



# Final Details

7/8 November, 2009  
Southern Highlands, NSW

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

## Introduction

Thanks for entering the **2009 Highland Fling**, taking place on 7-8 November. We are looking forward to welcoming you and your supporters to the Southern Highlands of NSW!

2009 is the fifth running of the Fling which is now the largest sporting event in the Southern Highlands and one of the biggest MTB events in the country with entries capped at 1700 riders this year across all Fling events. Once again the Highland Fling is Carbon Neutral and we thank you for being part of that. We'd also like to welcome you to Bundanoon, Australia's First Bottled Water Free Town! As always it is great to work with all the community groups and they're looking forward to their favourite event of the year. Favourite because they love the enthusiasm and politeness of the MTB community!

On the Saturday, many will be enjoying Fling in the Vines, a leisurely 25km mountain bike winery tour. Most of Saturday's action is in Bundanoon village centre including the Bundanoon Dash. The show then moves to Ferndale Oval Event Centre on the outskirts of the village for Sunday; race day.

This year while some are battling it out in the racing, 150+ riders will be having a Casual Fling, the untimed 14km participation event. And the Kids Fling is on again this year, for all kids of primary school age.

The distance for the Full Fling is approx 113km with 59km for the Half Fling and 103 miles for the 100Mile Flingers!

I know there is a lot to read here but settle down with a glass of red or a 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 seeing you at the 2009 Highland Fling.

**Huw Kingston**

**EVENT DIRECTOR**



# GENERAL EVENT INFORMATION

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## Event Centre

Bundanoon, the Event Centre, is a picturesque village at the southern end of the Southern Highlands (see Bundanoon Location map on page 15). This is where you'll find Registration, the event Start/Finish, sponsor displays, bike repairs, catering, parking, camping, etc. See Event Centre map on page 17 for more information.

## 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. Stop here to pick up your Scottish goodies! 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).

## Parking at Ferndale Oval Event Centre

On Saturday 7th night, camping with your car is available at the Bundanoon Pony Club opposite Ferndale Oval Event Centre - see below for details. For Sunday 8th, **day parking arrangements have changed from previous years.** Parking is in paddock off Ferndale Road (gold coin donation to Bundanoon Carriage Club).

On the Sunday all cars will approach this paddock down Old Wingello Road onto Ferndale Road. Marshalls and Signage will direct you from Bundanoon village centre. See Event Centre map on page 17 for approach routes.

If you are leaving your vehicle in Bundanoon itself (particularly if you are staying at accommodation in Bundanoon on Saturday night) it is an easy 2km ride from town to Ferndale Oval (see Event Centre map on page 17).

## Directions to Wingello Oval Transition Area

(For supporters/spectators and Flinging Threesome team members - after they have attended the Rider Briefing - riding Forests NSW and GU Stages).

Head out of Bundanoon on Penrose Road, pass through Penrose village after 9km and 6km later you will reach Wingello village. Park somewhere on the left hand side of the road as you approach the village centre. There are also a couple of side streets on the left in which you can park. See Transition Area map on page 18 for more info. **Please do not cross the level crossing in your vehicle** as this is where the route passes and it is essential that traffic is minimized in this area throughout the day. From your car you can walk/ride across the level crossing to Wingello Oval Transition Area (approx 500metres)

## Accommodation

Camping is available at the Bundanoon Pony Club (opposite the Ferndale Oval Event Centre) for \$5/head, with all proceeds going to the Pony Club. There's no need to book, just turn up anytime from 1.00-11.00pm on Saturday 7 November and someone will be there to take your fee and show you where to camp. Toilets and water are available here.

**Shuttle Bus** - A Shuttle Bus will run between Ferndale Oval Event Centre and Bundanoon Village, a distance of 2km, from 4pm-10pm on Saturday.

If you're not keen on camping and have not already booked accommodation then you won't find anywhere in Bundanoon at this late stage. However there may still be options in Moss Vale/Berrima/Bowral area. Call Tourism Southern Highlands on 1300 657 559 or visit [www.southern-highlands.com.au](http://www.southern-highlands.com.au)

## Spectators

The best places for spectators are at Ferndale Oval Event Centre, Bundanoon for the Start and Finish and at Wingello Oval Transition Area throughout the day. Given that riders pass through Wingello Oval Transition Area twice during the Full Fling and 100Mile Fling (and once for the Half Fling), it's a good spot to cheer on your partners or friends. There's food and drink to enjoy at the oval. If you do go down to Wingello then please note details on Parking above.

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.

**Both Penrose and Wingello State Forests are closed to all other users during the race.**

We expect the first Half Fling competitors to be back at Ferndale Oval by approximately 10.15am, and the first Full Flingers to return some time after noon.

The Bundanoon Dash at 5.30pm on Saturday is a great event for spectators. Come line the final 300metres haul up the steep Constitution Hill to cheer the riders up to the Finish Line.

# Highland Fling Weekend Schedule

## Saturday 7 November

9.30am-1.30pm	Fling in the Vines Cycle Tour	
1.00pm-11.00pm	Camping Open	Bundanoon Pony Club
4.00pm-10.00pm	Shuttle Bus runs from Ferndale Oval Event Centre to Bundanoon Hall	Bundanoon Village – Ferndale Oval Rtn
3.00-10.00pm	Registration	Bundanoon Hall
(3.00pm-4.30pm)	(Registration and On Day entries for Bundanoon Dash)	Bundanoon Hall
3.00pm-10.00pm	Sponsor Displays, Bike Tune Up etc etc	Bundanoon Hall
5.00pm-10.00pm	Bundanoon School P&C Dinner served	Bundanoon Hall
3.00-9.00pm	Bundanoon Soccer Club BBQ & Coffee Van	Ferndale Oval Event Centre
5.10pm	Riders assemble for Bundanoon Dash	Church St outside Bundanoon School
5.20pm	Rider briefing for Bundanoon Dash	Church St outside Bundanoon School
5.30pm	Bundanoon Dash Start	Church St outside Bundanoon School
6.00pm	Bundanoon Dash Finish	Church St outside Bundanoon School
6.30pm	Bundanoon Dash Presentation	Bundanoon Hall

## Sunday 8 November

5.30-9.30am	Breakfast/Caffeine/Drinks Available	Ferndale Oval Event Centre
<b>6.00am-7.00am</b>	<b>Registration</b>	<b>Bundanoon Hall</b>
6.00am-7.30am	Final Bike Tune Up Service	Ferndale Oval Event Centre
7.10am	Rider Briefing - 100Mile Flingers, Full Flingers (excluding Elite)	Ferndale Oval Event Centre
7.30am	Start:100Mile Flingers Full Flingers (excluding Elite)	Ferndale Oval Event Centre
7.40am	Rider Briefing - Elite Full Flingers, Half Flingers, Flinging Threesomes	Ferndale Oval Event Centre
8.00am	Start: Elite Full Flingers Flinging Threesomes & Half Flingers	Ferndale Oval Event Centre
8.20am	Rider Briefing – Casual Fling	Ferndale Oval Event Centre
8.30am	Start: Casual Fling	Ferndale Oval Event Centre
8.00am-8.45am	Registration Kids Fling	Ferndale Oval Event Centre
8.45am-9.30am	Kids Fling	Ferndale Oval Event Centre
8.30am-4.00pm	Drinks/Coffee/Food/BBQ	Wingello Oval Transition Area
11.00am-5.00pm (approx)	Competitor Meal Provided, BBQ, Bar, Coffee Van, Drinks/Snacks Kiosk, Music	Ferndale Oval Event Centre
Approx. 4.00pm	Presentations	Ferndale Oval Event Centre

## Registration

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Registration is on:

- **Saturday 7 November**  
from 3.00-10.00pm, at the Bundanoon Hall
- **Sunday 8 November,**  
from 6.00-7.00am, at the Bundanoon Hall.

