



# -FINAL DETAILS-

12-13 November 2016 Southern Highlands NSW

All entrants must read these notes

---



## MAJOR SPONSORS



## SUPPORT SPONSORS



# Introduction

## WELCOME TO OUR WILD FLING

And thanks for joining us on another exciting Highland Fling journey in 2016.

This year's Highland Fling is taking place on Saturday 12 – Sunday 13 November and we're looking forward to seeing you and your supporters in beautiful Bundanoon.

We'd also like to take this opportunity to shout out and welcome our Sponsors. Our previously Flinging Major Sponsors Shimano, GU, Maxxis, World Expeditions and Ground Effect are this year joined by Focus Bikes and 4 Pines Brewing Company. Plus our Support Sponsors Limar Helmets, Rock'n'Roll Lube, Frontier and Westside Petroleum.

Make sure you drop by their expo stands and give them your MTB love.

Every year we're also lucky enough to work with a host of local community groups and businesses, and we know they are looking forward to welcoming you to our region.

Our warm thanks is extended to all of the local land owners who generously allow us the use of their properties to stage the Highland Fling. Without them, and their stunning properties, the Fling journey wouldn't be the journey it is.

And, while we're thanking people, we must include our world famous Dark Side. We hope you'll do the same when you see them around and about town, or out on the trails while you're racing.

On Saturday the town of Bundanoon will transform into our event hub for the afternoon and evening – this is where you will find Registration, Sponsor displays, the

Bundanoon Dash/ Battle of the Businesses (if you're not riding, spectating is a must) and the Rolloff World Championships.

Plus, you'll also get to cheer on runners taking part in our Pearl iZUMi Bundy Run trail run through the Morton National Park, starting and finishing in Bundanoon.

On Sunday, our main race day, the whole set-up moves to Ferndale Oval. This is where all race distances will start. This year's distances remain similar to 2015 with the Full Fling approximately 110km, Half Fling approximately 55km and Some Fling approximately 23km. And of course we can't forget the die hard riders that prefer the 100Mile – or 160km.

Sunday also features the hotly contested Todd's Real Estate Kid's Fling which is for all kids of primary school age. Registration for the Kid's Fling takes place on Sunday (there is no pre-registration or entry cost).

This year we've been celebrating the Fling journey, sharing areas past and present that riders will experience during the Highland Fling, and stories of how sections were named what they are named. We hope you'll have the chance to read the journey before you undertake it, and enjoy each of the areas the Fling passes through even more.

But before you read the journey, make sure you read these Final Details – remember we have a rule to never answer questions to which the answer can be found in here.

**Huw Kingston, Event Director  
+ all the Dark Side'**



### MAJOR SPONSORS



### SUPPORT SPONSORS





# General event information

## The Route in 2016

In the past weeks and months the trails for the 2016 Fling route have been groomed and cleaned ready for your wheels. At the time of writing, things are looking good.

Detailed route maps will be posted at various locations including - Registration, Start/Finish, Sponsor Expo, etc.

**Please do not ride the private property sections at any time outside of race day.** The organisers reserve the right to alter the course at any time.

It is important to note the **Start Times**. For most of you your start time is the time you cross the mat rather than the time the gun goes off. However for Elite Full Flingers your start time will be 7.35am, when the gun goes off rather than the time you cross the mat.

**Ground Effect Stage 1 (24km):** Full Flingers, Flinging

Threesomes, Half Flingers, 100mile Flingers and Some Flingers (part)

**Shimano Stage 2 (54km):** Full Flingers, Flinging

Threesomes, 100mile Flingers (twice)

**GU Stage 3 (29km):** Full Flingers, Flinging Threesomes, Half Flingers, 100mile Flingers and Some Flingers (part)

The Some Fling will follow the first 7km of the Ground Effect Stage 1 and the last 16km of the GU Stage 3.

## Event town

Bundanoon, the Event Town, is a picturesque village at the southern end of the Southern Highlands (see Bundanoon Location map on page 18). This is our event hub on Saturday and it is where you'll find Registration Saturday, the event Start/Finish, sponsor displays, bike repairs, catering, parking, camping, etc. See our Event Town map on page 20 for more information.

## How to Get to Bundanoon

Bundanoon is situated approximately 2 hours' drive along the Hume Highway from either Sydney 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. 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).

Or just put us into your GPS or Google maps.

## Car Share to show you care

We'd like to suggest a great way that you can reduce your transport footprint - car-pooling. For those of you considering making the effort and travelling with some mates.

## Parking at Ferndale Event Centre

On Saturday 12 night, camping with your car is available at the Bundanoon Pony Club (see Event Town map on page 20). For Sunday 13th, day parking is in a large paddock off Ferndale Road (gold coin donation to Bundanoon Mens Shed).

On 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 Town map on page 20 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 the event centre (see Event Town map on page 20).



## Directions to Wingello Oval Transition Area

(For supporters/spectators and Flinging Threesome team members - after they have attended the Rider Briefing - riding Shimano 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 21 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 minimised in this area throughout the day. From your car you can walk/ride across the level crossing to Wingello Oval Transition Area (approx 500 metres)

## Accommodation

Camping is available at the Bundanoon Pony Club, the Event Centre, for \$5/head, with all proceeds going to the Pony Club. There's no need to book, just turn up anytime from 11am to 11.00pm on Saturday 12 November and someone will be there to take your fee and show you where to camp. If you are camping with mates, please try to arrive together as reserving space can lead to problems, and we cannot guarantee space can be kept for all. Toilets and water are available here. If you do want to camp on Friday or Sunday nights, this is possible - just ensure you pay the Pony Club for the extra people/nights. Thanks!

If you're not keen on camping and have not already booked accommodation then you may struggle to find anywhere in Bundanoon at this late stage. Call Tourism Southern Highlands on 1300 657 559 or visit [www.southern-highlands.com.au](http://www.southern-highlands.com.au) to see if there is anything available in the district.

## Spectators

**Saturday** - Bundanoon is pretty busy with the riders and runners of the Pearl iZUMi Bundy Run taking place on Saturday afternoon in town. Spectators are welcome to cheer on the runners as they cross the finish line at Bundanoon Public School just next door to registration.

Also taking place on Saturday, and definitely one to watch is the Roloff World Championships at 5pm on Philip Street beside the Bundanoon Public School and of course don't miss the Bundanoon Dash, which always draws a good crowd. This kicks off at 4:15pm. Immediately after the start of the Pearl iZUMi Bundy Run.

**Sunday** - The best places for spectators are at Ferndale 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 is a coffee van at Wingello oval. If you do go down to Wingello then please note details on Parking above.

