



GUIDELINES FOR CIRCUS PERFORMERS 30-31 JULY 2011

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 on 30-31 July. 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 coming to townRide away to join it!

Saturday 30th – The Night Performance, 20km under the stars

Sunday 31st - The Matinee Performance, 50km under the sun

Thanks for agreeing to perform in the 3 Ring Circus! Hope your rehearsals have been going well.

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 or do it as a relay team and enjoy a great day out on the beautiful Wingello trails.

This year there will be two performances – Night and Matinee. Results will be published for both as well as combined 'Stage' results for Night+Matinee. There are over 900 performers entered in the Matinee and 150 in the Night.

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

There's plenty of entertainment, plenty of stalls in Sideshow Alley.....

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 3rd annual 3 Ring Circus!

Huw Kingston

RINGMASTER



GENERAL EVENT INFORMATION

THE PERFORMANCES

The Night Performance

– 20km under the stars, 5-30pm Saturday

Takes to the stage at 5-30pm and completes 3 Rings of around 4km+6km+11km giving a total of 20km. About 50% is singletrack and 50% fire trail. The 3 Rings pass through the Big Top Event Centre located at the Wingello Forest Trailhead. Solo Riders only, no team categories.

The Matinee Performance

– 50km under the sun, 10am Sunday

Solo performers or relay teams of 2 or 3 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 three Rings pass through the Big Top event centre located at the Wingello Forest Trailhead.

Route outline maps can be found on the website under Route and Maps.

The Ringmaster reserves the right to alter the course at any time.

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 12). This is where you'll find Registration, the event Start/Finish, Sideshow Alley with sponsor displays, bike repairs, catering along with entertainment, camping etc.

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 an ABSOLUTE premium for camping and parking so please follow all signs and instructions.

Camping – Camping (gold coin donation to Rural Fires Service) is available and there will be marshals and signage on site on Saturday 30 to guide you to event camping. **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 11.00am on Saturday. If you arrive earlier than this, please do not set up your camp anywhere on the southern side of the main track running through the Forest Camp, as you will be asked to move! Toilets are available at Wingello Forest Camp. Water will be available from early Saturday afternoon.

Parking – Parking will be challenging. PLEASE follow the directions from the Rural Fire Service 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 for your trip to the circus!

ACCOMMODATION

If you're not keen to camp, the accommodation options close to the event include Bundanoon (22km), Moss Vale (40km) or Goulburn (40km). 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 Most of the Bundanoon area options are already booked out.

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

SATURSDAY 30 JULY

11.00am	Event Camping & Parking	Open Big Top Event Centre, Wingello State Forest
2.00-8.00pm	Mechanic Service, Food & Drink, Sponsor Displays	Big Top Event Centre
3.00-4.30pm	Registration for Night Performance	Big Top Event Centre
3.00-7.30pm	Registration for Matinee Performance	Big Top Event Centre
4.00-8.00pm	Ay Up Light Demo & Loan Light Pick Up	Big Top Event Centre
5.15pm	Rider Briefing for Night Performance	Big Top Event Centre
5.30pm	Night Performance Starts	Big Top Event Centre
Approx 7.30pm	Presentations for Night Performance	Big Top Event Centre

SUNDAY 31 JULY

7.00-9.00am	Registration for Matinee Performance	Big Top Event Centre, Wingello State Forest
7.00am onwards	Mechanic Service, Food & Drink, Sponsor Displays, Entertainment	Big Top Event Centre
9.40am	Rider Briefing	Big Top Event Centre
10.00am	Event Start	Big Top Event Centre
Approx 2pm	Presentation	Big Top Event Centre

REGISTRATION

- **Registration on Saturday 30 July is from 3.00-7.30pm (3.00-4.30pm for The Night Performance)**
- **Registration on Sunday 31 July is from 7.00-9.00am**

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 upon which your transponder will be mounted.

