

**2023 R2: Maupuia Park, Miramar. Sun 15 Oct 2023****Ride notes**

Courses are generally made up of long loops and/or short loops. Due to the short length of the 'Long Loop' PNP will run this event in **two separate races, for Juniors & Social then Seniors**, in order to avoid congestion and conflicts on the tracks. We run a Social category for those who want to give the event a try.

**Long Loop description (4km, 140m climb)**

Begin with a small **START LOOP** uphill from the jumps: Ride up access road, turning left down the verge then right into dirt/mud track.



Ride back up beside the jumps and then turn right and ride down the **JUMPS**.

**Note:** A 'B-line' will zig-zag down beside the jumps for less confident riders.

Stay right through roots dropping into water tank gate, past gate and turn right onto **PUMP TRACK**.

Ride half of Pump Track then ride anticlockwise around **WATER TANKS**, coming back along the **KIDS TRACK**.

Turn right into **JAIL BREAK**, riding down this track for the full length (670m).

Turn left into **REPEAT OFFENDER**, riding this up/down trail (370m)

Turn left into **CONVICTION**, riding uphill (640m)

This feeds into **JUVIE** (Juvenile Delinquent) continuing up (550m)

At the top, turn left into **BOOTLEG** plus a small joining track (200m)



Turn right at the junction to ride up to the **FINISH** at the top of the Jumps (200m)



If starting another loop, this will begin by turning left and riding the Jumps

**Short Loop description (3km, 60m climb)**

Begin with a small **START LOOP** uphill from the jumps: Ride up access road, turning left down the verge then right into dirt/mud track.



Ride back up beside the jumps and then turn right and ride down the **JUMPS**.

**Note:** A 'B-line' will zig-zag down beside the jumps for less confident riders.

Stay right through roots dropping into water tank gate, past gate and turn right onto **PUMP TRACK**.

Ride half of Pump Track then ride anticlockwise around **WATER TANKS**, coming back along the **KIDS TRACK**.

Ride out of the carpark and turn right almost all of **JUVIE** (Juvenile Delinquent).

At the top, turn left into **BOOTLEG** plus a small joining track (200m)