NOTE - Both Penrose and Wingello State Forests are closed to ALL other users during the race. This includes supporters and spectators. There is no supporter access to the Frequent Rider Feed Station in Wingello State Forest.

We expect the first Some Fling riders by 9.15am, the first Half Fling competitors to be back at Ferndale Oval by approximately 10.15am, and the first Full Flingers to finish at approximately 12.15pm.

## Registration

**We Strongly Recommend Saturday Registration.**  
**Please note the location for Registration is in the Old Methodist Church (the same as in 2015)**

**Registration is on:**

- **Saturday 12 November, 2.00-10.00pm;**  
**Old Methodist Church**
- **Sunday 13 November, 6.00-7.00am,**  
**Old Methodist Church**

**(NOTE - THERE IS NO REGISTRATION AT FERNDAL EVENT CENTRE)**

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, watch and compete in the other events and relax.

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

At Registration, you will first sign a Waiver and you will then be given your bike number, with timing chip and vouchers attached.

### T Shirt/Jersey Pick Up

If you ordered an event jersey or T-shirt then these will be available for pick up at a dedicated desk after you have registered.

### Registration for the Bundanoon Dash/Battle of The Businesses

If you have entered for the Dash or Battle of The Businesses then you will need to register between 1.00 and 3.15pm at the Old Methodist Church. First you will register for the Fling and your bike number 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 mounted for the Bundanoon Dash. Please note the Dash has a start time of 4:15pm.

For those who have not pre-entered the Dash but wish to do so on the day, you can do this between 1.00 and 3.00pm for payment (cash only) of \$15. Remember all proceeds go into the community fundraising pot.

**Registration for the Roloff World Championships** - see Roloff section following.

### MAJOR SPONSORS



### SUPPORT SPONSORS





# mustang mountain bike

## HUW kingston



## A NEPAL ADVENTURE OF A LIFETIME: REMOTE, ACTIVE ... EXPLORATORY

Mountain bike the trails of Mustang with Huw for an unforgettable adventure!

### trip highlights

Visit the ancient walled city of  
**Lo Manthang**, with its palace  
and famous gompas  
Cycle through Kali Gandaki  
the world's deepest gorge,  
Stunning views of the  
Himalayan peaks  
Cycle tour of Kathmandu  
Trip escorted by Australian  
adventurer Huw Kingston

18 MAR 2017 | 17 DAYS | 12 DAY CYCLE > 3 NIGHTS HOTELS > 13 NIGHTS CAMPING | GRADE 5: MODERATE | \$5490pp ex-Kath.

The Kingdom of Mustang preserves some of the last vestiges of traditional Tibetan Buddhist culture. Situated on the border of Nepal and Tibet, it is open to only a few select groups each season. On this World Expeditions exclusive, renowned Australian adventurer Huw Kingston, will escort our inaugural mountain bike ride into the Kingdom of Mustang. The route follows 4WD, single and double track through villages that once served a thriving trade route between Nepal and Tibet. These whitewashed settlements, set amid fields of barley and home to impressive chortens and simple monasteries, reflect the bidding Buddhist culture. The terrain is striking, a semi-arid desert with deep ravines and rock shelves, flanked by snowy peaks. A highlight is the visit to Lo Manthang where the King of Mustang reigns over his tiny kingdom and surveys a world still culturally closer to the heartland of Tibet than to the markets and temples of Kathmandu. World Expeditions has been running trekking trips into Mustang for many years and this will be the first time we have offered a mountain biking trip into the region. While we have done our best to ensure the notes reflect the expectations of each day's riding, the nature of the trip on a bike is still somewhat exploratory. The itinerary is flexible and may be adjusted to suit group and trail conditions. Your leader will discuss any changes with you. All participants need to be flexible and open minded and come ready for an unforgettable adventure. We hope you can join us!

□□□ **Speak to our experts now** – limited places available on this extraordinary adventure

call us for more info  
**1300 720 000**

**worldexpeditions.com**

 **WORLD**  
expeditions  
take the paths less travelled

# Highland Fling Weekend Schedule

Saturday 12 November		
11.00am-11.00pm	Camping Open	Ferndale Event Centre
12.15pm-1.30pm	Kids MTB Skills Training Course 1 (12.15pm)	Bundanoon Youth Hostel, Railway Avenue
1.45pm-3.00pm	Kids MTB Skills Training Course 2 (1.45pm)	Bundanoon Youth Hostel, Railway Avenue
2.00pm-10.00pm	Highland Fling Registration	Old Methodist Church
2.00pm-3.30pm	Registration and On Day entries for Bundanoon Dash and Battle of the Businesses	Old Methodist Church
1.00pm-9.00pm	Sponsor Displays, Bike Repair, Entertainment	Bundanoon Hall
5.00pm-6.00pm	Rolloff World Championships	Philip Street, Bundanoon, next to school
5.00pm-9.00pm	Massage Service	Bundanoon Hall
5.00pm-9.00pm	Bundanoon School P&C Dinner served	Bundanoon Hall
4.00pm	Riders assemble for Bundanoon Dash/Battle of The Businesses	Bundanoon Public School
3.50pm-4.00pm	Race Start - The Pearl iZUMi Bundy Run	Event Start Bundanoon Public School
4.10pm	Rider briefing for Bundanoon Dash/Battle of The Businesses	Bundanoon Public School
4.15pm	Start Bundanoon Dash /Battle of The Businesses	Bundanoon Public School
5.00pm	Bundanoon Dash, Battle of the Businesses presentation	Bundanoon Public School
6.00pm	Rolloff World Championships presentation	Bundanoon Hall
7.00pm	Presentation for The Pearl iZUMi Bundy Run	Soldiers' Memorial Hall

Sunday 13 November		
5.30am onwards	Breakfast/Caffeine/Drinks Available	Ferndale Event Centre
6.00am-7.00am	Registration	Old Methodist Church
6.00am-8.00am	Final Bike Tune Up Service	Ferndale Event Centre
7.05am	Rider Briefing - 100Milers, Full Flingers (excluding Elite), Flinging Threesomes	Ferndale Event Centre
7.20am	Start: 100Milers, Full Flingers (excluding Elite), Flinging Threesomes	Ferndale Event Centre
7.25am	Rider Briefing – Elite Full Flingers	Ferndale Event Centre
7.35am	Start: Elite Full Flingers	Ferndale Event Centre
7.50am	Rider Briefing – Half Flingers, Some Flingers	Ferndale Event Centre
8.05am	Start: Half Flingers expecting to finish 2-3.5 hours	Ferndale Event Centre
8.10am	Start Half Fling expecting to finish 3.5+ hours	Ferndale Event Centre
8.15am	Start Some Fling	Ferndale Event Centre
8.00am-8.30am	Registration for Todds Real Estate Kids Fling	Ferndale Event Centre
8.40am-9.30am	Todds Real Estate Kids Fling	Ferndale Event Centre
8.30am-4.00pm	Coffee Van	Wingello Oval Transition Area
10.30am-5.00pm (approx)	Competitor Meal Provided, BBQ, Bar, Coffee Van, Drinks/Snacks Kiosk	Ferndale Event Centre
10.30am-5.00pm	Massage Service	Ferndale Event Centre
Approx. 4.00pm	Presentation - The Highland Fling	Ferndale Event Centre

