

THE FINAL FLING

IT'S TIME TO SPLIT



-FINAL DETAILS-

11-12 November 2017 Southern Highlands NSW

All entrants must read these notes



Introduction

WELCOME TO THE 13th AND FINAL FLING

A huge welcome to everyone taking part in the 13th and final Highland Fling; indeed to the final Wild Horizons mass participation event. It was 20 years ago when I penned my first intro to a race briefing, to 120 riders taking part in our first Polaris MTB Challenge. I'd just bought myself a Gary Fisher Hoo-koo-ee-koo, 7 speed with Rockshox Quadra forks. Geez them were the bloody days!

So here we are 60+ events later – 60+ Polaris Challenge, Urban Polaris, Paddle Polaris, 3 Ring Circus, Mountains To Beach, Highland Fling and other big events. It's been a massive amount of fun and given me an opportunity to get to know intimately parts of Australia – every track, hilltop and pub. We've also been blessed to have had an amazing group of people on The Dark Side, some of whom have been on the event journey for two decades. The biggest buzz of all from running such events has of course come from you the riders – those doing things they never thought possible, those using an event to recover from an illness or injury and those abusing me at the finish line knowing that a couple of days later that Fatigue-After-Race-Trauma will have transformed to a warm fuzzy feeling of 'I'll be back next year'.

I did decide earlier this year not to run the Fling in 2017, that the Wild Fling of 2016 was the last one. But then, in a sudden turnaround, I decided that the event needed to go out with a bang not a whimper; that we'd race one more time in 2017. But that we would do so for Save the

Children, a wonderful charity I work closely with. I think, as we ride around on our expensive bikes, as part of our generally charmed existences, it behoves us to do more for those suffering way more than we are and who are surviving on a fraction of what we have. Children of course are the most innocent victims of all; whether of poverty, disease, conflict or educational opportunity. So a massive thanks to all of you who have donated with your entries or your fundraising!

We've made a few changes this year – moving everything to Ferndale Event Centre on Saturday from Bundanoon town centre saves a fair few dollars (and thus increases the funds to Save the Children). The course also is much changed this year by bringing back old Fling favourites (think Early Bath and Boags Draft), running the Wingello singletrack in reverse and new sections back to Bundanoon from Wingello Village (including the Long Bath...). There's plenty going on all weekend, so check it out on the following pages.

Most importantly enjoy the ride. I have.

Cheers,

**Huw Kingston
Event Director**



Before we get into it, we wanted to take this opportunity to thank our 2017 Sponsors. Our Major Sponsors Focus Bikes, GU, Maxxis, World Expeditions, Ground Effect and 4 Pines Brewing Company, plus our Support Sponsors Rock 'n' Roll Lube and The Fixed Wheel.

Make sure you take the time to swing by their stands over the weekend to thank them for their support, as well as check out the latest gear.



FUNDRAISING – SAVE THE CHILDREN

As you know by now the surplus funds from the 2017 Highland Fling along with your donations and fundraising all go to Save the Children Australia (www.savethechildren.org.au) to assist with the wonderful work they do with disadvantaged children worldwide.

It is not too late to make a donation or to start fundraising with friends, family and colleagues - just head to <https://www.everydayhero.com.au/event/thehighlandfling>.

There are sure to be a few buckets at the event as well as other fundraising like the 4 Pines Bar, The Bundy Clock Challenge and more.



2017 FINAL FLING COURSE

We did share our course via social media and online a few weeks ago. But just in case you missed it, you should know that there are a few tweaks in 2017 – with the most interesting of these the fact that those in the Full Fling will get to ride most of the Wingello singletrack in reverse. And with this, we're not even sending you up The Wall this year. You get to ride down it for the first time in a Fling!

At the time of writing, things are looking good. We've had a bit of much needed rain in the past couple of weeks and the trails are looking great. At present we don't think anyone will be blowing bubbles in the Early Bath or Long Bath, but who knows...

As well as the course maps online we'll also have route maps posted at various locations around the event centre.

We do take this opportunity to remind you that many sections of the Highland Fling are on private property. NEVER ride these sections at any time outside of race day.

The organisers reserve the right to alter the course at any time.

