

Overton Garage/ Tarland Show Mountain Bike Race 13th August 2016

**Please note that this course is for competent fit
Intermediate grade, and above, Mountain Bikers**

Race Rules

**Read carefully: Non compliance with any of the Race
Rules will result in disqualification of the competitor
from this event.**

1. Approved cycle helmets must be worn at all times.
2. Road rules apply at all times, on all private or public roads during this event.
3. Riders must not ride more than two abreast on any Highway
4. Riders must ride in single file if impending vehicle traffic behind you.
5. Competitors must keep as far left as possible at all times, on all roads and tracks to ensure sufficient and safe passing.
6. Competitors must not deviate from the obvious track or attempt to take shortcuts.
7. Any competitor withdrawing from the race must inform a Race Marshal at the first possible opportunity after the decision to withdraw is made.
8. Event officials reserve the right to remove any competitor if they consider they are not capable of safely completing the event.
9. Please do not leave any rubbish along the route. All food wrappers drink bottles, tubes etc must be carried to the finish line and not discarded anywhere along the route except at the Aid Stations.
10. Anyone seen discarding rubbish will be disqualified and will not receive a time or position as applicable.
11. Participants must avoid stock if possible and all gates must be left as they are found.
12. Competitors must obey instructions from Marshals at

all times. They are there for everyone's safety and enjoyment.

Compulsory Gear **NO HELMET NO RACE**

- Helmet
- Whistle/Personal First Aid Kit

Route Markings / Hazards

There are numerous unmarked hazards on this course. Potholes, rocks, stock, rutted tracks, steep descents, banks etc are all part of what is required to be negotiated by the competitor.

Any hazards outside of those expected will be identified and marked accordingly to ensure your safety. The Course Coordinator does not anticipate any such hazards requiring identification.

The course will be marked with directional arrows. The tracks do not lend themselves to taking the wrong path but where there is major deviation from the track you are on, it will be marked accordingly.

Event Safety Information

- Carry the compulsory gear as per the race rules
- Ensure you have a well maintained bike
- Ensure you complete, on the entry form, any specific medical condition you have that may affect your well being and or treatment.
- If you come across an accident, you must stop and give all reasonable care that you can, while sending someone forward (not back) to the nearest Marshal for help.

The Marshal will call in the situation to the Event Safety Manager so that we can get expert help on the scene as soon as possible.

- We will have first aid trained Marshals situated throughout the course, and at the finish line.