## Cancellations Changes to Entry Details and Rider Replacements

Entry cancellations closed on Friday 21st October. Any cancellations after that date are not eligible for a refund regardless of reason. Should the event have to be cancelled for any reason and is unable to be rescheduled, entry fees are non-refundable. If the event is rescheduled and you are unable to attend your entry fee is non refundable.

Changes to entries (e.g. Half Fling to Full Fling or vice versa), may be made up until 5pm on Monday 7th November. Please note that no changes can be made to your entry details after this time.

Any rider changing their entry from a longer to a shorter distance (eg Full Fling to Half Fling; 100Mile Fling to Full Fling etc.) will not be refunded the difference in entry fee. Please note: Entry fees for the Bundanoon Dash are non refundable.

### 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 12 November, 2.00pm-10.00pm. 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

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 Chips and Bike Number Plates

Every rider and team member will have their own individual race plate. The timing chip is located on the back of your race plate. DO NOT REMOVE IT. If you are participating in the Bundanoon Dash you will need to have your race plate attached

Each Full Fling, 100Mile Fling, Flinging Threesomes, Half Fling and Some Flinger 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

**Some Fling** - Purple with an S before number

**Half Fling** - Dark Green with an H before number

**Full Fling** - Red with an F before number

**100Mile Fling** - Dark Blue with an M before number

**Flinging Threesomes** - Orange with a T before number

## Food and Drink at the Fling

### Saturday

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

- Bundanoon School P&C will again be putting on dinner in the Bundanoon Hall from 5.00-9.00pm as a fundraiser. Pasta dinner (with vegetarian option) served with salad and crusty bread, dessert and a glass of Pedal Juice for \$18.00. Ye Olde Bicycle Shoppe, Jumping Rock Café, Westside Petroleum Service Station, Delilicious Deli, Bundanoon Pizza & Pasta, Primula Café, The Chinese Restaurant, The Terrace Cafe, Bundanoon Club, and Bundanoon Hotel (bookings essential) will all be serving meals / snacks / coffee etc

The 4 Pines Bar run by Highlands Trails will be in the hall dispensing fine 4 Pines ales.

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

### Sunday

#### Ferndale Event Centre

- Penrose School P&C will be selling breakfast at Ferndale Event Centre (Start/Finish) from 5.30-9.30am on the Sunday morning. They will also be selling soft/sports drinks, chips/ chocolate, cakes etc throughout the day.

- The GoodtoGo Espresso van will also be there to give you that all-important caffeine fix! - **Don't forget to take your own reusable cup to win a prize!**

- **A burger 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 have a tear off lunch voucher on your race plate and you must have this with you in order to collect your lunch. Exeter School P&C, are providing a gourmet beef or veggie burger for all riders which will be available after you finish on presentation of your lunch voucher. The kids from the school will again be running their best ever Milkshake Stall

- Highlands Trails will be running the 4 Pines Bar dispensing fine 4 Pines Ales from 11.00am- 5.00pm

#### Wingello Oval Transition Area

- GoodtoGo Espresso will also be on the Oval from 8.30am- 3.30pm.

Please use the recycling bins for cans/bottles



### MAJOR SPONSORS



### SUPPORT SPONSORS





## Water

Water will be available at the Ferndale Event Centre from taps and the Aquamann Tank. Water will be available from Aquamann at the Wingello Oval Transition Area. Water and GUBrew will also be available at the Frequent Riders Lounge approx 29km into the Shimano 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. Note that The Highland Fling is a Bottled Water Free event. No bottled water is available to purchase at the event or within Bundanoon.



## Feed Stations

**Wingello Oval Transition Area** – A feed station will be set up here for riders finishing the Ground Effect Stage and those about to start the GU Stage. It will offer fruit, buns and sweets along with GU Brew sportsdrink.

**The Frequent Riders Lounge** – is located approx 29km into The Shimano Stage. The lounge will offer Full and 100Mile Flingers sustenance in the form of fruit, buns, sweets, water and GU Brew. There is no access for supporters to the Frequent Riders Lounge.

Cold Drinks/Sport Drink will be available to purchase at Ferndale Event Centre.

## 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.**

## Sustainability and Waste Reduction at the Highland Fling

Reducing waste and maximising recycling has always been 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 & Waste Depot at Ferndale Event Centre is a major factor in these achievements. Caterers at the event will continue to use compostable utensils for food service.

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. All waste needs to be taken to the Recycling & Waste Depot or taken home with you.

## Use your own Reusable Coffee Cups

Did you know that some 1 billion takeaway coffee cups are used in Australia each year. 1 BILLION! And they are not recycled. If you take a refillable cup to our coffee vans on Sunday they will give you a raffle ticket. We will draw a winner for a very fine prize at the end of the day. Our MC's have also been instructed to pick out random reusable coffee cup users and give them a prize.

## Compostable Containers

Did you know that recycling takes up a lot of energy? Sure, it's better than throwing something away and that's why we should all do it. But environmentally speaking, composting is better by a long shot. That's why at the Fling, all event caterers are required to provide compostable or recyclable plates, bowls, cutlery and cups. Instead of getting transported all over the country (or world!) as they would if they were recycled, they simply end up down the road at the community garden, making the worms happy!

## A Bottled Water Free Event

The Highland Fling will continue to operate as a Bottled Water Free event. This is in keeping with the village of Bundanoon's position as Australia's First Bottled Water Free Town. No single use bottled water will be sold at the Fling. Plenty of tap or tank water refill facilities will be provided for event participants, marshals and visitors.

