



South Coast United Mountainbikers Inc (SCUM) is pleased to be holding the ‘Flow-n-Five Fest’; two events on the one weekend. Riders choose to do one or the other or jump in and do both. Saturday 22nd September sees ‘The Flow’, a staged cross-country event taking in all the best bits that Coondoo has to offer. Sunday 23rd September it’s ‘The Five’, a 5hr endurance MTB event taking in the full course of Coondoo featuring some of the areas finest and sweetest singletrack.

Event Information:

- Dates: Saturday 22nd and Sunday 23rd September 2018
- Location: Coondoo, Nowra State Forest, Shoalhaven NSW
- Format: **The Flow** [Saturday] – A staged cross-country ‘Flow-X’ race, comprising of up to 4 short timed stages, with non-timed liaison rides in between so you can cruise and chat to your mates.
- The Five** [Sunday] – A Five (5) hour endurance event over an approx. 10km loop course (Solo, Pairs, Threes).
- Registration: All details are via http://www.scum.asn.au/the_flow-n-five.html
- Online Registrations only – Registration closes Midnight Wednesday 19th September, No registrations will be accepted on the day.*
- Entry Fee: **The Flow:** \$10.00 Junior (under 19), \$20.00 Senior (plus any applicable MTBA day licence fee)
- The Five:** \$50.00 per rider (plus any applicable MTBA day licence fee)
EARLY BIRD discount (10%) for all registrations before 03/09/2018.
- Event updates: http://www.scum.asn.au/the_flow-n-five.html & the club [Facebook Page https://www.facebook.com/scummtb/](https://www.facebook.com/scummtb/)

Categories:

Event Type	Category Name	Age
The Flow	Junior* Under 13 (female or male)	Up to 12
The Flow	Junior* Under 15 (female or male)	13 – 14
The Flow	Junior* Under 17 (female or male)	15 – 16
The Flow	Junior* Under 19 (female or male)	17 – 18
The Flow	Sport (female or male)	19 and over
The Flow	Open (female or male)	19 and over
The Flow	Veteran (female or male)	30 – 39
The Flow	Masters (female or male)	40 – 49
The Flow	Super Masters (female or male)	50 – 59
The Flow	Grand Masters (female or male)	60 and over



Event Type	Category Name	Age
The Five	Solo Open Female	Open
The Five	Junior* Female Solo	18 and under
The Five	Over 40 Solo Female	40 and over
The Five	Open Female Pairs	Open
The Five	Junior* Female Pairs	18 and under
The Five	Over 40 Female Pairs	40 and over
The Five	Solo Open Male	Open
The Five	Junior* Male Solo	18 and under
The Five	Over 40 Solo Male	40 and over
The Five	Open Male Pairs	Open
The Five	Junior* Male Pairs	18 and under
The Five	Over 40 Male Pairs	40 and over
The Five	Open Mixed Pairs	Open
The Five	Open Mixed Threes	Open

** Junior rider age is determined by the age the rider turns in the Calendar year (2018); therefore if a rider is 19 or will turn 19 in 2018 they must compete as a Senior.*

Timetable:

Saturday 22nd September

Time	Activity
1200	Registration open, collection of Timing Chips (NB: No new registrations taken)
1200	Course open for practice runs
1345	Compulsory rider briefing at event centre
1400	Timed runs start
1600	Timed runs finish. Timing Chips back to event centre timing area
1630	Course closed for day
Overnight	Camping in the Forest (next to the course) – sweet dreams of sweet singletrack

NB: There is no opportunity for practice of The Five Course during the running of The Flow



Sunday 23rd September

Time	Activity
0630	Course open for early practice and familiarisation
0700	Registration / sign up opens (NB: No new registrations taken)
0800	Course closes in preparation for race start
0830	Compulsory rider briefing at event centre
0900	Race starts (self-seed, mass start)
1400	Race finishes, course closed (last rider out prior to 1400)
1500	Results available and Podium Presentations
1530	Pack up and head home

Facilities / Services

- Toilets will be provided at the event centre.
- Coffee, food & drinks will also be available from various vendors – so bring some coin for associated purchases. Riders are encouraged to bring their own water and go fast gels.
- First Aid facilities will also be available for anyone that needs assistance.
- Overnight camping is available for free in the State Forest at Coondoo. Campers should be self reliant on food although toilets will be available for the duration of the event days.

