

**SATURDAY 7th March 2015, Canberra, ACT**

**Competitor Briefing**

**PLEASE READ CAREFULLY**

**1. Event Registration**

**Event Registration Locations**

The main registration for the event is on Friday 6th March between 4PM and 9PM at [Hotel Realm](http://hotelrealm.com.au), Canberra. The hotel is located at 18 National Circuit, Barton.

If you can’t make it to registration on Friday night you will be able to register at each start marshaling area between 6:15am and 7:00am. So if you are doing late registration for the 50km you will do this on Saturday morning at The National Arboretum, Canberra.  If you are doing late registration for the 100km you will do this on Saturday morning at Millpost Rd, East Kowen Forest.

Please try to register on the Friday at Hotel Realm to limit the Saturday morning rush. Entry transfers from one rider to a different rider can only be done at main registration on the Friday evening. Transfers between event distances will not be possible at main registration. Transfers will not be possible on the Saturday morning.

**Parking at Main Registration**

There are several areas to park close to [Hotel Realm](http://hotelrealm.com.au/) which are available for use during main registration. The main carpark is a Wilson undercover carpark under Hotel Realm itself. Not for those who have bikes on their car roof racks! Parking here is free for the first hour and free after 4:30pm.  There is also on street parking in the streets surrounding the hotel.

You can also refer to this [Map](http://au.parkopedia.com/parking/barton_australian_capital_territory_australia/?ac=1&country=AU&lat=-35.3109631&lng=149.13306119999993) of nearby parking areas with pricing details. Note this map sometimes doesn’t show all options until zoomed in.

**Event Registration Process**

To registration you should bring:

* **Either a printout of your event confirmation email OR Photo ID**: Make sure you know your race number before coming to registration. Refer to the [participant list](http://www.capitalpunishmentmtb.com/entries/participant-list/) <http://www.capitalpunishmentmtb.com/entries/participant-list/> for your race number and approved start group. Go straight to the registration table that matches your race number.
* **For Under 18s only, a Signed Acknowledgement, Release and Indemnity Form:** There is a copy for you to print out at the end of this document. Note that for adults, a signed Acknowledgement, Release and Indemnity Form is not necessary, however you must read and understand the Acknowledgement, Release and Indemnity Form and at registration you must sign the sign in sheet acknowledging that you have read and understood this form.

Someone else may register for you but they must bring the Acknowledgement, Release and Indemnity Form signed by you and a copy of your event confirmation email.

At registration you will receive:

* **1 x Race Number Plate with event emergency details and twin disposable timing tags**: This must be secured to the front of your bike with the zip ties provided in your registration pack. Emergency contact number and other event numbers are printed on the back of the race number. Please make sure you use all three zip ties and secure the number properly by feeding each zip tie through both holes. Use two of the three bigger zip ties to attach the top edge of the number to either the brake callipers or handlebar (**whichever allows for the timing tags on the back of the number to be as free from touching anything as possible**). Use the smaller zip tie to attach the bottom edge of the number to a brake or other cable.
* ***2 x larger zip ties and 1 x smaller zip tie*** for attaching your number plate and timing tag to your bike.
* ***1 x Large White Plastic Bag*** so you can have clothes taken from the 100km or 50km start locations to the finish. If you want to use this service you must write your race number in large, clear lettering on the plastic bag. There will be large marker pens at registration. Your bags will be waiting for you at the finish area.

**Entry Transfers after 17th February**

Any rider changes (entry transfers) after 17th February can only be made on the Friday during main registration between 4pm and 8pm. **Note that transfers will not be accepted after 8pm on the Friday and** transfers cannot be made on the Saturday. If you can no longer ride and are transferring your entry to someone else you do not need to turn up at registration. Instead, the person taking your entry must bring the following to the “Changes” desk at main registration by 8pm:



1. Their photo ID or a copy of your event confirmation email;

2. a copy of a brief email or letter stating you are transferring the entry to them.

3. $30 cash transfer fee; and

4. A completed [entry transfer form](http://www.capitalpunishmentmtb.com/wp-content/uploads/2013/08/CP_Entry_Transfer_Form1.doc) which can be downloaded from the event website

Please note that you cannot swap between the 100km and 50km events at registration.

**Checking and Amending Your Personal Details Online**

Any changes to your personal details must be done online. Before the event, please look over your User Profile to check all of your personal details are correct. You can login to your entry via the [User Profile](http://eventplus.co.nz/register?eporg=CP15) button at any time up until 6pm, Thursday 5th March 2015 to amend your personal details.

**Jersey, Knicks and vest Purchases & Collections**

If you pre-purchased a jersey, knicks or vest, these can be collected at main registration at the merchandise collection table or at the finish at Stromlo Forest Park on event day. There will be limited numbers of extra jerseys available for purchase at registration and at the finish. Orders for jerseys can also be placed at registration and at the finish but please note that late jersey orders will take a minimum of 8 weeks from the event date to be made and delivered to you.

**Cycle Mechanics (Cycle City bike shop, Fyshwick)**

Cycle City will have a stand at registration to sell last minute items and perform limited emergency mechanical repairs to your bike. Please make sure you give your bike a service in the week before the event to make sure everything is in good working order.