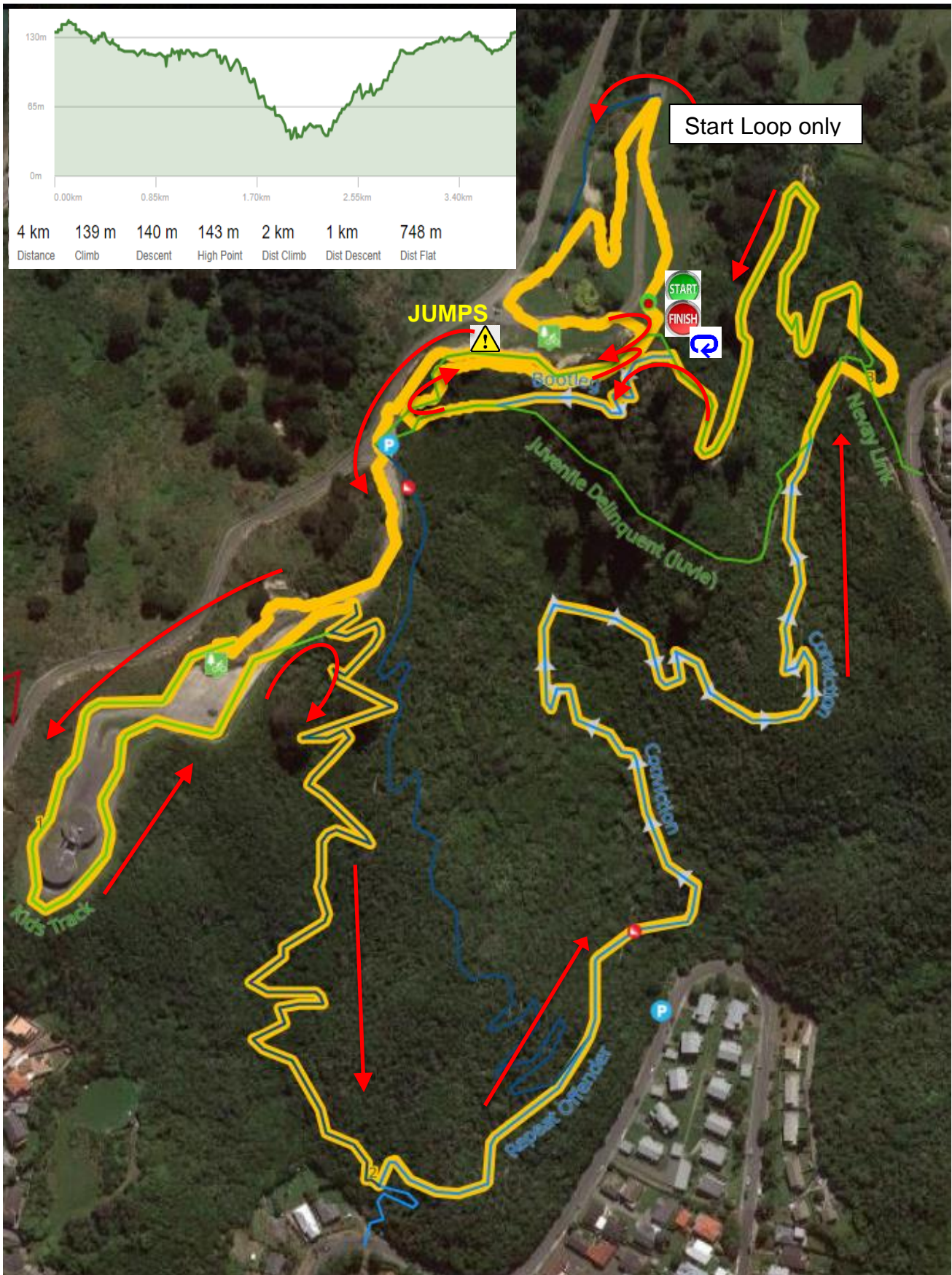


Turn right at the junction to ride up to the **FINISH** at the top of the Jumps (200m)



