



Presented by Lake Macquarie City Council

COMPETITOR INFORMATION KIT

PLEASE STAY UP TO DATE WITH ALL THE LATEST INFORMATION ON FACEBOOK IF YOU ARE NOT ON FACEBOOK
<https://www.facebook.com/HunterMountainBikeAssociation/> AND HAVE A QUESTION THEN PLEASE EMAIL OR CALL

Race Director: Mark Nelmes 0412 782 935

Event Commissaire: Mark Welsh

Marshal/Logistics Manager: Josh Bridson

Introduction:

The HMBA “G-FLOW ENDURO” SERIES is a 2 day event - race or ride for fun throughout the HMBA trail network.

HMBA will be including a PRO STAGE (excluding U13's who will only race on Sunday) on Saturday 6th of May from 2.30pm. (compulsory to race to be in the hunt for the podium).

For all entries (including U13's) on the Sunday 7th of May 2023 there will be 3 point-to-point timed stages with non-timed rides while liaising on compulsory trails to the next stage starting point. You will compete only once on each trail, All 4 times (excluding U13's - all 3 times) will be combined for the overall place-getters in each category.

- Practice begins at 10am on Saturday (shuttles provided) and ends at 1.30pm (you can continue to practice throughout the trail network Saturday afternoon but no shuttles will be running).
- The Pro Stage will close 1.30pm sharp on Saturday in preparation for the afternoon Pro Stage race which will commence at 2.30pm.
 - Compulsory Rider's briefings are 1.45pm Saturday and 8.45am Sunday.
 - Racing to begin at 2.30pm sharp on Saturday and 9.30am Sunday for all categories.

Note - Shuttles will be provided for both days of the event, Saturday from 10am and Sunday from 9am. We will have 2 buses for this round but will still be capping entries to make sure everyone gets plenty of trail time.

(limited to two shuttle rides on Saturday for practice).

(Please review attached trail maps for race stages and liaisons)

How Does G FLOW/ Enduro Work?

G FLOW / Gravity is a large adventure loop with timed descents. After leaving in category order, riders will start each competition stage individually with minimum of 30 seconds between each competitor. At the end of the day, the fastest combined time overall on the competition stages is the category winner.

RACE DAY LICENCE OR MEMBERSHIP NEEDED

No proof = No Race

Before you can race, you will need to provide proof that you have purchased either a Race Day Licence (confirmation email or screenshot) OR have a current and valid MTBA/AusCycling Membership (screenshot of expiry details) when you collect your Race Plate.

Without 1 of these 2 options, we cannot let you race. Having either one covers yourself, HMBA & FOR G FLOW Series for insurance purposes.

You can purchase a Race Event Licence in the link below

*The way AusCycling have set things up means you cannot select a forward date for a Race Day Licence. It automatically selects the next day. We suggest you purchase one on 5th of May so it covers Saturday and Sunday of

https://auscycling.tidyhq.com/public/membership_levels/d3f21fo3006

Please read all the details on the following pages about the race, timing system and the suggested items to bring for racing and other details.

Important note: The event is completely volunteer run and without them, there would be NO race! So be kind, give them a big smile and **say thanks!** A lot of time and effort has gone into this so just remember that. Finally, you are out to have fun with your friends and ride your bike. So keep a sense of fun and humor, laugh things off and do not take it too seriously.

Event Schedule

Keep up to date with Facebook in case there are any schedule changes due to the weather or anything else.

SATURDAY – 6th of May

Official practice – Starts 10am – (2 shuttles per rider, Practice shuttles finish at 1.30pm)

09.00am – 11.00am– Registration @ Event Centre/Rego – (located main carpark)

1.45pm – 2.00pm– Compulsory Racer Briefing @ Event Centre

2.30pm – SHARP – Riders will depart for Pro Stage, Shuttles will be provided (make sure to seed yourselves in each group)

Racing begins at **2.30pm**, sharp. You cannot start prior.

Sunday – 7th of May

8.00am-8.45am– Registration @ Event Centre/Rego – (located main carpark)

8.45am -9.00am– Compulsory Racer Briefing @ Event Centre

9.30am – SHARP – Riders will depart for stage 1, Shuttles will be provided (make sure to seed yourselves in each group)

Racing finish at **1.00pm**, sharp.

Stage Times and Race Format

***** Stage times and Course may vary at the Commissaire direction *****

This event will be conducted over 4 stages and 3/4 liaison sections. (which includes the pro stage on the Saturday) U13's are excluded from the pro stage but eligible to practice all remaining 3 stages on the Saturday

**** It is your responsibility to stay with in time perimeters and complete stages in the correct group order**
**** (Times are displayed at the registration centre and marshals will have on hand)**

Riding on Faulk Line Road please take care and make sure to stay single file as vehicles are still using the road at times. (be mindful it is a public road – look both ways)

Once at the start of the stage, you must remain 10 metres back from start line. You can start the stage in any order.