The Course

The Coondoo trail is a one-way, clockwise loop course of approximately 10km; depending on which device you use to measure it. It's predominantly singletrack with a few bits of fire road to allow for easier overtaking opportunities. The course will be well marked with arrows and bunting indicating directions and which way at junctions. The course is a 'fit for all abilities' course, whilst there are some areas where faster / harder or more technical "A" lines are marked, there are corresponding easier / slower "B" line for the less confident.

The race will start along a lengthy bit of fire road to sort out the self-seeding before swinging into the sweet single track of Kashmir, then you might Hear a Pin Drop?, before heading up Beach Street, through Hot as Hell into the Blair Witch. Cypris Hill will get you rocking. Give Gimlet a good push to gap your competitors. Later on head down into the 'bermalicious' Rocky and Bullwinkle then get ready to Rock N Roll before the finish climb ...

At the end of each lap all riders will pass through the timing area to get their race number recorded; this will be a slow point as rider will be channelled into single file to assist with the timing. After the timing area team riders can transition.

Rider Etiquette and Overtaking

Mountainbikers are in general a great bunch of people who all love to ride and have fun. At SCUM we applaud and encourage good riding and fair play; that means if someone is injured or needs assistance, offer them help or seek help from the marshals or event crew. Helpers will have times altered as appropriate.



With a large number of riders on the course, the need to overtake someone or be overtaken by someone else will happen a lot; often not at the most convenient time. The rider in front (being overtaken) should decide when and where this overtaking occurs, but both riders should communicate to facilitate a safe and timely overtaking procedure. Riders of varying ability will be participating in the event therefore 'Patience', 'Communication' and a 'Thank you' are all going to be key factors when overtaking; please ensure it is done safely.

Some Fine Print

- No helmet, no ride.
- Registered riders only – racing plates / rider numbers will be issued to each registered rider & must be displayed clearly on the front of the bike throughout the event.
- Bike changes are permitted, but only at transition (race plates are rider specific (not bike specific) and must be changed over and displayed on the front of any bike ridden).
- A serviceable, well maintained bike is required; with 26", 27.5", 29", Fat Bike, Single Speed, and Cyclocross bikes are allowed.
- Transitioning riders should physically 'tag' the outgoing rider; once transitioned the returned rider should move away from the course to avoid collision with other riders.
- Finishing the race: Completing at least one full lap constitutes finishing the event; there is no set minimum time for completion apart from course closure time of approximately 1400hrs (will depend on race start time). Riders/teams wishing to cease before the full five hours can do so at any time however riders must notify the timing officials and race director of their 'completion' of the event.
- Cancellation / Withdrawal / Refunds: Coondoo is a resilient track and can cope with various weather conditions, however there may be circumstances (rain, fire, flood etc.) where SCUM along with partners Forestry NSW will have to make a decision about the running of the event; this could involve postponement or in the worst case cancellation. Full terms and conditions of refund policies etc. are outlined in the **Extra Fine Print** section below.

Extra Fine Print

TERMS and CONDITIONS including ASSUMPTION OF RISK AND WAIVER OF LIABILITY

(Please read carefully. A checkbox will be available during the online registration process for riders to indicate their agreement).

South Coast United Mountainbikers Inc (the "Organiser"), Mountain Bike Australia Inc ("MTBA"), its subsidiaries, its members (including, but not limited to, its affiliated State Constituent Associations as defined in the ACF constitution) and clubs affiliated with Constituent Associations, and their respective directors, officers, members, servants or agents. "Claim" means and includes any action, suit, proceeding, claim, demand, damage, penalty, cost or expense however arising including but not limited to negligence BUT does NOT include a claim against the Organiser by any person entitled to make a claim under a relevant CA insurance policy. "Cycling Activities" means performing or participating in any capacity including but not only as a Member in any authorised or recognised Organiser activities.