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/Jersey Pick Up - If you ordered a Circus Jersey or 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 25 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 27 July. Please note that no changes can be made to your entry details after this date.

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, **THIS MUST BE THE SAME CREDIT CARD THAT YOU USED TO ENTER THE EVENT**, as they are not kept on file.

TRANSFERRING ENTRIES.

Note that we do not keep a waiting list. If you wish to Cancel without forfeiting the 20% you need to self nominate another rider to take your place. You do this as follows. Go online, Register onto your account and Manage My Entries. There is a facility for you to transfer your entry by forwarding it to another person's email. They are sent a message requiring them to go online and enter their new details. In such instances, Wild Horizons does not become involved in the money arrangements, leaving this to the two parties to resolve between themselves

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 injury insurance and ambulance cover. The option for personal injury insurance was also included as an add on to your entry.

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.

Confirm your Name, Category, and Race Number on the envelope you receive at Registration are correct.

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)



SIDESHOW ALLEY

FOOD AND DRINK AT THE 3 RING CIRCUS

At The Circus

The official Circus caterers are Wingello School P&C as their major fundraiser from 2pm Saturday and 7am Sunday. They will have the BBQ doing it's fire show (including vegetarian options), meat and veggie lasagne, soup, egg & bacon rolls, slices, cold drinks and pancakes (on the Sunday). And the all the Kids amongst us and the real ones there'll be Fairy Floss and popcorn too. It is a Circus after all!

Espresso Mobile will be pumping out your favourite caffeinated beverage or hot chocolates from 2pm Saturday and 7am Sunday.

...And if that's not enough to keep you warm and happy, there should be a few pit fires to warm you from the outside as well!

In The Area

In Bundanoon there is a wide choice including Ye Olde Bicycle Shoppe, The Primula Café, Bundanoon Club, Chinese Restaurant, Bundanoon Pizza & Pasta, Gardeners Kitchen and Bundanoon Hotel. The Wingello Store has a cafe as does Lauren's Cafe in Penrose.

RACEWORX MECHANICAL SUPPORT



The legendary Scott and Paul from Raceworx will be providing a bike repair service and selling a range of performance enhancing bike stuff from 2.00pm until 7.00pm on Saturday and from 7.00am on Sunday 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.

AY UP LIGHTING SYSTEMS



The full crew from Ay Up Lighting Systems will be at the Circus dazzling you with the ultimate lights for your stage performance.

The crew includes 2 time World 24 Hour Solo MTB runner up Andrew Fellows and the Ay Up ringmaster himself, Andrew Patten.

Ay Up Light Loan For The Night Performance

To secure yourself a set of loan lights for the Night Performance all you need to do is drop an email to enquiries@ayup-lights.com with the subject 'Loan Lights for 3 Ring Circus' and give your name, email and contact phone number. Then once you've had a reply and locked in your lights, you need to see the guys before 5pm on Saturday.

SHIMANO BIKE GEAR AND TUNE UP



Those amazingly clever people from Shimano make bike gear for the highest level of performers. At The Circus they will have sparkling bike bling for you to handle, demo bikes for you to trial and their technicians can help ensure your bike will perform as well as you!

GU



Andrew Lloyd and the GU nutrition crew will be on hand selling their secret success for fine performances.

OSPREY HYDRAULICS



Check out the range of hydration packs and other gear from one of the world's best known outdoor adventure brands. Some of the most impressive tricks with bladders and tubes you will ever see!

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. Matt will be at The Circus with all details on this stunning resort which hosts a race stage and a night of our Mountains To Beach stage race. Some 20km of MTB trails loop around the resort.

TERTINI WINES



Come and taste some of the Southern Highlands most awarded wines. Tertini Wines is dedicated to producing premium, cool climate wines and are a great supporter of our events.

THE BODY MECHANIC



Blair and his troupe of contortionists from The Body Mechanic will be on hand to fine fine tune bodies with massage and physio. Talk to them too about the best bike fitting service this side of the planet.

