

MAD DASH in the PARK – RACE 4

Competitor Event Information

PLEASE READ

Event Description:

MTB XC Race 4 – Ebworth Park on Sunday 13 March 2016

Adults, Juniors & Novices - Format is a 90min circuit race on a course approximately 4.86km

Youth & Juvenile - race the same course as the adults for 3 laps

U12s - short course – one lap approximately 2.4kms. U12s x 2 Laps, U8s x 1 Lap.

Event Rules:

- Serviceable Mountain Bikes only, no cyclo-cross bikes.
- Helmets
- Suitable clothing for the conditions
- **Parents** – if you have children racing, please ensure they have suitable warm clothes to wear between practice and racing.

How many laps will I do?

Depending on conditions and category, racers will complete multiple laps of the course. Lap numbers for each category will be decided on the day based upon conditions and based on how long a lap takes.

You may stop at any time, you will still receive your lap times and overall position.

Age Category Race Duration Approximately

- | | |
|-----------------------|--------|
| • Adult (incl Novice) | 90mins |
| • Junior | 90mins |
| • Youth & Juvenile | 60mins |
| • U12s | 20mins |
| • U8s | 10min |



Timings:

- Sunrise - 0629hrs yippee!!!!
- Car park open - 08300hrs
- Registration open – 0900-1100hrs
- U12s & U8s Race - 1000hrs (20mins max on short course)
- Course open for practise 1000hrs - 1100hrs
- U12s presentation - 1030hrs
- Adult Race start - 1130hrs
- Adult race course closure - 1300hrs
- Adult Race presentations - 1330hrs
- All racing finished - 1330hrs

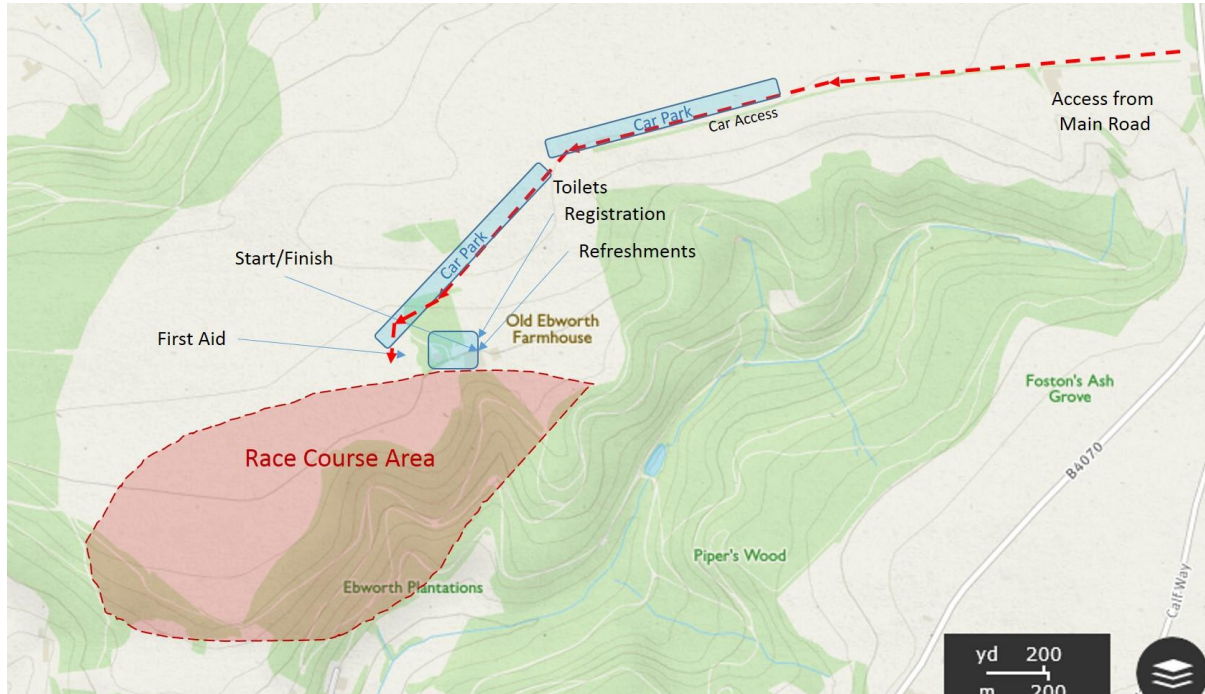
Getting There:

A few miles from Gloucester and Cirencester, accessible only from the B4070 [click here to access Google Maps](#). Travelling by car, the Ebworth Centre is located on the B4070 road between Birdlip and Stroud, and is signposted from this road near the Foston's Ash pub. The postcode to use is GL6 7ES.