Racers will be released on the stage at a minimum of 30-second intervals.

Note: Trails selected may be ridden in a opposite direction on a race day, we ask that trails are ridden in their intended direction on non-race days. If trails are not ridden in their intended directions on non-race days it may put future events in jeopardy.

Junior & Novice Riders

We will have a number of junior and novice riders on the course. they will be racing the same stages as everyone else. Please assist them on course and maybe give an extra 30 seconds if you are following them down a stage.

Parking

Event Centre and registration is located in main Car Park

Please **DO NOT** park/block any roads or access points.

Food

There will be food available in the main carpark **Sunday May 7th only**. We do advise you to bring water and necessary food to get you through the day

CATEGORIES:

- Mens and Women's: U13yrs, U15yrs, U17yrs, Open (18-50 years), Sports (30-39 years), Masters (40-49 years) Grand Master (50+) and E-bike (Open)
 - (16 categories in total)

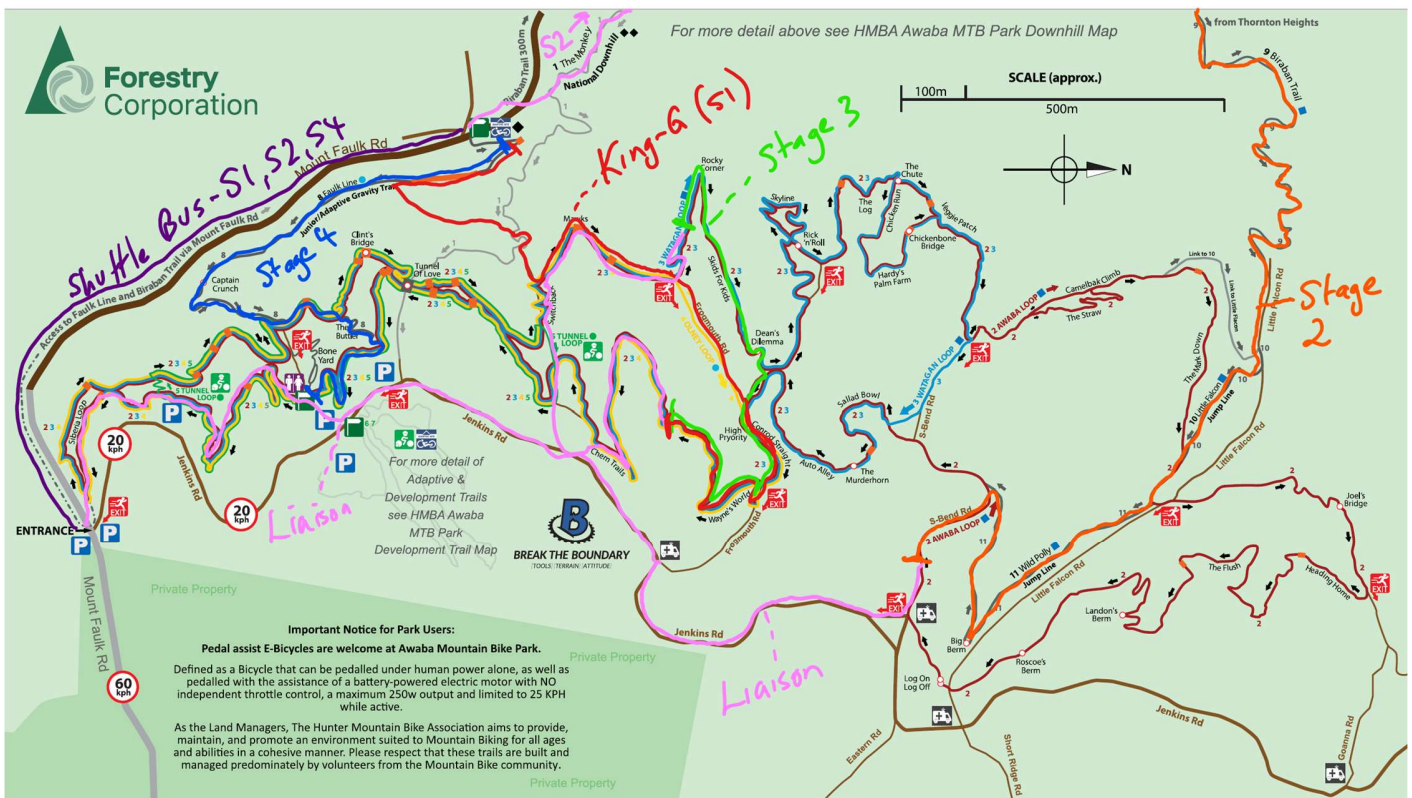
Toilets

Toilets are located near the finish lines / Main Carpark.