A QUICK NOTE ABOUT START TIMES

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 (26km): Full Flingers, Half Flingers and Some Flingers (part)

Focus Stage 2 (55km): Full Flingers

GU Stage 3 (29km): Full Flingers, Half Flingers and Some Flingers (part)

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

THE EVENT HUB

This year we're doing things a little differently. It is the Final Fling after all. Whereas previously our Saturday event centre has been in the centre of Bundanoon, this year we're setting up everything for Saturday and Sunday at Ferndale Event Centre, off Ferndale Road, Bundanoon.

You'll still get to take in everything our picturesque village has to offer, we just wanted to warn you that you didn't get your weekend wrong when you don't see a crowd gathered in the town centre!

See our Town and Event Hub map 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 through 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 plug 'Bundanoon Pony Club' into your GPS or Google maps.

CAR SHARE AND SHOW YOU CARE

Most of you would know that we take the environment very seriously. Across the years we've implemented many initiatives to ensure the Highland Fling is as sustainable as possible – this is why you'll receive string instead of plastic cable ties to affix your race plate to your bike, and why you'll find no plastic cups out on course.

We'd love to see as many Flingers as possible reduce the transport footprint by carpooling. Not only is it beneficial for the environment, it's also a lot more fun to travel with some mates (or make new mates maybe), get everyone hyped up before the big race and of course share your race tales on the way home.

There is also a train station in Bundanoon too and the event centre is only a 2km ride away.

PARKING AT FERNDALE EVENT CENTRE

On the evening of Saturday 11th camping with your car is available at the Bundanoon Pony Club (see Event Town map).

On both Saturday 11th and Sunday 12th, day parking is in a large paddock off Ferndale Road with gold coin donation for Bundanoon Men's Shed who look after parking

All cars will approach this parking area down Old Wingello Road onto Ferndale Road. Marshalls and signage will direct you from Bundanoon village centre.

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).

GENERAL EVENT INFORMATION

Accommodation

Camping is available at the Bundanoon Pony Club, the Event Centre, for \$5/head/night, with all proceeds going to the Pony Club. There's no need to book, just turn up anytime from 11.00am to 11.00pm on Saturday 11th 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 for the extra people/nights. Thanks!

If you're not keen on camping, and have not already booked accommodation, you may struggle to find anywhere in Bundanoon at this late stage. You can check out the accommodation section on our website or also try Tourism Southern Highlands on 1300 657 559 or visit www.southern-highlands.com.au to see if there is anything available in the district.

Weekend Activities – Participants and Spectators

Saturday will be a fun day for riders and spectators alike. Firstly we'll have our Sponsor expo set up to showcase the latest bike and outdoor bling. There's also catering on both days, a jumping castle and face painting for the kids and more.

Our Kid's Skills Clinics (fully booked now) will be running at Ferndale Oval Event Centre, as will our Kid's Fling – this is pretty exciting because normally riders don't get to see this hotly contested racing. Be sure to line the track from 4.00pm and provide plenty of cheering for these next gen mountain bikers. Registration for the (free) Kids Fling is from 3.15pm.

Saturday also sees the return of The Bundy Clock Challenge. Between 3.00pm – 3.45pm and again from 5.00pm – 7.00pm riders will have the chance to pay their gold coin donation for Save the Children and then 'clock on' to race a 1km singletrack loop before clocking off. The rider (male and female) with the fastest time wins. Riders can come back as many times as they like (making a donation each time). All entrants go into the draw to win some great prizes and fastest Man/Woman get \$200 each.

Finally, and definitely one to take part in or watch, is the Rolloff World Championships which is being held from 5.00pm – 6.00pm on its new course at Ferndale Oval. Who will roll the furthest to claim the world championship?



Sunday, the best places for spectators are at Ferndale Event Centre 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 once for the Half Fling), it's a good spot to cheer on partners and/or friends.

If you do go down to Wingello then please note details on Parking below.

NOTE - Both Penrose and Wingello State Forests are closed to ALL other users during the race. This includes supporters and spectators.

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.

Directions to and parking at Wingello Oval Transition Area

(For supporters/spectators)

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 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).

Registration

We Strongly Recommend Saturday Registration.

Please note the NEW location for event registration is in the building at Ferndale Oval Event Centre.

