

# Giant 3PLUS3 - A Mountain Bikers Christmas

## - RIDERS INFORMATION AND RACE BRIEF

### EVENT SCHEDULE:

TIME	ITEM
FRIDAY 5 <sup>TH</sup> December, 2014	
1400	Camp Ground Opens - Toilets available (Showers operational Saturday)
1400	Selected HVAP MTB Trails Open to ride*

\*Please do not disturb bunting or event signage

TIME	ITEM
SATURDAY 6 <sup>TH</sup> December, 2014	
0900	Registrations Open
1200	Lunch
1200	Kids Activities Open
1210	Kids Race Briefing
1215	<b>Kids Race Start</b>
1300	Registration Closes
1330	Kids presentations (Sat only races & leader recognition for Giant 3PLUS3 kids)
1350	Giant 3PLUS3 Race Briefing
1400	<b>Giant 3PLUS3 Race Start</b>
1700	Giant 3PLUS3 Course Closes
1745	Last Riders Return
1745	Presentations (Sat only races & leader recognition for Giant 3PLUS3 riders)
1800	Dinner - Christmas Feast
1930	Secret Santa and colouring in competition winners announced
2200	Entertainment and main marquee closes

# Giant 3PLUS3 - A Mountain Bikers Christmas

## - RIDERS INFORMATION AND RACE BRIEF

TIME	ITEM
SUNDAY 7 <sup>TH</sup> December, 2014	
0600	Breakfast and Coffee - Bacon and Egg Rolls \$5
0600	Registrations Open
0700	Kids activities open
0710	Kids Race Briefing
0715	<b>Kids Race Start</b>
0850	Giant 3PLUS3 Race Briefing
0900	<b>Giant 3PLUS3 Race Start</b>
1200	Giant 3PLUS3 Course Closes
1200	Lunch - Burgers \$5
1245	Last Riders Return
1345	Final Presentations and Major Prize Draws

### RACE STARTS:

Races will gun start at the following times:

#### Saturday

1215 hrs Kids Saturday A, B, C  
& Kids Sat/Sun A, B, C  
1400 hrs Saturday 3hr  
& Sat/Sun U19, 20-29, 30-39, 40-49, 50+, Single Speed  
& Teams of 2, Social Team of 3

#### Sunday

0715 hrs Kids Sunday A, B, C  
& Kids Sat/Sun A, B, C  
0900 hrs Sunday 3hr  
& Sat/Sun U19, 20-29, 30-39, 40-49, 50+, Single Speed  
& Teams of 2, Social Team of 3

# Giant 3PLUS3 - A Mountain Bikers Christmas

## - RIDERS INFORMATION AND RACE BRIEF

### COURSE MARKINGS:

Green Arrows - Giant 3PLUS3 Saturday

Red Arrows - Giant 3PLUS3 Sunday

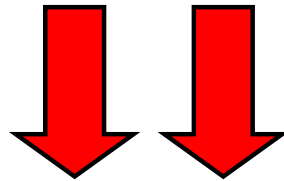
Yellow Arrows - Giant 3PLUS3 Kids Saturday

Blue Arrows - Giant 3PLUS3 Kids Sunday

*Double Down Arrows - Exercise Caution!*



## CAUTION



### SOLO, TEAM & KIDS RIDE FORMATS

*Riders cannot change category once the event has commenced.*

Solo: If you have entered in the Giant 3PLUS3 as a solo entrant, you will be completing as many laps as you want/are able/can do within the 3hr timeframe. There are no minimum or maximum laps.

Teams of Two: If you have entered the Giant 3PLUS3 as a team of two, you will be racing as a 'Relay Team'. As a Relay team, you will have one timing transponder to share between both riders, which must be worn by the rider who is out on track doing their lap, to ensure each lap is correctly timed and counted. Only one rider from the team may be out on track at a time. On returning from the lap, the current rider will need to remove the ankle transponder and pass it to their team mate before the team mate can begin their lap. Transition may take place anywhere after passing across the timing mats, but riders must make sure that they do not cut the course short and continue along the designated race course, including the Pit Lane ride through.

