

Cross Country Point to Point Mountain Bike (XCP MTB)



Joining Instructions

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Event: **XCP Mountain Bike**
Date: **Friday 29th April, 2022**
Race Director: **Simon Rimmer – 0436 856 034**
Race Hub Location: ***Dwellingup Trails & Visitor Centre***
4 Marinup Street, Dwellingup

**YOU MUST COLLECT YOUR GAMES PARTICIPATION PACK & ACCREDITATION
FROM GAMES CENTRAL – 20 QUEEN STREET, PERTH BEFORE RACE DAY**

Friday 29th April, 2022
0600 hours

Bloody Heroic Volunteers' Event Briefing
Dwellingup Trails & Visitor Centre

*Please don't humbug us yet – we're still trying to set
up the Race Hub*

0700 hours

Waypoints Café OPEN
Breakfast & Tea/Coffee available – **user pays**

EFTPOS Available

0700 hours

Registrations OPEN – *come collect your race bib*
Dwellingup Trails & Visitor Centre

0830 hours

Registrations CLOSE – *you're killing me if you're late*

0845 hours

Compulsory Race Safety Briefing

0900 hours

**Rolling neutral stage under escort to the START
LINE – Wave Starts in age categories**

1130 hours.....ish

First competitors expected to arrive FINISH LINE

1230 hours.....ish

Last competitors expected to arrive FINISH LINE

1300 hours

Presentations
'The Dwelly Hotel'
Marinup Street, DWELLINGUP

1330 hours

Lunch continues (included in your registration fee)
Ridiculous story-telling & fellowship.....
'The Dwelly Hotel'
Marinup Street, DWELLINGUP

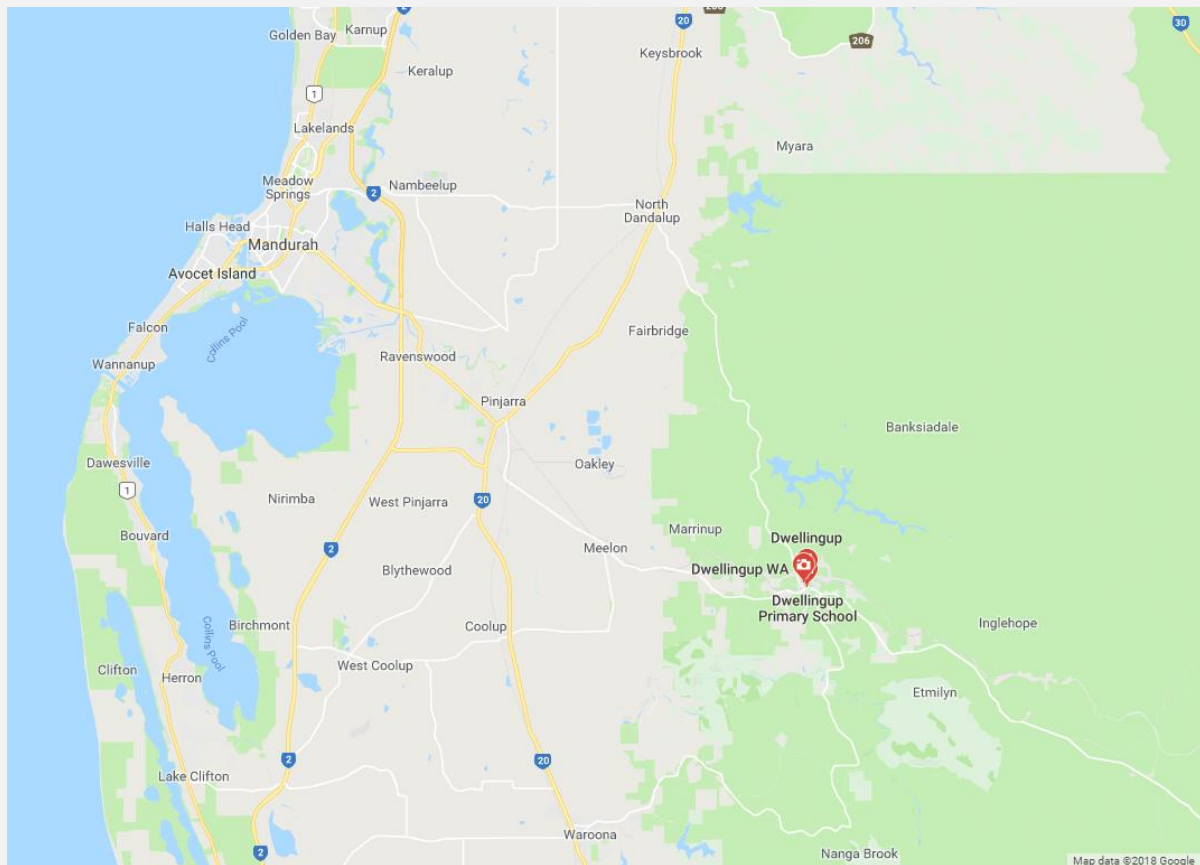
- ACCREDITATION** Collect your registration pack and accreditation pass at Games Central – 20 Queen Street, PERTH.
<https://australianmastersgames.com/games/games-central/>
- Race bibs (numbers) will be distributed at the Race Hub.
- EQUIPMENT** Mountain bike (fat-bike, duallie or hard-tail). *Electric mountain bikes are WELCOME – you even have your own race category.* No drop handled (CX) bikes permitted on course.
- AS/NZS 2063:2008 – Bicycle Helmet.
- Spare tube, tyre levers, multi-tool, CO2 canisters and/or hand pump, derailleur hanger & chain breaker – *if you know how to use one.*
- Mobile phone. Intermittent coverage on course.
Earphones strictly prohibited.
- Full fingered gloves & eye protection strongly recommended
- HYDRATION** Hydration backpack filled with clean fresh water. Sports/energy/electrolyte in water bottle(s). Minimum 1.5 litres hydrating fluids recommended.
- SUNSCREEN** UV 50 sunscreen available at the Race Hub.
- CLOTHING** Get all joey’ed up in your custom designed Italian Lycra corporate or team riding kit.....or your favourite tee and shorts. This ain’t Flemington and there’re no fashion police on duty in Dwellingup.
- Bring some fresh casual clothes for lunch at ‘The Dwelly’. *Roll up there in your stinky race kit and you can buy me a beer.*
- COURSE** The cross-country mountain bike (XCP MTB) race will be approximately 34 kilometres in length. The actual marked course will be determined on Thursday 28th April and will be subject to any prescribed burning program of the Department Biodiversity, Conservation and Attractions.
- Notionally, it will be a combination of single track, fire trails and access roads. There is no exclusivity to the course and it incorporates two road crossings that are NOT subject to traffic management strategies. **Please exercise extreme caution when crossing Del Park Road.**

