE

There is limited GSM mobile reception in Bundanoon and Wingello and along the route of The 3 Ring Circus, however this is unreliable. Next G coverage is pretty good in most areas. There is a public phone in Wingello.

SPECIAL OFFER FROM VEROFIT SPORTS NUTRITION



VEROFIT Sports Nutrition is again our partner for the 3 Ring Circus. Their Isotonic Electrolyte Drink is probably the most complete and best balanced formula in the market with 6 minerals and 10 vitamins (and it tastes great too!). Verofit featured heavily in last year's Circus performance and has always kept us hydrated on the gruelling Mountains To Beach event. Check out their www.verofit.com.au to find out more and use their 10% coupon: **3RC2010** at their online store for any order to be delivered FREE at registration on Saturday afternoon.

AY UP LIGHTING SYSTEMS

The crew from Ay Up Lighting Systems will be at the event with a display which will include their great new Aypod kits. There is **10% off** all light kits at the circus.

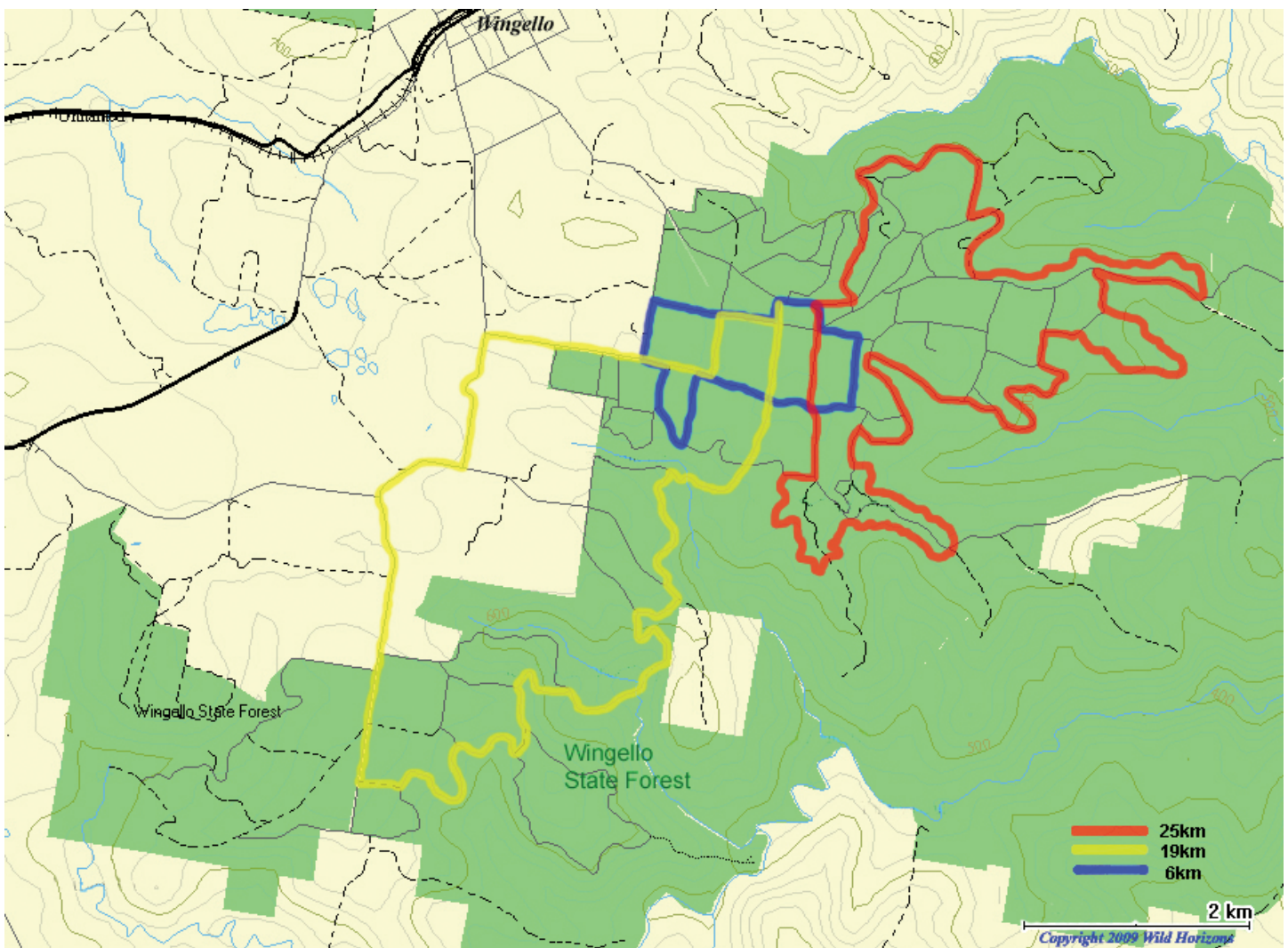
STAY AT LAKE CRACKENBACK RESORT

Located on the border of the Kosciuszko National Park, Lake Crackenback Resort is a natural playground nestled in the Thredbo Valley surrounded by the spectacular Snowy Mountains. The invigorating alpine air coupled with abundant summer sunshine makes Lake Crackenback the perfect location to explore our 25kms of tracks on mountain bikes and take advantage of the resort's unique surroundings. So for your next Summer Escape contact us and spend some quality time in the Snowy Mountains. The resort hosts a night and a stage of our DT Swiss Mountains To Beach and also hosts our new Avtivate8 event on 23-24 January 2011.

Check out www.lakecrackenback.com.au or call 1800 020 524



LAKE CRACKENBACK
Snowy Mountains



RACE DETAILS

BRIEFING

All performers must be at the Big Top Event Centre at 9.30am for the Briefing. You must be ready to perform, ready to ride. Here you will receive any last minute information about the start, rules & conditions, track, and Transition Area.

It is critical that ALL riders attend the briefing.

START

The Start is at the Big Top Event Centre and will be a mass start at 10.00am.