Registration is open:

- **Saturday 11 November from 1.00pm - 9.00pm**
- **Sunday 12 November from 6.00am - 7.00am**

All riders must register in person. Early registration is recommended, as you will then have the Saturday afternoon and evening free to enjoy the lead-in events including The Bundy Clock Challenge and Rolloff World Championships, have a relaxing dinner and generally feel well prepared for the Fling.

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

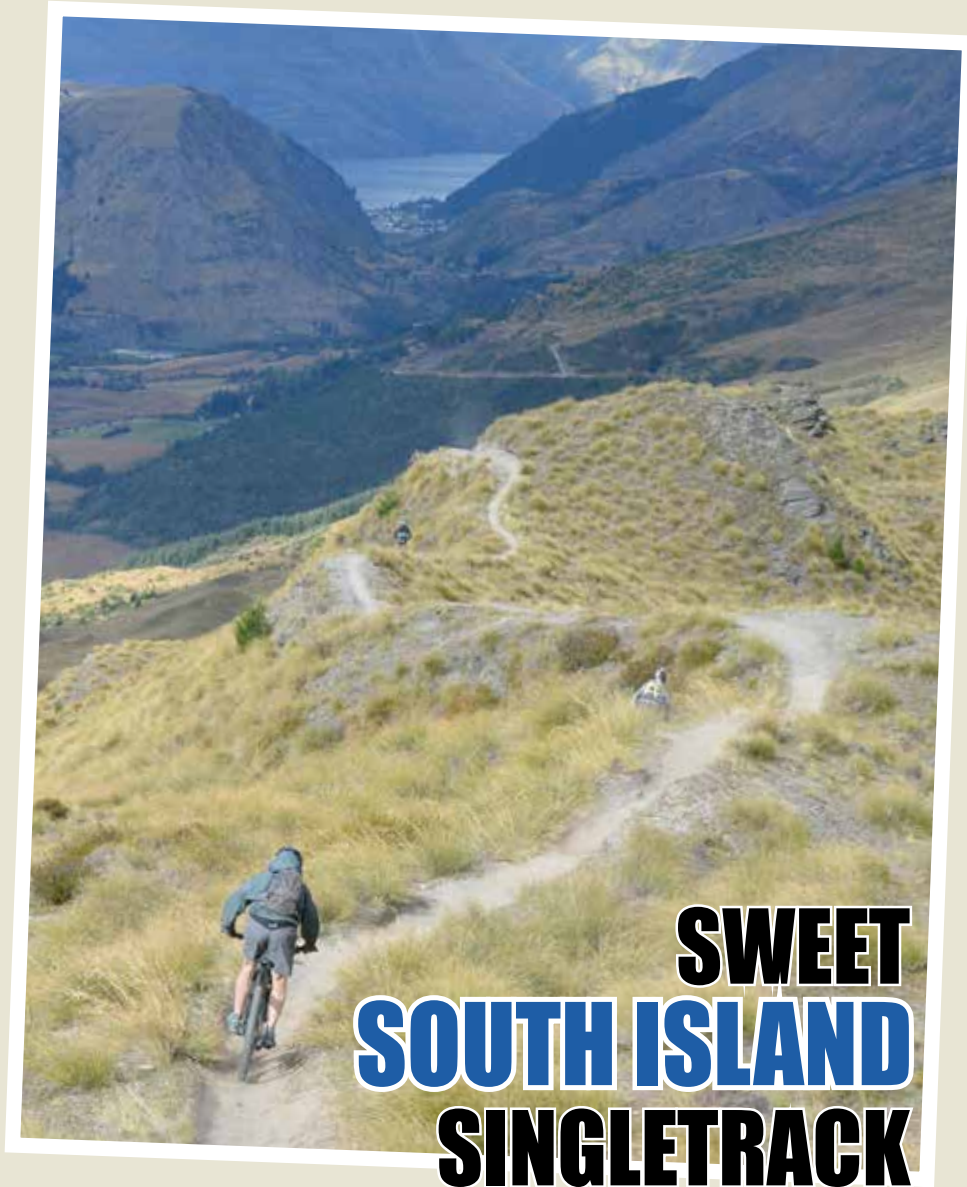
Tee shirts and jerseys

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. If you didn't pre-order there may be some for sale on the weekend – first in best dressed!