All riders, including each team member of a Flinging Threesome, must register in person. Early registration is recommended, as you will then have the Saturday evening free to enjoy dinner, prepare for the Fling and relax.

**For those arriving on Sunday to register, note that you will have to travel 2km to the Event Centre and Start after registering – we recommend that you arrive early!**

At Registration, you will first sign a Waiver and you will then be given your timing transponder (one per rider) and bike number, plus sponsor giveaways, brochures, your lunch voucher etc.

**Tertini Highland Fling Pinot Noir Pick Up** – Every entrant over 18 receives a bottle of our souvenir event wine, the award winning 2006 Tertini Highland Flind Riesling. You will find a voucher in your bag for this and should proceed to the Tertini Wines booth to collect this after you have registered.

**T Shirt/Jersey/Map Pick Up** – If you ordered an event jersey, T-shirt or map then these will be available for pick up at a dedicated desk after you have registered.

### Registration for the Bundanoon Dash

If you have entered for the Dash then you will need to register between 3.00 and 4.30pm at the Bundanoon Hall. First you will register for the Fling and your bike number and transponder will be used for both races. Once registered for the Fling you will need to go to the Dash Rego desk to sign on. Note that you will need to have your Fling bike number and transponder mounted for the Bundanoon Dash.

For those who have not pre-entered the Dash but wish to do so on the day, you can between 3.00 and 4.30pm for payment (cash only) of \$15. Remember all proceeds go into the community fundraising pot.

## Cancellations, Changes to Entry Details and Rider Replacements

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Entry cancellations can be made up to midnight on **Monday 2 November** when a refund (less 20% administration fee) will be made. Any cancellations after that date will not be considered for a refund.

Changes to entries (e.g. Half Fling to Full Fling or vice versa), including transfer of your entry to another person, may be made up until midnight on **Monday 2 November**. Please note that **no changes can be made to your entry details after this date**.

To effect any cancellations, changes, or to transfer your entry to another person, you must first log into the Wild Horizons Event Management System by clicking on the Register tab, then make the changes you wish. If an

additional payment is required, you will be taken to a payment screen to enter your credit card details. If you are eligible for a partial refund, you should email [cancellations@wildhorizons.com.au](mailto: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.

### Rider Replacements at Registration – SATURDAY ONLY!

If you are replacing a rider who finds they cannot attend then this replacement can only be made at Registration on Saturday 7 November, 3-10pm. No rider replacements may be made after this time. It is up to the original rider and the replacement to sort out the financials - no fees will be refunded.

## Insurance and Waiver

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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.

## Timing Transponders and Bike Number Plates

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Every rider and team member will have their own individual transponder. The timing transponder should be cable tied to your bike fork leg (cable tie and instructions will be included with your transponder). If you are participating in the Bundanoon Dash you will need to have your transponder attached.

***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.

Each Full Fling, 100Mile Fling, Flinging Threesomes and Half Fling competitor will have a unique bike number. The bike number should be securely mounted on your handlebar with the number clearly visible, i.e. in front of cables/brake lines.

### Number Plates

*100Mile Flingers* – identified by Blue colour with an M next to the number

*Full Flingers* – identified by Black colour with an F next to the number

*Half Fling* – identified by Red colour with an H next to the number

*Flinging Threesomes* – identified by Green colour with a T next to the number

Casual Fling participants will have a souvenir event plate with no number!

# SERVICES AT THE EVENT

## Food and Drink at the Fling

### Saturday

There are many options for getting a good feed on Saturday 7 November.

**Dinner** - Bundanoon School P&C will again be putting on a dinner in the Bundanoon Hall from 5.00-10.00pm as a fundraiser. Pasta dinner (with vegetarian option) served with salad and crusty bread and a choice of desserts for \$14.00.

The community owned Bundanoon Club (on the other side of the railway line) has \$8 Mains (incl salad bar) on Sat night. It's only a 2 minute ride/5 minute walk from the hall but the Club Shuttle Bus will run back and fore too.

Ye Olde Bicycle Shoppe, Red Violin Café, Primula Café, The Chinese Restaurant and Bundanoon Hotel (bookings essential) will all be serving dinner/snacks/coffee, etc.

**BBQ** - Bundanoon Rebels Soccer Club will be running a BBQ down at Ferndale Oval Event Centre from 3.00-9.00pm. Soft drinks will be available, and the Espresso Mobile Café coffee van will also be down at Ferndale Oval from 3.00-9.00pm.

Bundanoon has a wide range of shops for provisions, drinks etc.

### Sunday

**Ferndale Start/Finish** - The Bundanoon Rebels Soccer Club will be selling breakfast at Ferndale Oval (Start/Finish) from 5.30-9.30am on the Sunday morning. They will have a wide range of food from cereal & fruit to bacon & egg rolls and pancakes. They will also be selling soft/sports drinks, chips/chocolate etc throughout the day. Two Espresso Mobile Café vans will also be there to give you that all-important caffeine fix!

**A meal at the finish is included in your entry fee.** If possible, please bring your own plate / bowl / cutlery for this (as it saves using throwaway stuff). You will be given a lunch voucher at Registration and you must have this with you in order to collect your lunch. Exeter School P&C, are providing a pasta dish, bread roll, and slice for all riders which will be available on Ferndale Oval after you finish.

Exeter School P&C will also be running a BBQ for spectators and those riders requiring further sustenance!

**Cold Drinks and Beer Bar** - The Soccer Club will be looking after the soft drinks side of things while the Bar, where you can buy beer and wine, will be run by the Bundanoon Lions Club from 11.00am.

**The Bananas are Back!** - The Australian Banana Promotions Company is again providing us with bananas for the event. Enjoy the finest natural sports food there is. All with a biodegradable wrapper!



**Waste Reduction at the Highland Fling** - Reducing waste and maximising recycling is a major goal for waste management at the Highland Fling. To ensure that recycling is successful, contamination (non-recyclable materials) needs to be minimised or eliminated or the recycling can be rejected.

The Highland Fling has been successful in introducing waste reduction strategies for the last few years. The use of a fully supervised central Recycling and Waste Depot at Ferndale Oval has been a major factor in these achievements. The event continues to improve on past efforts.

In 2009 there will be a few changes to the waste strategies:

- 240L mobile garbage bins used at Recycling & Waste Depot instead of 1100L bins

- bins at Recycling & Waste Depot supervised, but used by public

- there will not be a Deposit Based Drinks System

- there will not be organics recycling \*

\* all mixed waste (rubbish) is now sent to WSN Solutions' Ecolibrium® Alternative Waste Technology (AWT) facility at Jacks Gully Narellan. At this facility the organics are separated and composted in a tunnel. The use of biodegradable plates and cutlery is still important for the success of this process.

As in previous years all non-recyclable rubbish can be taken to the general waste bin at the Recycling & Waste Depot or taken home with you. No rubbish bins will be placed around the Event Centre or Camp Area.

Please help us to do our bit for the world we ride in.

**Wingello Oval Transition Area** - Wingello School P&C will be providing food down at the transition area at Wingello Oval from 8.30am-3.30pm. They will be selling sandwiches, bacon & egg rolls, sausage & onion rolls, veggieburgers, home-baked slice, GU Gels and sports/soft drinks. Espresso Mobile Café will also be on the Oval from 8.30am-3.30pm.

Please use the recycling bins for cans/bottles

**Hydration on the Course** - We love our water here in Bundanoon! Water will be available at Ferndale Oval (Start/Finish), Wingello Oval Transition Area (34km and 87km into the Full Fling), and at the Frequent Riders Lounge (approx 29km into the Forests NSW Stage which is 63km into the Full Fling). GU20 sportdrink will also be available here.