## Where are the cups?

Every year at the Fling we provide riders with food and drink at a number of 'feed stations' around the course. We made the decision a number of years ago not to supply disposable cups at these locations as part of our efforts to reduce waste at the event. **We strongly encourage riders to carry refillable bottles or other drinks containers which may be filled up at the feed stations.**

## We use string at the Fling

There was a time when a rider in a race would use four strips of plastic to attach a race number to their bike. After the race those strips of plastic would be thrown in the bin and spend the next few thousand years sat in a hole in the ground. Times this by a thousand riders and you have a lot of waste plastic. A little while back we decided that we could do better so we came up with a simple idea – instead of handing out cable ties you get some bits of string made from natural plant fibres. The material is renewable and it rots when you've finished with it. With each rider tying their own knots it doesn't take long to achieve the same job as the cable ties, but without the impact.

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

### MAJOR SPONSORS



### SUPPORT SPONSORS







13 May – 2 June 2017

# *Biking the Boot Tour*

Ancient culture, an ever shifting political landscape, Latin temperament, fine food and wine, design flair, gorgeous countryside, big mountains, great trails...Why wouldn't you want to mix it all up with some fun and at times challenging mountain biking?

Biking the Boot is an incredible three-week trip that starts with a 10 day MTB tour crossing the country from Rome in the west, to Romagna in the East. We ride through Umbria, Tuscany and finish in the Emilia Romagna region. Then, after a couple of days in the fascinating city of Venice, we spend six days traversing the magnificent Dolomites to finish in the mountain bike town of Riva Del Garda at the head of Italy's largest lake. In total we ride some 800km. We have run this tour every year since 2012.

We promise you a MTB adventure of a lifetime. We hope you'll join us.

or more information and bookings visit  
[www.wildhorizons.com.au](http://www.wildhorizons.com.au)



## Shimano and The Fixed Wheel Mechanical Support

With thanks to Shimano and The **SHIMANO** Fixed Wheel there will be a bike tune up service and basic spare parts for sale. This will be located in Bundanoon **The Fixed Wheel** on Saturday 12 November from 2.00pm. On Sunday the service will move to Ferndale Event Centre from 6.00am to 8.00am and Shimano 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.



## Rock'n'Roll Lube Station



Rock'n'Roll lube are the official lube of The Highland Fling. Down at Wingello Oval Transition Area will be the Rock'n'Roll Lube Station. This will be in place from 8.30am-3.00pm on Sunday. Please use only what you need to ensure there is enough to go around!

## Nelson Santos Physiotherapy and Massage Service

Nelson will once again have a team of therapists on hand offering massage and physio both pre-race on Saturday and post-race on Sunday.

Saturday, Bundanoon Hall – 5.00pm-9.00pm

Sunday, Ferndale Event Centre – 10.30am-5.00pm

## Displays at the Event

A number of sponsors and stallholders will be attending the event and showing off their wares. This will include Shimano, GU, Focus Bikes, Limar Helmets, 4 Pines Brewery, World Expeditions, Maxxis Tyres, Frontier Equipment and Rock'n'Roll lube. Displays will be in Bundanoon Hall on Saturday and down at Ferndale Event Centre on Sunday.

## Marathon Photos

Marathon Photos ([www.marathonphotos.com](http://www.marathonphotos.com)) will have numerous photographers on the course snapping away and will have selection of photos of each rider available for sale after the event.



## Mr and Mrs Average

Rewarding participation, the male and female rider who complete the Full Fling closest to the Average Time will receive a prize.

## First Aid

State Medical Assistance will be stationed at Bundanoon School on Saturday and at Ferndale Event Centre and Wingello Oval Transition Area on Sunday. A number of First Aid First Responders in vehicles will be on hand to attend incidents as required. Some event marshal vehicles including those from the Rural Fire Service may also carry kits. There will also be a First Aid Kit at the Frequent Riders Lounge 29km into the Shimano Stage.

## Prizes

There are plenty of prizes available at the Highland Fling. On the money front, there is lots in cash prizes, including \$2000 for the first Elite Male and \$1500 for the first Elite Female Full Flinger across the line. There is also prize money up for grabs for the Bundanoon Dash.

There are some \$20,000 worth of prizes to get rid of. There's a huge range of prizes from Ground Effect, GU, Shimano, Focus Bikes, Maxxis, Limar and local businesses.

## 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!



## 2016 Highland Fling Jersey and T Shirt

The organic cotton, sweat shop free 2016 Fling T Shirts will make you look good like no other T shirt on the planet. The Italian made jersey will do even more.

For those who pre-ordered jerseys or T Shirts, these will be available for pickup at registration in the Old Methodist Church. There will be a limited number available for sale on the weekend.





# SATURDAY RIDING

## Rolloff World Championships

Bundanoon is very proud to be hosting the Rolloff World Championships on Saturday afternoon. This event takes the sport of cycling to new levels being the 'great leveller' where men, women, large and small go head to head. We hope that those of you not rolling will come along to cheer on those who are.

When & Where – Registration and on the day entries (gold coin donation to Save the Children) is at the start line of the Rolloff. Just come and see the Bag Man on the start line at the top of Philip Street. The Rolloff Worlds kick off at 5pm with the heats leading to a final and presentation in the Hall at 6pm.

The Rolloff format will remain as per 2015. The course runs from the top to the bottom of Philip Street between the Old Methodist Church and Bundanoon Public School. And High Rollers will be determined by first across the finish line. Each heat will be followed by quarter and semi finals until we have a winner.



## The Bundanoon Dash Battle of The Businesses

The Bundanoon Dash is the entrée to the weekend's racing. Starting at 4.15pm on Saturday, the Dash is a 6km race starting in the School grounds in the centre of Bundanoon and doing a loop of the national park tracks before a cruel final 300metre finish up Constitution Hill. You can enter online (\$15) for Dash Only (online entries close Monday 7 November) or enter on the day (\$15). All entry fees go toward the community fundraising efforts of the event. \$300 to first Male and Female 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 1.00pm-3.00pm in the Old Methodist Church.

Also as part of the Dash is The Battle of The Businesses, a charity fundraising initiative for local businesses. Cheer on the butcher, the baker, the garage, the guesthouse....

## Kids MTB Skills Course

**12.15pm-1.30pm & 1.45pm - 3.00pm**

As a fundraiser for Save the Children we're running 2 MTB Skills Courses for 5-12 year olds on Saturday afternoon at the Bundanoon YHA (155 Railway Avenue). Instructors will teach the kids safe cycling skills and skills for handling a mountain bike on the trails.

Participants must have a properly fitting helmet and a bike in good working order. Children are to remain under their parents supervision at all times

Entries in the Kids MTB skills course are available online. Unless you have an entry, your child will not be able to attend.





# Sunday Riding

Aside from the main Fling racing we also have.....

