



## IMB FITZ'S CHALLENGE 2007 RIDER INFORMATION



**YOU MUST HAVE YOUR RIDE CARD STAMPED AT THE RELEVANT CHECKPOINTS LISTED FOR YOUR CHOSEN RIDE.**

### **Ride card**

Please put your name and an emergency contact name and phone number on the card and carry it at all times.

### **Road rules**

You will be on public roads with other traffic. So you must obey all the road rules, including:

- Ride on the left side of the left lane (except when making a right turn).
- Ride no more than two abreast in accordance with the law. On crests and curves, narrower roads, or where motor vehicle traffic is present, ride in single lane.
- Stop at stop signs and red traffic lights.
- Be courteous to other road users and remember that they have as much right to use the road as you do.
- Give way to emergency service vehicles.
- Wear your helmet.

Warning: If you are seen not obeying the road rules you will be removed from the event.

### **Communication**

At several points along the course there are two way radio links to the event control centre at Stromlo Forest Park. The course support vehicle has a radio link with Stromlo Forest Park.

### **Food, Water and Toilets**

Water is available at all the checkpoints.

Food and water is available at Tharwa.

Some snack food may be available at the checkpoints.

Toilets are at Tharwa, Glendale Crossing (approx 7 km before the Rendezvous Creek checkpoint), Tanners Flat checkpoint, Honeysuckle Creek, Cotter Reserve and Uriarra Crossing.

Regular fluid and food intake is important to your wellbeing.

Carry sufficient water to get between sources assuming a hot day — we suggest two biddons as a minimum. Carry some food supplies to keep you going along the way. Do not rely on sufficient or appropriate food at the checkpoints.

### **Rider/Bike Care and Maintenance**

This is an unsupported ride (as advised in pre ride information and on the entry form). However, we will have vehicles patrolling the course and their drivers may be able to help in an emergency. These are not personal support vehicles or sag wagons. Make sure you carry essentials for bike and rider such as a spare tube, tyre levers, pump, puncture repair kit, sunscreen cream, wet weather clothing, food and drink.

### **First Aid**

A first aid officer with transport will be located at Tharwa and another at Stromlo Forest Park.

If first aid is required, make contact with a checkpoint official, a radio operator, or other member of the organising staff who will be able to relay the request to the event control centre at Stromlo Forest Park.

### **Breakdown**

Should you suffer a mechanical failure, or wish to pull out of the ride for other reasons signal the course vehicle by putting your bicycle upside down on the side of the road. The next support vehicle along will stop and give assistance. Note that there may be a short delay as the support vehicles are provided for emergency assistance only. If you are just going for a comfort stop leave your bike in sight of the road so that any passing course vehicle will know that you are OK and just having a rest. This will enable us to keep track of riders.

### **Withdrawal Notification**

If you withdraw from the ride for any reason before the finish, please notify an official at one of the checkpoints or radio stations that you have withdrawn. We understand that riders may decide to withdraw for a variety of reasons, but at the end of the day we must account for every rider so a search is swung into action should someone fail to turn up at a checkpoint, or more particularly the finish.

This is important as we have sometimes spent hours searching only to find the rider is safe and sound at home.

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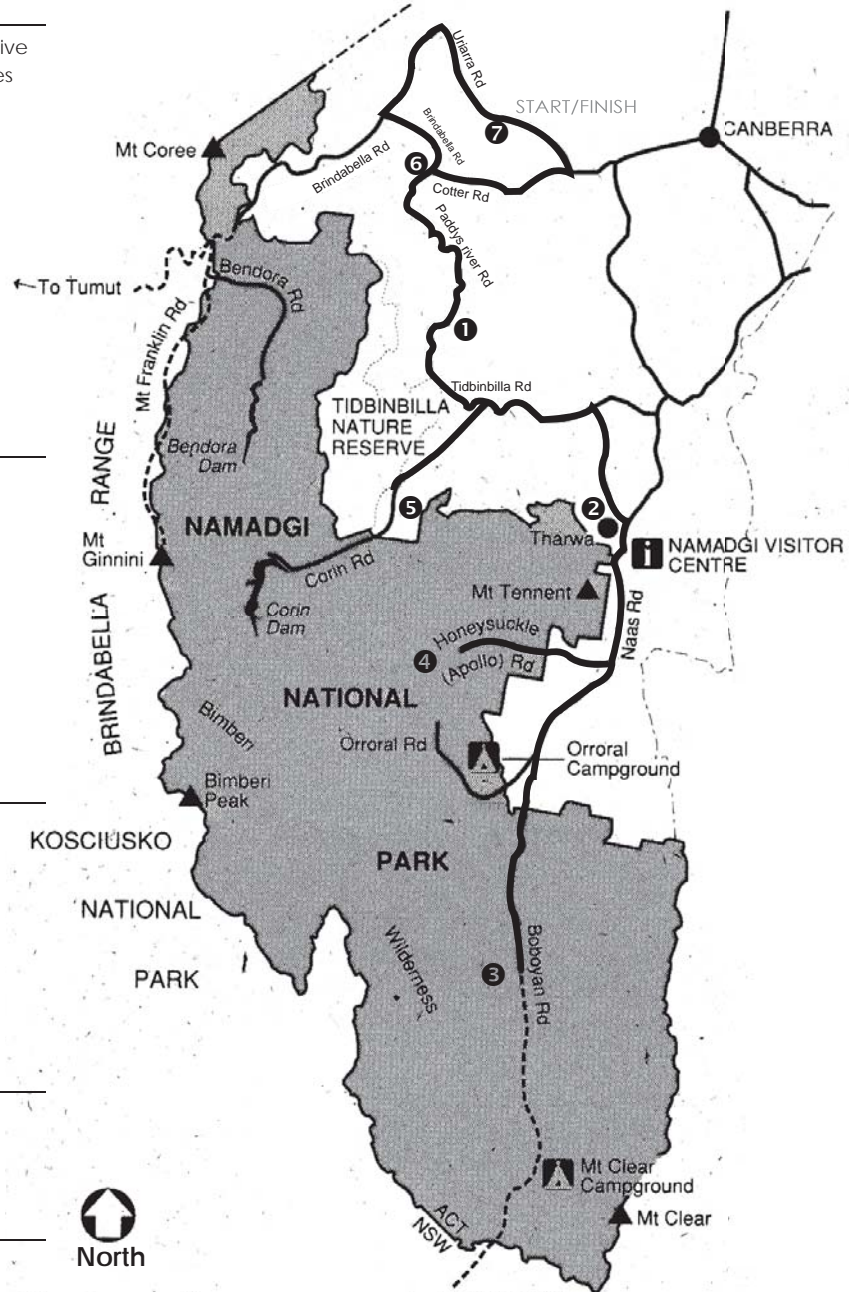
## The Rides