You may be able to obtain water at other locations along the route - taps, rivers, and creeks - however the quality of this is not guaranteed.

Aquamann are the official water tank and tanker supplier to the Highland Fling. In addition, at Ferndale Oval, one of the 'Bundy on Tap' partners, Culligan Water, will set up their chilled, filtered hydration station to keep you well watered!



**Cold Drinks/Sport Drink** will be available to purchase at Ferndale Oval Event Centre and Wingello Oval Transition Area (and also Wingello General Store)

### 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 rider found littering the course, the Event Centre or Transition Area. Our nutrition sponsor GU will be placing Trash Bins around the course for riders to dispose of their empty gel/bar packets. 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 Highland Fling.**

## Shimano & 3D Race Support Mechanical Support

**SHIMANO** With thanks to Shimano and 3D Race Support (Batemans Bay Cycles, Batemans Bay) there will be a bike tune up service and basic spare parts for sale. This will be located at Bundanoon Hall on Saturday 7 November from 3.00pm. On Sunday the service will move to Ferndale Oval Event Centre from 6.00am to 7.30am and will then move to the Wingello Oval Transition Area from 8.30am-3.30pm. Labour is free but parts are charged for. **Please Note** - The service is offered as a last minute or transport damage repair, not a full bike service. If your bike requires more than a last minute repair then you will be charged for the labour, however priority will be given to those who require an emergency repair. Please ensure your bike is in good repair and working well before you arrive for the weekend.



## Ye Olde Bicycle Shoppe (YOBS)



Located across the road from the Bundanoon Hall is the home base of Wild Horizons. Apart from fuelling you with caffeine, cakes and a whole lot more, Ye Olde Bicycle Shoppe has some basic bike spares (tubes, tyres etc for sale). Also check out the range of Apres Velo T shirts, mugs and calendars. Designed by Sarina, a mad keen mountain biker, Fling rider and hugely talented artist (who also designed the Fling T Shirt this year) they convey the humour and fun of the sport in a unique way.

Also check out the gallery of stunning wildlife paintings by Wayne Byard. Wayne is the Course Director for the Highland Fling and all Wild Horizons events.

## Bike Hire for The Fling

If you're looking for a bike to ride at the event, whether it be a quality hardtail (BMC Team Elite 04) or a blingy demo bike such as an Ibis Mojo, we can help. We are offering a discounted hire rate of \$85 for any of our top-end demo bikes (normally \$95). Pick up at Rego on Saturday and return after the event on Sunday (security your responsibility!). See [www.wildhorizons.com.au/ye-olde-bicycle-shoppe/hire](http://www.wildhorizons.com.au/ye-olde-bicycle-shoppe/hire) for more information.

## Rock'n'Roll Lube Station



Down at Wingello Oval Transition Area will be the Rock'n'Roll Lube Station thanks to our friends at Bikecorp. This will be in place from 9.00am-3.00pm. Please use only what you need to ensure there is enough to go around!

## Massage Service

There will be a team of therapists to offer massage to help ease those tired muscles on Sunday 8 November. This will be available at Ferndale Oval from 11.00-5.00pm.

## Cycle Photos

Cycle Photos ([www.cycle-photos.com](http://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.



## First Aid

St John Ambulance will be stationed at Ferndale Oval Event Centre and Wingello Oval Transition Zone. There should also be a First Aid Kit at the crossing of Penrose Forest Way (Ground Effect and GU Stages) and at the Frequent Riders Lounge 29km into the Forests NSW Stage. A mobile Wilderness First Aider will be on hand to attend incidents as required. Some event marshal vehicles including those from the Rural Fire Service may also carry kits.

## Prizes

There are plenty of prizes available at the Highland Fling. On the dirty money front, there is \$10000 in cash prizes, including \$1500 for the first Elite woman and man Full Flinger across the line, and \$500 for the winner of the 100Mile Fling. There is also prize money up for grabs for the Bundanoon Dash.

There are some \$30,000 worth of prizes to get rid of. There's a huge range of prizes from Ground Effect, Ay Up, Tertini Wines, GU, Shimano, Ibis Bikes, Maxxis, Sigma, Limar, Camelbak, Thredbo. And much more!

## Australian MTB Marathon Championships



The Highland Fling is the Australian MTB Marathon Championship. In addition to their \$1500 prize money, the winning male and female Full Fling Elite rider will each receive the coveted 'maillot tartin' (Tartan Jersey).

## Mr & Mrs Average

The male and female rider who complete the Full Fling closest to the Average Time will receive a special prize each once calculations are complete post event

## Highland Fling Costume

We will be awarding prizes for the best Highland Fling costumes and bikes, so don't forget your sporan and bagpipes!

## The Dark Side



A large team of people is required to run an event as complex as the Highland Fling. 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!

## Displays at the Event

A number of our sponsors will be attending the event and showing off their wares. This will include Ay Up lights, Shimano, Tertini Wines, Hot Designs clothing, Maxxis Tyres etc. Additionally, Over the Edge Sports from Melrose will be here as will Pittarak kayaks. Displays will be in Bundanoon Hall on Saturday and down at Ferndale Oval Event Centre on Sunday.

## Ay Up Lighting Systems Test Booth



On Saturday Ay Up will have a number of light sets available for testing. Why not borrow a set and do a lap of the Bundanoon Dash after dark to experience these amazing lighting systems. Visit the Ay Up booth from 7.30pm to try out a set.

## Tertini Highland Fling Riesling



In conjunction with our partner, award winning local wine producer Tertini Wines, we will be giving each rider (over 18!) a bottle of Tertini Highland Fling Riesling. The Southern Highlands is recognized for the quality of its Riesling and Tertini in particular produce some beauties. *James Halliday gave this wine 4.5 Glasses and 91 Points in the 2010 Australian Wine Companion.* You will pick up your free bottle at Registration, however you can also purchase further bottles on the weekend itself from the Tertini Wines booth, for just \$15 per bottle. Or, pre-order by calling Tertini Wines on (02) 4878 5213 or emailing [sales@tertiniwines.com.au](mailto:sales@tertiniwines.com.au), for pick up on the weekend. Check out Tertini Wines on [www.tertiniwines.com.au](http://www.tertiniwines.com.au)



## Highland Fling Jersey and T Shirt

For those who pre-ordered jerseys or T Shirts, these will be available for pickup at registration. There will be a limited number available for sale on the weekend. Both T Shirt and Jersey are absolute 'Flings of Beauty'!



A FLING OF BEAUTY

## The Bundanoon Dash

The Bundanoon Dash is the entrée to the weekend's racing. Starting at 5.30pm on Saturday, the Dash is a 6km race starting on Church Street in the centre of Bundanoon and doing a loop of the national park tracks in Bundanoon before a cruel final 300metre finish up Constitution Hill. You can enter online (\$10) for Dash Only (online entries close Thursday 5 November) or enter on the day (\$15). All entry fees go toward the community fundraising efforts of the event. \$300 to first Man and Woman finisher. Prizes to last finisher too! You do not have to be a rider in the Fling race on Sunday to enter the Dash on Saturday evening. Registration for the Bundanoon Dash is from 3.00pm-4.30pm.

## Casual Fling

The Casual Fling is a 14km ride designed for those who don't feel up to completing the Half Fling or Full Fling. It is not a race, rather an opportunity to be part of the weekend and get a feel for what the Highland Fling is all about. The Casual Fling is an untimed participation ride and will have no winners (or losers!) and there are no age/sex categories. It starts at 8.30am on Sunday 8. Registration for the Casual Fling is at Bundanoon Hall on Saturday 7 November, 3-11pm, or on Sunday 8 November, 6-7am, where you will receive your souvenir bike number and other materials.