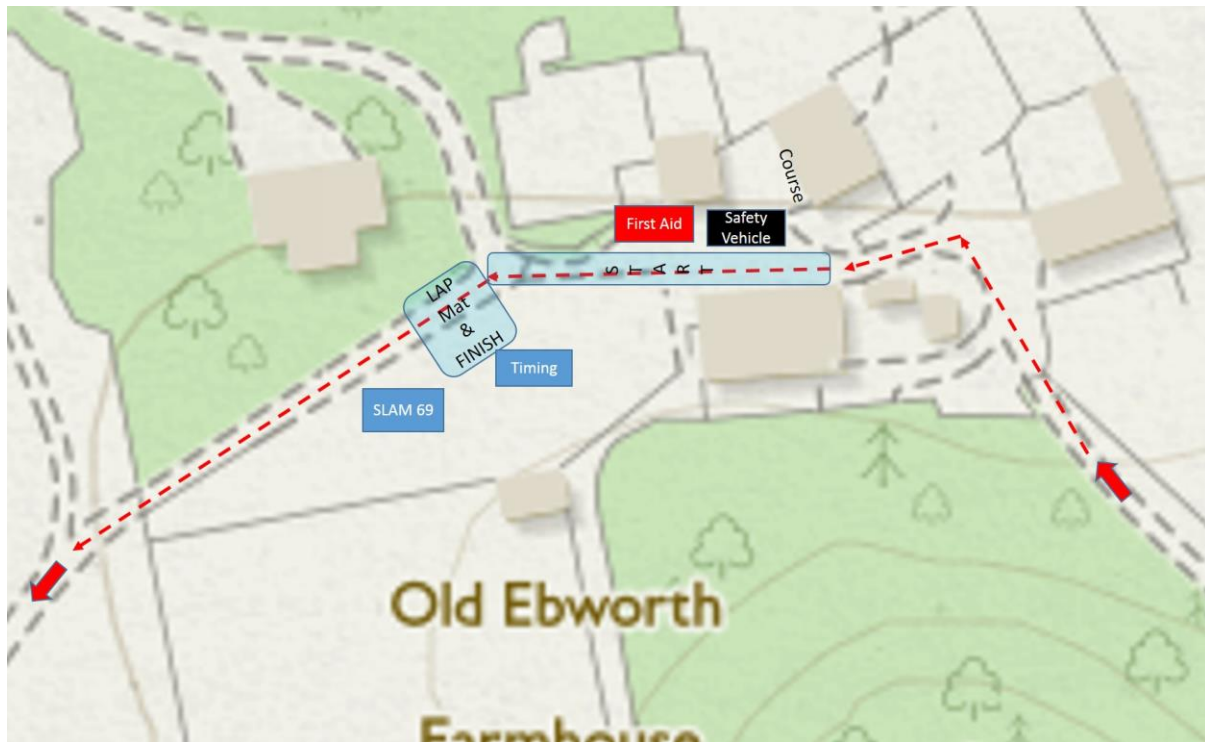


Follow signage into the Park to the Car Park area:

PLEASE ALLOW at least 10mins from entering the Park to getting to Registration



Venue Layout:





Facilities:

- Toilets
- Car Parking
- Catering – cash only
- Neutral Service vehicle – [Slam69](#)
- Chip Timing – [Rogue Racer](#)
- Prizes for winners (Overall, Age Groups, Male & Female)
- Medal for all competitors
- First Aid
- Bike Wash Down - £1 cash to the National Trust please
- Marshalled course
- First Aid



Car Parking:

Car Parking is limited in the Winter months, **please ride share where possible**. You will follow signs off the main road to the car parking area where you will be met by marshals.

Toilets:

The National Trust are providing a toilet near the start/finish area, please treat with respect.

Catering:

There will be on site catering for all your pre and post-race needs, hot and cold drinks, hot food, cakes and snacks, **please note cash only**.

Registration:

Registration will be open from 0900-1100hrs. You will receive your timing chip and a race number board, these will both need to be fixed to your bike and we will provide suitable fixings for you.

If you bring a friend remember to get them to register online, competitor numbers are limited and **there will be no** on the day entries.

Practise:

The course will be open for practise from 1000-1100hrs

It is recommended that all competitors do at least one lap before they race.

Alternatively you can ride the location at an organised ride, find out when rides in the local area are taking place by emailing slam69@hotmail.co.uk or <http://www.trailcake.com/>

This course uses all weather forest tracks and trails, mostly very fast and well drained, there will be some single track sections see the course maps.



Race Start:

All competitors will be called to the start line for their races, we will endeavour to keep to the published schedule depending on the weather and other factors.

