

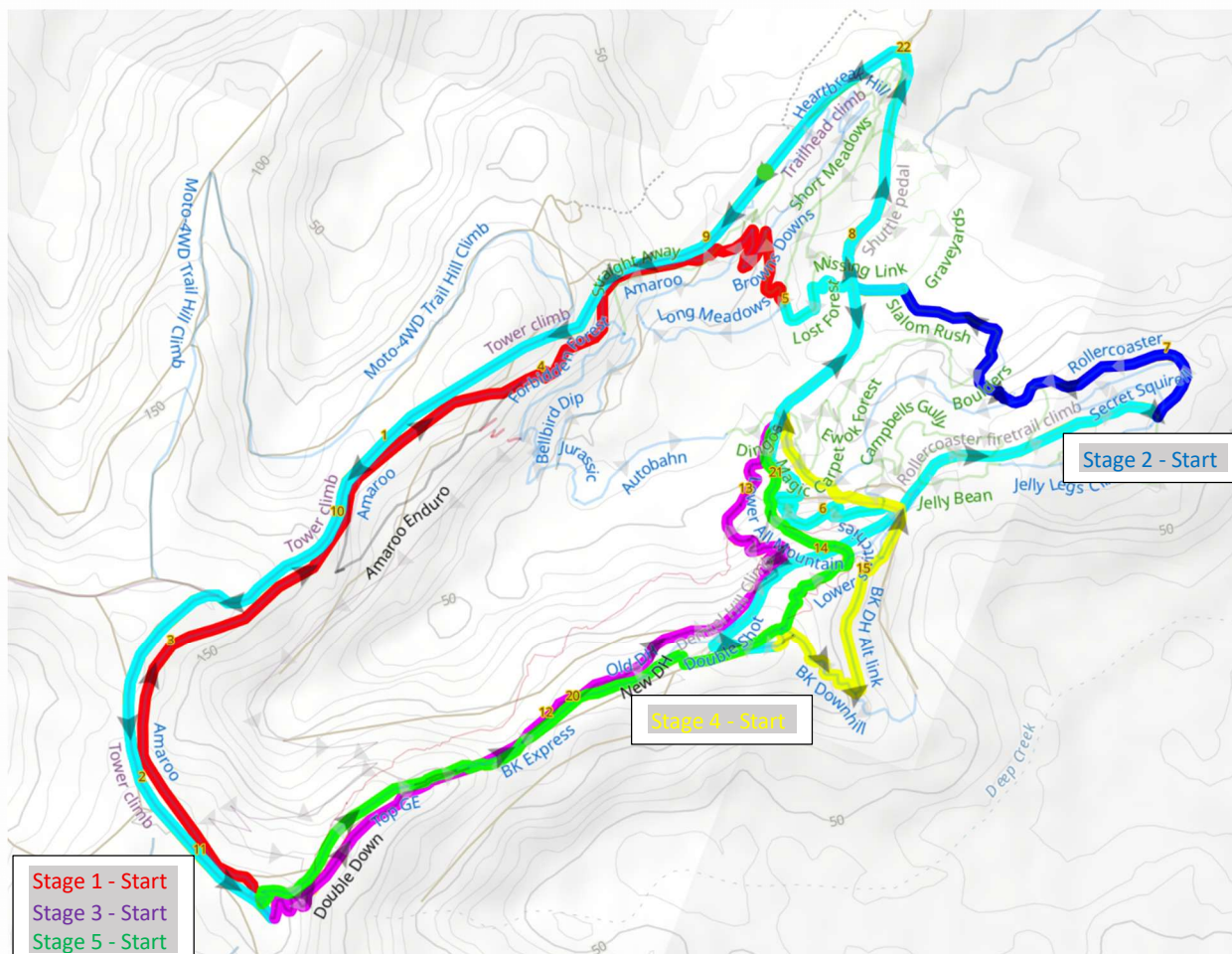


# **NSW/ACT State Series & Championships Ourimbah – EDR (Rider Handbook)**

## Race Maps

Detailed trail info on Trailforks (**main race**):