Casual Fling riders must be 14 years or older on the day of the event, and you can still enter online (online entries close Thursday 5 November). **There will be no entries on the day.**

## The Kids Fling



On Sunday morning while you're all riding the Fling course we'll be running a fun race for local schoolchildren and other children present at the event who wish to participate. Sponsored by Todds Real Estate, the kids will enjoy some fun at Ferndale Oval between 8.45am and 9.30am with each entrant receiving a showbag and each one going draw to win an Eastern BMX bike worth \$759! **Register on the day from 8.00am.**



## Mobile Phone Coverage

There is limited GSM mobile reception in Bundanoon and Wingello and along the route of the Highland Fling, however this is unreliable. Telstra Next G coverage is pretty good in most areas however there are still areas along the route where it is unavailable. There are public phones in both Bundanoon and Wingello.

# RACE DETAILS

See route outline map on page 16

## Rider Briefing

All riders must be at Ferndale Oval Event Centre for the Rider Briefings. The briefing for Full Flingers (except Elite Full Flingers) and 100 Mile Flingers is at 7.10am on Sunday. The briefing for Elite Full Flingers, Half Flingers and Flinging Threesomes is at 7.40am on Sunday. You will receive any last minute information about the start, rules & conditions, track, and Wingello Oval Transition Area. **It is critical that ALL riders attend the briefing for their category.**

## Start

The Start is at Ferndale Oval and there are two mass starts to the event:

**7.30am - 100Mile Flingers,  
Full Flingers (excluding Elite)**

**8.00am - Elite Full Flingers, Flinging Threesomes,  
Half Flingers**

Your start time cannot be changed, i.e. if you miss the 7.30am start and have to start late, you will still have the earlier start time recorded against your number.

There will inevitably be some track crowding in the early part of the Fling. 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

**Full Flingers** - Elite Riders will be expected to locate themselves on the front of the 8.00am start. For the main Full Fling field starting at 7.30am 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:

- 4-6hrs expected finish time
- 6-7hrs expected finish time
- 7+hrs expected finish time

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.

**100Mile Flingers** - are invited to locate themselves at the front of the 7.30am start.

**Half Flingers** - Whilst there will be no seeding zones, if you think you will complete the Half Fling in less than 3 hours then please make your way toward the front of the 8.00am start, behind the Elite Full Fling riders.

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

## Safety on the Roads and Elsewhere

Remember you are riding on roads open to other traffic. Please take great care and obey all Australian road rules. Apart from the first 2km, no roads are closed specifically for the event. In the forests you could encounter trail bikes and 4WDs. Take care on the downhills, ride on the left - particularly on corners. Further information in Rules & Conditions on pages 13 and 14.

## The Route

An outline of the route can be found on [www.wildhorizons.com.au](http://www.wildhorizons.com.au) Maps will also be posted at various locations - Registration, Start/Finish, etc. **Please do not ride the private property sections at any time outside of race day.** The organizers reserve the right to alter the course at any time.

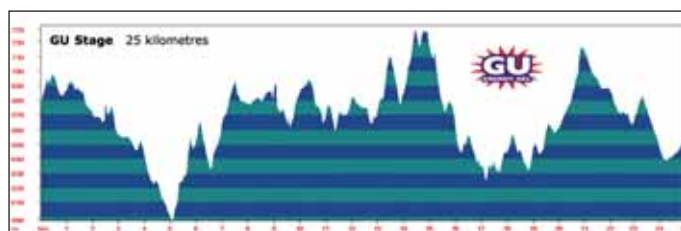
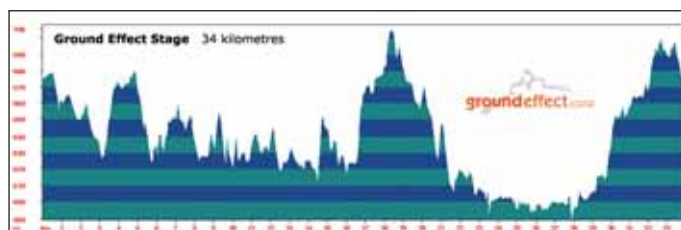
## Sag Wagon










Sponsored by [mtnbike.com.au](http://mtnbike.com.au)

There will be a bus with bike trailer running between Wingello Oval Transition Area and Ferndale Oval Event Centre. This is for any riders who feel unable to complete the course and pull out either at the end of the Ground Effect Stage or the Forests NSW Stage. There is the option of riding the sealed road 17km back to Bundanoon or taking the Sag Wagon. The Sag Wagon will run as and when the driver feels he has enough of a load.

## Profiles



 <b>TURN RIGHT</b>	 <b>STRAIGHT ON WITH CAUTION</b>
 <b>TURN LEFT</b>	 <b>EXTREME CAUTION NEEDED</b>
 <b>STRAIGHT ON</b>	 <b>INCORRECT ROUTE - GO BACK</b>
 <b>STRAIGHT ON WITH CARE</b>	

## Course Marking & Marshals

Tape and signage will indicate the route to be followed. The signs are red on a white background. They will be placed at all intersections to show you which way to go and at intervals to confirm that you are following the correct route. There will also be marshals at various points along the way. Signs will also be placed at locations where extra caution is required. The signs you will find along the route include the following:

You are responsible for following the correct route.

**Important Note - In Wingello State Forest there are a number of permanent waymarked MTB Trails. These use yellow, blue or red metal signs with an illustration of a bike and arrows affixed to pine poles. Whilst some of these are along the Fling route do not follow them as your guide. Your guide are the signs described above.**

## Detailed Info for Race Options

Below you will find some information specific to each race option. Please read carefully and take particular note of the Transition Area arrangements in Wingello.

### Half Fling Riders

**8.00am Start at Ferndale Oval Event Centre**

**Total Distance approx 59km**

You will complete the 34km Ground Effect Stage and pass through Timing Station 1 at Wingello Oval Transition Area (see Transition Area map on page 18).

You may take a break here, although this time will be included in your overall race time. Or you can proceed directly to the GU Stage.

At Wingello Oval Transition Area you will find toilets, water, and food & drink available to purchase from Wingello School P&C. 3D Race Support will be here to offer mechanical assistance or spare parts and here you will also find the Rock'n'Roll Lube Station.

*Note: The **Cutoff Time** to begin the GU Stage is 3.30pm, so if you feel like having a relaxed day and hanging out at the Oval between stages, it's up to you! However, after 3.30pm no riders will be allowed to begin the GU Stage.*

You will then complete the GU Stage (approx. 25km). Approximately 4.5km before the end of the GU Stage (and the Finish!) you will reach Your Call. Go left and you'll find a short climb over 550metres, a bit loose and rocky. Go right and the climb is steadier but longer over 950metres. Your call!

Whichever way you go you will soon find yourself back at Ferndale Oval where you can pick up your lunch (remember to have your lunch voucher with you), grab a drink, perhaps enjoy a massage and relax on the Oval enjoying the live music and watching the Finish and waiting for the presentations.



## Full Flingers and Flinging Threesomes

**7.30am Start at Ferndale Oval Event Centre for Full Flingers (excluding Elite)**

**8.00am Start at Ferndale Oval Event Centre for Elite Full Flingers and Flinging Threesomes**

Full Flingers and Flinging Threesomes (Rider 1) will complete the 34km Ground Effect Stage and pass through Timing Station 1 at Wingello Oval Transition Area (see Transition Area map on page 18).

At Wingello Oval Transition Area you will find toilets, water, and food & drink available to purchase from Wingello School P&C. 3D Race Support will be here to offer mechanical assistance or spare parts, and here you will also find the Rock'n'Roll Lube Station.

**The race times of Full Flingers and Flinging Threesomes are now paused for a period of up to 5 minutes.** This is to allow you to safely cross the railway level crossing and without being disadvantaged in the likelihood of having to wait for a train (see train times, on page 11).

