

# **Girl's Introduction to Down Hill (DH) weekend,** **Nail Can Hill, Albury**

Ever thought about entering a DH event?

Would you like to come and meet some other DH girls?

Do you love to ride DH but think entering the Victorian DH Series sounds too scary?

Would you like to come and ride a DH track in a different area that has lots of other MTB tracks?

This is the weekend for you!

Come to Albury – get to know the DH track on Saturday afternoon and then if you like it (and hopefully you will...), join our relaxed downhill event on Sunday.

The riding will take place on Nail Can Hill is a huge and beautiful area on the edge of town with load of mountain biking. It has a few DH tracks and extensive cross country tracks. See maps of the trails, including the downhill track at <http://www.mtbalb.com/maps.asp>



## **Saturday 23<sup>rd</sup> October, 1-5pm**

- Be ready to ride by 1pm. Park and meet behind Kaliana Enterprises, 749 Sackville St Albury. This is at the north end of Sackville St opposite Queen St. There is lots of parking room here, it is the staging area for Sunday's DH race and it is one of the access points to Nail Can Hill.
- Walk the track, discuss lines, practice with the assistance of Shelly Kamevaar and Anna Sullivan.
- It's a fairly easy track in the DH world. The trails shed water well and are really grippy. There are some rocky sections but easier lines exist around the more technical features.
- You don't necessarily need a DH or free-ride bike – a sturdy cross-country bike would be sufficient.
- Saturday's session has been limited to 10 spots (girls only!) to keep it a relaxed and friendly group.
- Shuttles will not be running for Saturday's session, so we'll be pushing/walking up to the start of the trail (approx 10 minutes). Alternatively, it's a fairly easy ride around the hill and up to the start (approx 15 minutes).

## **Saturday 23<sup>rd</sup> October, 7pm**

Join the girls for dinner at a local pub – The Star, 502 Guinea St Albury (boys welcome)

You will need to organise your own accommodation

Albury tourist information - [www.alburywodongaustralia.com.au](http://www.alburywodongaustralia.com.au)

## **Sunday 24<sup>th</sup> October: Albury DH Race**

9am: Rego

9.45am: Riders' brief

10am-2pm: Course is open for practice (with mini-buses and bike-trailers for shuttles)

3pm-5pm: Race runs (Every rider gets two race-runs, the fastest of which will be counted)

5pm: Presentations

There will be more information about the Albury DH race closer to the event on the club website [www.alburywodongamtb.org.au](http://www.alburywodongamtb.org.au)

### **Further details**

- This is a very popular race: it has consistently booked out in previous years and many end up on a wait-list. Riders are strongly encouraged to pre-register (confirmed by payment) well before race-day.
- There are only 10 spots available for Saturday's session and a total of 60 places for riders on Sunday.
- Places on Sunday will be held for women riders who have booked into Saturday's practice session, but you need to decide if you will race on Sunday by 5pm on Saturday. Your places will otherwise be offered to riders on the wait list. Having decided to race, you can then pay on the Sunday morning (but please bring cash because there will be no EFTPOS facilities).
- Hopefully you will all love the trail and come and join us Sunday!
- You will need a full face helmet (can be a motorcycle helmet) and capped handle-bar ends to race on Sunday as per MTBA regulations. Armour is recommended, but not compulsory.
- We can shuttle together and ride as a group if you'd prefer. Girls will be grouped together for the race runs (started at 30 second intervals with at least 2 minutes between categories) whether you choose to enter as 'Expert' or 'Sport'.

### **Costs for the Weekend:**

\$5 for MTBA participation permit for Saturday

\$50 for Sunday plus \$15 day licence if you don't have an MTBA card.

**To Register or for Further Information:** email Anna at [dayonthecan@optusnet.com.au](mailto:dayonthecan@optusnet.com.au)