<https://www.trailforks.com/route/2025-nsw-act-state-series-championships-edr>



### Saturday Practice day schedule (13<sup>th</sup> September 2025)

- 7.30am-10am – Rego (Plate and shuttle pass collection)
- 8am- 3.30pm Practice Shuttles
- 4pm Track closed for practice

### Race day Schedule (14<sup>th</sup> September 2025)

- 8:15am – 11.30am Registrations (collect race plates, timing chips, U13 shuttle passes)
- 8:45 Race debrief
- 9am Race start
- 2pm (Approx.) Race finish
- 3pm Podiums (Round winners, State Champions, Series Enduro winners)





## Race Rules – General

- 5 Stages - it is competitors' full responsibility to know what each stage looks like (be able to ride it with minimal or damaged bunting) and how to get to it.
- Riders are to complete full racecourse of 5 stages (one valid run each) at the given start order to get final result (combined time of all stages).
- U13 category will be given 1 free shuttle uplift by designated uplift vehicle for stage 1, that starts from the "tower". ***U13 will only race their dedicated 4 stages(1 to 4).***
- Riders are to adhere to the official start list and follow orders of start marshals
- External mechanical aid is not allowed, riders are expected to be self-sufficient with repairs, food and drink. External assistance is permitted only in T.A.Z. zone.
- Only one bike - one frame/fork and one wheelset per rider, per race is allowed, swapping major parts is prohibited and will result in DNF
- Obey the directions of all marshal and start gate staff
- U17, U15 and U13 categories to obey additional safety regulations (full finger gloves, full sleeve jersey, elbow pads)
- Liaison Check-In – all riders is required to check in as soon as they finish climb to the stage start, failure to check in might result in time penalty

## Additional Race Rules -E-Bike

- There will be no special stage for E-Bike categories this round
- Only one battery per race is allowed, anyone caught swapping batteries will receive DNF
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- Only "factory settings" (non-chipped) bikes are allowed to race. Do not bring a modified
- Category winners will get their bikes checked after completion of the race so make sure you are fair to the others and race only compliant bike.

## Saturday Practice

- Only riders with race plate displayed on bike are allowed on the course
- Shuttling only via dedicated busses, due to safety, Self-shuttling is strictly NOT PERMITTED, offenders will be DQF from the racing
- E-Bike towing is NOT PERMITTED
- Riders who wish to pedal up to the stages 1, 3 & 5 need to register at the registration desk

## Communication

- Official event communication will be delivered by WhatsApp channel:

<https://whatsapp.com/channel/0029Vb5zyN37IUYUzCpduH0s>



## Timing

- Timing chips will be collected on Sunday morning no **more than 30 minutes prior** to your designated start time. It is rider's responsibility to test check timing chip at the test area that will be setup at the trailhead before race. Riders are required to be at the start line **10 minutes before** their official start time at the release.
- It's rider's responsibility to ensure that timing chip is always safely secured on **RIGHT** hand wrist. Riders will be charged \$110 for each lost chip
- All stages have "Start Marshal" who will seed you in with accordance to the start list. Only exception is 5<sup>th</sup> Power stage for E-Bike category, that stage will be run on "self-seeding" basis. Please give yourself sufficient gap and exercise safe trail courtesy in event of overtaking.
- After you finish all stages, please return to event centre ASAP to return your chip so you don't hold up proceedings and podiums!

## First-Aid

- There will be first aiders at the Event Village and Finish line
- Seek the nearest track marshal for assistance
- In case of "rider down" situation, where injured rider is not able safely seek assistance by himself, first passing rider is required to stop and assist, second passing rider is then required to pass on message about incident to nearest track marshal or first-aid
- Emergency number for first-aid personnel is 0416878901

## Safety

- All competitors are required to wear full-face helmet (removable chin bars are accepted) and knee pads.

## U17, U15 & U13 (No exception):

- Must wear knee & mountain bike elbow pads
- Must wear full-finger gloves and long sleeve jersey,  $\frac{3}{4}$  sleeve jersey is not acceptable
- Body armour is highly recommended.

## Penalties

- Any riders to be seen littering on trails or liaisons will receive DQF. Keep the trails clean!
- New penalties for late start (more than 2 minutes late at the gate = 1 minute penalty)

Full version of technical regulations can be found at AusCycling website