**Flinging Threesomes** Rider 1 meets Rider 2 at Wingello Oval transition area.

**Full Flingers and Flinging Threesomes** (Rider 2) proceed to the Forests NSW Stage. Following the signs/marshal instructions you will go towards Wingello village centre, cross the level crossing, to the entry point for Timing Station 2 on Camden Street.

**YOU ARE NOT RACING BETWEEN THE OVAL TIMING STATION 1 AND THE CAMDEN ST TIMING STATION 2!**

You may choose to use the maximum 5 minute period to get from Timing Station 1 to Timing Station 2. The distance between the two is approx. 1km, i.e. 3 minutes at non race pace. Or, you can make your way directly there in order to ensure you do not go over the 5 minutes. If you have not passed through Timing Station 2 five minutes after you were timed in at Timing Station 1, your time will automatically restart after 5 minutes.

So, there is no real advantage to rushing - take the 5 minutes and grab a bite to eat or drink!

*Note: The **Cutoff Time** to begin the Forests NSW Stage is **11.30am**. If you have not passed through Timing Station 2 by 11.30am you will not be allowed to begin the Forests NSW Stage. You will be allowed to ride the GU Stage (for which the cutoff time is **3.30pm**).*

**Full Flingers and Flinging Threesomes** (Rider 2) complete the Forests NSW stage (approx. 54km) and pass through the Timing Station 2 again. Now your time will again be paused for a period of up to 5 minutes. You should proceed to the Wingello Oval transition area at a non race pace.

*Note: The two timing pauses are completely independent of each other, i.e. you can take a maximum of one 5 minute timing pause at each occasion rather than one 10 minute total pause over the two occasions. Therefore, taking 7 minutes at the second stop will still mean that your time starts automatically after 5 minutes, even if you only took 3 minutes at the first stop.*

By now you may have worked out that the two timing pauses mean that the first person to cross the finish line is not necessarily the winner. This adds an interesting twist to the event, particularly for riders wishing to keep pace with one another.

**In summary - provided you do not exceed a 5 minute break between each Stage you will not be penalised. As soon as you exceed 5 minutes, the excess time will form part of your final race time.**

**Flinging Threesomes** meets Rider 3 at Wingello Oval transition area.

*Note: The **Cutoff Time** to begin the GU Stage is **3.30pm** and after this time no riders will be allowed to begin the GU Stage.*

**Full Flingers and Flinging Threesomes** (Rider 3) proceed through Timing Station 3 to start the GU Stage (approx. 25km). Approximately 4.5km before the end of the GU Stage (and the Finish!) you will reach **Your Call**. Go left and you'll find a short climb over 550metres, a bit loose and rocky. Go right and the climb is steadier but longer over 950metres. Your call!

Whichever way you go you will soon find yourself back at Ferndale Oval where you can pick up your lunch (remember to have your lunch voucher with you), grab a drink, perhaps have a massage, and relax on the Oval enjoying the Band and watching the Finish and waiting for the presentations.



## 100Mile Flingers

### 7.30am Start at Ferndale Oval Event Centre for 100Mile Flingers

100Mile Flingers will complete the Ground Effect Stage (34km), The Forests NSW Stage (54km) twice and then the GU Stage (25km).

100MileFlingers will complete the 34km Ground Effect Stage and pass through Timing Station 1 at Wingello Oval Transition Area (see Transition Area map on page 18).

At Wingello Oval Transition Area you will find toilets, water, and food & drink available to purchase from Wingello School P&C. 3D Race Support will be here to offer mechanical assistance or spare parts, and here you will also find the Rock'n'Roll Lube Station.

**The race times of 100Mile Flingers is now paused for a period of up to 5 minutes.** This is to allow you to safely cross the railway level crossing and without being disadvantaged in the unlikelihood of having to wait for a train (see train times, on page 11).

**100Mile Flingers** then proceed to the Forests NSW Stage. Following the signs/marshal instructions you will go towards Wingello village centre, cross the level crossing, to the entry point for Timing Station 2.

### **YOU ARE NOT RACING BETWEEN THE OVAL TIMING STATION 1 AND THE CAMDEN ST TIMING STATION 2!**

You may choose to use the maximum 5 minute period to get from Timing Station 1 to Timing Station 2. The distance between the two is approx. 1km, i.e. 3 minutes at non race pace. Or, you can make your way directly there in order to ensure you do not go over the 5 minutes. If you have not passed through Timing Station 2 five minutes after you were timed in at the Oval Timing Station 1, your time will automatically restart after 5 minutes.

So, there is no real advantage to rushing - take the 5 minutes and grab a bite to eat or drink!

*Note: The **Cutoff Time** to begin your first loop of the Forests NSW Stage is **11.30am***

**Mile High Lounge** - At Camden Street Timing Station 2 (just before the timing mat is crossed) there will be a shade tent dedicated to 100Mile Flingers. This will have table and chairs, water, GU20 sportsdrink mix, GU Gels and some Rock & Roll Lube. There will also be a portaloos nearby. 100Mile Flingers are welcome to place food/equipment here before the race or to meet their support crew here. If you would like us to transport your supplies to the Mile High Lounge, this can be arranged at Registration. A member of the Dark Side will also be here to monitor riders and to assist if they are able.

100Mile Flingers can use this Lounge before the start of each of their Forests NSW loops as well as before they head across to Wingello Oval Transition Area to start the GU Stage. Note that if you require mechanical assistance then you would need to go across to Wingello Oval Transition Area.

**100Mile Flingers** will complete their first Forests NSW stage (approx. 54km) and pass through Camden Street Timing Station 2 again before heading off on the second loop of the Forests NSW Stage.

*Note: The **Cutoff Time** to begin your second loop of the Forests NSW Stage is **1.00pm***

**100Mile Flingers** complete their second loop of the Forests NSW stage (approx. 54km) and pass through the Timing Station 2 again. Now your time will again be paused for a period of up to 5 minutes. You should proceed to the Oval at a **non race pace**.

*Note: The two timing pauses are completely independent of each other, i.e. you can take a maximum of one 5 minute timing pause at each occasion rather than one 10 minute total pause over the two occasions. Therefore, taking 7 minutes at the second stop will still mean that your time starts automatically after 5 minutes, even if you only took 3 minutes at the first stop.*

By now you may have worked out that the two timing pauses mean that the first person to cross the finish line is not necessarily the winner. This adds an interesting twist to the event, particularly for riders wishing to keep pace with one another.

**In summary - provided you do not exceed a 5 minute break between the end of your Ground Effect Stage and the start of your first loop of the Forests NSW Stage and then the end of your second loop of the Forests NSW Stage and the start of the GU Stage you will not be penalised. As soon as you exceed 5 minutes, the excess time will form part of your final race time.**

*Note: The **Cutoff Time** to begin the GU Stage is **3.30pm**, and after this time no riders will be allowed to begin the GU Stage*

**100Mile Flingers** proceed through Timing Station 3 to start the GU Stage (approx 25km). Approximately 4.5km before the end of the GU Stage (and the Finish!) you will reach **Your Call**. Go left and you'll find a short climb over 550metres, a bit loose and rocky. Go right and the climb is steadier but longer over 950metres. Your call!

Whichever way you go you will soon find yourself at the end of an epic ride to arrive across the finish line to some huge cheers for the incredible effort you have just put in.