Results:

Lap times and results available during the event and online at [Rogue Racer](http://RogueRacer)



All competitors will have a downloadable personalised certificate with their lap times and results available online.

Spectators:

Please bring spectators along to support you and enjoy watching a great event in the Woodchester Park, they can keep warm with hot drinks and food and “cheer you on” around the course.

Insurance:

Your entry fee does not include personal injury insurance, our event is not registered at British Cycling. As an Event organiser we have insurance to run the event but you are advised to take out your own personal insurance either at British Cycling or another insurer here is an example <http://www.cyclecover.org.uk/>

Water Bottles & feeding station:

We will provide tables near the finish/lap area for you to place water bottles and any other feed items you want to bring. We will have drinking water available near the start/finish area.

Riding a Fat Bike?

Make sure you tell us you are riding a Fat Bike to qualify for special prizes, also see how you can rent a [Fat Bike for the day](#)

Questions:

Have any questions or clarifications please email us at mean.dirty@hotmail.co.uk

For the latest updates see:



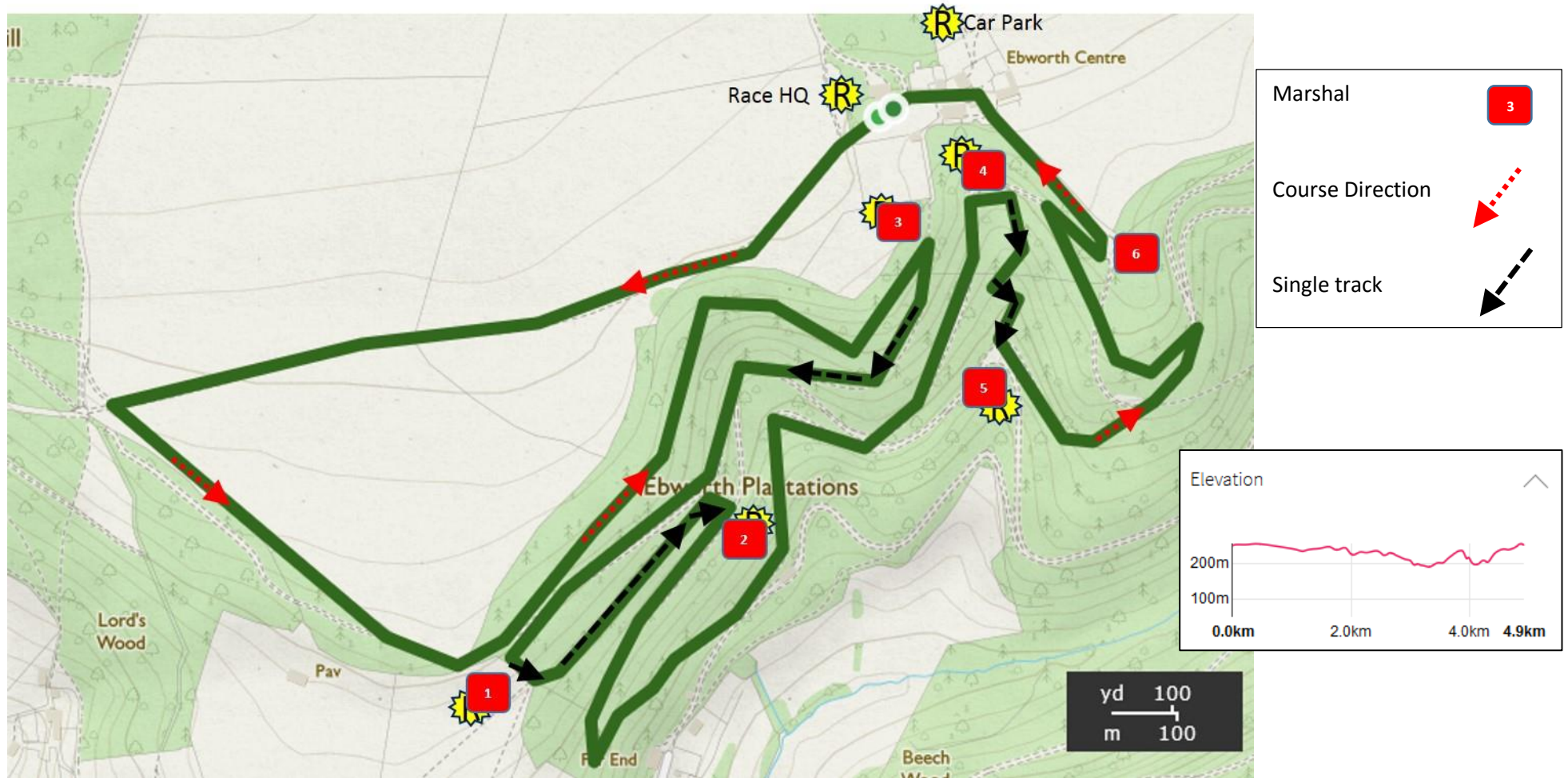
Please Note:

As part of our negotiations to gain the use of the venue's we agreed that the venue will remain closed to the public outside of event days, this is very important and will be vital to maintain if we wish to continue using these fantastic sites.