**2. Start Locations**

**50km Start Location**

The 50km start is located at The National Arboretum, Canberra

Directions from Hotel Realm to the 50km start location. Total Distance 8.6km. Estimated time by car 11 minutes but you should allow 25 minutes due to the extra event traffic.

* From Hotel Realm at the corner of Sydney Avenue and National Circuit, drive 0.25km South-West on National Cct to Canberra Ave traffic lights.
* Turn right into Canberra Ave at the traffic lights and continue 0.4km to the State Circle Traffic Lights.
* Continue straight ahead on Canberra Ave through the State Circle Traffic Lights. Capital Ave becomes Capital Circle which then becomes Adelaide Ave after 0.7km.
* Continue straight ahead on Adelaide Ave for 2km to Cotter Rd Exit ramp.
* Take the Cotter Rd Exit ramp to the left. This becomes Cotter Rd.
* Continue straight ahead on Cotter Rd to the Lady Denman Drive traffic lights. It is 1.5km from Cotter Rd Exit ramp to the Lady Denman Drive traffic lights.
* Turn right into Lady Denman Drive and remain on this road for 3.2km to Forest Drive. You will drive over Scrivener Dam wall on the way.
* Turn left into Forest Drive and continue for 0.26km under Tuggeranong Parkway bridge to a Give Way sign.
* Continue straight ahead on Forest Drive through the Give Way sign to enter The National Arboretum.
* Continue straight ahead and uphill on Forest Drive for 1.2km to The National Arboretum overflow car park near the main arboretum building towards the top of the hill.

**100km Start Location**

The 100km start is located atMillpost Road. This is a dirt road leading off Kings Highway, just to the west of the clearly marked HQJOC Roundabout.

Directions from Hotel Realm to the 100km start location. Total Distance 27km. Estimated time by car 27 minutes but you should allow 45 minutes due to the extra event traffic.

* From Hotel Realm at the corner of Sydney Avenue and National Circuit, drive 0.25km South-West on National Cct to Canberra Ave.
* Turn left into Canberra Ave and continue 12.5km on this road and Kings Highway past Manuka and then through a very large roundabout where you take the second exit to continue past Fyshwick, through Queanbeyan town centre, over Queanbeyan River bridge to the Yass Rd / Kings Highway roundabout. Note that Canberra Ave becomes Kings Highway on the outskirts of Queanbeyan.
* At the Yass Rd / Kings Highway roundabout, continue straight ahead on Kings Highway and travel 14.3km to Millpost Rd. Millpost Rd is 100m before the clearly signposted HQJOC roundabout. *Make sure to ignore two turnoffs to Kowen Forest which are located 4.5km and 0.45km before Millpost Rd. Both these turnoffs lead to dead end roads with the first one signposted Sparrow Hill Rd, Kowen Forest carpark and the second one signposted Hibernian Rd, Kowen Forest carpark.*
* Turn left into Millpost Rd (dirt road) and continue 600m to the parking area.

**Facilities Available at Start Locations**

There will be a coffee van and portaloos at both start locations.

Cycle City will be at both start locations to provide emergency bike repairs.

There is plenty of parking at both start locations. Parking at the 50km start is in a dirt carpark and parking at the 100km start is in an open paddock with easy 2WD access however it becomes slippery and boggy if wet.

**3. Finish Location**

Both events finish at Stromlo Forest Park. The main entrance is off John Gorton Dr and Opperman Ave, Stromlo. For information on Stromlo Forest Park including driving directions check out the Stromlo Forest Park website [www.stromloforestpark.com.au](http://www.stromloforestpark.com.au).

**Facilities Available at Finish**

There will be food and coffee at the finish from about 10AM. There are toilets and limited showers. There is lots of parking available.

Note that the presentations will take place from approximately 3:00pm at Stromlo Forest Park.

**4. Transport Options**

Capital Punishment is a point-to-point race. With this comes the logistics of getting back to your car or home once you've finished. The easiest way to manage your transport is to convince a family member, partner, or friend to drop you at the start, and then meet you at the finish. However, if this is not possible, you can take one of the free 24 seater mini buses with bike trailers back to the start locations, or you can arrange your own car shuffle. Certainly if you are flying from interstate and have no friends in Canberra, your simplest option is to rent a small car to get you to the start and take the mini bus service back once you finish. Refer below for details of transport options and associated logistics including the bag drop service. Please remember that you should never speed when travelling to or from the event.

***Get dropped off*** **-** The easiest way to get to the starts. Convince a friend to drop you at your start and meet you at the finish. For 100km riders only please note that any vehicles that perform drop offs of riders at the 100km start will not be allowed back out of the car parking paddock until after 7:30am. You must not attempt to travel back out of the paddock until after this time (after all riders have arrived at the start area). This is because the access road to the start (Millpost Road) is just a single lane dirt road that initially passes through a single car width gate. If your driver did try to exit Millpost Road earlier than 7:30am they would block all traffic back on the Kings Highway and prevent other riders from getting to the start on time.

***Car Shuffle***– The parking at Stromlo Forest Park (the finish) will open on Friday afternoon between 5pm and 10:00pm and on Saturday morning between 4.30am and 6.30am. Leave your car at the finish and get a lift to the start with a friend or fellow competitor. Then once you’ve conquered your distance, had a rest and a feed, drive your friend back to the start. While AROC will have staff at Stromlo Forest Park overnight and the gates will be locked at 10:00pm, we do not guarantee the security of your vehicle and possessions.