## Train Times

For your information, and almost definitely likely to change (it is the Australian Rail service, after all!), here is the timetable of trains due to pass through Wingello level crossing on Sunday 8 November during the race:

**Morning** – 08:15 – 08:28 – 09:15 – 09:56 – 10:13

**Afternoon** – 12:35 – 14:12 – 14:24 – 14:31 – 14:56 - 15:57

## Thanks to . . .

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

- **Ground Effect** for their support and prizes
- **Ay Up Lighting Systems** for their support and prizes
- **Maxxis** for their support and prizes
- **Shimano** for their support and prizes
- **GU** for their support and nutrition products
- **Forests NSW** for their support and assistance
- **Hot Designs Sportswear** for their support
- **Tertini Wines** for their support and prizes
- **Mountain Biking Australia magazine** for their support and prizes
- **Rock'n'Roll Lube** for stocking the Lube Bay
- **Camelbak** for prizes
- **Sigma Bike Computers** for prizes
- **Ibis Cycles** for prizes
- **Eastern Bikes** for prizes
- **Todds Real Estate** for their support
- **The Kids Bicycle Company** for prizes
- **The Australian Banana Promotions Company** for the yummy bananas
- **mtnbike.com.au** for sponsoring the shuttle bus
- **Aquamann Irrigation** for supply of water and water tanks
- **Culligan Water** for their assistance with rider hydration
- **Rural Fire Service of NSW** for assistance with communications and marshalling
- **St John Ambulance** for First Aid
- **Exeter School P&C**
- **Wingello School P&C**
- **Bundanoon School P&C**
- **Bundanoon Rebels Soccer Club**
- **Bundanoon Pony Club**
- **Bundanoon Lions Club**
- **3D Race Support** for bike tune up/spares service
- **Thredbo Resort** for prizes
- **Bundanoon Country Inn** for prizes
- **National Parks & Wildlife Service**
- **Wingecarribee Shire Council Resource Recovery Centre**
- All the wonderful people on the **Dark Side**
- All the **landowners, volunteers and people of Bundanoon, Penrose and Wingello**

## 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](http://www.wildhorizons.com.au)

## Event Contact Details

### Up until 5pm Friday 6 November:

Tel: 02 4883 6509  
Fax: 02 4883 6239  
Email: [fling@wildhorizons.com.au](mailto:fling@wildhorizons.com.au)

### From 5pm Friday 6 November:

Wendy Kingston: 0428 977 609  
(for enquiries relating to cancellations and other administrative matters)  
Email: [wendy@wildhorizons.com.au](mailto: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 444831  
(for issues relating to the course on the day of the race)



The poster features the 'MTB' logo in red and white, with 'DT SWISS Mountains To Beach' below it. It shows two mountain bikers on a trail. The text reads: '5 days of mountain bike stage racing from the roof of Australia to the surf 28 Feb-5 March 2010'. It includes the website [www.wildhorizons.com.au](http://www.wildhorizons.com.au), email [info@wildhorizons.com.au](mailto:info@wildhorizons.com.au), and phone number 02 4883 6509. A map shows the route from Thredbo Top Station to Narooma, with stops at Parisher, Kosciuszko NP, Cooma, Bucklanderra Resort, Lake Crackerback Resort, Obarogo, Bermagui, and Narooma. The bottom section lists sponsors (DT SWISS, HAYES, LIMAR, ibis, groundeffect.com) and host partners (THE PRO, etc.).



## Highland Fling Rules & Conditions

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

- All riders must register in person from 3.00-10.00pm on the Saturday or 6.00-7.00am on the Sunday
- All riders must attend the mandatory Rider Briefing on Sunday morning.
- Each solo rider and team member is responsible for their timing transponder. One transponder will be provided per rider 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 to your fork leg with the cable tie provided.
- 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.
- Full Flingers and Flinging Threesomes will complete all three stages. Half Flingers will complete the Ground Effect and GU Stages. 100Mile Flingers will complete the Ground Effect Stage, The Forests NSW Stage (twice) and the GU Stage.
- All riders must check in with the transition official prior to starting the next stage. This is done by crossing the relevant timing mat.
- Riders are responsible for ensuring they pass through the timing stations as follows:
  - End of Ground Effect Stage**
    - Full Flingers
    - Flinging Threesomes Rider 1
    - Half Flingers
    - 100Mile Flingers
  - Start of Forests NSW Stage**
    - Full Flingers
    - Flinging Threesomes Rider 2
    - 100Mile Flingers (twice)
  - End of Forests NSW Stage**
    - Full Flingers
    - Flinging Threesomes Rider 2
    - 100Mile Flingers (twice)
  - Start of GU Stage**
    - Full Flingers
    - Flinging Threesomes Rider 3
    - Half Flingers
    - 100Mile Flingers
  - End of GU Stage (End of Race)**
    - Full Flingers
    - Flinging Threesomes Rider 3
    - Half Flingers
    - 100Mile Flingers
- If a relay team member cannot complete his/her leg, the team will be recorded as a DNF however the remaining team member(s) may still ride their leg(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 event.
- 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 Wingello Oval Transition Area only. Here riders will be able either to stock up on spares, or to carry out repairs on the spot. 100Mile Flingers may also receive assistance at the Mile High Lounge before their first and between their first and second loops of the Forests NSW Stage.
- Riders may accept food and water from anyone on the course.
- Food will be available to purchase at the Start/Finish, Wingello Oval Transition Area and Wingello village shop.
- Water will be available at the Start/Finish, at Wingello Oval Transition Area and at the Frequent Riders Lounge (approx 29km into the Forests NSW Stage). You may be able to obtain water at other locations along the route – taps, rivers, and creeks – however the quality of this is not guaranteed. You should begin each stage with at least 2 litres of fluid.
- 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 to your fork leg with the cable tie provided
  - 2 litre liquid carrying capacity
  - Food e.g. energy bars, gels etc
  - Toolkit with minimum pump, puncture repair, inner tube
  - Water resistant jacket (may be reviewed on the day)
  - First Aid kit (minimum of crepe bandage, bandaids, 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.
- Riders must wear a fastened, Australian approved cycle helmet.
- 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 DNF. **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 (eg 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: 16 (Half Fling, Flinging Threesomes), 18 (Full Fling, 100Mile Fling)
- Specific to Elite Women in Full Fling Only - Any Elite Women rider in the Full Fling who is found to have been or are being deliberately paced by a male rider who is known to them will be subject to disqualification. Pacing is defined as having a male rider riding with an Elite Women rider for any length of time or distance (defined as more than 5km or 15minutes) and who may be providing assistance by way of drafting, provision of food/drink or bike spares. On course checks may be carried out to ascertain such activity that is against the spirit of marathon style mountain bike racing.
- Ignorance of these rules is not an acceptable defence.

## Bundanoon Dash Rules & Conditions

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

1. All riders must register in person from 3.00-4.30pm on the Saturday.
2. All riders must attend the mandatory Rider Briefing at 5.10pm on Saturday.
3. Riders must use a 26" or 29" wheeled mountain bike for the Bundanoon Dash. Cyclocross bikes are also permitted.
4. Riders must use the same bike for the dash as will be used in The Fling.
5. Each rider is responsible for their timing transponder. One transponder will be provided per rider, 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.
6. The transponder must be mounted to your bike fork leg with the cable tie provided.
7. Australian road rules apply at all times.
8. Riders must not pass the Lead Car until the signal is given for racing to begin and the Lead Car pulls over to the left.
9. 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).
10. Riders must give way to all other traffic they may encounter, including horse riders and walkers.
11. Only registered racers or course marshals may ride on the race track.
12. Riders who fail to complete must advise a marshal/race official at the earliest opportunity.
13. Riders can accept mechanical assistance on the course by any registered racer, but outside assistance is not permitted.
14. You should begin the race with at least one bidon (750ml) of fluid.
15. Each racer must be carrying, as a minimum, the following whilst racing: pump, puncture repair, inner tube
16. Riders must clearly display their bike number mounted on their handlebars at all times whilst racing.

