

Important Points for McDonald's Ashburton Six Hour Race Briefing

Riders are taking part in this event at their own risk. The sections of track being used in the event have been closed to the public. Due to the nature of the track with a number of points of entry someone may stray onto the course, please be aware of this.

All riders must wear a New Zealand Safety Approved helmet whilst at the event. This includes in the Allenton Rugby Club grounds.

It is each rider's responsibility to ensure they know the course and do not deviate from this course. Ride to your ability and be courteous to other riders.

It is each rider's responsibility to ensure they are sufficiently hydrated and have sufficient food during the event. Water is available from within the Allenton Rugby Club grounds.

The course is clearly marked with signs and arrows showing the correct direction of travel. The course is one way throughout to minimise the risk of riders colliding head on. Any areas of track that may unintentionally be ridden the wrong way are marked with signs stating WRONG WAY. Marshals will be present at key areas of the track.

Marshals are in radio contact with race headquarters so please make contact with them if there is a problem on the course.

Riders will be expected to obey the mountain bikers code at all times and will be expected to;

Respect others

- * **Stay in control** so you can safely avoid others and keep yourself intact. Make sure you can stop within the visible distance.
- * **Give way to faster riders.** If the track is narrow, stop and move off the track.
- * **Signal your approach and pass with care.**

Basic first aid equipment available at the Timing Tent.

First aid assistance is available from St John's Ambulance Ashburton who are positioned on the course.

If riders find an injured rider

- the first rider must stay with the injured person and assist them as best possible (make them comfortable, remove their bike from the track, move the rider from the track if it is safe to do so)
- the second rider will ride on to notify the nearest marshall or event organiser
- the third rider positions themselves safely before the injured rider to warn other riders and ask them to slow down

Spectators

Please make sure that you and your children remain off the course at all times, riders may be coming through at any stage.

Mountain Bikers' Code

Respect others

- * **Stay in control** so you can safely avoid others and keep yourself intact. Make sure you can stop within the visible distance.
- * **Give way to walkers**, runners, uphill riders and horses. If the track is narrow, stop and move off the track.
- * **Signal your approach and pass with care.** Walkers don't like being surprised by bikers. Use a bell or a friendly greeting.
- * **Ride shared-use tracks in small groups.** Large groups of a dozen or so riders displace other users. Six to eight is a better number.

Respect the rules

- * **Ride only where permitted** including those trails that are seasonally closed to protect the surface or minimise conflict with other users. Land managers are generally pretty reasonable so talk with them about issues or ideas you may have.
- * **Obtain permission** from private land owners before you set out.
- * **Leave gates as you find them.**
- * **Be prepared - take food, water, tools, First Aid and warm clothes.** Plan for the unexpected - a change in the weather, an accident or getting lost and being late.

Respect the track

- * **Don't skid, cut corners or make new lines.** Skidding creates water channels that cause erosion. Use both brakes to slow down without skidding as you approach a corner. cutting corners widens the trail and cuts up the terrain.
- * **Avoid riding in the mud and rain.** Both bikes and walkers damage soft, wet tracks.
- * **Take rubbish home** like banana skins, old tubes and snack wrappers. Rubbish in the outdoors detracts from everyone's experience.
- * **Clean your bike** to prevent spreading weeds like gorse and didymo.