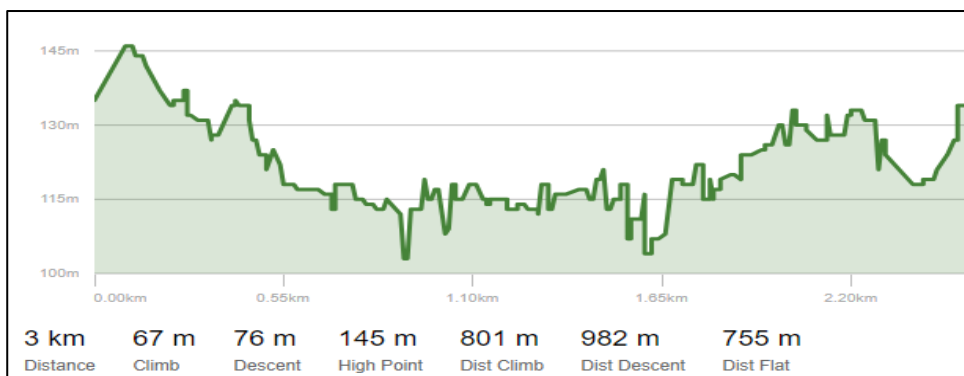
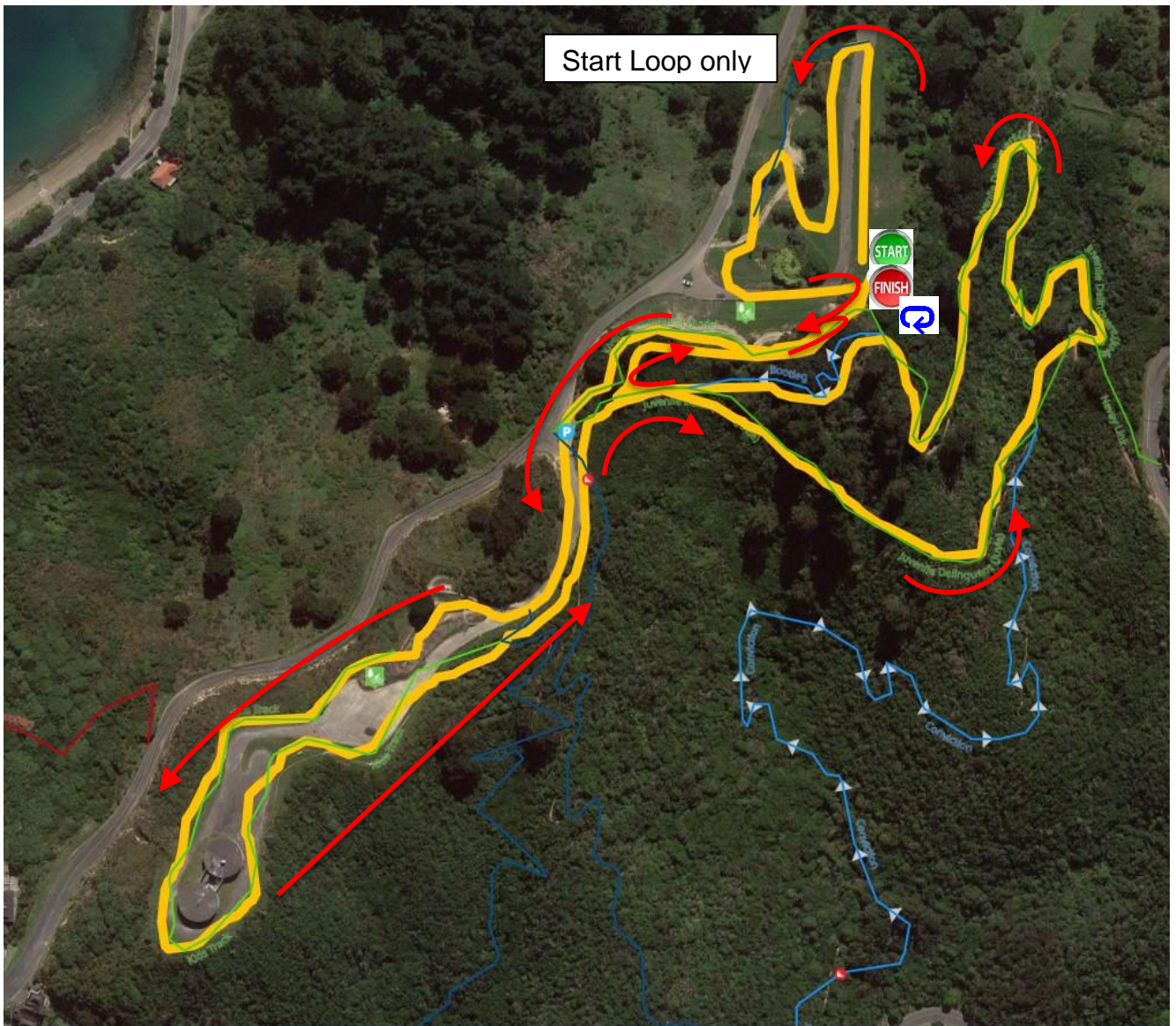
If starting another loop, this will begin by turning left and riding the Jumps

# Giant Wellington PNP Spring Series - Miramar Long Loop Map





# Giant Wellington PNP Spring Series - Miramar Short Loop Map



**Loop Counts - TO BE SET**

(Note: Age is as you will be on 31 Dec 2023).

<b>Open Men</b>	X loops (N.n km)
<b>Open Women</b>	X loops (N.n km)
<b>Masters Men 1 (30-39)</b>	X loops (N.n km)
<b>Masters Men 2 (40-49)</b>	X loops (N.n km)
<b>Masters Men 3 (50-59)</b>	X loops (N.n km)
<b>Masters Men 4 (60+)</b>	X loops (N.n km)
<b>Masters Women (40+)</b>	X loops (N.n km)