## Casual Fling Rules & Conditions

Even though the Casual Fling is an untimed participation ride, for safety and to keep the ride fair it is necessary to have a number of rules as follows:

1. All riders must register in person from 3.00-10.00pm on the Saturday or 6.00-7.00am on the Sunday
2. All riders must attend the mandatory Rider Briefing on Sunday morning.
3. Australian road rules apply at all times on forest or classified roads.
4. Riders may not exceed the posted speed limit.
5. 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).
6. Riders must give way to all other traffic they may encounter, including horse riders and walkers.
7. Riders must leave gates as they find them.
8. Only registered riders or course marshals may ride on the race track.
9. Riders who fail to complete must advise a marshal/race official at the earliest opportunity.
10. Riders can accept mechanical assistance on the course by any registered rider or marshal
11. Riders may accept food and water from anyone on the course.
12. Water will be available at the Start/Finish of the ride You should begin the ride with at least 1.5 litres of fluid.
13. Each rider must have or be carrying the following whilst racing:
  - Suitable mountain bike in good repair
  - Australian approved cycling helmet worn at all times
  - Ride number plate mounted on handlebars with number clearly visible
  - 1.5 litre liquid carrying capacity
  - Food e.g. energy bars, gels etc
  - Toolkit with minimum pump, puncture repair, inner tube

17. Riders must wear a fastened, Australian approved cycle helmet.
18. Profane or abusive language, or unsportsmanlike behaviour are grounds for disqualification of any rider.
19. 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 being pulled out of the race and recorded as a DNF. **It is the rider's responsibility to ensure that the correct course is followed.**
20. 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.
21. 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.
22. Riders pushing their bikes should give way at all times to those riding. They should walk on the left hand side of the road.
23. All protests must be made to a race official in a polite, non-abusive manner. Protests may be made up to 15 minutes after the final results are posted. The Race Director has the final decision on all protests.
24. 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.
25. Please do not leave any rubbish out on the track. Anyone found doing so will be disqualified.
26. The Race 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.
27. 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.
28. Any action deemed against the spirit of the event may result in disqualification. The Race Director has the final say in any decision at the Event.
29. The minimum age for riders (taken as the age on the day of the race) is 14
30. Ignorance of these rules is not an acceptable defence

- Water resistant jacket (may be reviewed on the day)
- First Aid kit (minimum of crepe bandage, bandaids, sterile dressing, 6 x painkillers e.g. Paracetamol)
- Whistle

14. Riders must clearly display their bike number mounted on their handlebars at all times whilst on the course
15. Riders must wear a fastened, Australian approved cycle helmet.
16. Profane or abusive language, or unsportsmanlike behaviour is not tolerated in solo
17. **It is the rider's responsibility to ensure that the correct course is followed.**
18. Riders wishing to pass other riders 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.
19. 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.
20. 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.
21. 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.
22. Please do not leave any rubbish out on the track. Anyone found doing so will be shot or hung.
23. The Event Director has the right to call off the ride 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.
24. The minimum age for riders (taken as the age on the day of the race) is 14
25. Ignorance of these rules is not an acceptable defence.

