



SUPER D MOUNTAIN BIKE RACE

What is it? A point to point gravity fed XC race, predominately all downhill!!! Suitable for Downhill and XC mountain bikes.

How the race works?

Riders will race against the clock and each other to complete the track in the fastest time possible. Riders will start in small groups of five to remove congestion on the track. There will be a 30sec time gap between each wave of riders.

When/Where ?

Sunday 29th August. Range Road Albury (Nail can Hill reserve)

How to get there see?

<http://alburywodongamtb.org.au/rangerd.html>

Day Schedule

Registration: 10am-12

Practice : 10am-12

Last group ride(to start line) leaving from registration 12:10

Race briefing : 12:45

Race Start : 1:00

Presentations 1:45

What is the course like?

It is approximately 4-5km in length with a mix of fast fire roads and single track.

Riders should take between 10 and 20minutes to complete the course. Course will be open for practice from

10am to 12pm Sunday. Riders must be registered to practice the course!!!

The track is achievable for riders with a beginner level of fitness and beginner to moderate technical skills, there will be easier B line options around technical trail features.

Course map will be released about a week out from the event.

How much?

Pre Entry online is \$10, MTBA license required, additional \$15 day license can be purchased on the day if you don't have a mtba race license.

Entry on the day is \$20, MTBA licensed required. Between 10-12pm from the race hub/finish line Range Road Albury.

How to get to the start line?

Once registered, riders are required to make their own way to the start line. Be aware that it will roughly take 30min to cruise out to the start line, so don't leave your registration too late!!!

From registration it is a several kilometers of firetrail to the start line.

Non locals who are not familiar with how to get to the start line will be able to meet at registration at around 12 oclock, as a group ride will leave from there.

Categories and Prizes?

Open male and female. Junior Male and female (junior under 18).

Cash Prizes awarded to place getters

Each rider earns points towards the overall 2010 AWMTB club championship.

Make sure to hang round for the BBQ also after the race!!!!!!!!!!!!!!

Any Questions ? Email geoff_s@exemail.com.au

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