<b>Social Men (Open age)</b>	X loops (N.n km)
<b>Social Women (Open age)</b>	X loops (N.n km)
<b>eBike Social (Open age)</b>	X loops (N.n km)
<b>U19 Men</b>	X loops (N.n km)
<b>U19 Women</b>	X loops (N.n km)
<b>U17 Women</b>	X loops (N.n km)
<b>U17 Men</b>	X loops (N.n km)
<b>U15 Boys</b>	X loops (N.n km)
<b>U15 Girls</b>	X loops (N.n km)
<b>U13 Boys</b>	X loops (N.n km)
<b>U13 Girls</b>	X loops (N.n km)

**Short Loop**

<b>U11 Boys</b>	X Short Loops (N.n km)
<b>U11 Girls</b>	X Short Loops (N.n km)

**Child (beginners 3-9 years)** We are looking to organise a short 10 min circuit race for the youngest riders around the park base around 11:30pm. We will be looking for parents and some finished (fast) riders to help set this up.

## Key Personnel

Key personnel responsible for safely running this event are:

Name	Position	Contact Number
Pete Mitchell	Event Director Volunteer Manager	021 332 666
Robert Comeskey	Race Manager	021 717 311
Mark Renall	PNP President	021 2689506

## Traffic/Parking Management

No public roads are being used in this event. Some parking and gravel areas will be cordoned off with cones and tiger tails.

The carpark (near the pump track) will have spaces reserved for First Aid and coffee vendors (Faultline)

Parking within the Pump Track park area will be reserved for vehicles of event personnel only which may NOT be moved until the completion of the event.

Event parking for competitors will be along the road and towards the old Prison. (Competitors can ride a significant distance from parked cars.)

## Event Updates/Communications

For event updates see the website: [pnp.org.nz/mtb](http://pnp.org.nz/mtb) or <http://www.facebook.com/pnpmatb>

At the Event Hub, a sound system will be used for all announcements and pre-race briefings.

Communication between organisers and marshals located around the event will be via PNP's 2-way repeater radios communicating on Channel 13. Reception to all marshal points has been successfully used with the PNP radios in previous events at this venue.

Mobile Phone numbers for marshals will be distributed as a backup communication method.

## Health & Safety

The PNP MTB Health and Safety Policy, Emergency Response Plan and Risk Management Plan are available via links from the MTB page on the website: [pnp.org.nz/mtb](http://pnp.org.nz/mtb).

**Equipment:** Riders should ensure that their bikes and other equipment are suitable for the conditions and are in a well maintained state.

**Hazards:** The following hazards specific to this site/event have been identified:

- Course congestion with short loops. Managed by separating Juniors & Senior races.
- The jumps near the carpark. Managed with warnings and having First Aid assistance based here.
- Difficult, slippery sections on Conviction, especially if wet. Managed with warnings.
- Juniors only: Two way traffic near the car-park entrance. Managed with marshals and cones & tiger tails.

**Procedures:** Riders are to be aware of the following Health & Safety procedures. Time allowances will be made for any riders stopping to assist with an injury.

**Instructions:** Riders are to follow instructions of marshals and event organisers. Failure to do so can result in disqualification and barred entry from future events.

**Non-serious self-injury on course:** If you have a non-serious injury on the course, but are able to safely move, please clear the track as quickly as possible to protect yourself and others from being hit by a following rider. If on an obscured part of the course, keep calling "Rider Down".

If you need assistance, call to the next rider to stop. Advise them of your **Injury, Name** and **Number** and they will be able to inform the next marshal on the course.

If abandoning the race, do NOT travel backwards on the track into oncoming riders.

**Finding an Injured Rider on course:** If you encounter an injured rider on the course, you must assist if they need assistance. If they are unable to move, this is to be treated as a serious injury and you must:

- Stop and stay with the injured rider until First Aid or a marshal arrives on-site.
- DO NOT MOVE the rider if they are unable to easily move themselves.
- Secure the scene, ensuring approaching riders do not hit you or the injured rider. Stop following riders for assistance: (one as messenger, one as lookout).
- Get any details of the **Injury** as well as the **Name** and **Number** of the rider.
- Send the following rider with these details onto the next marshal.

**Stoppage** In the event of emergency where racing has been stopped, riders will be advised by marshals to return to the Event Base via the most direct safe route.

**Evacuation** If the Event Base area needs to be evacuated e.g. The evacuation point will be the Pump Track area.