Your start time cannot be changed, i.e. if you miss the 10.00am start and have to start late, you will still have the official 10.00am start time recorded against your number.

There will inevitably be some track crowding in the early part of The 3 Ring Circus. Accept this as part of the ride and treat your fellow riders with respect. There is a long way to go so set your pace, take it easy in the early kilometres and only pass in places that will not cause undue annoyance or danger to your fellow riders.

SELF SEEDING FOR RIDERS

We will endeavour to have zones at the Start that will allow you to start in a spot relating to what time you expect to complete:

- 2-3hrs expected finish time – line up towards the front
- 3-4hrs expected finish time – line up in the middle
- 4-5hrs expected finish time – line up at the rear

It is up to you to get to the seeding zones in good time rather than try and push through the masses at the last minute.

We ask that all riders allow other riders through who are heading through to seed zones.

SAFETY ON THE ROADS AND ELSEWHERE

Although Wingello State Forest is closed to all other users on Sunday 25 July, there is still a chance you could encounter trail bikes and 4WDs. Take care on the downhill, ride on the left - particularly on corners. Further information in Rules & Conditions on page 10.

THE ROUTE

See route outline map on page 6 which can also be found on www.wildhorizons.com.au The organisers reserve the right to alter the course at any time.

The three loops (or Rings) pass through the Big Top event centre located at the Wingello Forest Trailhead. The Rings will be completed in the order below:

Granny Gear – Blue Ring



6km of fast firetrail will separate the high performers from the rose sniffers and allows riders to find their legs. There won't be a lot of granny gear on the Granny Gear Ring!

Big Dog – Red Ring



Big Dog is approx 25km long. It traverses several gullies and includes one or two climbs (including the infamous "The Wall"!) and 13km of sweet, flowing singletrack. All this in beautiful native forest. 3 Ring Circus performers will want to go hard here – it's hard not to ride with a big grin on the face. However enthusiasm will be tempered by the knowledge that still to come is.....