CIRCUS ENTERTAINMENT

Circus WOW will be special guests of The 3 Ring Circus and will amaze with their fire show (on Saturday night), stilt walking, juggling, clowns, hoola hoops and much more. So bring the kids (there'll be impromptu Circus lessons as well as free face painting)

OTHER STUFF

MARATHON PHOTOS



Your performance will be captured by the crew from Marathon Photos and you will be able to purchase copies of yourself (and others) as proof you ran away to join the Circus, even if for only one day a year.

FIRST AID

Hopefully the least popular stall in Sideshow Alley! St John Ambulance will be stationed at the Big Top Event Centre. On the course we will also have a number of First Aid First Responders in 4WD vehicles and on bike. Some event marshal vehicles including those from the Rural Fire Service may also carry first aid kits.

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 BUMPER

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

This is our base in Bundanoon. Apart from fuelling you with caffeine, cakes and much more, you can pick up basic bike spares here and if needs be hire a bike for the Circus.....

Bike Hire from YOBS

If you're looking for a bike to ride at the event, we can help. Trek 6500 hardtails are on offer for hire. Pick up on at YOBS and return after the event. See www.wildhorizons.com.au for more information. To ensure we have your size available we recommend that you pre book hire bikes.

PRIZES

There are plenty of prizes available at The 3 Ring Circus. From Ground Effect, Ay Up, Shimano, Osprey Hydraulics, Tertini Wines, Lake Crackenback Resort, 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!

3 RING CIRCUS T SHIRT - \$35



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.

3 RING CIRCUS JERSEYS - \$100



No self respecting Circus performer should pass up the chance to dress up in the official Circus jersey!

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!

MOBILE PHONE COVERAGE

There is some mobile reception in Wingello State Forest and along the route of The 3 Ring Circus, however this is unreliable for many networks. Next G coverage is pretty good in most areas. There is a public phone in Wingello village

THE WEATHER

The Southern Highlands sits at around 650m altitude and is a cool to cold place in winter. Snow is not unheard of. Daytime temperatures can range from 8-15 degrees with night times dropping to below freezing. Make sure you come prepared for cold weather.



THE 3 RING CIRCUS

RACE DETAILS - GENERAL

SAFETY ON THE ROADS AND ELSEWHERE

Although Wingello State Forest is closed to all other users during the event 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 11.

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.

COURSE MARKING & MARSHALS








Tape and signage will indicate the route to be followed. For the Matinee Performance 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. (NOTE – For The Night Performance ALL the rings are signed with Red arrows).

FEED STATION

Water and GUBrew sports drink will be available at a Feed Station for the **Matinee Performance Only** located between the end of the Red Ring (after 31km and start of the Yellow Ring. There will also be fruit buns, snakes, fruit.

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. Forests NSW have worked on many of these now but still a few 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.

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

RACE DETAILS - THE NIGHT PERFORMANCE

BRIEFING

All Night performers must be at the Big Top Event Centre at 5.15pm 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.

Riders in the Night Performance must have a fully functioning white front light (minimum 5 watts), and red rear light (set to non flashing mode). Both must be either bike or rider mounted. Each rider must also be carrying a backup white front light (helmet torch, second light etc.)

