



GORBA 6HR EPIC

Saturday September 11, 2010

SCHEDULE

8:00 AM	Gate over the dam is open
8:00 – 8:15 AM	Volunteers should arrive if possible
8:30 – 9:00 AM	Registration is open (to receive # plates and any last minute changes)
9:00 AM	A short meeting for all participants (attendance is mandatory)
9:30 AM	Event starts!
3:30 PM	Will be the cut off time for riders to start their last lap
3:30 – 6:00 PM	BBQ and clean up

GENERAL RULES

1. This event is targeted at all GORBA riders of all levels. Our main goal is for all to come away with an enjoyable experience. This is not intended to be an O-Cup race. Please respect other riders as well as the general public that may be on the trails during the event.
2. The trails at Guelph Lake being used for the event are public use trails. We will do our best to warn hikers and other bikers that an event is going on but please remember that you could come across others on the trail at any time. Please use caution at all time and try to signal your arrive at all trail crossings, down hills and blind turns by using a bell whenever possible. If you don't already have a bell on your bike, it is recommended that you try to get one for this event.
3. When in an overtaking situation, it is the lead rider that is being overtaken that has the right of way. The over taking rider should signal their presence to the rider in front and their desire to pass or not. It is at the discretion of the lead rider to determine if there is room for them to give way or not. It is the responsibility of the rider overtaking to do it safely and courteously. For this event, the lead rider being overtaken will **NOT** be obligated to pull over to let a faster rider through. This will be at their discretion. Any instances of unsportsmanlike conduct that is brought to the attention of the race director or any patrols will result in the offending rider being given a warning and any further issues will result in the team being docked a lap. Please respect other riders as we have a number of first time participants including novice and junior riders.
4. If for whatever reason you need to exit the course, for a repair, to take a break, or whatever, you need to re-enter the course where you left it. Short cutting the course is not permitted. Instances will be left up to the race director to mitigate.
5. All participants must attend the 9:00 AM meeting before the start of the event. If you have any questions about the event and your participation in it, this would be a good place to ask.

EVENT PROCEDURES

1. Teams will be broken down into the basic solo, tag-team, and 3-4 person categories for adults. This year we are adding a youth component. They will run on a shortened course, and be run in the 3-4 person category only. Adult categories are open to riders age 16 and over. Youth is open to riders up to age 15.
2. Should you need to change the category your team is participating in, please see the event director prior to the start of the event.
3. Each team will be issued a baton, and number plates. This baton must be carried by any team rider when on course.
4. Only 1 rider from each team is allowed on the course at any time during the event.
5. In the event that a team loses their baton, a new one will be issued at the timing tent. The team will be docked 1 lap for the loss of the baton.
6. The event will be a mass start with 1 rider from every team.
7. Upon the completion of the lap, the rider will dismount their bike before entering the timing tent. They will then present their baton to the time keeper for scoring. Once the time keeper has acknowledged the team number of the baton, the rider can proceed out of the timing tent. Once out of the timing tent, the rider can carry on to start their next lap or hand the baton off to another team rider. They may also exit the course if another team rider is not there waiting or they wish to take a break.
8. A team can finish the event any time during the event with no penalty. The baton should be turned in at the timing tent once a team has finished.
9. The latest time a team rider can start a final lap is before 3:30 PM based on the official time clock at timing and scoring. There will be no time limit for the completion of the final lap, though please try to send out one of your faster riders for the last lap so the event can be wrapped up.
10. Teams will be scored by the number of laps completed, and for teams with the same number of laps, the team that completed it in less time will be scored ahead.
11. Timing and scoring will make all reasonable efforts to post current standings during the event.
12. It is recommended that parents should ride with youth teams if they should need assistance.
13. Volunteers are welcome to bring their bikes and do a couple laps when not busy
14. The Full course is approximately 9 km