## The Todds Real Estate Kids Fling

On Sunday morning while you're all riding the Fling course we'll be running a fun race for all kids aged 5-12 present at the event who wish to participate. Sponsored by Todds Real Estate, the kids will enjoy some fun at Ferndale Event Centre between 8.30am and 9.30am with each entrant going into a draw to win one of 2 bikes from Focus Bikes! Register on the day from 8.00am. Race starts 8.30am.

Participants must have a properly fitting helmet and a bike in good working order.



## RACE DETAILS

See route outline map on page 19

## Rider Briefing

All riders must be at Ferndale Event Centre for the Rider Briefings. The briefing for Full Flingers (except Elite Full Flingers), Flinging Threesomes and 100 Mile Flingers is at **7.05am** on Sunday. The briefing for Elite Full Flingers is at **7.25am**, Briefing for all Half Flingers and Some Flingers is at **7.50am** 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 Event Centre and there are 5 mass starts to the event.

**7-20am – 100Mile Fling, Full Fling (except Elite Full Fling), Flinging Threesomes**

**7-35am – Elite Full Fling**

**8-05am – Half Fling expecting to finish in 2-3.5 hours**

**8-10am – Half Fling expecting to finish in 3.5+ hours**

**8-15am – Some Fling**

Your start time cannot be changed. Due to our traffic control and course sweeping protocols **you will not be allowed to start if you miss your start time.**

There may 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. All riders time starts when they cross the timing mat except Elite Full Fling riders whose times start with the gun.

## Self Seeding for Riders

**Full Flingers** - For the main Full Fling field starting at 7.20am 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:

- **5-6hrs 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. All riders must pass over the Timing Mat at the start to be eligible for a Finish Time and to avoid disqualification. **There is no advantage in seeding yourself too high as your time starts when you cross the mat**

**100Mile Flingers** - are invited to locate themselves at the front of the 7.20am start.

**Half Flingers** - If you think you will complete the Half Fling in less than 3.5 hours then please start in the 8.05am Start. Those believing you will finish in more than 3.5 hours should start in the 8.10am Start

**All Some Flingers will start together at 8.15am**

## 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. Whilst both Penrose & Wingello State Forests are closed for the event be aware you could still encounter trail bikes and 4WDs in the forest illegally. Take care on the downhills, ride on the left - particularly on corners. Further information in Rules & Conditions on page 16.

Please note that vehicles that are not event organiser or service vehicles and bikes that are not in the race are NOT allowed in the State Forests between 7am and 6pm on Sunday 13 November.

## Sag Wagon

There will be a bus with bike trailer running between Wingello Oval Transition and Ferndale Event Centre between 10am and 4pm on Sunday. 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 Shimano 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. It will not run to yours or anyone else's timetable. The bus stops on Camden Street near the Wingello Fire Station (on the other side of the railway line from the Wingello Oval Transition).

### MAJOR SPONSORS




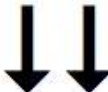





### SUPPORT SPONSORS



# Profiles



## course markers

 <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 and 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 signs shown on previous page.

You are responsible for following the correct route.

**Important Note - In Wingello State Forest (Shimano Stage Two) 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 is 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.

### Some Fling Riders

#### 8.15am Starts at Ferndale Event Centre Total Distance 23km, 450m

You will complete part of the Ground Effect Stage on Jumping Rock Station but not head into Penrose Forest. After a quick 200m on Old Argyle Road you will begin the last section of Stage 3 the GU stage. Starting with Boundary Rider riders will enjoy some sweet track before hitting the aptly named Roller Coaster.

After more great and sometimes challenging single track including Wombats Wander, Sherwood Forest, Jim's Joke, the infamous Brokeback Mountain, Lawyers Lament, Baker's Delight and Double Rubble you'll emerge onto Old Argyle Road with a grin from ear to ear.

Approximately 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!

A little over a kilometre from the finish you'll turn left for a winding route to sap whatever energy is left and to soon find yourself across the finish line where you can pick up your lunch and complementary cold 4 Pines beer (remember your tear off vouchers on your race plate), grab a drink, perhaps enjoy a massage and relax with mates and watching the Finish and waiting for the presentations.

### Half Fling Riders

#### 8.05am, 8.10am Starts at Ferndale Event Centre Total Distance 55km, 1050m

You will complete the 24km Ground Effect Stage and pass through Timing Station 1 at Wingello Oval Transition Area (see Transition Area map on page 21).

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, a Feed Station, water and a coffee van. Shimano 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 Half Fling riders will be allowed to begin the GU Stage.

You will then complete the GU Stage (approx. 29km). Approximately 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!

A little over a kilometre from the finish you'll turn left for a winding route to sap whatever energy is left and to soon find yourself across the finish line where you can pick up your lunch and complementary cold 4 Pines beer (remember your tear off vouchers on your race plate), grab a drink, perhaps enjoy a massage and relax with mates and watching the Finish and waiting for the presentations.

#### MAJOR SPONSORS



#### SUPPORT SPONSORS





# Full Flingers and Flinging Threesomes

**7.20am Start at Ferndale Event Centre for Full Fling (excluding Elite) and Flinging Threesomes**

**7.35am Start at Ferndale Event Centre for Elite Full Flingers**

**Total Distance 110km, 2350m**

Full Flingers and Flinging Threesomes (Rider 1) will complete the 24km Ground Effect Stage and pass through Timing Station 1 at Wingello Oval Transition Area (see Transition Area map on page 21).

At Wingello Oval Transition Area you will find toilets, a Feed Station, water and a coffee van. Shimano 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 unlikelyhood of having to wait for a train.

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

**Full Flingers and Flinging Threesomes** proceed to the Shimano 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. 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 Shimano Stage is **11.30am**. If you have not passed through Timing Station 2 by 11.30am you will not be allowed to begin the Shimano Stage. You will be allowed to ride the GU Stage (for which the cutoff time is **3.30pm**).

**Note there is a cutoff time of 1.30pm for Full Flingers and Flinging Threesomes at the Frequent Riders Lounge which is 29km into the Shimano Stage. Riders who do not make this cutoff will be directed to ride back to Wingello Oval Transition Area.**

**Full Flingers and Flinging Threesomes** complete the Shimano stage (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** Rider 2 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 Full Fling or Flinging Threesome 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 (29km). Approximately 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!

A little over a kilometre from the finish you'll turn left for a winding route to sap whatever energy is left and to soon find yourself across the finish line where you can pick up your lunch and complementary cold 4 Pines beer (remember your tear off vouchers on your race plate), grab a drink, perhaps enjoy a massage and relax with mates and watching the Finish and waiting for the presentations.