Spinner Ring – Yellow Ring



Back to the Big Top and a last chance to grab some food and drink and some encouragement from the crowd. The 19km Spinner Ring will test legs and lungs as it takes performers through some deep gullies and steady climbs. The bonus is that you'll head through some mixed forests and open farmland on firetrails and dirt roads, with the end of the performance ever closer. A fast finish back to the Big Top and no requirement for an encore. The 3 Ring Circus is over.


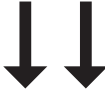





WARNING, WARNING!!!! - WATERBARS

We know you are at the Circus to perform to the best of your abilities. Whilst for some this may include aerial manoeuvres we ask all riders to be very careful on The Waterbars. Some of these have a nasty 'kick' and you may find yourself unintentionally airborne. The majority of these waterbars will be found on fast descents on the Red Ring. Warning signs will be placed ahead of areas where they will be found but it is your responsibility to ride them carefully.

TRANSITION

To complete each Ring, performers will pass through a central Transition Area which will time each Ring and the total time for the performance.



 TURN RIGHT	 STRAIGHT ON WITH CAUTION
 TURN LEFT	 EXTREME CAUTION NEEDED
 STRAIGHT ON	 INCORRECT ROUTE - GO BACK
 STRAIGHT ON WITH CARE	

COURSE MARKING & MARSHALS

Tape and signage will indicate the route to be followed. The arrows will be the colour of the Ring you are currently riding, i.e. blue arrows for Blue Ring, red arrows for Red Ring, yellow for the Yellow Ring. Some will be permanent metal signs with an illustration of a bike and arrows affixed to pine poles, and others will be temporary event signage of corflute arrows on stakes etc. They will be placed at all

intersections to show you which way to go. There will also be marshals at various points along the way. Signs will also be placed at locations where extra caution is required – all Caution and Wrong Way signs are red. The signs you will find along the route are:

You are responsible for following the correct route.

Solo Performers

10.00am start at the Big Top Event Centre

You will complete the 6km Blue Ring and pass through the timing station at the Big Top Event Centre. Here you may proceed immediately to the 25km Red Ring, or choose to pause to refuel with food and drink (however your time will keep ticking away!). On completion of the Red Ring you will again pass through the timing station and proceed to the 19km Yellow Ring. Again, the timing is continuous however you may choose to refuel here. On completion of the Yellow Ring you will pass over the Finish Line timing mat, take a bow and enjoy the applause for a successful performance at The 3 Ring Circus.

Notes: The cutoff time to begin the Yellow Ring is 1.30pm

The minimum age for a solo performer is 16

Team of Three Performers

10.00am start at the Big Top Event Centre

Performer 1 will complete the 6km Blue Ring and pass through the timing station at the Big Top Event Centre, after which they will tag Performer 2 who will proceed to the 25km Red Ring. Performer 2 will complete the Red Ring and pass through the timing station, tag Performer 3 who will head out to complete the 19km Yellow Ring. On completion of the Yellow Ring, Performer 3 will pass over the Finish Line timing mat, take a bow and enjoy the applause for a successful performance at The 3 Ring Circus.

Notes: The cutoff time for Performer 3 to begin the Yellow Ring is 1.30pm

The minimum age for a team of three performers is 12 (Granny Ring), 14 (Spinner and Big Dog Rings)

Team of Two Performers

10.00am start at the Big Top Event Centre

Relay Team of Two performers will complete rings in the order of Blue, Red, then Yellow, with one team member completing two Rings and the other team member completing one Ring; most likely as follows:

Performer 1 will complete the 6km Blue Ring and pass through the timing station at the Big Top Event Centre, after which they will tag Performer 2 who will proceed to the 25km Red Ring. Performer 2 will complete the Red Ring and pass through the timing station, tag Performer 1 who will head out to complete the 19km Yellow Ring. On completion of the Yellow Ring, Performer 1 will pass over the Finish Line timing mat, take a bow and enjoy the applause for a successful performance at The 3 Ring Circus.

Notes: The cutoff time for Performer 1 to begin the Yellow Ring is 1.30pm

The minimum age for a team of two performers is 12 (Granny Ring), 14 (Spinner and Big Dog Rings)

THANKS TO ...