START

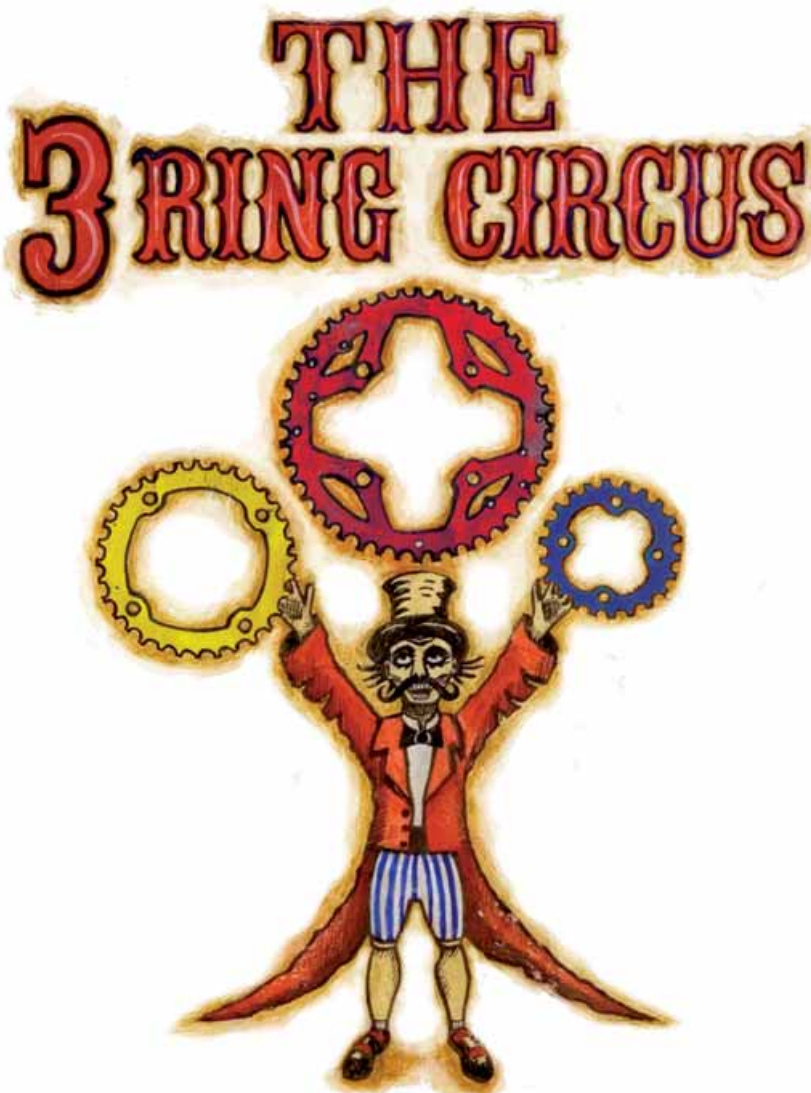
The Start is at the Big Top Event Centre and will be a mass start at 5.30pm. Due to the way the Rings intersect there will be no late starts allowed.

With 150 or so in the Night Performance, track crowding should be minimal. Those racing hard and fast should ensure they are up at the front of the start grid. Whatever happens treat your fellow riders with respect and only pass in places that will not cause undue annoyance or danger to your fellow riders.

THE ROUTE OF THE NIGHT PERFORMANCE

Route outline maps can be found on the website under Route and Maps. The Ringmaster reserves the right to alter the course at any time.

Lights blazing, Riders will kick it off with About 4km of firetrail to warm up and spread the field. You will then come back through the Big Top Event Centre to transition to the next 6km ring. 0.5km into this you will hit the first singletrack, a tight and twisty section for a kilometre or so before more fire trail leads you back to the Big Top. Then it is off on the final 11km, the middle 7km of which is all singletrack.



RACE DETAILS - THE MATINEE PERFORMANCE

BRIEFING

All Matinee performers must be at the Big Top Event Centre at 9.40am 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.

The first Blue Ring is 6km of firetrail. However 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.

THE ROUTE

Route outline maps can be found on the website under Route and Maps. The Ringmaster reserves the right to alter the course at any time.

The 3 Rings pass through the Big Top Event Centre. 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



Approx 25km long, the Red Ring traverses several gullies and includes one or two climbs (including the infamous "The Wall"!) and 14km 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 Yellow 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, your performance complete.

