



25 HOUR MTB



CORC

CAMBERRA OFF-ROAD CYCLISTS

CELEBRATING 25 YEARS

WEMBO WORLD SOLO 24HR MTB CHAMPIONSHIPS

**STROMLO FOREST PARK.
CANBERRA, AUSTRALIA.
12 / 13 OCTOBER 2013**

CORC is once again welcoming the world and will host the World Solo 24 Hour Mountain Bike Championships next weekend on the same trails you are riding next weekend. Come out and cheer on the amazing people who ride lap after lap for 24 hours with only themselves for company, it's called solo for a reason.

One of the largest solo fields in history will descend on Stromlo Forest Park with racing from 12 noon on Saturday October 12th.

WWW.WEMBO.COM.AU





Welcome!

Welcome to the 2013 Scott Australian '25' Hour Mountain Bike Championships. This year is unique for CORC; we are celebrating our 25th Anniversary as a club so we have given you all an extra hour of racing to celebrate; there will be no solo riders on the course as they will compete next weekend in the WEMBO World Solo 24 Hour Championships on the same course you are riding this weekend; we have given the softies the option to only race during the daylight, for some racing at night is for rats and bats; and lastly this is the 15th year that CORC has hosted the Scott 24 Hour, which has made a full circle of racing 360 hours. This is a significant achievement for a club that held its first race around Blue Gums and surrounding pine forests in the late 1980's.

This year we have made the laps shorter and more fun, combining the best tracks that Stromlo Forest Park has to offer. For every climb this is a flowing fun decent that is sure to challenge your skills no matter what your ability. Mountain Biking is for me about getting out there and having a go, I first rode off road in 2002 and have loved the sport ever since, I love the smiles, camaraderie and enjoyment of getting out there with a bunch of friends and riding some trails and trash talking each other.

CORC has a great volunteer base to organize all of our races, events and development activities, and every dollar that goes into the club, is fed back into our programs, trail development and the community. There are a small handful of extremely dedicated CORC members who sit both on the CORC Committee and the Scott Event Team year in, year out to ensure that this event is a success, on behalf of the Australian mountain biking community I cannot thank you enough.

Get out there and enjoy the event, and throw a thank-you at every volunteer you come across without them there would be no event.

Sarah O'Callaghan
CORC President

*For all the race info, commentary and music
tune into 99.5fm, live for the full 25 hours!*





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CORC

CANBERRA OFF-ROAD CYCLISTS





Scott 25 Hour Event Schedule

THURSDAY 3 OCTOBER

0600 Stromlo Forest Park open for normal use (except pavilion carpark and crit track).

1500 Camping areas open for rider setup

FRIDAY 4 OCTOBER

0900 Full Scott 25Hr Village Services Available.

1100 Race Course open for practice.

1100 Registration Opens.

1600 Caravans must be in Van areas by this time.

1600 Vehicles no longer allowed into village to drop items off. Must park in main carpark.

2100 Registration closes.

2100 Course closed for practice. (no more riders allowed out after 2100).

SATURDAY 5 OCTOBER

0700 Course open for practice.

0700 Registration opens.

0900 Course closed for practice.

1030 Registration closes.

1015 Race Briefing. One member from each team must attend.

1030 Bikes positioned in LeMans start areas for red and blue laps, perpendicular to course.

1040 First Lap team riders move to start of run (different starts for Red and Blue laps). Helmets must be worn for the run.

1055 Team runners commence LeMans start run.

1100 25 Hour time starts when first team rider mounts bike.

SATURDAY 5 OCTOBER

1500 CORC 25 Minute Kids Race starts (north end of crit track).

1730 (Approx) Lights must be fitted to bikes. Confirmed at rider briefing.

1800 7+6 Hr riders stop on first lap to finish after 6pm

2000 7+6 Hr Sunday start times published

2300 PA speakers shut down for the night (PA on FM Radio 99.5 will continue). DJs through the night.

SUNDAY 7 OCTOBER

0200 Daylight savings time change to 0300.

0630 PA speaker service re-commence.

0700 7+6 Hr riders restarted based on Saturday finish time.

1300 T+25 Hours. Course Closes. No more riders allowed to start laps.

1345 Last rider finishes (approximate).

1400 Campsite and northern section of crit track exits opened. No exit which crosses any part of the course will be opened until the last rider has finished and the course has been cleared by the sweep riders.

