



## General

- Remember this is a Muckmedden Event and it's all about having fun first and foremost. We want everyone to come back in one piece and enjoy the day, so please ride within your limits, be courteous to other riders (whether they're faster or slower than you) and have a total blast!

## Transitions

- DO NOT RACE ON TRANSITIONS! These are open to the public so watch out for children, dogs, spectators and emergency vehicles and give everyone plenty of space.
- Any rider caught riding dangerously or behaving anti-socially will be disqualified.

## Timed Stages

- Each rider will leave the start line on each stage individually at 20 second intervals approximately.
- You must dib-in at the start and dib-out at the end of each stage. Stick the dangly thing in the hole and listen for the beep.
- Riders are responsible for their own timing and must ensure they have dibbed in and out correctly on each stage.

## Overtaking

- If you want to get past someone on a timed stage, politely call "Rider! Passing on your right/left!" and overtake when it is safe to do so.
- If a rider wants to pass you, look for a safe place to pull in and let them pass. Don't get angry or downhearted, we're all here to have fun at our own pace.
- IF ANY RIDER IS FOUND BARGING PAST ANOTHER RIDER THEY WILL BE DISQUALIFIED.

## Safety

- Obey course signs and listen to Marshal's instructions at all times.
- If you see a crash or find an injured rider, it is your duty stop and check if they are ok.
- If a rider is clearly hurt, flag down the next rider to call for help from a Marshal or Medic.
- If you have to retire from the race, please don't head straight to the bar. You must tell a marshal you've retired and hand your dibber back in at the barn. Otherwise we will think you have gone missing and call out a search party!

## Swag

- Don't forget we always have a Random Raffle at the end of the day and all racers can win some superb prizes. If you're not there you can't win though!