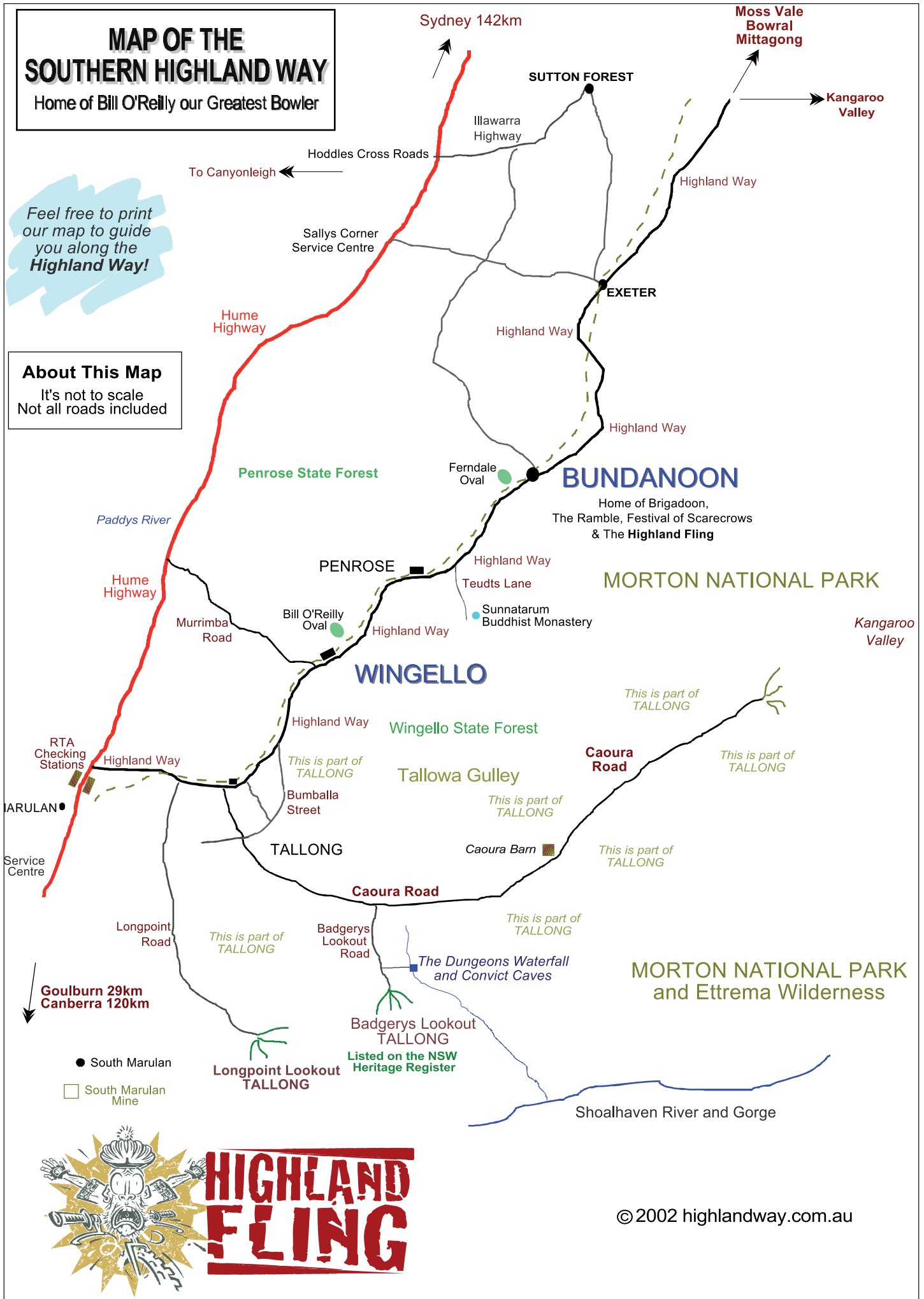
# MAP OF THE SOUTHERN HIGHLAND WAY

Home of Bill O'Reilly our Greatest Bowler

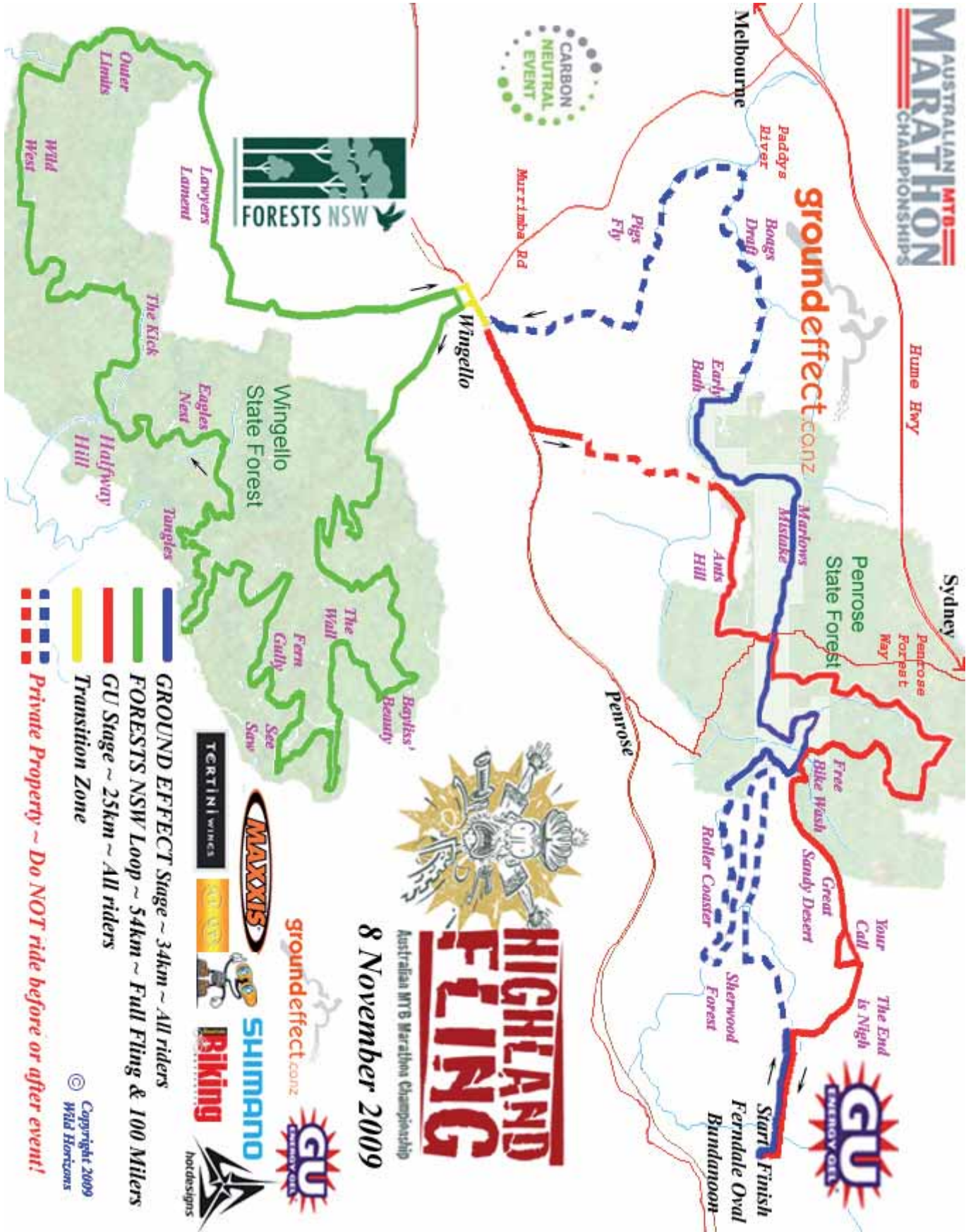
Feel free to print our map to guide you along the Highland Way!

## About This Map

It's not to scale  
Not all roads included



**Groundeffect.conz**



**HIGHLAND FLING**

Australian MTB Marathon Championship  
8 November 2009



- █ GROUND EFFECT Stage ~ 34km ~ All riders
- █ FORESTS NSW Loop ~ 54km ~ Full Fling & 100 Milers
- █ GU Stage ~ 25km ~ All riders
- █ Transition Zone

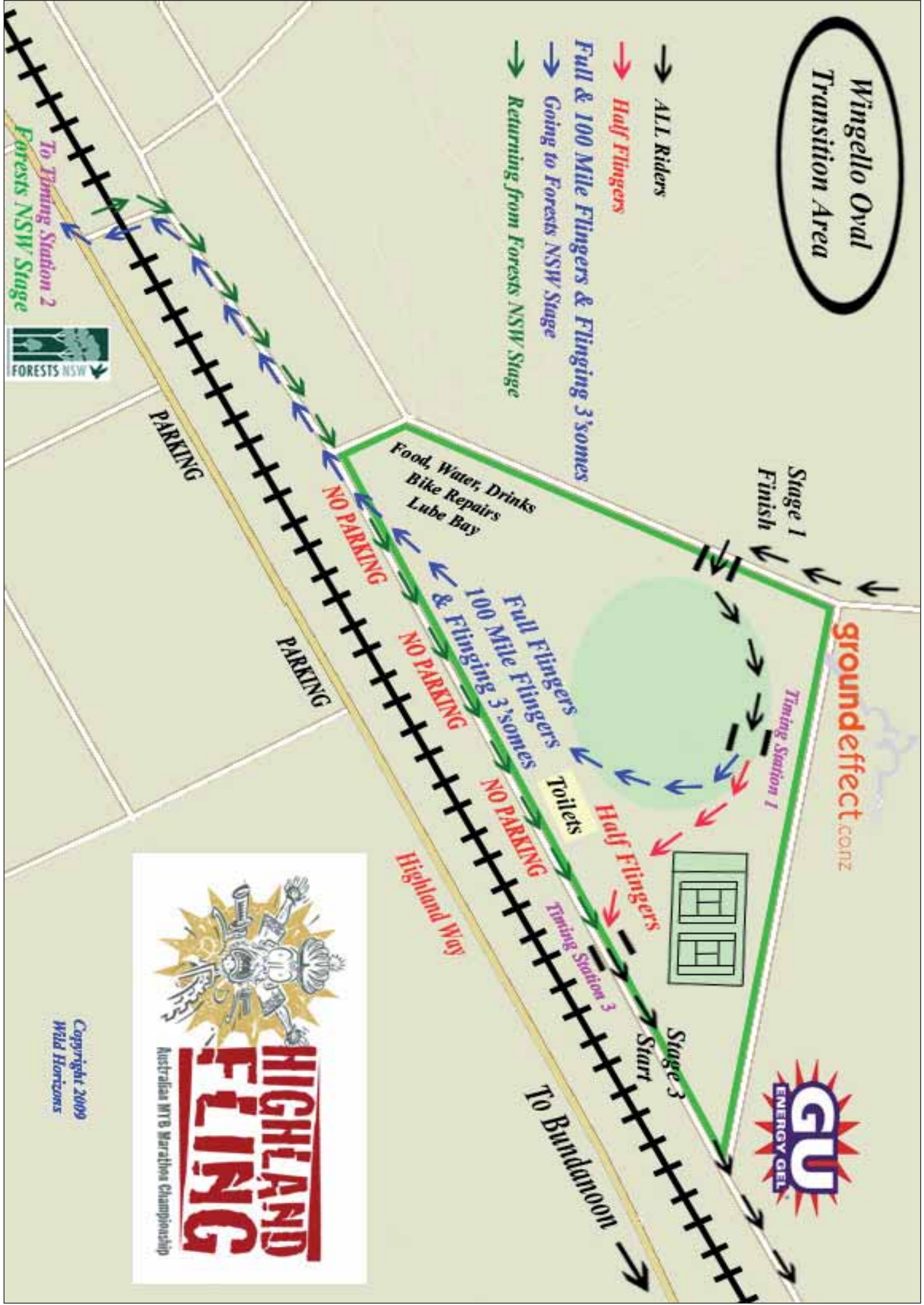
█ Private Property ~ Do NOT ride before or after event!

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**Wingello Oval  
Transition Area**

- ALL Riders
- Half Flingers
- Full & 100 Mile Flingers & Flinging 3'somes
- Going to Forests NSW Stage
- Returning from Forests NSW Stage



**HIGHLAND FLINGING**  
Australian MTB Marathon Championship

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