# 100Mile Flingers

## 7.20am Start at Ferndale Event Centre for 100Mile Fling

### Total Distance 160km, 3600m

100Mile Flingers will complete the Ground Effect Stage (24km), The Shimano Stage (54km) twice and then the GU Stage (29km).

100MileFlingers will complete the 24km Ground Effect Stage and pass through Timing Station 1 at Wingello Oval Transition Area (see Transition Area map on page 21).

At Wingello Oval Transition Area you will find toilets, a Feed Station, water and a coffee van. Shimano 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 unlikelyhood of having to wait for a train.

**100Mile Flingers** then proceed to the Shimano 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! (Probably at The Mile High Lounge)

Note: The **Cutoff Time** to begin your first loop of the Shimano 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, GU Brew sportsdrink mix, GU Gels, fruit, buns and some 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 (on Saturday only). You will also have the services of a 100Mile Hostess there to monitor riders and to assist if they are able. 100Mile Flingers can use this Lounge before the start of each of their Shimano 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 Shimano stage (54km) and pass through Camden Street Timing Station 2 again before heading off on the second loop of the Shimano Stage (there is no 5 minute timing break between these 2 loops).

Note: The **Cutoff Time** to begin your second loop of the Shimano Stage is **1.30pm**

**100Mile Flingers** complete their second loop of the Shimano Stage (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 can take the chicane back to the Mile High Lounge before or proceed direct to the 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 the end of your Ground Effect Stage and the start of your first loop of the Shimano Stage and then the end of your second loop of the Shimano 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 **4.00pm**, and after this time no 100Mile Fling riders will be allowed to begin the GU Stage

**100Mile Flingers** proceed through Timing Station 3 to start the GU Stage (29km). Approximately 4 km 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!

A little over a kilometre from the finish you'll turn left for a winding route to sap whatever energy is left and to soon find yourself across the finish line at the end of an epic ride where you can pick up your lunch and complementary cold 4 Pines beer (remember your tear off vouchers on your race plate), grab a drink, perhaps enjoy a massage and relax with mates and watching the Finish and waiting for the presentations.

### MAJOR SPONSORS



### SUPPORT SPONSORS





## Thanks to

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

- Ground Effect
- Maxxis
- Shimano
- 4 Pines Brewery
- GU Energy
- Focus Bikes
- World Expeditions
- Limar
- Westside Petroleum
- Rock'n'Roll Lube
- Frontier Equipment
- Todds Real Estate
- Aquamann Irrigation
- Solar Springs Health Retreat
- Yallambee Guest House
- Bundanoon Motel
- Bundanoon Hotel
- Rural Fire Service of NSW
- State Medical Assistance
- The Fixed Wheel
- Nelson Santos Massage
- Exeter School P&C
- Wingello School P&C
- Bundanoon School P&C
- Penrose School P&C
- Bundanoon Pony Club
- Bundanoon Mens Shed
- Highlands Trails
- Greg & Diane Joice, Jack & Sylvia Jeffery, Trevor & Sheryl Liebowitz, Doug Roach, Geoff Blunt, Matt & Donna Hescott, Mark & Ulli Fisher, Mike & Dawn Jonas, Nigel and Caroline Hartley, Chris Roberts, Camilla Learmonth and Anthony Parro for kindly allowing access though their magnificent properties.
- Forests NSW
- National Parks & Wildlife Service
- 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) and

[www.facebook.com/wildhorizons](http://www.facebook.com/wildhorizons).

## Event Contact Details

### Up until 5pm Friday 11 November:

Tel: 02 4883 6509

Email: [barbara@wildhorizons.com.au](mailto:barbara@wildhorizons.com.au)

### From 5pm Friday 11 November:

Barbara Ertz: 0408 509346

(for enquiries relating to entries)

Email: [barbara@wildhorizons.com.au](mailto:barbara@wildhorizons.com.au)

Erica Galea: 0409 021 973

(for media, sponsor and general enquiries)

Email: [erica@wildhorizons.com.au](mailto:erica@wildhorizons.com.au)

### Emergency contact during the race

(put this number in your phone) 0458 734 529



### MAJOR SPONSORS



### SUPPORT SPONSORS





# Highland Fling Rules and 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 2.00-10.00pm on the Saturday or 6.00-7.00am on the Sunday.
2. All riders must attend the mandatory Rider Briefing on Sunday morning.
3. Each rider is responsible for their race plate. One will be provided per rider, and these must not be swapped between competitors! Loss of plate will result in your time being unable to be recorded.
4. The race plate must be mounted to the handle bars of your bike.
5. Australian road rules apply at all times on forest or classified roads.
6. Riders may not exceed the posted speed limit.
7. Riders may only ride more than two abreast whilst overtaking and must remain in their lane at all times. They must not cross the centre of the roadway, or any double separation lines (unless entering or leaving the roadway).
8. Riders must give way to all other traffic they may encounter, including horse riders and walkers.
9. Riders must leave gates as they find them.
10. Only registered racers or course marshals may ride on the race track.
11. Riders are only eligible for a place in the category in which they start the race.
12. Full Fling and Flinging Threesomes will complete all three stages. Half Fling will complete the Ground Effect and GU stages. 100Mile Fling will complete the Ground Effect Stage, The Shimano Stage (twice) and the GU Stage. Some Flingers will complete part of the Ground Effect Stage and part of the GU Stage
13. All riders must check in with the transition official prior to starting the next stage. This is done by crossing the relevant timing mat.
14. 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 the Shimano Stage**

- Full Flingers
- Flinging Threesomes Rider 2
- 100Mile Flingers (twice)

## **End of the Shimano 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)**

- Some Flingers
- Full Flingers
- Flinging Threesomes Rider 3
- Half Flingers
- 100Mile Flingers

15. 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.
16. Riders who fail to complete must advise a marshal/race official at the earliest opportunity.
17. Solo riders must use the same bike frame for the whole event.