The Highland Fling would not be possible without the enthusiasm of our sponsors and supporters. Huge thanks go to:

- Ground Effect cycle gear
- Ay Up Lighting Systems
- Tertini Wines
- Lake Crackenback Resort in The Snowy Mountains
- Verofit Sports Nutrition
- Maxxis Tyres
- Sigma Bike Computers
- Aquamann Irrigation for supply of water and water tanks
- Rural Fire Service of NSW for assistance with communications, marshalling and catering
- Espresso Mobile for coffee van
- St John Ambulance for First Aid
- Forests NSW
- Wingello Cricket Club
- Raceworx for bike tune up/spares service
- Wingecarribee Shire Council Resource Recovery Centre
- All the wonderful people on the Dark Side

FINAL UPDATES

Should there be a need to communicate with entrants in the final days leading up to the event we will do so by email and by posting any important information on www.wildhorizons.com.au

EVENT CONTACT PHONE NUMBERS

Up until 1pm Saturday 24 July:

Tel: 02 4883 6509

Fax: 02 4883 6239

Email: info@wildhorizons.com.au

From 1pm Saturday 24 July:

Wendy Kingston: 0428 977 609

(for enquiries relating to cancellations and other administrative matters)

Email: wendy@wildhorizons.com.au

Huw Kingston (Event Director): 0418 977 609

(for contact during the race itself and in emergency)

Wayne Byard (Course Director): 0429 444 831

(for issues relating to the course on the day of the race)



GEAR FOR THE CYCLING REVOLUTION



" My Submerino and I have been almost inseparable on recent rides. The revamped Lightwave Merino fabric, with its merino/polyester blend, wicks sweat and regulates my body temperature on those crisp days and cold nights. For these cooler months, it's a must-have.

While primarily intended as a base-layer, it's also a stellar performer by itself or when worn with a light undershirt. If you're an architect or just plain shy then you can always choose the black version"

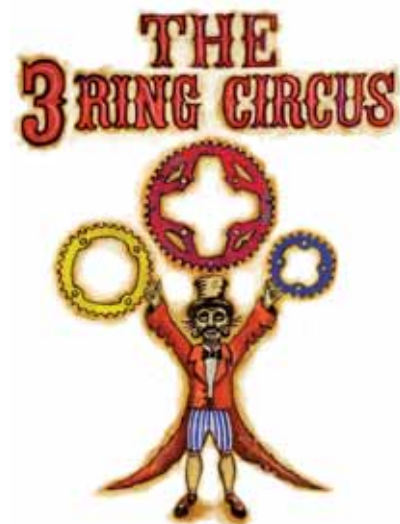
Brett Kennedy
Spoke Magazine

3 RING CIRCUS RULES & CONDITIONS

For safety and to keep the event fair it is necessary to have a number of rules as follows:

These may be changed/added to before the event.