Please Do Not Ride these venues outside of events! Thankyou.



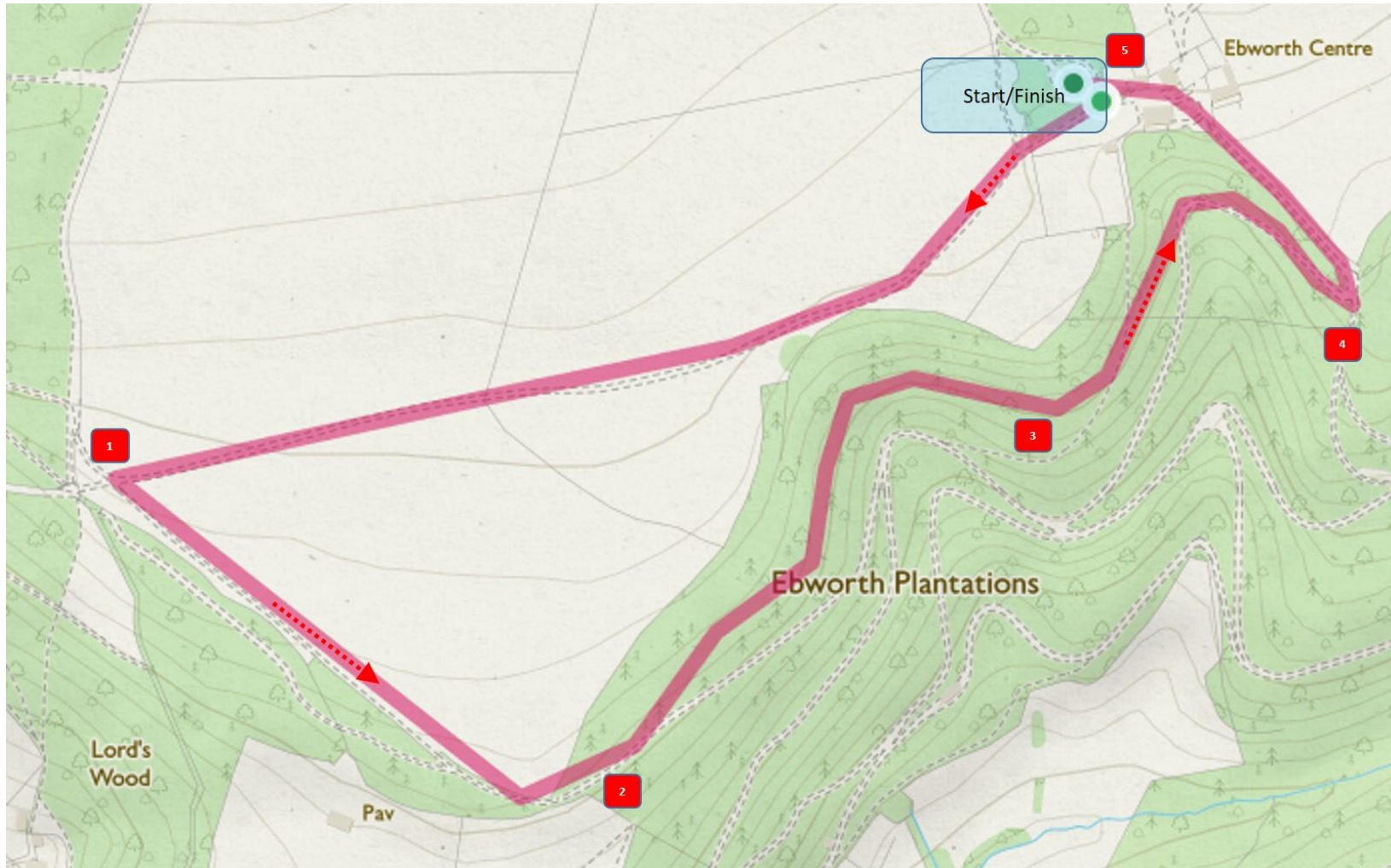
Course Map (Adults, Youth & Juvenile)



Thanks



Course Map (U12s)



Thanks