Crossing Race Stages

The course may require trail crossings on the liaison stages, so please ensure it is safe to cross before you do, LOOK LEFT & RIGHT.

Course Map –



SHUTTLE:

Allocated pick up and drop off zone will be marked. (Shuttle pick up will be at the entrance of Awaba Mountain Park)

Each rider must assist and or load their own bike plus assist others where needed.

Spectator Information

Spectators make a good event great with the additional atmosphere and support for the riders. You can support and heckle the riders as it provides a good view of several trails in close proximity to each other.

If you have a cow bell, whistle, old rim and stick then please bring it along and make some noise for the riders.

DO NOT STAND/WALK ON THE TRAIL WHILST THE RACE IS IN PROGRESS!!! STAND/WALK BESIDE THE TRAIL AND BE VERY AWARE OF APPROACHING RIDERS

Volunteers

If you have a friend or partner at a loose end whilst the race is underway, please encourage them to get up close to the action as part of the HMBA Volunteers. Send us an email or see us at the registration tent if interested. Please contact: Mark 0412 782 935

Rules and Safety

Brief Rundown

- NO.1 RULE - FULL RESPECT FOR THE RACE CREW! We are honored to have so many volunteers supporting our events in the capacity of marshals and other roles. Any negativity toward them will not be tolerated in any way, shape or form! Ensure you give them stoke at every opportunity!!
 - A Full Face helmet is compulsory for all rounds
- All riders must be fully self-sufficient by carrying their own food and water. Minimum requirement will be 600ml water & food to last for the duration of the event.
- U17 – Full Face helmet, Knee pads, elbow pads and full finger gloves are **compulsory** and recommended for other categories
 - Your bike must be in good working order
 - Follow all marshals' instructions.
- Riders that are caught by faster riders must yield. Approaching rider must give advance notice.
 - **Do not take short cuts or miss liaison stages. (if caught you will be disqualified)**
 - Unsportsmanlike behavior under any circumstance will not be tolerated.
- If carrying a phone please put the event director's number in your phone for emergency use – Mark 0412 782935

Safety Requirements

Helmets

All riders are required to wear a full face helmet meeting AS2063 or equivalent standards at all times while racing

Safety Equipment

For **under 17 riders and below, mandatory safety equipment must be worn** during all competition stages and is recommended for all riders, these include;

- Full face helmet
- Knee pads
- Elbow pads for U17's are now mandatory
- Full finger gloves
- A neck brace is recommended but not compulsory. Neck brace should only be used with a full faced helmet.
- Fully enclosed foot wear
- Protective eyewear
- You can only use one bike and it must be in a safe working order with bar ends and working brakes all-round.

Passing/Overtaking

Should another rider catch you in a stage you must pull off the racing line to allow a safe passing move.

The pursuing rider must give clear audible notice of which side they intend to pass.

For example, the pursuing rider may shout "On your left", allowing the slower rider to move to the right.

Environmental rules

We love riding in our great parks and reserves around the NSW so this is very simple. Let's look after the area and don't litter. (Caught Littering you will be disqualified)

Injured rider

In the event that you come across an injured rider who is not able to continue please, wait with the rider.

The second person on the scene should continue along the trail to the next marshal point. Anyone affected by assisting with a medical situation will be given either a rerun or a result reflecting similar ranking to other stages. Safety first.

In the event a rider comes across a high visibility vest on the ground on the Race Stage path, the rider must dismount and push their bikes past the accident scene down track. Only once the rider is past the accident scene can he/she mount their bikes and continue racing.

Riders who carry mobile phones can call: Mark 0412 782 935

Conduct

G Flow all the way!

Observe all rules and instructions provided by organisers and marshals. Foul or abusive language aimed at anyone will not be tolerated. The organisers may impose penalties for going outside the rules and poor sportsmanship.

FAQs

How should I display my race number plate?

Race number plates must be cable tied to the front handlebars or brake cables of competitor's mountain bikes so the race number is clearly visible from the front.

What items are riders recommended to carry with them?

It is highly recommended riders carry a minimum of:

- 2 liters of water in bottles or hydration pack
 - Some solid food and energy gels
- One cycle inner tube & a pump/Co2 canister
 - Bicycle multi-tool
- Pack with rain jacket & extra clothes for the season if needed