Social Teams of Three: If you have entered the Giant 3PLUS3 as a Social Team of Three, you will be racing to 'Total Accumulated Laps'. Each of your team riders will have their own transponder which must be worn at all times during the race. Each riders full laps will be counted towards the Team overall lap total. All Team Riders may be on course at the same time if chosen.

Kids: If you have entered yourself or your child in a kids event, you/they will complete a set number of laps of a defined course based on the category chosen. 'A' category riders will complete 3 laps, 'B' category riders will complete 2 laps and 'C' category riders will complete 1 lap. If a rider cannot complete the full number of laps for his selected category, their laps will still be recorded and displayed in results for their event division. Parents are welcome to ride with their children as long as no un-needed assistance is given and they keep out of the path of other child riders.

# Giant 3PLUS3 - A Mountain Bikers Christmas

## - RIDERS INFORMATION AND RACE BRIEF

### RACE HQ

At Race HQ you will find:

- Food and Drinks (including the Giant 3PLUS3 Christmas Feast!)
- Undercover Marquee
- Kids Jumping Castle
- Kids Gladiator Duel
- Kids Movies
- Jungle Bean Coffee
- Infnit and Nuun Nutrition
- Giant Demo Bikes

Please note that there will be NO ATM OR EFTPOS FACILITIES available, so ensure you bring enough cash for the weekend!

### SATURDAY NIGHT CHRISTMAS FEAST

If you have pre-purchased Christmas Feast bookings, you will be given tickets for each meal to present to catering volunteers when the Feast is ready to be served. Please feel free to bring your own plate and cutlery if you do not wish to use plastic.

Make sure you have a comfy seat and BYO chair up to Race HQ (limited seating otherwise).

The Feast is completely booked out, so please be aware there will be no on-night Feast purchases available.

### BAR AND FOODS

Soft Drinks	Saturday Lunch
Water	Saturday Dinner (Christmas Feast)
Powerade	Sunday Breakfast
XXXX Gold	Sunday Lunch
Corona	

NB: Menu is subject to change and availability

Please note that there will be NO ATM OR EFTPOS FACILITIES available, so ensure you bring enough cash for the weekend!

\*Water for refilling bottles will be available at locations around Race HQ and out on course.

Tarryn from Jungle Bean Coffee will be available across the weekend with Iced Frappes, Coffees, Teas and Snacks.

Jason from Infnit Nutrition and Nuun will be set up with a rider refuel station in Pit Lane offering fantastic liquid nutrition for riders about to head out on their next lap! See him about getting your own personalised Infnit blend.

# Giant 3PLUS3 - A Mountain Bikers Christmas

## - RIDERS INFORMATION AND RACE BRIEF

### **MERCHANDISE**

"Ride 3PLUS3 Ride Giant" T-shirts available from Race HQ for \$20 each. Please note there will be VERY limited stock, so first in best dressed!

Please note that there will be NO ATM OR EFTPOS FACILITIES available, so ensure you bring enough cash for the weekend!

### **SECRET SANTA**

Anyone bringing a 'Secret Santa' gift will be given a wristband to wear by the registration team (for whoever will be receiving the gift - yourself, your partner, your child etc). This wristband will need to be worn at gift giving, in order to receive a Secret Santa gift. Please note that the wristband is your key to getting your gift come gift giving time after the Saturday Christmas Feast!

So, if you forgot to bring your present, there is no problem with pulling out, and if you want to participate, just bring your present to rego!

(If your gift is only suitable for an Adult or only suitable for a Child, please just let the registration team know)

### **KIDS Giant 3PLUS3 GIFTS**

Children who have entered in both Saturday and Sunday races will be given a gift before the 'Secret Santa' gift giving at 7:30pm after the Saturday night Christmas Feast.

### **RIDER AND SPECTATOR CARE AND CONSIDERATIONS**

It is of course always important that all riders, spectators, support crew and family members ensure that they well equipped with proper hydration, cool water, sunscreen, hats, sunglasses and shade cover if setting up in camping areas and pit lane.

There will be a Marquee set up in the main Race HQ hub, near food and beverages and overlooking parts of the track, pit lane, and kids entertainment.

There are water stations set up where you may refill drink bottle, and Infinit nutrition will also be set up providing specially formulated race hydration. Please do note that this water will not be cooled. There will be cold drinks available for cash purchase.

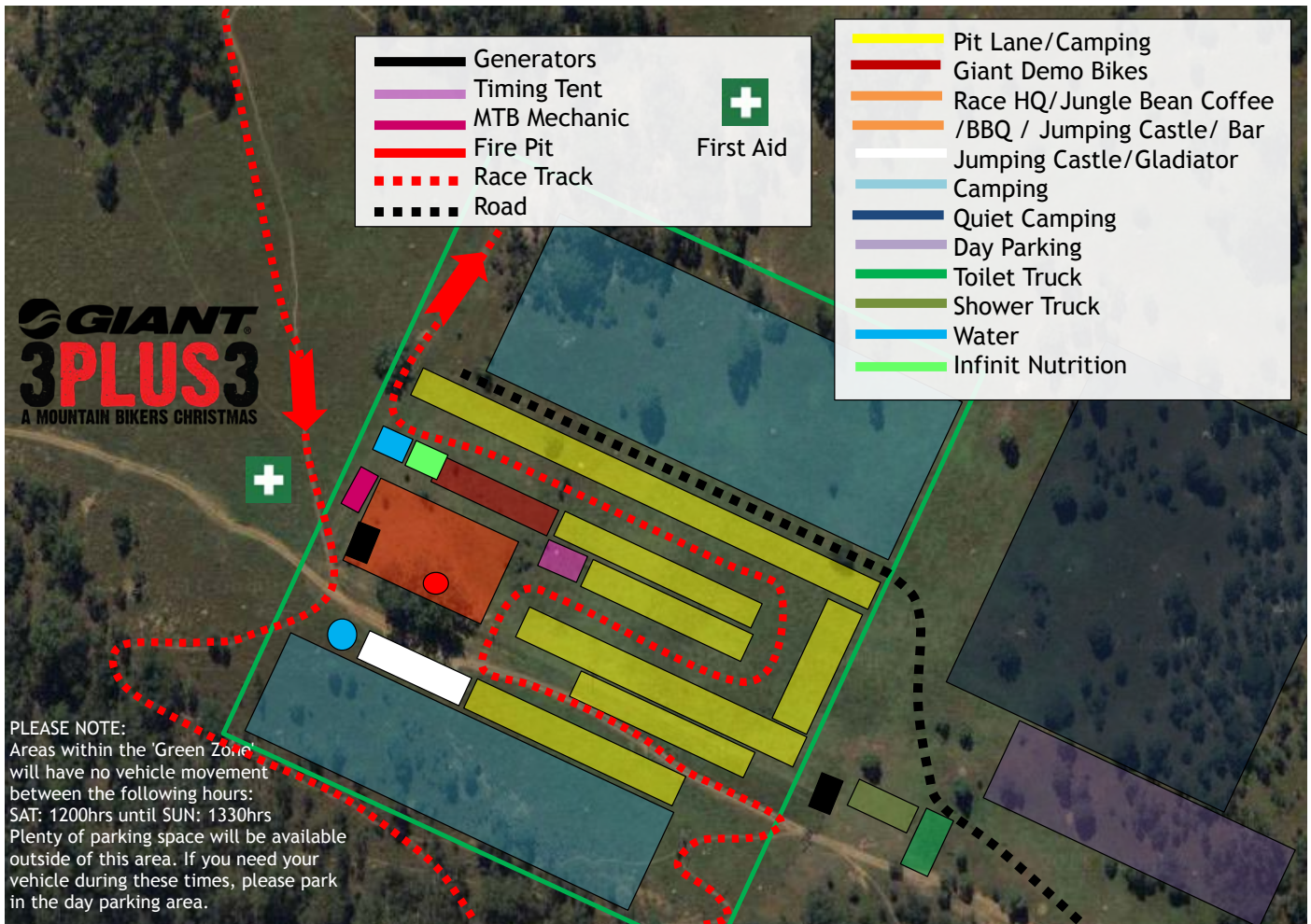
Please take necessary precautions as a spectator, avoiding too much sun exposure where possible, and wearing hats, sunscreen and covering up as much as possible if you do need to be in the sun.

As support for riders, please make sure that riders remain well hydrated by hydrating before, during and after their event. Please make sure children riding in the kids events are also hydrated and prepared, and that it is okay for them to complete less laps if they are uncomfortable.

# Giant 3PLUS3 - A Mountain Bikers Christmas

## - RIDERS INFORMATION AND RACE BRIEF

### CAMPING INFO



### PARKING

Please enter via the delivery driveway at Spicers Hidden Vale and follow all parking marshals directions. Area within the 'green zone' will have restricted access, and there will be no vehicle movement allowed during events. If you wish to set up within this zone, please ensure you arrive either Friday or early Saturday morning as vehicle movement will be restricted from Saturday 1200hrs (of course, you are welcome to walk your belongings to your camp site).

### CAMPING

Camping areas are accessed via the car park and camping spots will be on a 'First In, First Served' basis. You may set up camp within the Yellow Pit Lane Area if you confine your belongings to the 3x6m dimensions, and you have ideally set up prior to 10am on Saturday (Pit Lane vehicle access will be closed due to racing from 12:00pm onwards). Light Blue zones have easy access to the central event hub. Dark blue zones are 'Quiet Camping' only and consideration needs to be given to this if you wish to camp in this area. If you wish to camp but have not yet paid, please see attendant or registration team to arrange payment.

### PETS

Hidden Vale is a nature refuge (plenty of kangaroos around at the moment!) and koala sanctuary, so there is a strict **NO DOMESTIC PETS** allowed on the property.



# Giant 3PLUS3 - A Mountain Bikers Christmas

## - RIDERS INFORMATION AND RACE BRIEF

### TOILETS AND SHOWERS

Real Toilets and Showers, serviced and maintained by operator. Toilets available from Friday through Sunday, and Showers available Friday through to Sunday afternoon.

We have 20 000L of water, and once it is gone - it is gone. Please be considerate to other campers and riders and keep your showers short and sweet.

### RUBBISH

As a Nature Refuge, it is important that we all ensure that the event hub, pit lane, camping and tracks remain rubbish free. We do not have many rubbish bins available, however, we do have large rubbish skips for you to take your accumulated rubbish to. Everyone is responsible for their own rubbish.

### SPICERS POOL ACCESS

Your camping and race fee does not include the use of the Spicers Resort Pool.

There will be **NO** pool access for anyone other than paying Spicers Hidden Vale retreat guests. Please **DO NOT** use the Spicers Pools unless you are a paying guest in one of the resort rooms. This is out of fairness to those Spicers guests who have paid to stay at the resort for the weekend who may, or may not, be event related.

### NIGHT TIME NOISE

We have designated a 'Quiet' camping area for those who wish to get a goodnight's sleep away from the night's festivities. Out of courtesy for those who will be making use of this camping option, please keep noise to a minimum within this area.

### KIDS ACTIVITIES

Kids will have plenty to do with activities including:

1. Jumping Castle
2. Kids Christmas Movies
3. Colouring in Competition
4. Kids Mountain Biking Events
5. Gladiator Duel Arena

# Giant 3PLUS3 - A Mountain Bikers Christmas

## - RIDERS INFORMATION AND RACE BRIEF

### COURSE LINKS:

#### SATURDAY - Giant 3PLUS3

<http://ridewithgps.com/trips/1017379>



#### SUNDAY - Giant 3PLUS3

<http://ridewithgps.com/trips/1017381>







# Giant 3PLUS3 - A Mountain Bikers Christmas

## - RIDERS INFORMATION AND RACE BRIEF

Q. How do I get to Spicers Hidden Vale?

A. Easy! [From Brisbane](#) - [From Toowoomba](#)

Q. Where's the Gun Range?

A. After entering Spicers follow the signage heading out via the dirt road for about 800m.

Q. Can we have a fire?

A. There will be a communal fire inside the main race HQ area. Personal fires are permitted if the following conditions are met. A small brazier (raised off the ground) will be suitable. BYO wood. We ask that no fires are lit in the pit-lane area and that any ashes/coins are emptied in the main fire-pit area.

### Giant 3PLUS3 RULES

The Race Organisers reserve the right to change any rules and regulations at any time to provide fair and safe riding conditions. Any changes to rules and regulations will be announced at a race briefing prior to race start.

### RACE OFFICIALS AND MARSHALLS

Riders and support crew/non-riders must obey the directions of Race Officials and Marshalls at all times.

### RACE START

Race start is 1400 hrs on Saturday 6th of December 2014. Riders will all start together at the sound of the hooter.

Race start is 0900 hrs on Sunday 7th of December 2014. Riders will all start together at the sound of the hooter.

For Kids race start times please see the schedule.

### RACE FINISH

The race finishes for all categories 3 hours from the official start time. At that point, the exit of pit lane will be closed and no more riders will be allowed to commence a new lap. Any rider who completes 1 lap will appear in the results as a finisher. A lap which is started before the 3 hours has elapsed, and is completed after 3 hours will be counted towards the rider's results.

### CATEGORIES

The age for age-based categories is the rider's age on 6th December, 2014. A rider can only enter one category in the race. A rider cannot change entry category once the race has started.

All age-based category changes must be made via email prior to the 3rd December, 2014.

Email: [fleur@timingresults.com.au](mailto:fleur@timingresults.com.au)

# **Giant 3PLUS3 - A Mountain Bikers Christmas**

## **- RIDERS INFORMATION AND RACE BRIEF**

### **RESULTS**

Within each category, the rider who has completed the most laps is the winner. For riders on the same number of laps, the rider who has completed them in the shortest total race time will receive the higher placing. Progress results will be published at regular intervals throughout the race. Provisional final results will be published at 1730 hrs for Saturdays racing. Final results will be published at 1745 hrs. Provisional final results will be published at 1300 hrs for Sundays racing. Final results will be published at 1330 hrs.

### **PODIUM PRESENTATIONS**

The presentations and awards for Saturdays racing will be held at 1745 hrs. The presentations and awards for all categories will be held on Sunday at 1330 hrs. Podium riders must be present in order to receive their prizes.

### **BIKES AND EQUIPMENT**

You are allowed to use any number of spare/replacement bikes in the race. Riders will only be provided with 1 number plate each at registration. Bike changes can only be made in the pit lane area and must include your number plate before leaving the pit lane area. A rider cannot exchange bikes with another rider while on the course. Single Speed category riders are not permitted to have a different gear ratio on their spare bike.

### **HELMETS**

International Standards approved bicycle helmets must be worn at all times while riding a bike during competition and practice.

### **ATTACHING YOUR BIKE NUMBER PLATE**

Attach your bike number to the front of your bike using at least 3 ties, securely fastening it to the handle bar and ensuring that can be easily seen from the front. Your number should be in front of the brake cables and not wrapped around any part of the bike. The number cannot be altered, obscured, cut or defaced. Solo and Team riders will receive 1 front number plate each. All riders will each have specific number ranges and colours to permit easy identification on course.

### **THE COURSE**

The course will be marked by arrows, signs and bunting. Riders must follow the course and it is the sole responsibility of the rider to stay on the course. A rider who leaves the course for any reason must return to that same point on the course to resume a lap. While on course you must keep going in the direction of the course. If you have a mechanical problem, you cannot retrace your path to get to an assistance area. If you do so, that lap will not be counted.

# Giant 3PLUS3 - A Mountain Bikers Christmas

## - RIDERS INFORMATION AND RACE BRIEF

### THE PIT LANE AREA

The pit lane area is part of the course. All riders must pass through it every lap. Each rider/team can choose to have a 3m x 6m space where they can place their own support tent/camp. All tent fittings, including ropes and pegs, must be within the allocated area. The rider can only receive assistance from their support crew inside or in front of their allocated pit area, keeping the traffic flow area clear.

### MEDICAL ASSISTANCE

General first aid care during the race is provided by our Medical team. If you are injured and assisted back to the event centre, then your lap will not count. Following treatment, the Race organiser will make a decision on whether you are allowed to continue the race, based on available medical advice.

### MECHANICAL ASSISTANCE

Mechanical assistance during the race (repair and material) can be provided from other riders entered in the race while on-course however there is no obligation on a rider to help another rider. The pit lane area is the only area where riders can receive mechanical assistance from MTB Mechanic, their supporters and non-riding personnel. If you have a mechanical problem and continue to walk your bike along the course to the end of the lap, then that lap will be counted. If you shortcut the course to return to the start or are assisted back to the start, then that lap will not be counted and you must commence a new lap from the start when you are ready.

### PASSING

Riders walking their bikes must give way to a rider who is riding. If you are walking your bike, make sure you leave plenty of room for those riding to pass. The rider being overtaken has the right of way (unless they are walking their bike) until the overtaking rider is past and clear by one bike length. If you want to pass the rider in front on single track, call out "TRACK". When the rider in front feels it is safe to pass, they will pull over to one side and call "PASS". They may also call out "ON MY LEFT / ON MY RIGHT". Let the rider in front know what you are doing by calling "ON YOUR LEFT / ON YOUR RIGHT". If there will be more than one rider passing, let the rider in front know that as you pass them by calling, for example, "TWO MORE COMING THROUGH". If you do not make this call, the rider in front will assume you have decided not to pass and will return to the centre of the track. The rider in front is under no obligation to let you pass, but slower riders and lapped riders should not delay faster riders unless it is unsafe to let them pass. Remember, if you are the overtaking rider, the conditions you feel are safe may not be considered safe by the rider you want to overtake. They may be less experienced than you, or they may have seen something on the track that you have not. Overtaking is not allowed on bridges or constructed ramps.

# Giant 3PLUS3 - A Mountain Bikers Christmas

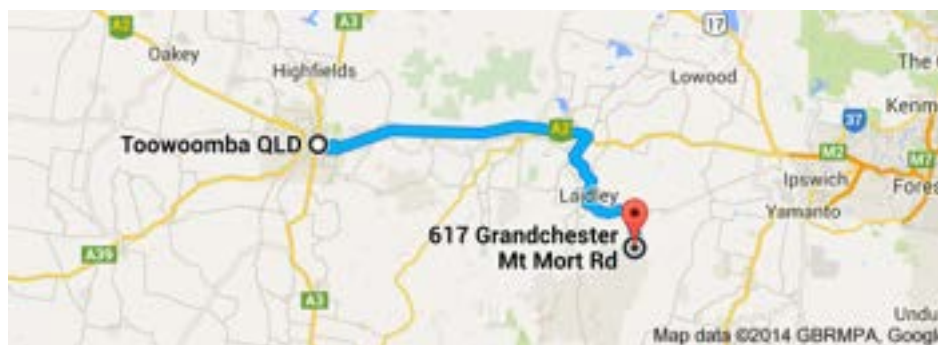
## - RIDERS INFORMATION AND RACE BRIEF

### DIRECTIONS

To the Giant 3PLUS3 Race HQ, Parking and Camping from Grandchester Mount Mort Road



Directions from Toowoomba - <https://goo.gl/maps/Pg2JM>



Directions from Brisbane - <https://goo.gl/maps/Zvt6k>



**WE LOOK FORWARD TO SEEING YOU ALL FOR THE  
2014 DECEMBER GIANT 3PLUS3 - A MOUNTAIN BIKERS CHRISTMAS!**

Any other enquires please feel free to contact Hayden Brooks at [hayden.brooks@spicersgroup.com.au](mailto:hayden.brooks@spicersgroup.com.au)