NOTE: Section 74 of the Trade Practices Act ("Act") implies a warranty of due care and skill into contracts for the supply of services to consumers, as defined in the Act. To the extent that the warranty applies to any contract relevant to the Release and Waiver of Liability, it cannot be excluded.



1. I declare that I am medically and physically fit and able to participate in Cycling Activities. I acknowledge that I must, and I agree that I will, disclose any pre-existing medical or other condition that may affect the risk that either I or any other person will suffer injury, loss or damage.
2. I acknowledge that the Organiser relies on information provided by me, and that all such information is accurate and complete.
3. I acknowledge that Cycling Activities are inherently dangerous. I recognise that there are risks specifically associated with Cycling Activities which include, but are not limited to, collisions and contact with other participants, the remoteness of the areas in which an event takes place, sudden and unexpected changes in weather, physical exertion and difficulties in evacuation if I become disabled. I acknowledge that accidents can and often do happen which may result in me being injured or even killed, or my property being damaged.
4. I understand and acknowledge the dangers associated with the consumption of alcohol or any mind-altering substance before or during any Cycling Activity, and I accept full responsibility for injury, loss or damage associated with the consumption of alcohol or any other mind-altering substance.
5. I agree to follow any rules set by the Organiser in connection with any Cycling Activities. In particular, I have been advised to wear an approved helmet at all times during Cycling Activities. If I fail to comply with the ORGANISER'S rules and/or directions, I will not be permitted to participate or to continue to participate and no refund will be given.
6. I have voluntarily read and understood these warnings and accept and assume all risks associated with my participation in Cycling Activities, including the possibility of injury, death, loss or damage.
7. In consideration of the organiser accepting my entry I:
 - a. Release and will release the Organiser from all Claims that I may have or may have had but for this release arising from or in connection with my participation in Cycling Activities; and
 - b. Indemnify and will keep indemnified the Organiser to the extent permitted by law in respect of any Claim by any person arising as a result of or in connection with my membership or my participation in Cycling Activities.
8. I further agree to indemnify and keep indemnified the Organiser against all Claims made by any other person against the Organiser in respect of any injury, loss or damage arising out of or in connection with my failure to comply with the Organiser's rules and/or directions.
9. I agree and acknowledge that, to the extent permitted by law, the Organiser shall not be liable for any injury, loss or damage I suffer or by any other person arising from or in connection with my participation in the ride, whether such injury, loss or damage was caused directly or indirectly by the negligence of the Organiser or otherwise, or by the Organiser's servants or agents.
10. To the extent permitted by law, I acknowledge and agree that all warranties, covenants and stipulations implied by law are hereby excluded.
11. I agree to report any accidents, injuries, loss or damage I suffer during any Cycling Activities to the Organiser before I leave the relevant venue.
12. If I suffer any injury or illness, I agree that the Organiser may provide evacuation, first aid &/or medical treatment at my expense and that my acceptance of these terms and conditions constitutes my consent to such evacuation, first aid &/or medical treatment



13. Copyright and right to use image: I acknowledge and consent to photographs being taken of me by or on behalf of Organiser during my participation in the Event. I acknowledge that the photographs are owned by the Organiser and that the Organiser may use the photographs for promotional or other purposes without my further consent being obtained. Further, I consent to the Event organisers using my name, image, likeness and also my performance in the Event, at any time, to promote the Event by any form of media.
14. **DRUGS IN SPORT.** All members/licence holders are bound by the **MTBA Anti-Doping Policy**. This policy applies to:
- Any person competing in any competition under the control of MTBA or on any facilities of MTBA.
 - Any person who has competed in the last 12 months or who has used MTBA facilities in the last 12 months.
 - Any person who is a member of MTBA, or any body affiliated to Cycling Australia.
 - Any person taking part in or involved with any sporting activity conducted or authorised by MTBA
 - Any person who administers, managers, coaches or assists in cycling.