GETTING THERE

It ain't the back of no-where, but it's going to take anything from 40 minutes by car from Mandurah, or a little over an hour if you're in the beautiful southern suburbs of Perth, like Roleystone where I live.

You mob north of the river will need your Visa's stamped at the quarantine station and surrender your honey, seeds and fruit.....it'll be a couple of hours in the car, so you'll have probably eaten that stuff already.

There's not a lot of traffic on the roads in the early morning but please take it easy and give yourself plenty of time. There are mobs of kangaroos with shares in the automotive repair industry getting around, so slow down through the country roads.



ACCOMMODATION

Hate early morning starts and the rush of traffic?
Why not stay the night in Dwelly on Thursday the 28th of April?

There's a swag (pun intended) of great accommodation options within the township itself or just outside of Dwellingup. Check out the Tourist Centre's website at <http://www.dwellingupwa.com.au/directory/accommodation>

RACE ETIQUETTE

Chances are you're going to catch up with riders that are slower than you at some point, and how you deal with this says a lot about you as a person. They might be less experienced than you and it can be nerve-wracking when you hear someone faster ride up behind you. Don't get too close. Just call out in a friendly way that you'd like to pass, allow them time to pull over to the side safely, then say; 'thank you' when they let you go by.

Vice versa, if you're riding along and there's a faster rider coming up behind you, it takes a few seconds to pull over to the side, slow down and let them past. Of course, they'll have called out politely to let you know they're there (right, overtakers?) and won't just ride up your rear. If you're letting someone past, it's fine to wait until there's a safe, wide bit of trail you can roll over to the side - leaving enough room for the other rider to get past you.

I hate to be the one to break it to you, but there's no such thing as magical litter-picking trail pixies. That gel wrapper you just dropped on the ground? That's not going to decompose for 500 years! You managed to carry it out here, so surely the weight of a now-empty plastic wrapper isn't going to massively drain your energy if you carry it back to the Race Hub and put it in a bin.

The same thing applies to water bottles, punctured inner tubes, broken helmets and abandoned dreams.

Apart from the fact that swooping corners or technical turns are part of the reason mountain biking is fun, cutting corners trashes the trail, erodes the ground and leads to trail damage and mess. Yeah, it may shave milliseconds off your time, but chances are better than even you'll stake a tyre – that's trail karma.

Whether it's someone who's just crashed, or just a person holding a deflated tyre and looking sorry for themselves, stop and check they're okay.

Helping your fellow competitor is good karma; who knows when you'll need the favour and courtesy returned?

Play nice. Stay safe

Appendix A – Race Hub



Appendix B – Course

