



WCU Race Special Edition

North Wales Mountain Bike Association
presents
4th and final round of the 2006 Welsh Cycling Union Dragon XC Series

Venue: Coed Llandegla Forest & Mountain Bike Centre with the support of One Planet Adventure and UPM Tilhill.

Sponsors - we are grateful to include **Paligap** importers of *Kona* bikes, *Sombrio* wear, and **Silverfish** importers of *Raceface* Components and Wear, *Cove* bikes, *Rocky Mountain* bikes *SDG* saddles, *Intense* Tyres.

The race venue has its own roadside signposting off the A525 between Wrexham (Bwlchgwyn) and Ruthin (Llandegla) and parking will be clearly signed. Free parking will be available on an adjacent forest road however any parking in the Visitor Centre car park will require the correct parking fee be paid when you park. Signing on will be in the centres conference room, the Centre includes a well stocked cycle shop, a café and toilets. A wide range of Drinks and meals will be available for purchase on the day.

A course has been prepared using some parts of the existing mountain bike trails and added to with new singletrack created for the event including tight wooded singletrack sections, moorland and other going typical of typical mountain terrain. The course includes some significant climbing. The course is about 11.5 km in length with one race starting at 12 o'clock with separate start groups for each class and the number of laps classes will do are given on the entry form however we reserve the right to amend on the day either the course length or lap numbers if weather or other conditions dictate. A shortened course will be available for the under 12 race which will start at 11 am. The course will be open from 9.30 for riders to inspect the course by bike.

Classes for male and female riders available are as follows

Classes for 12 – 18's: Juvenile 12/13/14, Youth 15/16, Junior 17/18
Classes for Seniors: 18 – 30 Sport, Expert, Elite (divided by ability)
Classes for Masters: 30 – 39
Classes for Veterans: 40 – 49
Classes for Grand Veteran: 50+

Class for Fun 12+ runs on the shortest distance prizes are not awarded based on performance and is aimed as an introduction to racing uses the full course but is often a limited total distance. Riders whose age is at one end of an age range should note the class you ride is decided by the age you are on the 1st of January in the year the birthday falls

Rules of racing.

Helmets are compulsory and must be worn when racing or inspecting the course by bike. Riders can not inspect the course with out a race number fixed to the bike. Race numbers are only provided when the rider signs on. All numbers must be returned at the end of the race. Riders will follow marking and cannot leave the course and if they do must rejoin where they left it, riders not doing this will be considered to have taken a shortcut and excluded. No Audio players can be used whilst racing.

Feed Zones - A designated feed zone will be provided and is the only place where riders can be passed food or bottles by their helpers. Helpers can only stand and may not walk or run whilst passing anything to a rider. Feeding riders anywhere other than the feed zone is not permitted with the penalty including exclusion. Helpers must not obstruct other riders whilst they feed their riders

Overtaking Riders - Part of the skill of racing is passing riders, much of the course has adequate room for safe overtaking if you are chasing and passing a rider it is the overtaking rider who must undertake the manoeuvre safely. However riders who suspect they are being lapped or passed by riders in different classes are expected to pull over when safe to do so if asked by the passing rider who will call "Track" and indicate the side they will pass on .The overtaking rider is responsible to ensure the manoeuvre is safe and they are safely able to pass without forcing the other rider to take evasive action or to crash.

Obstacles - Around the course will be natural obstacles intended to test rider's ability and determine the best rider. Obstacles will be considered safe to ride however riders are not required to ride every obstacle and can get off and push or carry the bike if they feel safer, they should make sure doing so they are not impeding or becoming a hazard to anyone riding through the section. These sections are marked by signs with downward pointing arrows, one arrow being a minor obstacle requiring riders to slow down with 3 being an obstacle that is a potential hazard and extreme caution should be applied.

The event is run under the rules of British Cycling and for the event a British Cycling Commissaire will apply them. Riders new to the sport may find it helpful to look at the British Cycling web site at <http://www.britishcycling.org.uk> and in particular the mountain bike section where you can download a copy of the rules specific to mountain bike cross country racing.

For more details about the event please visit the NW MBA web site at <http://www.nwmba.org.uk> there is also a forum you can leave comments or questions you may have about the event. Email NW MBA at events@nwmba.org.uk. Phone contact with officials is limited. Only in the event of an emergency ring the race director on 01352 810223. General information about the venue can be obtained from Coed Llandegla at 01978 751656 as well as their web site <http://www.coedllandegla.com> although they may not be able to give advice on enquiries specific to the race itself as well as on the race day where the race organisers will be based at the venue for most of the day on the 23 / 24th.