Registration for The Bundy Clock Challenge and the Rolloff World Championships will be taken on the day.



Mountain bike with us in.....New Zealand!



4-11 February 2018

One hell of a week's mountain biking with some of the best Kiwi singletrack on offer.

Sweet South Island Singletrack will take you from Christchurch to Queenstown. We'll warm up in the Port Hills of Christchurch, check out the fun to be had up at Craigieburn, relax a bit at Ohau before cranking it back up a few gears at Wanaka and Cardrona. The ear to ear grins will have to stretch even wider as we go a little bit raw at Alexandra and then plunge into the delights around Queenstown – Coronet Peak, Rude Rock, Skippers and the Skyline Gondola trails.

All week the spectacular Southern Alps will form our backdrop and comfortable twin share accommodation will be there at the end of the day as we rest up and reflect over fine ales, wine and local dining options.

Full details www.wildhorizons.com.au



Highland Fling Weekend Schedule

Please see the below schedule for the weekend. Please note any key changes will be updated on the website and Facebook leading into the weekend.

Saturday 11 November		
11.00am-11.00pm	Camping Open	Ferndale Event Centre
12.15pm-1.30pm	Kids MTB Skills Training Course 1	Ferndale Event Centre
1.45pm-3.00pm	Kids MTB Skills Training Course 2	Ferndale Event Centre
1.00pm-9.00pm	Highland Fling Registration	Ferndale Event Centre
1.00pm-9.00pm	Food, Coffee Van & 4 Pines Bar	Ferndale Event Centre
1.00pm-9.00pm	Sponsor Displays, Bike Repair	Ferndale Event Centre
3.00pm-3.45pm	Bundy Clock Challenge Open	Ferndale Event Centre
3.15pm	Kid's Fling Registration Open	Ferndale Event Centre
4.00pm-4.45pm	Kid's Fling	Ferndale Event Centre
5.00pm-6.00pm	Rolloff World Championship	Ferndale Event Centre
5.00pm-7.00pm	Bundy Clock Challenge Open	Ferndale Event Centre
7.00pm	Presentations Rolloff World Championship and Bundy Clock Challenge	Ferndale Event Centre

Sunday 12 November		
5.30am onwards	Food/Coffee Vans/Drinks Available	Ferndale Event Centre
6.00am-7.00am	Registration	Ferndale Event Centre
6.00am-8.00am	Final Bike Tune Up Service	Ferndale Event Centre
7.05am	Rider Briefing – Full Flingers (excluding Elite)	Ferndale Event Centre
7.20am	Start: Full Flingers (excluding Elite)	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
8.30am-4.00pm	Coffee Van	Wingello Oval Transition Area
10.00am-5.00pm (approx)	Competitor included lunch available, Bar Open	Ferndale Event Centre
Approx. 4.00pm	Presentation	Ferndale Event Centre
Approx. 5.00pm	Our Highland Fling journey ends...	

Cancellations Changes to Entry Details and Rider Replacements

Entry cancellations closed on Friday 20th 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 3.00pm on Monday 6th 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 (e.g. Full Fling to Half Fling) will not be refunded the difference in entry fee.

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 11th November between 1.00pm – 9.00pm. 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 but 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

Each rider will have his or her own individual race plate. The timing chip is located on the back of your race plate. **DO NOT REMOVE IT.** Each Full Fling, Half Fling and Some 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

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



Food and Drink at the Fling

Saturday

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

At the Event Centre from 1.00pm-9.00pm we have:

- **Exeter School P&C** offering a BBQ and dinner (mild curry and rice with a vego option), soft drinks and more
- **Exeter School** 'World's Best Milkshake' stall
- **Good to Go Espresso** van with hot drinks, cookies, cake etc. (please try and bring your own reusable cup)
- **4 Pines Bar** - A Save the Children fundraising bar offering fine ales from our sponsor

You can head up into the nearby centre of Bundanoon where you'll find plenty of options including Ye Olde Bicycle Shoppe, Jumping Rock Café and Bakery, Delilicious Cafe, Bundanoon Pizza & Pasta, The Primula Café, The Chinese Restaurant, The Terrace Cafe and the Bundanoon Hotel (bookings essential).