18. Relay team members may share bikes and/or parts if necessary.
19. 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 Shimano Stage.
20. Riders can only accept food and drink from other riders currently in the race or race officials except at the Wingello Oval Transition area..
21. Food will be available to purchase at the Start/Finish and Wingello village shop and coffee van at Wingello Oval.
22. Water will be available at the Start/Finish, at Wingello Oval Transition Area and at the Frequent Riders Lounge (approx 29km into the Shimano 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 1 litre of fluid.
23. 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
  - 1 litre liquid carrying capacity
  - Food e.g. energy bars, gels etc
  - Toolkit with minimum pump, multi-tool, inner tube
  - Water resistant jacket (may be reviewed on the day)
  - First Aid kit (minimum of crepe bandage, bandaid strip, sterile dressing, 6 x painkillers e.g. Paracetamol)
  - Whistle
24. Riders must clearly display their bike number mounted on their handlebars at all times whilst racing.
25. Riders must wear a fastened, Australian Standards approved cycle helmet.
26. Profane or abusive language, or unsportsmanlike behaviour is grounds for disqualification of any solo or team rider.
27. 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.**
28. 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.
29. 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.
30. 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.
31. 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.
32. 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.
33. 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.
34. Please do not leave any rubbish out on the track. Anyone found doing so will be disqualified, shot or hung.

35. 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.
36. 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.
37. 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.
38. Riders racing as someone else (eg swapping entries or bike numbers) are subject to disqualification.
39. The minimum ages for riders (taken as the age on the day of the race) are: 13 (Some Fling), 16 (Half Fling, Flinging Threesomes), 18 (Full Fling, 100Mile Fling)
40. 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.
41. Ignorance of these rules is not an acceptable defence.
20. 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.
21. Riders pushing their bikes should give way at all times to those riding. They should walk on the left hand side of the road.
22. 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.
23. 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.
24. Please do not leave any rubbish out on the track. Anyone found doing so will be disqualified, shot or hung.
25. 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.
26. 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.
27. 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.
28. The minimum age for riders (taken as the age on the day of the race) is 14.
29. Ignorance of these rules is not an acceptable defence.

## Bundanoon Dash Rules and 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 1.00-3.30pm on the Saturday.
2. All riders must attend the mandatory Rider Briefing at 4.05pm on Saturday.
3. Riders must use a 26", 27.5" or 29" wheeled mountain bike for the Bundanoon Dash. Cyclocross bikes are also permitted.
4. Each rider is responsible for their race plate. One plate will be provided per rider, and these must not be swapped between competitors! Loss of plate will result in your time being unable to be recorded.
5. The race plate must be mounted to the handle bars of your bike
6. Australian road rules apply at all times.
7. 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.
8. 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).
9. Riders must give way to all other traffic they may encounter, including horse riders and walkers.
10. Only registered racers or course marshals may ride on the race track.
11. Riders who fail to complete must advise a marshal/race official at the earliest opportunity.
12. Riders can accept mechanical assistance on the course by any registered racer, but outside assistance is not permitted.
13. You should begin the race with at least one bidon (500ml) of fluid.
14. Each racer must be carrying, as a minimum, the following whilst racing: pump, multi-tool, inner tube
15. Riders must clearly display their bike number mounted on their handlebars at all times whilst racing.
16. Riders must wear a fastened, Australian approved cycle helmet.
17. Profane or abusive language, or unsportsmanlike behaviour are grounds for disqualification of any rider.
18. 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.
19. Riders wishing to pass should call 'Track, on your left' or 'Track, on your right' and the rider being overtaken should yield, if necessary,

## Rolloff World Championships Rules and Conditions

1. Frames must be single seat 26in, 27.5in or 29in mountain bike frame and wheels
2. No additional weight to be applied to the bike in any way including to the wheels/tyres either externally or internally
3. No additional weighting (including backpacks) can be applied to the body beyond clothing/footwear considered reasonable for the conditions at the time
4. The minimum tyre diameter is 2.0 inches
5. Chains must be 'dropped off' the front chainwheel so that they can play no part in the propulsion of the bike
6. The only form of propulsion allowed at the start is from a push from the foot of the rider on the ground. The other foot must sit flat on a pedal at the pushoff
7. Standing up on the pedals is not allowed at any time
8. No form of rider propulsion after the start is allowed. This includes pumping, wheel wiggling or any other method.
9. Both wheels must remain in contact with the road surface at all times
10. The body must remain on or in front of the saddle at all times including at the start
11. Outside assistance in any form is not permitted
12. An Australian Standards approved cycling helmet must be worn during any Rolloff competition
13. Riders must not interfere with the progress of any other rider during a Rolloff competition
14. Drafting any other rider is not permitted
15. Riders must be aged 14 years or older.
16. All protests must be made to the Master of The Rolls (the chief judge) in a polite, non-abusive manner. Abusive protests will not be heard. Protests may be made up to 10 minutes after the final results are posted. The Master of the Rolls has the final decision on all protests
17. The Master of The Rolls has the right to call off the event 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
18. Any action deemed against the spirit of the event may result in disqualification. The Master of The Rolls has the final say in any decision at the event
19. Ignorance of these rules is not an acceptable defence