***Mini Buses with bike trailers*** – There will be 4 x 24 seater mini buses towing bike trailers running a shuttle service from the finish back to the 50km and 100km starts. This service will run between 10.30am and 6pm. It is strictly a first come, first served basis.  If required some runs will go via Hotel Realm –just ask the bus driver.

***Ride*** - It is possible to ride to the start of the 50km race as it is 10.3km from [Hotel Realm](http://hotelrealm.com.au/) to the [National Arboretum Canberra](http://www.nationalarboretum.act.gov.au/) via quiet roads and Old Parliament House to Commonwealth Bridge, then cycle path over Commonwealth Bridge, cycle path along the Northern shore of Lake Burley Griffin and then road within the National Arboretum. You can then either ride back or catch the free mini bus service with your bike back to Hotel Realm after the finish. If you choose this option, remember your bike lights, as it will be dark before 6:30am.

***Transport Notes -*** When driving back to Canberra from the 100km start location, you must turn left onto Kings Highway (towards Bungendore) and use the HQJOC roundabout to do a 1800 turn towards Canberra. The reason for this is because Kings Highway is a major road with a high speed limit and there is not often a safe opportunity to turn right when leaving Millpost Rd.

**5. Start Group Timings**

For 100km riders you must be in your start group location 5 minutes before your start group start time for the compulsory pre-race briefing. There will be a short pre-race briefing before the start of each group.

For 50km riders you must be in the rider marshalling area in the corner of The Arboretum overflow carpark 15 minutes prior to your start group start time for the compulsory pre-race briefing. At the end of your briefing you will be instructed to ride 900m down Forest Drive to the start location in the lower section of Forest Drive. You must obey all road rules riding to the start line.

Your approved start group was determined from your start group request and from scrutinising your past results. Refer to the 50km and 100km Participant List: <http://www.capitalpunishmentmtb.com/entries/participant-list/> for your race number and approved start group. From the tables below you can see the start time of each start group. Your start group and start time will also be listed on your race number plate which will be colour coded for your start wave. You **must** start in the start group that appears on your race number plate as the timing system requires this for you to get an official result. **If you start in an earlier start group than that specified on your race number plate you will automatically be disqualified.** This will not be corrected later. If you are late for your start, the results will also show you as disqualified however this will be corrected post event but possibly not prior to the presentations.

Note that the start time used to calculate your final result will be the gun time of your start group, ie in the 100km, all of *Start Group 1* will be given a start time of 7:00, all of *Start Group 2* will be given a start time of 7:05, etc.

For the 100km event, there is approximately 1.7km of fire trail before you head into single track.

For the 50km event, there is approximately 14km of fire trail and cycle path before you hit the single track at Stromlo with a 350m section of grassy single track just after you cross the Molonglo River at the 10km mark.

You **MUST** let faster riders from later start groups pass you as soon as they catch up to you. If you are on single track this will mean that you will have to stand off to the side of the track to let the faster riders go past and continue to do this until riders of your own ability catch up to you.

**100km Start Groups**

|  |  |  |  |
| --- | --- | --- | --- |
| **Start Group** | **Start Time** | **Number of starters in Group** | **Time gap between previous start group** |
| 1 | 7:00 | 78 | 0 |
| 2 | 7:05 | 82 | 0:05 |
| 3 | 7:10 | 75 | 0:05 |
| 4 | 7:20 | 94 | 0:10 |
| 5 | 7:30 | 74 | 0:10 |
| 6 | 7:40 | 143 | 0:10 |

**50km Start Groups**

|  |  |  |  |
| --- | --- | --- | --- |
| **Start Group** | **Start Time** | **Number of starters in Group** | **Time gap between previous start group** |
| 1 | 7:00 | 77 | 0 |
| 2 | 7:05 | 45 | 0:05 |
| 3 | 7:10 | 50 | 0:05 |
| 4 | 7:15 | 69 | 0:05 |
| 5 | 7:25 | 167 | 0:10 |

For the 100km event there will be timing mats at the start, the 21km mark, the 41km feed station, the start of the untimed section, the finish of the untimed section, the 90km feed station, the top of the Mt Stromlo climb, the bottom of Stromlo descent (bottom of luge) and at the finish.

For the 50km event there will be timing mats at the start, the base of Stromlo climb, the top of the Mt Stromlo climb, the bottom of Stromlo descent (bottom of luge near the 26km feed station), and at the finish.

**6. The course**

Capital Punishment is a point-to-point course.

**100km Course**

The 100km event starts at East Kowen Forest on fire trail. From the start there is 1.7km of fire trail with 50m of total climb before you hit the first 500m section of single track. Then there is another 2.5km of fire trail with another 65m of climb before you get to a section of mostly single track which goes for 1.3km and then you constantly alternate between single track and fire trail for the next 50km through East Kowen, Sparrow Hill, East Kowen, Central Kowen and descending off the escarpment down to the North-Western corner of Kowen Forest. The 41km feed station is located before you descend off the escarpment. The course then follows a loop of single track beside Sutton Rd and crosses over Sutton Road to access the Majura Military Training Area which is Department of Defence land. The start and finish of this Military area will be marshalled and will be clearly marked. This section of the course is open for the event only and is not to be ridden or visited outside of the event. During the event, while riding through the Majura Military Training Area it is imperative that you stay on the marked trail as the surrounding areas my have unexploded ordinances. Any person going off the marked trail through this section will compromise their safety and jeopardise the future of the event. If you need to go to the toilet, you must go before entering the Defence land or after exiting the Defence land at Majura Road.

The course completes an 800m section of single track between Defence land and Majura Road crossing. After crossing Majura Road, the course enters Majura Pines and crosses under the Majura Parkway. It travels on a mix for fire road and single track through Majura Pines to the start of the untimed section. The start of the untimed / non-race section is at the exit of the Majura Pines.

UNTIMED / NON-RACE SECTION: At the exit point of the Majura Pines you will cross a timing mat and you will begin the untimed / non-race section. The untimed section will take you down a main fire trail to the suburb of Hackett where you will exit the nature reserve and ride the following streets and cycle paths: MacKenzie St, Phillip Ave, driveway to Dickson College, cycle path through to Dickson, Lyneham and into O’Connor, then on road along David Street, Dryandra Street and Frith Road. The 65km feed station is located just after Dickson College along the cycle path to Dickson. The fire trails of Black Mountain begin at the end of Frith Rd. You will re-start the race approximately 300m after the bitumen ends. A timing mat at this location will record your re-start time. The distance of the untimed section is 9.8km and this distance is included in the total distance count for the 100km race. You will have a maximum of 55 minutes to complete the untimed section. Any time you spend in the untimed section up to 55 minutes will be taken off your overall time. So if it takes you 32 minutes you will get 32 minutes taken off your time. If you take more than 55 minutes you will only get 55 minutes taken off your time. So if you take 58 minutes you will get 55 minutes taken off your time.

The route then travels fire trails over the saddle in Black Mountain Nature Reserve and down the Western slopes of Black Mountain to the cycle path beside Glenlock Interchange. It travels the cycle path under Caswell Drive and under William Hovell Drive to access the Cork Oak Plantation and The National Arboretum. The route continues on fire trails through The National Arboretum to the Molonglo River low level bridge. It then uses a grassy single track and dirt pathway to access Cotter Road. The route crosses under Cotter Road on cycle path and then continues on cycle path beside Cotter Rd. At Settlement Drive the course joins the Cotter Road on-road cycle lane. It turns right into Uriarra Rd and then turns left into Stromlo Forest Park. The final 12km mostly uses the great mountain bike tracks of Stromlo Forest Park and includes the 90km feed station and then a climb to the top of Mt Stromlo and a 5km descent to the finish.

**50km course**

The 50km course starts at The National Arboretum. From the start there is 14km of fire trail via Molonglo River low level bridge and a grassy single track and dirt pathway to access Cotter Road. The route crosses under Cotter Road on cycle path and then continues on cycle path beside Cotter Rd. At Settlement Drive the course joins the Cotter Road on-road cycle lane. It turns right into Uriarra Rd and then turns left into Stromlo Forest Park. The course climbs to the top of Stromlo and descends Skyline and Luge. The 26km feed station is at the bottom of Luge. Then the course uses Slant Six, Willo Link, Party Line, Skippy’s, Brindabella, 9km of fire road, Terminal Velocity, Spin Doctor, back of Shady’s, Missing Link, Double Dissolution, Crim Track, Party Line Climb, Dingo, White Gums, Ringtail, Breakout, Muck Raker, Old Duffy Descent, Rascals to the finish on the Criterium track. There will be a change in the final 2km after approximately 10:30am where instead of coming in on Old Duffy Descent and Rascals, 50km finishers will ride an alternative 2km route to avoid being swamped by the 100km Elites as they sprint to the finish.

**Course maps**

You will not be given maps of the course. There will be maps on display at registration. The course will be well marked with a combination of pink flagging tape and A5 size red on white arrows and crosses. At all intersections there will be an arrow indicating the direction to travel followed by two pieces of confirmation pink flagging tape hung a short distance along the correct route. There will be a cross on the incorrect route(s). There will also be pink flagging tape at least every 500m if there are no junctions. There are distance signs every 5km. Make sure to keep a look out for the course markers. There are plenty of markers but if you don’t pay attention you could go off the course.

**7. Feed Stations**

Food, water, toilets, rubbish bins and first aid are available at all feed stations. You may not leave anything apart from putting rubbish into the bins at the feed stations.

You should not rely solely on the feed stations but should also bring your own food and hydration as well. If you like to eat gels you will need to bring your own as the race supply of Endura Gels is limited. Endura will have a shop at registration on Friday evening selling gels and offering race nutrition advice.

**Feed Stations on the 100km Course:**

The 100km course has three feed stations along the route with the following supplies:

* **Feed Station 1** -41km at the top of the Kowen Forest escarpment near Sutton Rd -Water, Endura Rehydration Performance Fuel drink, limited quantity of Endura gels, fruit, lollies and fruit buns.
* **Feed Station 2** -65km at cycle path near Dickson College (within untimed section) -Water, Endura Rehydration Performance Fuel drink, limited quantity of Endura gels, fruit, lollies and fruit buns.
* **Feed Station 3** -90km within Stromlo Forest Park before Cockatoo Switchbacks -Water, Endura Rehydration Performance Fuel drink, limited quantity of Endura gels, fruit, lollies and fruit buns.

Outside assistance is allowed at Feed Station 2. Spectators or rider support are welcome to watch the action or provide assistance to riders. This will be a great point for spectators. Parking is within Dickson College public carpark.

Cycle City will be providing mechanical assistance at the 100km start location and at Feed Station 2.

**Feed Stations on the 50km course:**

The 50km course has one feed station along the route with the following supplies:

* **Feed Station 1** -26km within Stromlo Forest Park at the bottom of Luge -Water, Endura Rehydration Performance Fuel drink, limited quantity of Endura gels, fruit, lollies and fruit buns.

Cycle City will be providing mechanical assistance at the 50km start location.

**8. Recommended Equipment**

We do require you to be self-sufficient in the event and be prepared so you can repair normal damage to your bikes. So you are able to do this we recommend that you carry the following items:

* Mobile phone with the event Emergency Phone and Operations Manager phone numbers saved (see Section 7)
* Pump or CO2 canister(s)
* Spare tube(s)
* Chain breaker tool (and know how to use it)
* Spare chain quick links
* Chain lube
* Food and drink
* Warmer clothes if a cold day
* Some money and/or credit card
* Sunscreen and sunglasses
* Spare brake pads

Please understand that we are not able to provide a taxi service to collect you if you simply have a flat tyre or a broken chain however the event mini buses may be able to collect any riders who have withdrawn from the event and who need a lift to Stromlo Forest Park.

**9. Cut-off Times**

The aim is to have everyone finished by 5:00pm in fine weather conditions and by 5:30pm in poor weather and track conditions (sunset is at 7:20pm). To achieve this there are the following cut-offs on the course. If you miss any cut-off you will be required to follow the directions of marshals and you will be transported with your bike back to the finish at Stromlo Forest Park.

**100km cut offs:**

11:20am cut-off at Feed Station 1 within Kowen Forest (41km)

1:30pm cut-off at Feed Station 2 near Dickson College (65km)

2:15pm cut-off at untimed restart (Black Mountain) (71km)

3:55pm cut-off at Feed Station 3 within Stromlo Forest Park (90km)

5:30pm cut-off at Finish (100km)

**50km cut offs:**

11am cut-off at Feed Station 1 within Stromlo (26km)

2:30pm cut-off at Finish (50km)

**10. Rubbish**

You must not throw your gel/bar wrapper or other rubbish on the course. There are bins at each of the feed stations. Shove your wrappers in your pockets or up your knicks until you get to the next feed station. It is completely unacceptable to litter so please do not litter along the course. We ask that you please pay particular attention to this. In particular, watch your gel wrappers and the tops off the gel wrappers. Every year we pick up possibly 1000 gel wrapper tops from the course. These may be small and we don’t mind cleaning up after you but it is impossible to actually find 100% of these small items of rubbish while doing a clean up. We hope if you watch this 4 minute film, you may do a better job at holding onto those gel wrappers and gel wrapper tops. <http://www.midwayjourney.com/film-trailer/>

The amazing Orana School Wastebusters will be coming to Stromlo to provide a waste sorting station. At Stromlo, you will simply take your rubbish to the sorting station and the team will sort it into recyclables, compost and landfill. By doing this in 2014, we ended up with only 1 x landfill bin, 10 x mixed recyclable bins and 1 x compost bin.

**11. Spectator Points**

There will be large course maps on display at registration. Good spectator points will be at the starts as well as the following locations:

1. The 65km feed station for the 100km which is located near Dickson College on the cycle path. This will be a great point for spectators. Parking is at Dickson College public carpark off Phillip Avenue, Dickson.
2. At the finish at Stromlo Forest Park

**12. Event Safety**

**General Mountain Bike Safety**

This is a long event and contains single track as well as fire roads and public roads. There are technical sections and some fast downhills. Make sure you ride within your ability and that you are always in control. We don’t want any injuries! Get off and walk if you need to. Caution signs are at only the most potentially hazardous locations on the course. The trail can vary quickly from smooth and fast to rough, rocky, rutted short steep mounds with narrow trees in the landing zone and sharp corners. Remember that the trickiest sections can actually be on fire road when you are carrying more speed. Take it easy, especially when you can’t see very far ahead on downhill sections. No sections of the course are closed to other users. Please be aware of your surroundings at all times and ride in a defensive manner even when on fire trails. Please give way to other mountain bikers, pedestrians, and vehicles.

**Road Safety Within Timed Sections**

Whilst on the timed section of course there are three sections where you will travel on main roads and cross main roads. All roads will still be open to vehicles (there are no road closures for this event) so the overriding points to stay safe are; 1) you must obey road rules at all times during the event and 2) you must obey any marshals at road crossings (all road marshals will be wearing safety vests and be giving hand signals and verbal instructions). Please see below for a description of the operation of each road crossing. You may not remember this detail but it will give you an appreciation of the kind crossings you will encounter.

1. **Sutton Road.** There will be traffic controllers who will periodically stop traffic to make it safe for you to cross. As you approach the Sutton Road crossing point all riders must prepare to stop in case the traffic is not yet stopped. You may only continue to ride your bike across Sutton Road if the marshal is waving you across the road. If the marshal is not waving you across you must stop and wait until being allowed to cross.
2. **Majura Road.**  This road will not be under traffic management as it is now a minor road with less than 20 vehicles per hour. Any vehicles will have right of way and you must stop before crossing if a vehicle is also approaching the crossing point. As you approach the Majura Road crossing point all riders must prepare to stop in case the traffic is approaching. You may only continue to ride your bike across Majura Road if the marshal is waving you across the road. If the marshal is not waving you across you must stop and wait until being allowed to cross.
3. **Cotter Road.** You will turn from a cycle path into the Cotter Road on-road cycle lane which you will then ride for 500m before turning right into Swallowtail Rd (Old Uriarra Rd). The traffic behind you will be slowed and narrowed into a single lane behind you and the oncoming traffic will be stopped so you can turn across into Uriarra Road. For your safety you should still check for cars and use hand signals before turning.

The point of writing out the above is to just give you a feel for what you should expect. You may not remember the details of each road crossing listed above which is why you should simply remember to obey road rules at all times and obey any instructions given to you by marshals. Also ride defensively on any road sections. Remember that safety is your responsibility.

**Road and Fire Trail Safety Within Untimed Sections**

During the untimed section you will travel from Majura Pines top gate through to the end of Frith Rd on Black Mountain via the inner city suburbs of Hackett, Lyneham and O’Connor. The first section of the untimed section is straight downhill on fire trail towards Hackett. This fire trail is popular for walkers, especially in the lower sections where walking tracks cross it’s path. The reason the untimed section starts within the Nature Reserve is because we simply can’t have riders racing down this popular fire trail and jeopardising the safety of the general public. You will then be travelling a combination of roads and shared cycle paths. You MUST NOT race at any time within the untimed section. You must continue to obey all road rules. You must ride in single file on roads and cycle paths and only pass other riders when it is clear and safe to do so. You must not form packs within the untimed section. You must give way to other users on the cycle path and be especially careful of pedestrians and children. There are different types of road crossings you will encounter during the untimed section such as traffic lights, pedestrian crossings and roundabouts.

**Cycle Path Safety**

The timed and untimed sections of course use many shared cycle paths. Remember that all cycle paths are open to other users so you may encounter walkers, runners, other cyclists and playing children. So you must ride in single file in the left hand lane and only pass when it is clear and safe to do so. Please ride defensively on any cycle path especially on downhill sections of cycle path.

**First Aid**

Pink First Aid will be providing mobile first aid services throughout the course. If you need First Aid while on course please use the emergency number listed below (this will also be listed on the back of your race number plate). First Aid will also be available at the feed stations and the finish.

If you pass an injured rider on the course please stop to help them and make sure the emergency number has been called. Please also report any incidents to the next marshal you see on the course. We will adjust your time accordingly at the finish so please keep track of the time you spend helping an injured rider.

**Emergency Instructions**

In case of an incident please follow these steps. To report an incident you should attempt to make contact via step 1. If this is not successful move to step 2 and work your way through accordingly.

**Minor Incidents: sprains, fatigue, non-urgent incidents and general reporting if you have safety concerns about the course.**

1. Report to the next feed station. Non–urgent evacuations will be made from feed stations. Evacuations will be done when there are available resources.

2. Call First Aid Coordinator on the emergency phone (see below).

3. Text First Aid Coordinator on the emergency phone

4. Call or text event Operations Manager (see below)

**Major Incidents: broken bones, snake bites, severe bleeding, heat exhaustion, hypothermia etc. Please immediately report any bush fire that you can see or smell to Event HQ.**

1. You or another cyclist needs to provide the first response and injury management.

2. Call First Aid Coordinator on the emergency phone (see below).

3. Text First Aid Coordinator on the emergency phone

4. Call or text event Operations Manager (see below)

5. If you can’t get through on any of the above numbers call ‘000’ which will use any available mobile network. You must tell them you are participating in the Capital Punishment Mountain Bike event in Canberra.

6. Once you have made phone contact you will be asked to describe your situation and location. For location, give as much information as possible such as GPS coordinates, cycle computer distances, trail names, marshal signs. Once your location has been confirmed by the First Aid Coordinator or 000 operator, do not move unless moving out of the way of danger. Stay where you are until help arrives.

|  |  |  |  |
| --- | --- | --- | --- |
| First Aid Coordinator (Emergency Phone) | 0418 223 392 | Operations Manager | 0401 908 623 |

**Phone Reception**

We recommend all riders to carry a mobile phone on the course. There is good mobile phone coverage over most of the course however mobile reception within central Kowen Forest (from 32km to 41km in the 100km course) is only available if your phone is with Telstra. Other mobile networks tend to work well on the higher elevations and become non-existent in the lower sections of Kowen Forest. If you need to make an emergency call and cannot get reception ask another rider if they have a Telstra phone or just continue on course to the next marshal or to the top of a hill and try again. If you are unable to move you will need to send someone else to make a call.

**Withdrawing from the Event**

If you intend to withdraw from the event you must do so at a feed station or at Stromlo Forest Park timing office unless you are assisted from the course by an event First Aid crew due to injury or emergency. To withdraw at a feed station you must go to a feed station marshal and do the following:

1. Notify the marshal that you are withdrawing from the event.

2. Complete and sign the event withdrawal form.

Once you have officially withdrawn you may contact a friend to collect you from the closest road to that feed station. For 100km Feed Station 1 meet at Sutton Rd, for 100km Feed Station 2 meet at Dickson College, for 100km Feed Station 3 & 50km Feed Station 1 meet at Stromlo car park. If you do not have anyone to collect you we will endeavour to arrange transport for you back to Stromlo Forest Park as soon as possible. Note that you may have to wait some time for a non-emergency lift back to the finish.

If you can’t continue to the next feed station and need first aid help on the course you must phone the First Aid Coordinator using the Emergency Instructions listed above (the number is also on the back of your race number plate).

**Insurance**

The organiser of the Event, AROC Sport, has public liability insurance cover. This does not include personal accident insurance for competitors. We recommend that you arrange your own personal accident insurance and ambulance cover before participating in the Event to cover any unforeseen personal costs you may incur due to ambulance trips, medical expenses or time off work due to injuries sustained whilst participating in the Event.

**Warning**

Ensure that you are sufficiently skilled to undertake the event. The course is a combination of single track, fire road, cycle paths and bitumen roads. Some sections of the course are technical and there are some short tricky downhill sections. Ride within your limits and get off the bike and walk if you need to. Please ensure that you are fit enough to complete the event. Ensure that you are in good health and that you do not have any illness that will hinder your ability to complete the event. Make sure you keep well hydrated during the event and take some food with you.

**Other Information**

You will come across lots of juicy looking blackberries on the sides of some fire trails in Kowen Forest, Majura Pines, National Arboretum and Stromlo. Even though they look tempting, do not eat the blackberries as the ones around the perimeters of all forests have been sprayed with something nasty to try to kill them and the ones in the middle of these forests may have also been sprayed.

**13. Timing, Race Results & Photos**

Race results will be posted on the website. If you have any queries about the results please see us on the day in the Stromlo timing office or email us as soon as you can so we can address any issues before posting final results.

Your twin disposable timing chips will be stuck onto the back of your race number plate. Make sure the timing tags are as free from touching anything (handlebars, brake callipers, brake cables) as possible.

Race timing will be done at the start to check you started in your correct start wave. Race timing will also be done at various locations along the route as described in the ‘Start Group Timings’ section above. The start of untimed section and end of untimed section results for the 100km event will be live as will the 50km and 100km finish results. Cyclists, families and friends should open the Capital Punishment event website as this will link through to the live site during the event.

Aurora Images will be taking your photo on the day. Images will be available for you to purchase from their website [www.auroraimages.com.au](http://www.auroraimages.com.au) where you will be able to search for your image by race number or name. It usually takes at least 5 days after the event for the images to be sorted and displayed on the Aurora website. You will be notified by SMS when your photos are ready for purchase.

**14. Event Rules**

* This is a self-supported race. Outside assistance is not permitted anywhere except at the 65km feed station near Dickson College or anywhere else within the untimed section. Support crew are permitted to assist 100km riders anywhere while riders are within the untimed section.
* No littering
* You must wear an Australian standard cycling helmet.
* Your race number must be visible on the front of your bike at all times.
* Report to either a feed station marshal or to the finish timing marshals at Stromlo if you decide to withdraw from the event.
* Stay on the marked course. Short cuts are not permitted. If you get lost return to the last sighted race sign.
* You may stop anywhere along the untimed section including at shops or houses along / near the route to get some lunch, drinks or go to a bike store.
* You must obey all road rules.
* Give way to emergency vehicles if they come through the course.
* You must obey directions of marshals if you miss any time cut-offs.
* Please assist riders on the course that have been badly injured and are in need of help. Pass on information to the next rider to notify marshals. Your time will be adjusted to account for time lost in providing help so keep track of the time you lose and please notify the timing office at Stromlo.
* Passing: those riders wanting to pass on single track should yell “track left” to pass on the left or “track right” to pass on the right and wait for a safe place to pass. Please be considerate of other riders.
* You must not race within the untimed section. This is for your safety and that of other cycle path users.
* During the race (including both the timed and untimed sections) you must not accept a lift in a vehicle.
* We do not recommend the wearing of iPods or other music players with headphones as we require riders to be aware of their surroundings including an awareness of other riders, being able to hear instructions from event marshals and being aware of road crossing safety. iPods are not allowed to be used at all on the untimed section (you must remove headphones completely).
* Riders must sign the sign in sheet at registration to acknowledge they have read and understood the Acknowledgement, Release and Indemnity Form.
* Under 18’s and riders doing entry transfers after 25th Feb must hand in a signed indemnity form at registration.

**15. Presentations**

The presentations will be at Stromlo Forest Park stadium beginning at approximately 3pm. All prizes will be awarded at the presentations.

Prizes will be awarded to 1st, 2nd and 3rd place getters in each category. There may be some special or spot prizes for those at the presentation.

Whether you are called up for a prize for placings or spot prizes, you or a representative with photo ID needs to be present to collect the prize. Prizes will not be posted out after the presentation.

**16. Sponsors**

Thanks to all our sponsors that are supporting this event and providing a mass of support, goodies and prizes for the event and all the competitors.

 

 

 

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**AROC Sport Pty Ltd**

**Race Number**

**Acknowledgement, Release and Indemnity**

**This is an important document which affects your legal rights and obligations. You must read it carefully prior to entering the event. During online entry you must tick a box to confirm you have read and understood this form. Please re-read this form in the few days or weeks prior to the event to make yourself aware of the risks of participating. Only those participants doing a late entry transfer need to print and sign this form and bring to event registration. If you are under 18 years old a parent/guardian must also read this form and sign the second page of the form for you to bring both pages to event registration.**

In consideration of AROC Sport Pty Ltd (the “Event Organisers” or “AROC”) accepting my participation in either Capital Punishment 100km or Capital Punishment 50km Mountain Bike Enduro to be held in Canberra on 7 March 2015 (the “Event”) I agree to this release of claims, waiver of liability and assumption of risk.

1. I have read and understood the Competitor Briefing document and information relating to the Event.
2. The Event Organisers may, at their sole discretion, refuse entry or cancel an entry (with full refund) to any person for any reason whatsoever.
3. I understand the demanding physical nature of the Event. I declare, as a condition of entry to the Event, that I have sufficiently trained for this Event and that I am not aware of any illness, injury or any other physical disability which may cause me injury or death whilst participating in the Event.
4. In the event that I become aware of any medical condition or impairment, or am otherwise sick or injured prior to or during the Event, I will withdraw from the Event.
5. I acknowledge that participating in the Event is a dangerous activity and that by such participation I am exposed to certain risks. I acknowledge that the enjoyment of mountain biking is derived in part from the inherent risks and exertion beyond the accepted safety of life at home or at work and that these inherent risks contribute to such enjoyment and is a reason for my participation in the Event.
6. I acknowledge and understand that whilst participating in the Event:
   * I may be injured, physically or mentally, or may die from various causes including, but not limited to, over exertion, dehydration, cardiac arrest, slips, trips or falls, accidents with other participants, spectators and road users, or accidents caused by my own actions;
   * My personal property may be lost or damaged;
   * I may cause injury to other persons or damage their property;
   * The conditions in which the Event is conducted may vary without warning;
   * I may be in a remote or isolated location where access to medical support may be limited and take significant time to reach me;
   * There may be no or inadequate facilities for treatment or transport of me if I am injured;
   * I assume the risk and responsibility for any injury, death or property damage resulting from my participation in the Event
7. I agree that if I am injured or require medical assistance, the Event Organisers can, at my cost,  arrange medical treatment and emergency evacuation as deemed necessary by the Event Organisers. I agree that I am responsible for my own medical and ambulance insurance cover.
8. I agree to release, indemnify and hold harmless the Event Organisers, its officers, employees, agents, volunteers, contractors, public bodies, landholders including the Department of Defence and the Majura Military Training Area and sponsors, from and against any and all claims, demands, right or cause of action, suits, expenses, costs and proceedings of any nature whatsoever which may be made by me or on my behalf or by other parties for or in respect of or arising out of any injury, loss, damage or death caused to me or my property as a result of my entry or participation in the Event whether by negligence, breach of contract or in any way whatsoever.
9. I also agree that in the event I am injured or my property is damaged I will bring no claim, legal or otherwise, against the Event Organisers in respect to that injury or damage.
10. I agree to allow my name, results, photographs, videos, multimedia or film likeness to be used for any legitimate purpose by AROC, the sponsors, or assigns without payment or compensation.
11. I acknowledge that my image may be taken by an Event photographer and that Event photographer may contact me to offer for sale images of me at the Event.
12. I agree to abide by the Event rules and the directions of all Event officials.
13. I acknowledge that the Event Organiser may change the advertised course without notice if the Event Organisers deem this necessary. I also acknowledge that the Event Organiser may cancel the Event due to weather conditions, safety considerations, terrorism or ‘acts of god’ and that in such circumstances my entry fee will be non-refundable.

Name:………………………………… Signed:……………………………………… Date:……………

**AROC Sport Pty Ltd**

**Acknowledgement, Release and Indemnity. (Additional section only for competitors under 18 years of age)**

**Capital Punishment MTB Enduro**

**7 March 2015**

# Where competitor is under 18 years of Age

**Race No:**

I, …………………………………………, being the parent or guardian of the person named in this Acknowledgement, Release and Indemnity (“the Indemnity”) hereby acknowledge and agree that:

* I have read the whole of this document and understand it and have explained it to the person named in the Indemnity;
* I consent to the person named in the Indemnity participating in the Event; and
* I am aware of the risk, dangers and obligations set out above in the Indemnity.\

In consideration of the person named in the Indemnity being accepted to participate in the Event, I agree to release and indemnify the Event organisers, its officers, employees, agents, volunteers, contractors, public bodies, landholders and sponsors, in the same manner and to the same effect and extent as if I were the person named in the Indemnity and the person participating in the Event.

Signature of Parent/Guardian:………………………………………..…….Date: …………….