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

Sunday

The Ferndale Event Centre will be hopping and ready to serve breakfast and coffee for all riders, spectators and Dark Siders.

- **Penrose School P&C** will be selling breakfast from 5.30am-9.30am. They will also be selling soft/sports drinks, chips/chocolate, cakes etc. throughout the day.
- **The Good to Go Espresso** vans 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!
- **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 (included in your entry fee). If possible, please bring your own plate/bowl 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. The kids from the school will as always be running their best ever Milkshake Stall.
- **The 4 Pines Bar offering**...ahem...4 Pines fine ales, fundraising for Save the Children (you also collect your complementary ice cold finishers beer here).

Wingello Oval Transition Area

- **Good to Go Espresso** will also be on the Oval from 8.30am-3.30pm.



Water

Water will be available at the Ferndale Event Centre from taps and the Aquamann Tank. Water will be available from the Aquamann water truck at the Wingello Oval Transition Area.



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, the world's first bottled water free town.



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 energy drink.

The Frequent Riders Lounge – Located approximately 31km into The Focus Stage. The lounge will offer Full 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, just stick it up the legs of your knicks. There really is no excuse for littering and 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 minimal 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. If you see a rubbish bin frame with no bin in it and tape across the top – this means **DO NOT** place rubbish in it regardless. All waste needs to be taken to the Recycling & Waste Depot or taken home with you – thanks 😊

Use your own Reusable Coffee Cups

Did you know that some 3 billion (sorry say that again...3 BILLION) takeaway coffee cups are used in Australia each year? And despite what you may think they are not recycled. How about bringing a reusable cup to our coffee vans on over the weekend. The baristas will give you a raffle ticket each time you fill up and we will draw a winner for a very fine prize at the end of the day. Our MC's have also been instructed to randomly give spot prizes to people seen with reusable cups.

A Bottled Water Free Event

Just another quick reminder that 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

We use string instead of cable ties. They might not look like much, but after racing those little strips of plastic would be thrown in the bin and then 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. So instead you get string, which is 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.



The Fixed Wheel Mechanical Support

With thanks to The Fixed Wheel Bowral there will be a bike tune up service and basic spare parts for sale. This will be located at the Ferndale Event Centre on both Saturday and Sunday. 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 is the official lube of The Highland Fling. The Rock'n'Roll Lube Station will be set up at Wingello Oval Transition Area from 8.30am-3.00pm Sunday. Please use only what you need to ensure there is enough for all.



Nelson Santos Physiotherapy and Massage Service

Nelson will once again have a team of therapists on hand offering massage post-race on Sunday from 10.00am-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 GU, Focus Bikes, 4 Pines Brewery, World Expeditions, Maxxis Tyres and Rock'n'Roll lube. Plus we'll also have Prize supporters Frontier and Shingleback Offroad too.

Marathon Photos

Marathon Photos (www.marathonphotos.com) will have 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

Highlands First Aid will be stationed at Ferndale Event Centre on Saturday afternoon and Sunday, as well as at Wingello Oval 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 31km into the Focus Stage.

Prizes

There will be plenty of prizes available though with a huge range from our generous Sponsors and prize supporters! Thanks to Focus, GU, World Expeditions, Ground Effect, 4 Pines Brewing, Maxxis, Shimano, Frontier, Osprey and all our amazing local businesses.

As you know this year The Highland Fling is a fundraising event for Save the Children. Due to this, we made the decision that there would be no prize money at this year's event. We take this opportunity to thank everyone for their support of this decision.

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!



2017 Highland Fling Jersey and T Shirt

For those who pre-ordered Final Fling jerseys or T Shirts, these will be available for pickup at the shop. There will be a limited number available for purchase on the weekend.

The shop will also have an array of previous event tees and jerseys for sale at ridiculous prices along with maps and Final Fling posters and other bits and pieces.



THE RACE

Rider Briefing

All riders must be at Ferndale Event Centre for the Rider Briefings on Sunday. Please note briefing times below:

Full Flingers (except Elite Full Flingers) briefing is at 7.05am.

Elite Full Flingers briefing is at 7.25am.

Half Flingers and Some Flingers briefing is at 7.50am.