PATROLS, FIRST AID & SERVICES

1. A number of GORBA's OMBI patrols will be participating and supporting this event. We hope to have a couple of patrols on course at all times. As well, there should be a patrol around the timing tent area at all times if you need some first aid support.
2. There will be a water station at the timing tent for those that need it, though it is recommended that you bring along enough water to be self sufficient for the event.
3. There will be no 'drop zone' for those of you who eat or take gels on course. Please take all garbage with you out and dispose of it in the proper garbage cans at the timing tent or in the pits.
4. Remember to bring a lawn chair, sun screen, bug spray and most importantly hydrate throughout the event.
5. As a bonus, Dr. Phil McAllister has generously offered to have his Physi-Med medical tent on site for the event. He will have a few massage therapy students as volunteers for anyone that could use their services. Their tent will be set up near the timing tent.

6. This year we will have a port-a-potty in the pit area for the event.

EQUIPMENT

1. It is recommended that all participants show up with a bike in good working order. If you should need a trail side repair or help in the pits, I'm sure you will have no problem finding a patrol or other person willing to lend a hand. There will be no official manufacturer, distributor or retailer on site.
2. All riders must have a helmet in good condition and must be wearing it whenever on course. Proper riding wear and shoes is recommended.
3. As noted earlier, it is recommended that all participants have a bell on their bike so as to signal their approach at trail crossings, down hills and blind turns since the multi-use trails will remain open to the public during this event.
4. All participants must affix the supplied number plate on front of their bicycle. Zip ties will be provided for this purpose. Please ask if you need help mounting these to your bike. No bikes will be allowed on course without a number plate unless they are OMBI patrollers.

PARKING & PARTICIPANT PITS

1. The GRCA will only allow a very few vehicles to park on the dam. These will be restricted to the medical and organizers vehicles. All participants and spectators must park at the Lakeview Bible Church on the north end of the dam on Conservation Rd.. We are recommending that you have someone give you a lift. Please do not park at the nature center.
2. If you need directions to the event, please contact one of the club executives.
3. There will be no formal pits allocated to each team. There is plenty of space and shade area under trees to go around so come early and claim your space. Please try to pit in the area around the timing tent.
4. Feel free to bring any food, beverages, lawn chairs, etc. that you like. Just remember that *officially* the GRCA has designated that no alcoholic beverages are allowed at Guelph Lake.

BBQ & CLEAN UP

1. After the finish of the event, we will be holding a social BBQ for all participants. Please turn in your number plate and baton to the timing tent at the end of your last lap. Volunteers will be issued tickets for the BBQ. Spectators and others can purchase food from the chef.
2. For this years event, we hope to improve the selection of food available. Please note that we have added a food preference option for each team rider on the entry form.
3. At this point we are not certain how long the GRCA will allow us to remain on the dam. The BBQ will wrap up at the time set by the GRCA. This will be announced at the volunteers and participants meetings.
4. It would be greatly appreciated if all could lend a hand in packing up after the event.
5. The BBQ has been provided courtesy of True North Cycles so be sure to let them know how much we appreciate it.

RAIN DATE

1. Normally an event like this would be run rain or shine, but given the number of novice and junior riders participating, it may prove prudent to postpone the event if rain is anticipated. Please check the Club MTB post for the event for any last minute postponement.
2. Should we need to postpone the event, the suggested make up date at the last club meeting was the next day on Sunday September 12. In the event that we need to postpone, the club will work out a suitable date as early as possible in the club calendar.
3. Should we need to postpone the event and you are not able to make the make up date, please contact Alex Symianick.

If before, during or after the event you have a question, concern, or suggestion, please contact the event director. For this event this will be shared between Morris Martini, Alex Symianick and Jack Pittens. We will be present at the volunteers and participants meetings for those of you who don't know who we are. Please note that we are all participating in the event so there may be times when we are all on course. In these instances, please go to the timing tent and one of the volunteers there can help or can contact us.

I hope all of you are looking forward to what we hope will be a great event.

Alex Symianick