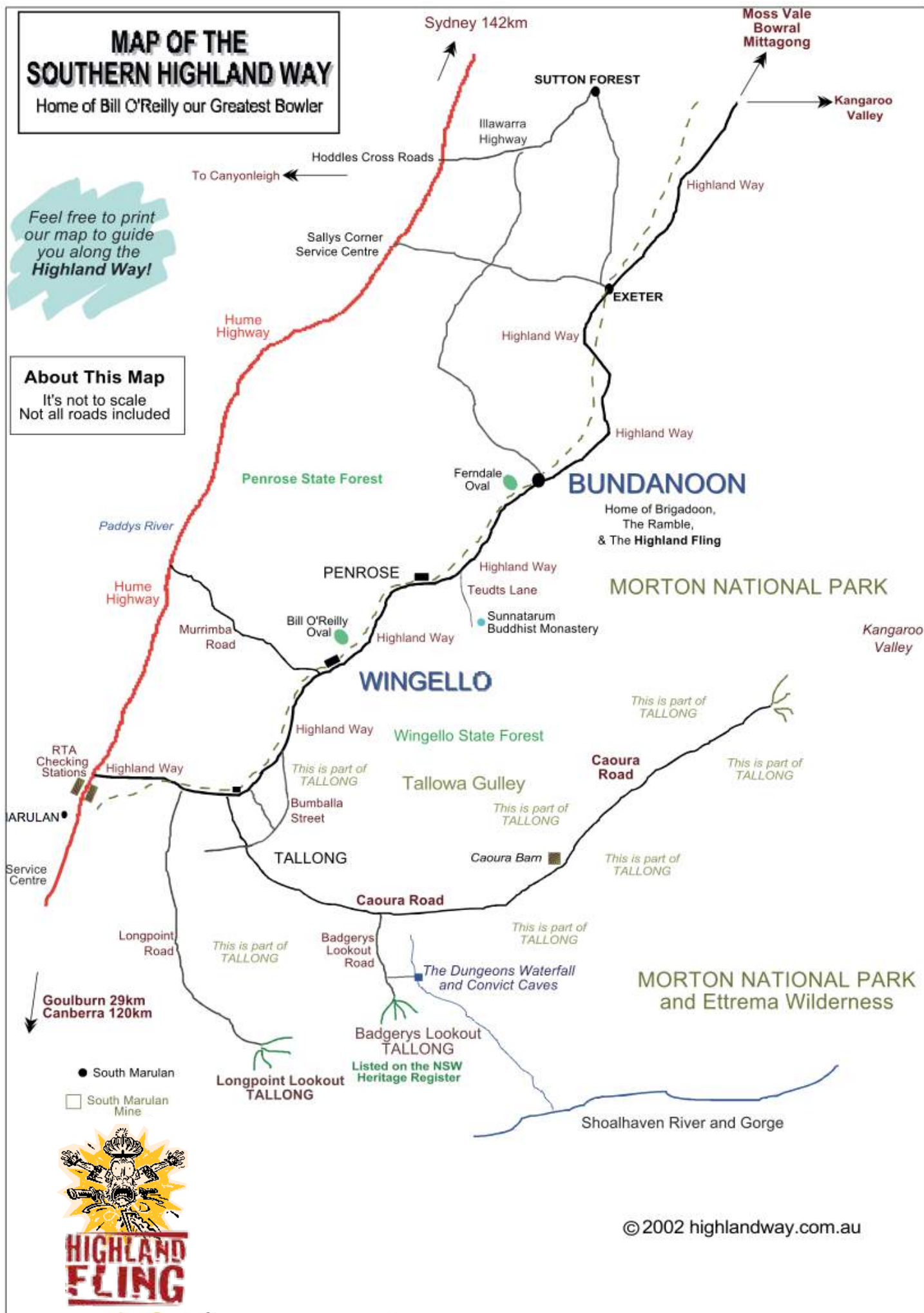
# MAP OF THE SOUTHERN HIGHLAND WAY

Home of Bill O'Reilly our Greatest Bowler

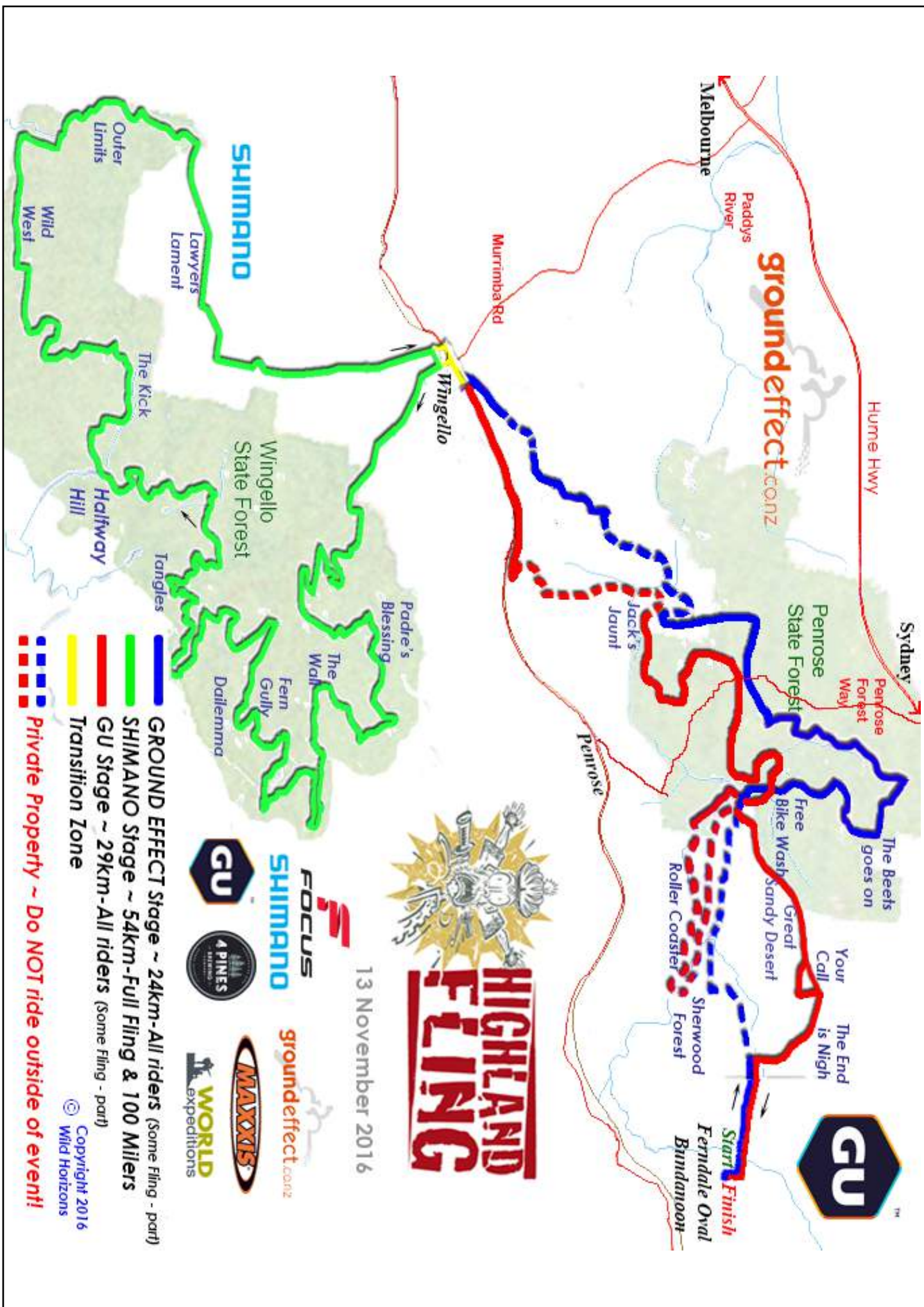
Feel free to print our map to guide you along the Highland Way!

## About This Map

It's not to scale  
Not all roads included











# Wingello Oval Transition Area

- ALL Riders
- Half Flingers
- Full & 100 Mile Flingers & Flinging 3'somes
- Going to Stage 2
- Returning from Stage 2

Stage 1  
Finish

groundeffect.com



Timing Station 1

Half Flingers



Stage 3

Start

To Bundanoon

Highland Way

Toilets

Full Flingers  
& Flinging 3'somes

Food, Water, Drinks  
Bike Repairs  
Lube Bay

NO PARKING

PARKING

PARKING

To Timing Station 2

SHIMANO