All of the above are bound by the **MTBA Anti-Doping Policy** and must comply with it. Copies of the Policy are available from the office of MTBA and on its website at www.mtba.asn.au

Furthermore:

- They are liable for selection by a drug-testing agency to provide samples for testing whether in Australia or overseas.
- MTBA and its authorised officers have the power to search bags, possessions, and clothing for prohibited substances and to take, keep and analyse any substance, which is found.
- Should I participate in a cycling race where a drug test is conducted under the UCI Drug Test Regulations, I agree to submit to such drug tests. I agree that the results of the analysis may be made public and communicated in detail to my club, team or trade team or to my coach or doctor. I undertake to submit any protests concerning drug abuse to the "Court of Arbitration for Sport" (CAS), whose decision I shall accept as final. I agree that all urine samples taken shall become the property of the UCI, which may have them analysed, especially for purposes of health protection research and information. I agree that my doctor or the doctor of my club, team or trade team may, on a request from the UCI, communicate to it a list of any medicines I took and treatment I underwent before any given competition.
- I accept the conditions regarding blood tests and accept to undergo blood tests.

REFUND POLICY

- If you wish to withdraw from this event prior to entry close date a refund or credit less a \$10 administration fee will apply.
- If you wish to withdraw from this event after the entry close date no refund will apply unless a medical certificate is provided to the event organiser (SCUM) or MTBA by email info@scum.asn.au & info@mtba.asn.au however please note that any refund made will



be less a \$10 administration fee. Riders have 14 days following the event to provide the Organiser with the medical certificate.

3. The Organiser, in its sole discretion, may delay, modify, or cancel the Event if it believes the conditions on the race day are or will be unsafe. If, the Event is delayed, modified, or cancelled for any reason, including but not limited to acts of God or the elements (including without limitation, wind, rough water, rain, hail, hurricane, tornado, earthquake), acts of terrorism, fire, threatened or actual strike, labour difficulty, work stoppage, insurrection, war, public disaster, flood, unavoidable casualty, race course conditions, or any other cause beyond the control of the Organiser there shall be 100% refund of any participant entry fees paid. There will be no payment for any other costs incurred by participants in connection with the event.
4. The Organiser, in its sole discretion, may delay, modify, or cancel the Event if it believes the conditions on the race day are or will be unsafe following the commencement of the event. If, the Event is delayed, modified, or cancelled for any reason, including but not limited to acts of God or the elements including without limitation, wind, rough water, rain, hail, hurricane, tornado, earthquake), acts of terrorism, fire, threatened or actual strike, labour difficulty, work stoppage, insurrection, war, public disaster, flood, unavoidable casualty, race course conditions, or any other cause beyond the control of the Organiser there may be a prorata refund of any participant entry fees paid in accordance to consumer laws. There will be no payment for any other costs incurred by participants in connection with the event.

EXCLUSION FROM THE EVENT

The Organiser reserves the right to exclude any entrant or participant from Cycling Activities, for reasons including but not limited to:

- (i) failing to comply with the Organiser's directions;
- (ii) failing to comply with MTBA Code of Conduct;
- (iii) failing to comply with MTBA Anti-Doping Policy;
- (iv) not being in the opinion of the Organiser in a fit state to participate;
- (v) being un-financial or owing monies to CA or MTBA unless an alternative arrangement has been made.
- (vi) for any reason determined by the Organiser, which determination shall be deemed reasonable.

I ACKNOWLEDGE THAT I HAVE READ THIS ASSUMPTION OF RISK AND THAT IT HAS BEEN EXPLAINED TO ME, AS REQUIRED. I FULLY UNDERSTAND ITS TERMS AND THAT I HAVE GIVEN UP SUBSTANTIAL RIGHTS BY AGREEING TO IT. I AGREE TO THIS DOCUMENT FREELY AND VOLUNTARILY WITHOUT ANY INDUCEMENT MADE TO ME AND INTEND MY AGREEANCE OR OTHER ACKNOWLEDGEMENT TO BE A COMPLETE AND UNCONDITIONAL RELEASE OF ALL LIABILITY TO THE GREATEST EXTENT ALLOWED BY LAW.

Please note: A checkbox will be available during the online registration process for riders to indicate their agreement.

PRIVACY

Information collected is subject to the MTBA Privacy Policy available on the MTBA website (www.mtba.asn.au).