DETAILED INFO FOR RACE OPTIONS

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
- Shimano cycling gear
- Ay Up Lighting Systems
- Tertini Wines
- Lake Crackenback Resort in The Snowy Mountains
- GU Sports Nutrition
- Osprey Hydraulics packs
- Maxxis Tyres
- Sigma Bike Computers
- Aquamann Irrigation for supply of water and water tanks
- Wingello School P&C
- Rural Fire Service of NSW for assistance with communications, marshalling
- Espresso Mobile for coffee van
- St John Ambulance for First Aid
- Circus WOW for their performers
- Marathon Photos for photography
- Castech for timing
- Raceworx for bike tune up/spares service
- 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. In case of any important information needing to go out over the weekend of the event itself we will do so by SMS to your mobile phone.

EVENT CONTACT PHONE NUMBERS

Up until 4pm Friday 29 July:

Tel: 02 4883 6509

Email: info@wildhorizons.com.au

From 4pm Friday 29 July:

Suzie Presswell: 0411 868 822

(for enquiries relating to cancellations and other administrative matters)

Email: operations@wildhorizons.com.au

Wayne Byard (Course Director): 0429 444 831

(for issues relating to the course or incidents during the race)

Huw Kingston (Event Director): 0418 977 609

(For contact in emergency if unable to get an answer from Wayne above)



30-31 July 2011 Wingello State Forest



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.

- All riders must register in person from 3.00-8.00pm on the Saturday (3.00pm-4.30pm for the Night Performance) or 7.00-9.00am on the Sunday at the Big Top Event Centre.
- All riders must attend the mandatory Rider Briefing on Saturday evening (Night Performance) and Sunday morning (Matinee Performance).
- 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.
- The transponder must be mounted on the front of your bike number.
- Australian road rules apply at all times on forest or classified roads.
- Riders may not exceed the posted speed limit.
- 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).
- Riders must give way to all other traffic they may encounter, including horse riders and walkers.
- Riders must leave gates as they find them.
- Only registered racers or course marshals may ride on the race track.
- Riders are only eligible for a place in the category in which they start the race.
- Solo performers in the Night Performance will complete all laps as required to complete the course
- Solo performers in The Matinee Performance will complete all three Rings in the order of Blue, Red, then Yellow.
- Relay Team of Three performers in The Matinee Performance will complete one Ring each in the order of Blue, Red, then Yellow.
- Relay Team of Two performers in The Matinee Performance 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.
- All riders must cross the timing mat at Transition prior to starting the next Ring.
- 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.
- 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.
- Riders who fail to complete must advise a marshal/race official at the earliest opportunity.
- Solo riders must use the same bike frame for the whole of each Performance they do. They can use a different frame for the Night Performance and for the Matinee Performance.
- Relay team members may share bikes and/or parts if necessary.
- 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.
- Riders may accept food and water from any other rider on the course.
- Food will be available to purchase at the Big Top Event Centre.
- Water and drinks will be available at the Big Top Event Centre only. You should begin each Ring with at least 750ml of fluid.
- Each racer must have or be carrying the following whilst racing:
 - Suitable mountain bike, cyclocross, unicycle or trick bike in good repair.
 - Australian approved cycling helmet worn at all times
 - Race number plate mounted on handlebars with number clearly visible or pinned to shirt
 - 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
- Riders must clearly display their bike number mounted on their handlebars at all times whilst racing (unicyclists can mount on shirt or frame).
- Riders must wear a fastened, Australian approved cycle helmet.
- Riders in the Night Performance must have a fully functioning white front light (minimum 5 watts), and red rear light. Both must be either bike or rider mounted. Each rider must also be carrying a backup white front light (helmet torch, second light, etc).
- Profane or abusive language, or unsportsmanlike behaviour is grounds for disqualification of any solo or team rider.
- 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.
- 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.
- 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.
- 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.
- 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.
- 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.
- 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.
- Please do not leave any rubbish out on the track. Anyone found doing so will be disqualified.
- 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.
- 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.
- 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.
- Riders racing as someone else (e.g. swapping entries or bike numbers) are subject to disqualification.
- 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).
- 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

