



Giddy mates!

We hope you are as excited as us for this weekend's race. Below is all the information you will need but if you have any questions then please feel free to contact us: email loui.harvey@hotmail.com or message the Club Facebook.

Safety Equipment

Helmets and knee pads are compulsory for all riders. A full-face helmet is highly recommended. Please bring warm clothing and be prepared for all weather conditions (it is mid-winter after all) Masks will need to be worn when in shuttle vehicles.

Camping

Will be available Friday and Saturday evening. Please find a spot which works for you up around Barry's Flat Carpark. Comfortable tenting spots are limited but there is plenty of space for parking/ sleeping in your car.

Barry's Flat will be the main event area for the race.

Food and drink

There might be a few sausages on the BBQ for afterwards but please bring your own snacks, lunch and drinks.

Registration and Race briefing

Rego will open at 8:00 am

Race briefing at 8:45am.

Race Waves

These are not set in stone. We know there will be parents (who are also racing) wanting to ride with their son or daughter. The waves list is just to give an idea of the order we will be looking to fill the shuttles. We will have a max capacity of 50 riders. Please note: Parents and younger children will take priority for the first shuttle.

If you are in wave 2, feel free to arrive just before the briefing at 8:45am.

Getting there

Allow an hour from Nelson to The Gorge and please use the road entrance via Wakefield if possible. If you need a lift, then the [Scottish Express](#) is providing free transport so get in touch with Scottish.

Rough Race Plan

All riders will get a shuttle up to practice the race stages in the morning. The race stages are as follows:

Stage 1: Cheesy Morts

Stage 2: Creamed Rice

Stage 3: Kurtology

Stage 4: Quattro

After practicing the stages there will be a short break before heading back up on another shuttle to go and race the stages. Minimal pedalling, maximal fun!

The Joker Stage

This is a non-compulsory stage which won't count towards the final race time. However, there will be a standalone prize for the winner of this and times will be posted. You will be told what this stage is once you get off the shuttle at the top so it will be a blind run. After doing the Joker Stage you will complete a liaison backup to do the other stages.

Accidents and medical

There will be marshals and medics situated on course but it is important we look after each other. All medics and marshals will have radios.

During practice

Under 15 riders must ride with at least one other person during practise. We ask if parents can please help organise this.

When Racing

If you come across an injured rider, please send the next rider that arrives down to let the marshals know. Stay with the injured rider until help arrives.

More info will be given at the briefing on Saturday but if you have any questions then please get in touch, otherwise we look forward to seeing everyone on Saturday.

Cheers The Nelson MTB Club & Wairoa Gorge Bike Park