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 – Full Fling (except Elite Full Fling),

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 you should attempt to place yourself in the Start grid in a spot that will allow you to start 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 start area 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.

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 and 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 downhill sections, 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 7.00am and 6.00pm on Sunday 12 November.

'The Farm Club' Sag Wagon

With thanks to The Farm Club a vehicle will be running between Wingello Oval Transition and Ferndale Event Centre between 10.00am and 4.00pm 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 Focus 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 picks up at Wingello Oval Transition area.



Mountain bike with us in.....Italy!



BIKING THE BOOT

12 May-1 June 2018

"The scenery was jaw-dropping, the food fantastic, the organisation impeccable and the accommodation perfect. And to top it off, the group was a really fun bunch to ride with. It truly was the trip of a lifetime." Gregg, Canberra

Ancient culture, an ever shifting political landscape, Latin temperament, fine food and wine, gorgeous countryside, big mountains, great trails...

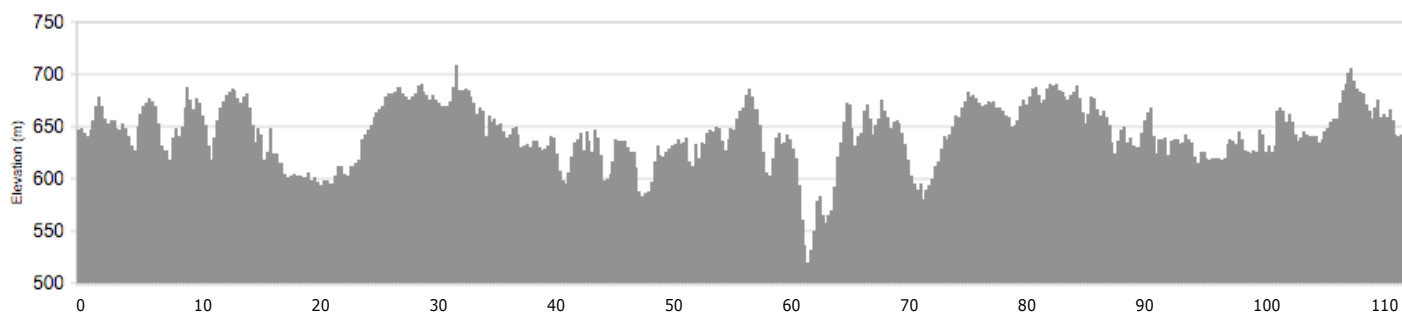
Now in its 6th year, Biking the Boot is an incredible three-week MTB trip that starts with 10 days crossing the country from near Rome in the west, to Romagna in the north east across the Appennino hill country. We ride through Umbria, Tuscany and finish in the Emilia-Romagna region. Then, after a visit to the fascinating city of Venice, we spend 6 days traversing the magnificent Dolomites from Cortina 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.