1430 Presentations commence. (You should pack up before this if you need to get away quick).

1600 All crit track and caravan exits opened.

MONDAY 8 OCTOBER

1400 Stromlo Forest Park open for normal use.

2100 Stromlo Forest Park Gates Locked.





The Course

Red lap 9.48 KMS

Short and fast this should be a blast. A little shorter than last year, skipping Holden's Creek, you will blast out of transition, around the crit track and straight into Fenceline; a great chance to get the legs pumping before the climb.

You will then head into Cockatoo Switchbacks and settle into a rhythmic climb before a little reprieve as you drop down into Blue Gums.

Once through Blue Gums, you need to get the diesel engine going as you take the Trunk Trail to the top of the hill. Go hard, suck the big breaths and don't let your team mates down because once you get to the Western Wedgetail it's time to whoop it up.

You'll head down. Fast. You'll slip through the check point and across to the famed Skyline. Day or night, this is one of the best pieces of track going. But you won't have much time to take in the scenery as you will pass over the bridge and drop into the Luge, rip through the berms, inner arm down, outer arm cocked, railing the corners. Zip, zip zip until you hit a right hand turn onto the fire trail.

We can't let you have too much fun, and considering you should have caught your breath by now, you need to get through a short fire trail climb before turning into the downhill track. Now, you are close to home but probably fatigued so take it easy. You'll head down the side of the road gap towards Wallaby run and maybe take in a couple of jumps.

Smash it down the firetrail onto the end of the 4X track, back to the crit track and you can cool down, grab a feed and put your feet up unless... you are doing a double.

Blue lap 10.98 KMS

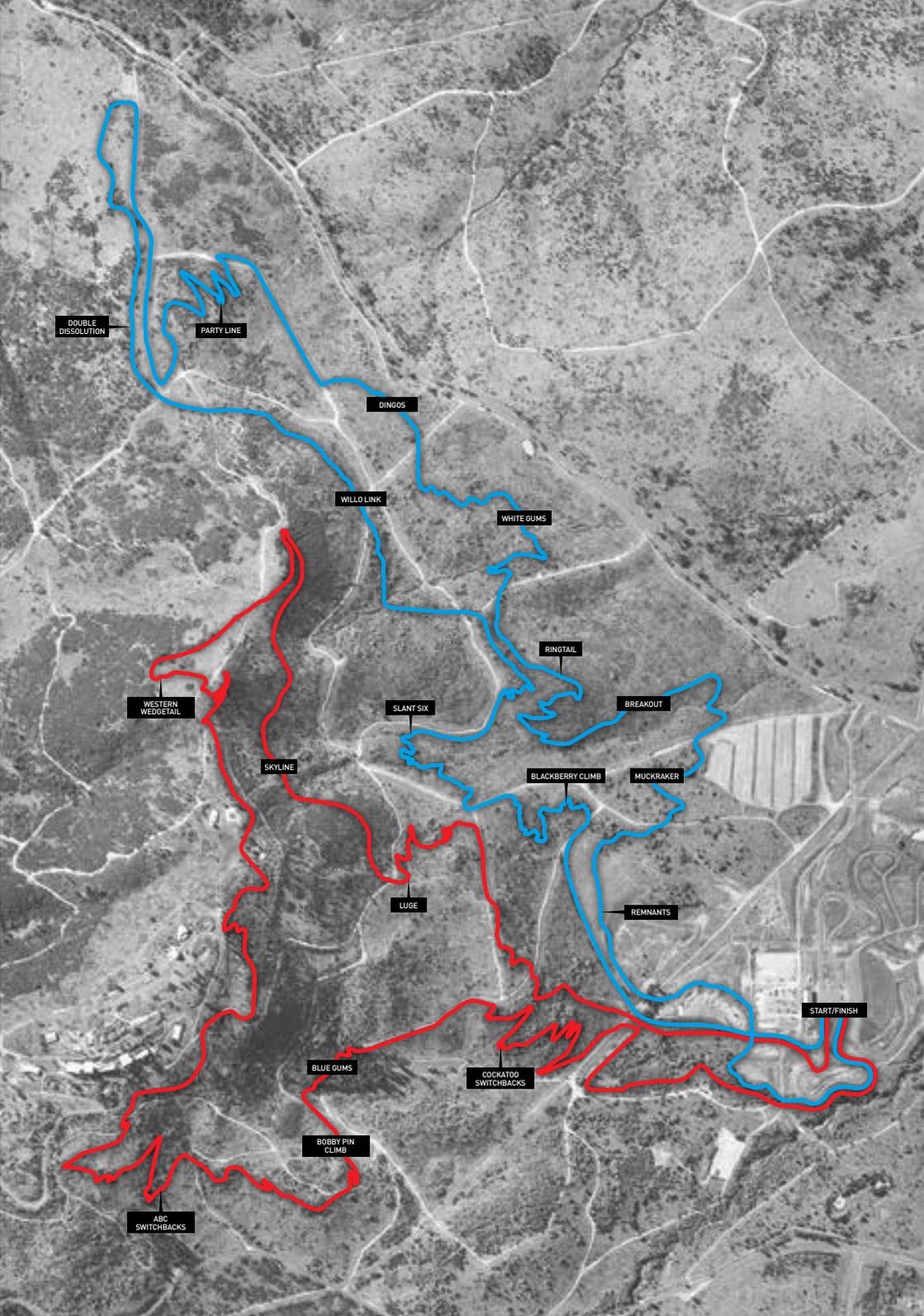
You will kick off the blue lap with a straight line drag down the crit track before hooking right up to the finish bowl used for the World Cup/Champs. You better be warmed up otherwise the grinding climb around the 4X track and up the firetrail to Blackberry climb will fill your legs with lactic and take your breath away.

The speed will only pick up slightly as you navigate the tight, and sometimes technical, part of Blackberry Climb. You'll pop out onto a firetrail and take the quick climb up to Slant Six.

A quick recovery and a quick climb and then it is time to open the legs up and get some speed. You'll fly along one of those perfect types of non-technical tracks that are only slightly downhill and where you don't have to do much to go fast. This will take you to Wombat Junction and onto to Willo Link, which will take you across the side of the hill. It's slightly uphill but you can definitely give it some and get through it quickly because you are about to pop out at one of everyone's favourites; Double Dissolution.

Don't be seduced by the speed and jumps of Double Diss (that's what her friend call her). Have fun but be mindful that you will need the recovery. The risk and reward of hammering down Double Diss, and flying off jumps, will leave you fatigued for the energy sapping climb you need to make.

Just as you think Double Diss might go forever, you'll turn hard right onto a long, straight, firetrail climb. Get into a rhythm and get up it and when you do you'll enjoy Party Line. Downhill and berms until you hit a firetrail that is hard and fast. The trails of Tall Trees and Breakout will whiz by until you are back past the Worlds Car Park and under the tunnel at Old Duffy. It's all cruisey downhill from there as you take the right hand trail backwards down Remnants and around the Northern side of the 4X track, through the tunnel and along Papparazzi, onto the crit track and voila; transition or hit the rinse and repeat.



DOUBLE DISSOLUTION

PARTY LINE

DINGOS

WILLO LINK

WHITE GUMS

RINGTAIL

BREAKOUT

WESTERN WEDGE TAIL

SLANT SIX

SKYLINE

BLACKBERRY CLIMB

MUCKRAKER

LUGE

REMNANTS

START/FINISH

BLUE GUMS

COCKATOO SWITCHBACKS

BOBBY PIN CLIMB

ABC SWITCHBACKS

Support the Recovery of Injured Cyclists



If you know anyone who has been injured whilst riding please
help so they can get back on their bike

SUPPORT • PROMOTE • DONATE



The Road of Bones Initiative key beneficiary is the Canberra Hospital Foundation



**CANBERRA
HOSPITAL**
Foundation

Heart of the community

www.canberrahospitalfoundation.org.au/how-you-can-help/donate

Village Map Key

- 4/6/10 CAMP
- 2/3 CAMP
- TEAM MARQUEES
- SCHOOLS CAMP
- POWERED VAN SITE
- UNPOWERED VAN SITE
- OFFICIAL + VOLUNTEER PARKING
- TOILETS + SHOWERS





The Race

Within each category, the team with the most laps completed wins. For teams on the same number of laps, the team which completes them in the quickest time wins. To achieve a valid finish, the team must complete a lap after 24 hours of race time.

TIMING

Timing will be managed by volunteers, please be courteous to them.

THE HOURGLASS COURSE - RED AND BLUE LAPS

Depending on your category, your first rider will start the race on either the Red or the Blue lap. From then on, you must alternate laps for the duration of the race. If you do more than one lap in a row of the same colour, then only one of those laps will be counted towards your results.

For the start, here is the Red/blue lap split. This is the colour lap your first rider must start on. After that, riders simply alternate lap colours.

Red Lap: All Teams of 4 plus all 7+6 categories.

Blue Lap: All Other 25 Hour Teams (2/3/6/8/10)

FEMALES IN A MIXED TEAM

A mixed team must have at least one female and one male rider in the team.

For a mixed team to be eligible for category podium places and prizes, female rider[s] must ride a minimum number of laps for the team. This is to make it fair for all mixed teams, and to allow for some teams having more female riders than others. The minimum number of laps is determined by dividing the number of laps ridden by the nominal team size and convert to an integer. For example, 27 laps for a team of 6: $= 27/6 = 4.5 = 4$ as the integer. This integer is then reduced by:

- 1 for teams of 6, 8, and 10
- 2 for teams of 4
- 3 for teams of 3
- 4 for teams of 2

The Race Director is available at the race to assist you in determining your female lap requirement if you need assistance.

CARRYING ITEMS DURING THE RACE

Music Players. No iPods or other musical playing devices are permitted for riders while on course. Automatic disqualification will result and no warnings will be offered.

Phones / Radios. Riders are permitted to carry mobile phones or 2-way radios on course, and we encourage this for safety purposes, but these must not use earpieces, and the riders must stop and pull off the course when they are using them.

Helmet Cameras. Riders are allowed to wear helmet cameras as long as mounting the camera does not alter the structural integrity of the helmet (you can strap it on, you cannot bolt it on)



DRUG TESTING

Riders need to be prepared for drug testing by the Australian Sports Anti-Doping Authority (ASADA). Whilst the Scott 25Hr is not a UCI event, ASADA have tested riders at previous CORC events. More information on ASADA can be found at www.asada.gov.au

DRAFTING

Drafting is not allowed between riders of a different gender. Riders will receive a warning from the Race Director if drafting is suspected. A second offence will result in one or both riders being penalised 1 lap, and a subsequent offence will result in disqualification.

ASSISTING OTHER RIDERS

Riders may provide mechanical assistance (such as spare parts) to another rider whilst on course however they are under no obligation to do so, however Team riders cannot provide assistance to Solo riders on course. Receiving assistance from helpers and spectators is not permitted on course.

NUMBER OF BIKES

Riders may use more than one bike during the event. If they change bikes, they must attach all numbers to the new bike.

LIGHTS

The compulsory times for riders to carry lights will be promulgated in the rider briefing. It is expected to be from 1800 Saturday, but may vary due to weather conditions. There will be two times, one from which they must be carried, and another from when they must be switched on.

All riders are required to have a main front white light, a backup white light (can be the helmet light if your main light is on the bars), and a flashing rear red light.

OVERTAKING

When overtaking, the rider being overtaken has right of way until the overtaking rider is past and clear by one bike length. However, a rider walking their bike must give way to a rider who is riding at all times, including overtaking.

When a rider wants to overtake another rider, they must call 'track' as they approach. When the rider about to be overtaken feels it is safe to be overtaken, they will call 'on my left' or 'on my right' and move to the appropriate side of the track to allow the overtaking rider to pass.

The rider being overtaken is under no obligation to move to one side, however slower riders should not obstruct faster riders or riders on a higher lap number. Remember, the skills of the rider being overtaken may not be as high as those of the overtaking rider, so there may be some difference of assessment between the riders over when it is safe to overtake.

7 HR + 6 HR CATEGORY

Teams in this class will race the first 7 hours and then stop on the first lap their team finishes after 7 hours of riding. The night is up to you – sleep, party on to the live band or provide a cheer squad for the other riders. On Sunday morning they will start at 0700 plus their finish time difference from Saturday, then finish with the 25 hour categories. This means that if your team's last lap on Saturday finished at 18:20:30 your first rider on Sunday morning would be released by the starter at 07:20:30. If you decided to stop before 1800 Saturday you would start at 0700 Sunday. This 7+6 hour split means that 7+6 category riders do not need to carry lights.





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