



ALCOA

WA 12 HOUR

DECEMBER 9 & 10, 2006

PRESENTED BY



SUPPORTED BY



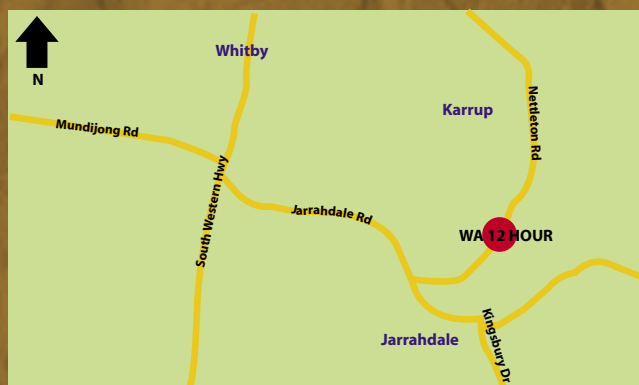
The Alcoa WA 12 Hour is a night-time mountain bike relay race. Solo riders and teams of 2, 3, 4 and 6 will try to complete as many laps of the circuit as possible during the 12 hours between 5pm Saturday and 5am Sunday.

The 12 Hour takes place at Langford Park, Jarrahdale on a 12km circuit comprising a mix of single-track and fire-roads designed with night riding in mind and to suit all skill levels.

Top teams are expected to complete about 18 laps – over 200km – during the night! However, the emphasis of the challenge is on taking part, so as well as prizes for the winners there will also be plenty of spot prizes. So get a team together, get some good lights for your bike and come along for a night to remember!

WHERE

Langford Park, Jarrahdale. From the South West Highway, turn off at Jarrahdale Road, and after the speed limit drops to 60, turn left on to Nettleton Road. A couple of kilometres down the road, take a left into Langford Park. Follow the bitumen to a roundabout and go straight through the roundabout and follow to the picnic area car park. Start/Finish area will be located at the clearing on the west side of the Dam/Quarry. Riders will ride up the bitumen path through the start/finish area and turn out right onto the single track to begin the course.



On the day of the event there will be parking marshals to direct you to the closest parking spot. Riders will be able to set up a base camp for their team on the marked grassed areas.

EVENT TIME SCHEDULE

Saturday	9:00am to 1:00pm	Equipment setup (any help welcome)
Saturday	1:00pm to 4:00pm	Registration
Saturday	4:30pm to 4:45pm	Rider briefing
Saturday	5:00pm	Mass start
Sunday	5:00am	Timing finishes (laps by teams finishing after 5am are not counted).
Sunday	5:30am to 6:00am	Presentations
Sunday	6:00am to 9:00am	Equipment pack-up (definitely help welcome)



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HOW TO ENTER

The easiest way to enter is by downloading entry form from this website and mailing it to **Perth Mountain Bike Club, PO Box 3434, Midland Shop, WA 6056**. Pre-payments are encouraged, but you can pay on the day, just indicate on the entry form that you'll pay on the day. Mail entries close on December 1st, 2006.

After this date riders can enter on the day of the event. Please note that on-day entry closes at 4pm sharp. If some of your team members will be arriving late, get them to fill out the entry form and day membership (if not a MTBA member) before. Teams will not be registered if all necessary forms by ALL team members have not been filled out – "my mate will fill out the day membership when he gets here" will not be accepted and your team will not be registered.

WHO CAN RIDE

Anyone keen to have a go can ride. If you do not have a high level of fitness and endurance just get a few mates together and enter a team. Only one team member needs to be on course at one time, so bigger the team, the more time you will have to kick back and have a few laughs.

RACE CATEGORIES

- Solo: men, women
- Duo: men, women, mixed
- Three: men, women, mixed
- Four: men, women, mixed
- Six: open composition

PRIZES

There is \$15,000 worth of prizes up for grabs at this event. Category winners, runners-up and third place getters will all receive prizes. Additionally, there will be spot prizes for teams who put some effort into entertaining the crowd through fancy dress etc. Prizes for the event have been supplied by the event sponsors, which include Alcoa, Avanti/Specialized, Crumpler, Carbo Shotz, Salomon, Ground Effect, Niteflux, Icebreaker and Epx.

TIMING SYSTEM

Each rider will receive a special 12 Hour number plate, which will be linked to their team. Riders will need to check in at the start of their lap and again at the end of their lap.

RECOMMENDED EQUIPMENT

- A mountain bike in good working order with functional brakes is essential.
- A reliable set of front lights is required. Visit your local bike shop and they should have high quality lighting systems in stock.

- An Australian standards approved cycle helmet must be worn.
- Enclosed shoes must be worn.
- Cycling gloves are recommended.
- A rear red light is compulsory.
- It is recommended that you carry a spare front light or torch.
- Normal trail tools – eg chain breaker, allen keys, pump, tyre levers, zip ties, etc.
- Spare tubes, spare tyres
- Bike tool kit, bike spare bits and pieces, spare chain, chain lube
- Cycling clothes (several sets) and spare clothes
- Waterproofs – just in case
- Trail food, energy drinks, water

FACILITIES AVAILABLE

- Toilets
- Resting area
- Battery recharge tent – please make sure all your batteries are charged prior to the event as the recharging facilities are limited
- Some food will be available to purchase
- There are gas BBQ's at Langford Park or you can bring your own gas BBQ
- You will need to bring your own drinking water!

RACE AND SAFETY RULES

- Normal MTB racing rules apply
- Riders must obey race officials' instructions at all times. A race official's judgment is final, and they have the authority to disqualify riders or ask them to take a break.
- Timekeepers will know who is on the course as each rider must sign in and out.
- If a rider is caught taking short cuts the race officials have the right to take laps away or disqualify the team.
- Officials will make rounds of the course to check on riders.
- Highly visible "Emergency Access Point" signs will be placed around the course.
- You are encouraged to carry a whistle or mobile phone to attract attention in the event of an emergency.
- If you encounter a rider who has stopped or is in trouble you must stop and offer assistance. Either stay with them and send the next rider back to the start to ask for first aid or if they are OK, get back to the start yourself. Remember which "Emergency Access Point" they are closest to.

ANY FURTHER QUESTIONS....

Email Event Organiser: