

The Back Yamma Bigfoot

25/50/100km MTB Enduro – Put your foot down



Information for competitors

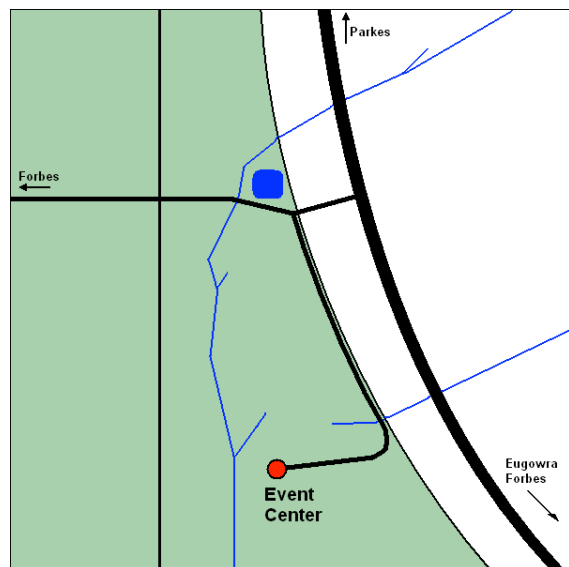
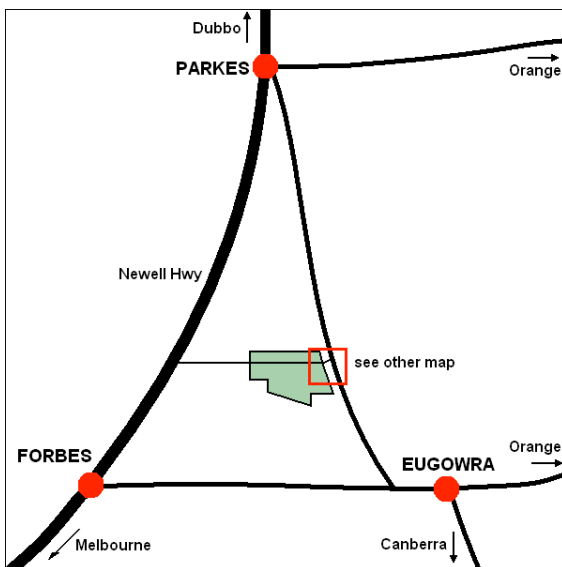
The Central West Off Road Bicycle Club (CWORBC) is proud to host the 2011 Back Yamma Bigfoot to be held on Sunday the 4th of September.

How To Get There

Parkes is approximately 5 hours drive from Sydney or 4 hours drive from Canberra.

The Back Yamma State Forest is located in Central West NSW, approximately 25km south of Parkes and 17km north east of Eugowra on the Parkes-Eugowra Road.

The event centre is located about 1km south along the eastern boundary road and will be well sign posted.



Camping

Adjacent to the event center is a large open grassy area suitable for camping. Forests NSW have kindly stated that there will be no charge for camping. There will be a number of portaloos on site for the duration of the weekend. Campers should bring enough water with them to be self-sufficient. We ask that all competitors take rubbish with them. There are no bins in the State Forest.

Event Centre Food And Drink

A reasonably priced BBQ lunch will be provided by Rotary and will be available Saturday afternoon and all day Sunday. We have been told that this lunch will include sausage and steak sandwiches, bacon and egg rolls, two rice dishes, hot chips and drinks. There will also be a coffee van at the event centre.

Timetable

Saturday, September 3

14:00	Registration opens (all events)
18:00	Registration closes (all events)
18:00	Astronomy viewing night starts

Sunday, September 4

06:30	Registration opens (all events)
07:30	Registration closes (100km only)
08:00	Race start – 100km, Two Big Feet
08:30	Registration closes (25/50km)
09:00	Race start – 50km, Big Foot
09:15	Race start – 25km, Little Foot
12:00	50km cut off enforced for 100km riders
13:30	75km cut off enforced for 100km riders
13:30*	Presentation

* May be subject to variation on race day if necessary.

Registration

Registration will be open at the event centre from 14:00 to 18:00 on Saturday the 3rd and from 06:30 to 08:30 on Sunday the 4th. All competitors will be required to attend one of the registration sessions. Please note that because the 100km Two Big Feet race starts at 08:00 on Sunday morning registration will close at 07:30 for 100km Two Big Feet competitors.

During registration MTBA members will be required to present their current MTBA membership card. Competitors without a valid MTBA membership card will be required to purchase a \$15 day licence. All competitors will need to sign the attached waiver. Competitors will receive their race plate, which must be attached to the front of their bike before the start of the race.

Event Jerseys And T-shirts

Competitors who purchased an event Merchandise will be able to collect their items during registration. A limited selection of merchandise will be available for sale on the day.



Competitors Equipment

Each competitor is required to have the following equipment while racing:

- Suitable mountain bike in good condition.
- An Australian approved cycling helmet which must be worn at all times.
- Race number plate mounted on handlebars with number clearly visible.
- Minimum 700ml liquid carrying capacity per 25km of course.

Recommended:

- Food (e.g. muesli/energy bars, gels etc).
- Tools (e.g. tyre levers, puncture repair kit, inner tube, pump, chain breaker).
- Basic First Aid kit (e.g. crepe bandage, bandaaid strip, sterile dressing, painkillers).

Ambulance Cover

It is highly recommended that all competitors ensure they have ambulance cover. The Back Yamma State Forest is quite remote and an ambulance trip could be quite expensive if it were required. Day licences do not provide ambulance cover.

Course

The 2011 Back Yamma Bigfoot will see three different events run on the same course at the same time. These events are the 25km Little Foot, the 50km Big Foot and the 100km Two Big Feet. It is the riders responsibility to ensure that they follow the correct course for the event they are registered in.

The course has been set out around a 50km loop. This means that competitors Competing in the 50km Big Foot will complete one full lap while competitors in the 100km Two Big Feet will complete two full laps. The 25km Little Foot competitors will complete the first half of the 50km loop before returning to the event centre (see the 25km Little Foot Junction section below).

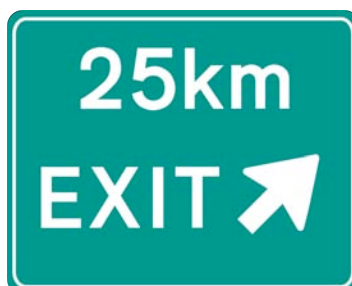
Course Markings

The course is well marked with blue and white tape and red arrow signs placed around the track and at all junctions. Approximately every 10km a sign will be placed to indicate the distance travelled so far.



25km Little Foot Junction

About 24km into the first half of the 50km loop 25km Little Foot competitors will be directed to turn off to the right and return to the event centre while 50km Big Foot competitors and 100km Two Big Feet competitors will turn left up the hill. This turn off will be marked with the following sign



Cut-off Times

Competitors in the 100km Two Big Feet will be subject to a cut off time of 4 hours at 50km and 5.5 hours at 75km. These time limits are necessary to prevent our volunteers having to wait out in the forest into the night. We believe these time limits are reasonable for the 100km riders as the track is flat and fast.

At 12:00 a marshal will place a barricade across the track preventing 100km riders from starting their second lap. Riders arriving at this junction after the barricade has been installed will be short coursed and will receive a time for their first 50km lap.

At 13:30 a marshal will place a barricade across the track at the junction where the 25km Little Foot competitors turned off earlier in the day. Riders arriving at this junction after the barricade has been installed will be short coursed and required to return to the event center via the 25km Little Foot course. These short coursed riders will receive a time for their first 50km lap plus a time for 75km.

Water Stops

There will be limited water supplied at the event for competitors. Competitors should arrive at the event with sufficient water to start the race and sufficient water for after the race.

The first water stop will be located just after the 25km Little Foot junction. This water is for use by 50km Big Foot competitors and 100km Two Big Foot competitors only. If you are mid pack don't rely on getting water at this water drop quickly. There will only be four or five taps.

The second water stop will be located in the 100km transition zone. This water is for use by 100km Two Big Feet competitors who are completing their first lap and about to start their second lap.

100km Feed Zone

At the end of the first lap 100km Two Big Feet competitors will be able to stop in the 100km Feed Zone. There will be water provided here which is exclusively available to the 100km Two Big Feet competitors. There will also be an area where competitors can leave a bag or box with food or supplies needed for the second lap.

Marshals

There will be marshals around the course, approximately every 5km. The local SES brigade has kindly agreed to provide this service for us.

If a rider retires from the race and cannot complete the course they should notify the nearest marshal as soon as possible. Any incidents should be reported to the nearest marshal so that assistance can be dispatched.

First Aid

St John Ambulance will be on site providing first aid assistance. They will have a tent set up at the event centre as well as mobile units for those that may require assistance on the track. If a rider requires assistance this should be reported to the nearest marshal.

Things To See And Do In The Area

While you're in town for the race you may like to visit some of these other local attractions.



CSIRO Parkes Radio Telescope (The Dish)

Discover the wonders of the Universe at this world-class astronomical research facility. The Visitors Discovery Centre offers hands-on displays, audiovisual shows and informative staff to answer all of your questions. The Centre is located close to the Dish.

<http://www.csiro.au/parkes>



Taronga Western Plains Zoo

Western Plains Zoo provides much more than animal displays, it is a place to come and relax and enjoy the atmosphere. It is also an education centre, a research centre and a wildlife conservation and preservation centre for species from throughout the world.

<http://www.taronga.org.au/western-plains-zoo.aspx>



Orange Region Wineries

The Orange Wine Region, giving superb cool climate grapes grown in rich volcanic soil at above 600 metres produces superb red varieties. Cool climate wines - produced from Chardonnay, Merlot, Cabernet Sauvignon, Shiraz grapes, Liqueurs from apples and cherries and Verjus (a non-alcoholic cooking product).

<http://www.orange-nsw.com/WineTasting.html>



Kings Castle

A private collection of Elvis' personal memorabilia owned by the former 'Yellow Wiggle' Greg Page. 'The Collectors' series, his collection features clothes and jewellery worn by Elvis and many of Elvis' personal books, papers and belongings.

<http://www.parkes.nsw.gov.au/about/1011/8843.html>

Sponsors

We would like to thank all of our sponsors and supporters for 2011.



Forests NSW

Managers of the Back Yamma State Forest.

<http://www.dpi.nsw.gov.au/forests>



Ground Effect

No nonsense cycle clothing for hammering the singletrack, leading the bunch, terrorising the city, or just hangin'.

Conceived by cycle nuts, refined by the style police and constructed in New Zealand from hi-performance fabrics.

<http://www.groundeffect.co.nz/>



Essential Energy

Essential Energy is a NSW Government-owned corporation, with responsibility for building, operating and maintaining Australia's largest electricity network - delivering essential network services to more than 800,000 homes and businesses across 95 per cent of NSW, parts of southern Queensland and northern Victoria.

<http://www.essentialenergy.com.au/>



Progressive Coaching Systems

PCS training programs are purpose built and designed specifically to your individual needs and goals. Whether you want to become the next World, National, State or Club champion, or just want to become a better rider, PCS will help maximise your potential

<http://pcskoaching.com.au/about/>



Parkes Shire Council

The Shire of Parkes is located in the Central West of New South Wales, Australia. Its residents enjoy a diverse lifestyle, underpinned by a stable rural economy and supplemented by manufacturing and mining industries.

<http://www.parkes.nsw.gov.au/>

Prizes

Thanks to our sponsors we are pleased to be able to have over \$1500 worth of prizes up for grabs. Prizes will be awarded for 1st and 2nd placed male and female in each race distance.

Parkes Radio Telescope Coupon



Astronomy Viewing Night

The Central West Astronomical Society will be setting up a range of telescopes on Saturday night (3rd September) from 18:00 at the Back Yamma Bigfoot event centre. The Central West of NSW boasts some of the darkest skies in Australia and is the perfect location to view the cosmos. Weather permitting of course, you'll likely be able to view Saturn, Jupiter, the moon, and a range of galaxies. This is a great opportunity and free of charge (we are making a donation to their club).



Emergency Contacts

Officials at the event centre can be contacted on the following numbers in emergencies only:

0412 381 298 (Chris)

0414 246 685 (Tim)

0432 929 943 (Brett)

0417 326 228 (Dan)

Waiver

Please print and sign the waiver on the following page and bring it along to registration. This will speed up the registration process for everyone.

ASSUMPTION OF RISK AND WAIVER OF LIABILITY

Please Read Carefully Before Signing

TO: Mountain Bike Australia Inc.

In consideration of Mountain Bike Australia Inc. ("MTBA") accepting my participation in any individual event sanctioned by MTBA ("the event") which may involve a significant risk of physical harm, I agree to this release of claims, waiver of liability and assumption of risk. I am aware that mountain biking is a recreational activity which may involve, in addition to usual and inherent risks, personal injury, obvious risk, danger to myself, the possibility of injury and harm and physical exertion for which I may not be prepared, remoteness to normal medical service, weather extremes subject to sudden and unexpected change and evacuation difficulties if I am disabled.

I accept all of the inherent and obvious risks and that mountain biking is a dangerous recreational activity and the possibility of personal injury, death, property damage or loss resulting therefrom. I acknowledge that the enjoyment and excitement of mountain biking is derived in part from the inherent risks incurred by the activity beyond the accepted safety of life at home or work and that these inherent risks contribute to such enjoyment and excitement being a reason for my participation.

I hereby release and forever discharge from all liability and agree not to sue MTBA and its officers, employees, volunteers, agents, contractors, public bodies, land holders and sponsors from any and all claims, suits, demands, expenses, costs, damages or proceedings of any nature whatsoever arising from any personal injury, death, property damage or loss sustained by me as a result of my participation in the event.

I hereby indemnify and hold harmless MTBA, its officers, agents, contractors and sponsors from and against all claims, suits, demands, expenses, costs, actions and proceedings of any nature whatsoever arising from any injury, loss or damage sustained by me or any injury, loss or damage suffered by any other person as a result of any act, omission, neglect or default on my part in connection with my participation in the event

I further agree:

1. That if I suffer injury MTBA can arrange medical treatment and emergency evacuation services as MTBA deem essential for my safety and that I am responsible for those costs except to the extent provided for by MTBA.
2. That the details of my injuries and of my treatment can be released to an authorized officer from MTBA upon request.
3. I will advise the event organisers if I have a specific medical condition that may affect my safety or the safety of others.
4. That my name, results, photographs, video, audio recordings, multimedia or film likeness can be used for any legitimate purpose by MTBA, the event organiser, the sponsors, or assigns.
5. That I will submit a urine or blood sample for analysis if required.
6. That I acknowledge that the consumption of alcohol is prohibited before or during any practice or competition for the event.
7. That I will adhere to the Code of Conduct published by MTBA from time to time.

For participants 18 years or over:

I confirm that I am an age of legal consent (that is 18 years or older in Australia) and that I have read and understood this Assumption of Risk and Waiver of Liability Agreement prior to signing it and agree that this agreement will be binding upon my heirs, next of kin, executors, administrators and successors.

Print Name of Participant

Signature of Participant

For participants under 18 years of age:

I, _____ parent/guardian of the above participant consent to my son/daughter participating in the event organised or sanctioned by MTBA and confirm that I have read and understood this agreement prior to signing it and that agreement will be binding upon my heirs, next of kin, executors, administrators and successors.

Print Name of parent/guardian

Signature of parent/guardian