Full details www.wildhorizons.com.au

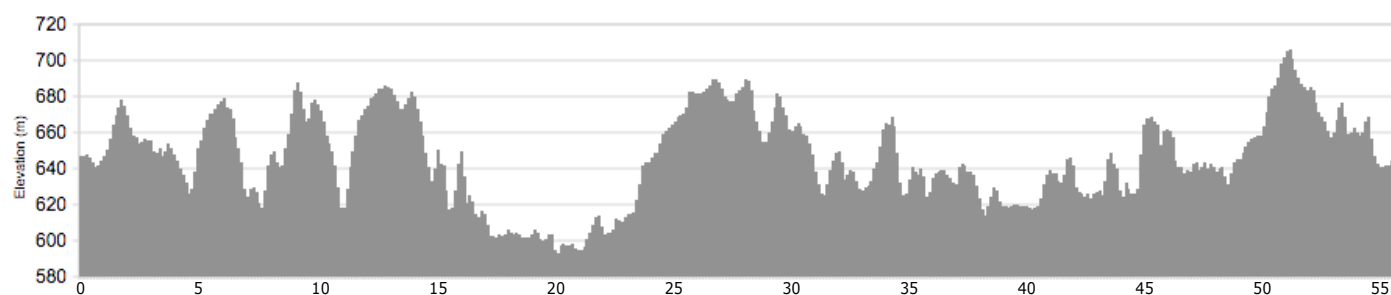


Profiles

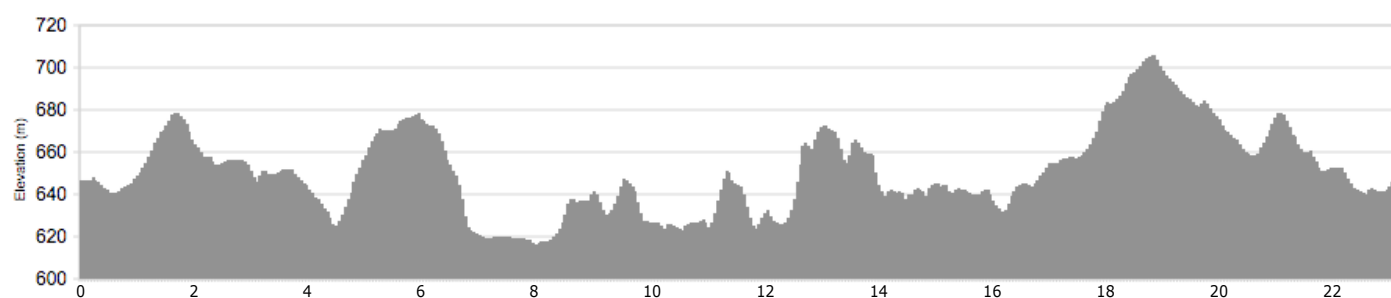
Full Fling Profile




Half Fling Profile



Some Fling Profile



Course Markers

→	TURN RIGHT	↓ ↓	STRAIGHT ON WITH CAUTION
←	TURN LEFT		EXTREME CAUTION NEEDED
↑	STRAIGHT ON	X Wrong Way	INCORRECT ROUTE - GO BACK
↓	STRAIGHT ON WITH CARE		



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 (Focus Stage Two) there are a number of permanent marked MTB Trails. These use yellow, blue, red, pink, orange and brown arrows with an illustration of a bike 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 only.

Detailed Info for Race Options

Following you will find some information specific to each race option.

Please read carefully and take particular note of the Transition Area arrangements in Wingello.

Full Flingers

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

7.35am Start at Ferndale Event Centre for Elite Full Flingers

Distance 112km, 2400m

Full Flingers will complete the 26km Ground Effect Stage 1 and pass through Timing Station 1 at Wingello Oval Transition Area (see Transition Area map). At Wingello Oval Transition Area you will find toilets, a Feed Station, water and a coffee van. Here you will also find the Rock'n'Roll Lube Station.

The race times of Full Flingers 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 unlikelihood of having to wait for a train.

Full Flingers then proceed to the Focus Stage 2. 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 cut off time to begin the Focus Stage is 11.30am.

If you have not passed through Timing Station 2 by 11.30am you will not be allowed to begin the Focus Stage. You will be allowed to ride the GU Stage 3 (for which the cutoff time is 3.30pm).

Note: There is a cut off time of 1.30pm for Full Flingers at the Frequent Riders Lounge, which is 31km into the Focus Stage. Riders who do not make this cutoff will be directed to ride back to Wingello Oval Transition Area.

Full Flingers complete the Focus stage (55km) 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.

Note: The cut off 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 proceed through Timing Station 3 to start the GU Stage (28km). 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 Flingers

8.05am, 8.10am starts at Ferndale Event Centre

Total Distance 55km, 1100m

You will complete the 26km Ground Effect Stage and pass through Timing Station 1 at Wingello Oval Transition Area (see Transition Area map). 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. Here you will also find the Rock'n'Roll Lube Station.

Note: The cut off 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. 28km). 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 while watching the Finish and waiting for the presentations.

Some Flingers

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 Leap, Baker's Delight and Double Rubble you'll emerge onto The Great Sandy Desert.

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 while watching the Finish and waiting for the presentations.



THANK YOU!

The 13th Highland Fling would not have been possible without the enthusiasm of our sponsors and supporters.

