

SOUTH WEST GAMES 2008

Mountain Bike Cross Country

Mt Clay State Park

Hosted by the Warrnambool Mountain Bike Club,
With assistance from Portland Mountain Bike Club.

RACE DETAILS

The Course

The course is undulating through forest woodlands with some small steep pinch climbs, wooden ramps and small berms. The course is an 8km circuit made up of 90% singletrack and 10% fire track.

Expert

This category is for those riders wanting to really test and push themselves to the limit. Riders will race 4 laps of the circuit making a total for the race of approximately 32kms. It is estimated that the race will take about 2 hours to complete.

Sport

This category is for beginners and those riders with a more laid back approach to racing. The race will be held on the same circuit as Expert class but riders will only need to complete 2 laps. Riders can ride at a leisurely pace and enjoy the challenges the course has to offer. It is estimated that this category will take about 1 hour and 20 mins.

Grommets

This category is for junior racers and will race 1 lap of the 8km circuit. It is estimated that it will take 40 to 50 minutes to complete this race.

ENTRY DETAILS

RACE ENTRY

- \$12 Pre-registration. Please take the time to register early via our downloadable registration form. This saves a lot of time on race day and will give you more time for practice and to check the course. Email to info@wmtbc.com , sign and pay on the day
- \$20 on the day registration

CATEGORIES

- Expert, Sport & Grommets - "Gold" medals will be awarded to male and female winners in each category.

LICENCES

A CURRENT MTBA LICENCE IS REQUIRED ON THE DAY.

DAY LICENCES CAN BE PURCHASED ON THE DAY FOR \$15.00 PLUS \$5 CLUB MEMBERSHIP.

SENIOR MTBA LICENCES CAN BE PURCHASED FOR \$80.00 FOR 12 MONTHS.

- Please take the time to download a license form from our website, fill in and return to info@wmtbc.com . This will save you a lot of time on race day.

TIME TABLE

9 am -Course Open For Practice, Registrations Open

10.50 am- Pre race briefing

11.00 am – Expert Class Start

11.40 am – Sports Class start

12.00 pm –Grommets start

12.40 pm – Estimated Grommets Class finish

1.00 pm – Estimated Expert and Sports Class finish

1.30 pm - Presentations

WHAT TO BRING

Fully functioning mountain bike & helmet

Food and water (to have during the race) - there will be bbq food and cold drinks available to purchase.

Insect repellent – the mozzies are feeding at mt. Clay

Bags for rubbish – all rubbish is to be taken home from the picnic ground please

Dogs are not permitted in the mt clay state forest.

HOW TO GET THERE

From Warrnambool follow the Princes Highway to Narrawong. Take the second right hand turn (Boyers road) past the Narrawong Store. Follow Boyers road to a T intersection (1km approx). Turn left at the T intersection and follow the road up a short hill. The road turns to gravel at the top of the hill and 100 metres on is the entrance to Sawpit Picnic Ground on the left. Look for the "Cycle Race" signs.

From Portland follow the Princes Highway to Narrawong. Take the first turn Left after crossing the bridge over the river. This is Boyers road. Then refer to the above directions.