1. All riders must register in person from 3.00-8.00pm on the Saturday at Ye Olde Bicycle Shoppe or 7.00-9.00am on the Sunday at the Big Top Event Centre.
2. All riders must attend the mandatory Rider Briefing on Sunday morning.
3. Each solo rider and team member is responsible for their timing transponder. One transponder will be provided per solo rider or team member, and these **must not be swapped between competitors!** Loss of transponders will result in your time being unable to be recorded and a charge of \$50 being levied.
4. The transponder must be mounted on the front of your bike number.
5. Australian road rules apply at all times on forest or classified roads.
6. Riders may not exceed the posted speed limit.
7. Riders may only ride more than two abreast whilst overtaking and must remain in their lane at all times. They must not cross the centre of the roadway, or any double separation lines (unless entering or leaving the roadway).
8. Riders must give way to all other traffic they may encounter, including horse riders and walkers.
9. Riders must leave gates as they find them.
10. Only registered racers or course marshals may ride on the race track.
11. Riders are only eligible for a place in the category in which they start the race.
12. Solo performers will complete all three Rings in the order of Blue, Red, then Yellow.
13. Relay Team of Three performers will complete one Ring each in the order of Blue, Red, then Yellow.
14. Relay Team of Two performers will complete Rings in the order of Blue, Red, then Yellow, with one team member completing two Rings and the other team member completing one Ring.
15. All riders must cross the timing mat at Transition prior to starting the next Ring.
16. Relay Team of Two or Three performers must cross the timing mat at Transition and hand the baton to the next rider who will then start the next Ring.
17. If a relay team member cannot complete his/her Ring, the team will be recorded as a DNF however the remaining team member(s) may still ride their Ring(s) under timed conditions.
18. Riders who fail to complete must advise a marshal/race official at the earliest opportunity.
19. Solo riders must use the same bike frame for the whole event.
20. Relay team members may share bikes and/or parts if necessary.
21. Riders can accept mechanical assistance on the course by any registered racer, but outside assistance is permitted at the Big Top Event Centre Transition Area only. Here riders will be able either to stock up on spares, or to carry out repairs on the spot.
22. Riders may accept food and water from any other rider on the course.
23. Food will be available to purchase at the Big Top Event Centre.
24. Water and drinks will be available at the Big Top Event Centre only. You should begin each Ring with at least 750ml of fluid.
25. Each racer must have or be carrying the following whilst racing:
 - Suitable mountain bike or cyclocross bike in good repair
 - Australian approved cycling helmet worn at all times
 - Race number plate mounted on handlebars with number clearly visible
 - Timing transponder mounted on the front of the bike number
 - Minimum 750ml liquid
 - Food e.g. energy bars, gels etc
 - Toolkit with minimum pump, puncture repair, inner tube
 - Water resistant jacket
 - First Aid kit (minimum of crepe bandage, bandaid strip, sterile dressing, 6 x painkillers e.g. Paracetamol
 - Whistle
26. Riders must clearly display their bike number mounted on their handlebars at all times whilst racing.
27. Riders must wear a fastened, Australian approved cycle helmet.
28. Profane or abusive language, or unsportsmanlike behaviour is grounds for disqualification of any solo or team rider.
29. Failing to complete the whole course, taking shortcuts or using any unfair means of obtaining an advantage over other competitors shall result in the rider and their team being pulled out of the race and recorded as a DQ. **It is the rider's responsibility to ensure that the correct course is followed.**
30. Riders wishing to pass should call 'Track, on your left' or 'Track, on your right' and the rider being overtaken should yield, if necessary, at the earliest safe opportunity.
31. If you need to return along a section of track, you may only ride if there is adequate room. You **must** give way to all oncoming riders at all times.
32. Riders pushing their bikes should give way at all times to those riding. They should attempt to walk on the least rideable portion of the trail.
33. All protests must be made to a race official in a polite, non-abusive manner. Abusive protests will not be heard. Protests may be made up to 15 minutes after the final results are posted. The Event Director has the final decision on all protests.
34. In the event of injury or accident, riders must stop to assist an injured rider, prevent others from entering the accident zone, and inform a race official of the incident at the earliest opportunity.
35. If you stop to give assistance for a health or safety reason, you may report this to a race official and let them know the reason and the duration of your stop. A time adjustment may be made. Note that this does not apply if you stop to offer mechanical assistance.
36. Please do not leave any rubbish out on the track. Anyone found doing so will be disqualified.
37. The Event Director has the right to call off the race either before or during for any reason he sees fit. This can include reasons related to the safety of riders or members of the public.
38. If the race is called off after it has begun, as soon as you have been notified by a race official you are no longer under race conditions and are responsible for getting yourself back to the Event Centre safely.
39. Any action deemed against the spirit of the event may result in disqualification. The Event Director has the final say in any decision at the Event.
40. Riders racing as someone else (e.g. swapping entries or bike numbers) are subject to disqualification.
41. The minimum ages for riders (taken as the age on the day of the race) are: solo performer - 16; team of two or three performers - 12 (Granny Ring), 14 (Spinner and Big Dog Rings).
42. Ignorance of these rules is not an acceptable defence.



MAP OF THE SOUTHERN HIGHLAND WAY

Home of Bill O'Reilly our Greatest Bowler

Feel free to print our map to guide you along the Highland Way!

About This Map

It's not to scale
Not all roads included