Fitz's Epic 207 km	Distance in kilometres	Cumulative kilometres
Stromlo Forest Park to Rendezvous Ck, returning via Honeysuckle Ck, Corin Forrest, Mt McDonald and Uriarra Crossing 6:00 am for a 6:30 start		
Target time under 12.5 hours		
Stromlo to Tanner's Flat	24.5	24.5
Tanner's Flat to Tharwa	21.7	46.2
Tharwa to Rendezvous Ck	29.7	75.9
Rendezvous Ck to Apollo Rd	19.2	95.1
Honeysuckle Creek climb and descent	18.3	113.4
Apollo Rd to Corin Dam Rd	24.2	137.6
Corin Forest climb and descent	23.6	161.2
Corin turn-off to Brindabella Rd	20.2	181.4
Brindabella Rd & Uriarra Rd to Stromlo Forest Park	26.1	207.5

Fitz's Classic 165 km	Distance in kilometres	Cumulative kilometres
Stromlo Forest Park to Rendezvous Ck and returning via Mt McDonald and Uriarra Crossing 7:00 am for 7:30 am start		
Target time under 10 hours		
Stromlo to Tanner's Flat	24.5	24.5
Tanner's Flat to Tharwa	21.7	46.2
Tharwa to Rendezvous CK	29.7	75.9
Rendezvous Ck to Tharwa	29.7	105.6
Tharwa to Brindabella Rd.	33.4	139.0
Brindabella Rd & Uriarra Rd to Stromlo Forest Park	26.1	165.1

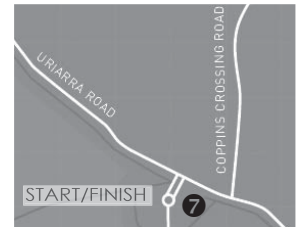
Tharwa Challenge 105 km	Distance in kilometres	Cumulative kilometres
Stromlo Forest Park to Tharwa and return via Mt McDonald and Uriarra Crossing. 8.00 am for 8.30 am start		
Target time 6.0 hours		
Stromlo Forest Park to Tanners Flat	24.5	24.5
Tanners Flat to Tharwa	21.7	46.2
Tharwa to Tanners Flat	21.7	67.9
Tanners Flat to Brindabella Rd	11.7	79.6
Brindabella Rd & Uriarra Rd to Stromlo Forest Park	26.1	105.7

Tidbinbilla Challenge 49 km	Distance in kilometres	Cumulative kilometres
Stromlo Forest Park to Tanners Flat and return 8:30 am for a 9.00 am start Target time 3.5 hours		
Out: Stromlo Forest Park to Tanner's Flat	24.5	24.5
Back: Tanners Flat to Stromlo Forest Park	24.5	49.0



## CHECKPOINTS

- |                                       |                                     |
|---------------------------------------|-------------------------------------|
| 1. TANNERS FLAT                       | 5. CORIN FOREST                     |
| 2. THARWA                             | 6. BRINDABELLA RD TURN-OFF          |
| 3. RENDEZVOUS CREEK                   | 7. START/FINISH STROMLO FOREST PARK |
| 4. HONEYSUCKLE CREEK TRACKING STATION |                                     |



## Course Warnings

You are riding on public roads with motor vehicles in steep terrain.

There are many steep descents that can be dangerous at high speed. Please slow down and take care when descending.

We have put out warning signs advising you of some steep descents but we have not signed every down grade.

Do not ride more than two abreast (in accordance with the law) and on curves and crests ride in single file. We have put out some warning signs where you should ride in single file but not every location is marked.

Heed warning signs and advice from the marshals.

Ride according to the road and weather conditions.

Remember this is not a race nor a time trial—it is a challenge.

Ride carefully and enjoy yourself.