- **Ground Effect**
- **Maxxis**
- **4 Pines Brewing Company**
- **GU Energy**
- **Focus Bikes**
- **World Expeditions**
- **Rock'n'Roll Lube**
- **The Fixed Wheel Bowral**
- **Frontier Equipment**
- **Shimano**
- **Osprey**
- **Aquamann Irrigation**
- **Rural Fire Service of NSW**
- **Highlands First Aid**
- **Nelson Santos Massage Therapy**
- **Exeter School P&C**
- **Wingello School P&C**
- **Penrose School P&C**
- **Bundanoon Pony Club**
- **Bundanoon Mens Shed**
- **Highlands Trails**
- **Shingleback Racks**
- **The Farm Club, Werai**
- **Bundanoon Country Inn**
- **Bundanoon Hotel**
- **Ye Olde Bicycle Shoppe**
- **Bundanoon Pizza & Pasta**
- **Jumping Rock Café**
- **Delilicious Cafe**
- **Wingello General Store**
- **Greg & Diane Joice, Trevor & Sheryl Liebowitz, Doug Roach, Geoff Blunt, Matt & Donna Hescott, Mark & Ulli Fisher, Dacid & Simone Gabriel, Robert & Barbara Boag, Nigel & Caroline Hartley, Chris Roberts & Tanya Cox, Camilla Learmonth, Michael Glover & Chris Cole and Anthony Parro for kindly allowing access though their magnificent properties.**
- **Forestry Commission of NSW**
- **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 and www.facebook.com/wildhorizons.

Event Contact Details

For enquiries relating to entries

Barbara Ertz: 0408 509 346

Email: barbara@wildhorizons.com.au

For media, sponsor and general enquiries

Erica Galea: 0409 021 973

Email: erica@wildhorizons.com.au

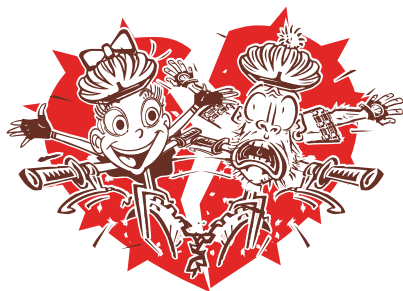
**Emergency contact during the race
(put this number in your phone) 0458 734 529**



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 1.00pm-9.00pm on Saturday 11th or 6.00am-7.00am on Sunday 12th November 2017.
2. All riders must attend the mandatory Rider Briefing on Sunday morning before the race.
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 will complete all three stages, Ground Effect, Focus and GU stages. Half Fling will complete the Ground Effect and GU stages. 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
 - Half Flingers
 - Start of the Focus Stage**
 - Full Flingers
 - End of the Focus Stage**
 - Full Flingers
 - Start of GU Stage**
 - Full Flingers
 - Half Flingers
 - End of GU Stage (End of Race)**
 - Some Flingers
 - Full Flingers
 - Half Flingers
15. Riders who fail to complete must advise a marshal/race official at the earliest opportunity.
16. Solo riders must use the same bike frame for the whole event.
17. 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.
18. Riders can only accept food and drink from other riders currently in the race or race officials except at the Wingello Oval Transition area.
19. Food will be available to purchase at the Start/Finish and Wingello village shop and a coffee van at Wingello Oval.
20. Water will be available at the Start/Finish, at Wingello Oval Transition Area and at the Frequent Riders Lounge (approx. 31km into the Focus 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.
21. 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
22. Riders must clearly display their bike number mounted on their handlebars at all times whilst racing.
23. Riders must wear a fastened, Australian Standards approved cycle helmet.
24. Profane or abusive language, or unsportsmanlike behaviour is grounds for disqualification of any solo or team rider.
25. 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 DQ. It is the rider's responsibility to ensure that the correct course is followed.
26. 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.
27. 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 in the race at all times.
28. 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.

29. 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.
30. 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.
31. 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.
32. Please do not leave any rubbish out on the track. Anyone found doing so will be disqualified, shot or hung.
33. 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.
34. 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.
35. 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.
36. Riders racing as someone else (e.g. swapping entries or bike numbers) are subject to disqualification.
37. The minimum ages for riders (taken as the age on the day of the race) are: 13 (Some Fling), 16 (Half Fling), 18 (Full Fling)
38. 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.
39. Electric bikes ('e-bikes' are not permitted to be used by any rider in any category of the event).
40. Ignorance of these rules is not an acceptable defense.



IT'S TIME TO SPLIT

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 defense.





