

28km of screaming cycling adventure!

Better than TV presents the

Screaming-O

SUNDAY 1ST APRIL 2012



Orongorongo Forest,
Wainuiomata Coast Rd,
Lower Hutt

www.screamingo.co.nz

Event Details

The Screaming-O is a MTB cycle race through the Orongorongo Forest. Starting at Catchpool Creek the cyclists will ride to the Orongorongo River via the Orongorongo Track - some of the best rideable single track in Wellington (most people think of it as the 5 mile track) - and then down the river using the 4wd tracks to the Wainuiomata Coast. From there, cyclists can either:

- ✦ MTB back to the Catchpool Creek start, or
- ✦ Swap to a road bike and cycle back to the Catchpool Creek start, or
- ✦ Tag a team mate who will then ride back to the Catchpool Creek start

Course Details

The race will start and finish at the Catchpool Creek DOC visitors centre. Total distance is 28km. The course breakdown is:

- ✦ Race start to start of Orongorongo Track: 2km
- ✦ Orongorongo Track: 5km
- ✦ Orongorongo River 4WD Track: 12km
- ✦ Wainuiomata Coast Road: 9km

PLEASE NOTE: Because we have been given specific dispensation to run this event on land that is normally not open to Mountain Biking, pre-riding of the course is NOT PERMITTED.

Race Options:

- ✦ MTB individual
- ✦ MTB / Road Bike individual
- ✦ MTB / Road Bike Team

Event Rules

For safety reasons, the following rules will be enforced for this event:

- ✦ We will not be requesting road closures. Competitors must obey all road rules and are to keep left at all times in the road stages.
- ✦ A first aid kit, emergency blanket, water and suitable clothing will be required equipment for all riders.
- ✦ Approved cycle helmets must be worn at all times.
- ✦ Further event notes will be given to all cyclists at event registration
- ✦ While not public road, the Orongorongo Track and Orongorongo River 4WD track are open to the public at all times. Riders may encounter walkers, runners and vehicles during this event. You are to give way to all walkers, runners and vehicles at all times.
- ✦ If, due to conditions the race cannot be held on the scheduled date, the event date will be moved to Sun 8th April. If this still cannot be run, the event will be cancelled and entry fees will be refunded less costs.
- ✦ Competitors entered in the combo event (individual MTB/Road cycle) are responsible for the delivery of their road bike to the transition area. Marshals will be on hand to ensure the area is secure.

On the day...

- 7:00 am Registration
- 8:15 am Race briefing
- 8:30 am Race start
- 9:30 am Approx first riders due
- 11:30 am Approx last riders through
- 12 noon Prizegiving



Entry Form: 2012 Screaming-0

Name 1 (MTB): Male Female

Name 2 (Road): Male Female

Address:

Email: Phone:

Please supply an email address. All confirmations and venue directions will be sent via email

Category: Note: Minimum of 5 entries constitutes a prize category

Event Category (please select):

Individual:

Entry Type: MTB Only MTB/Road Combo (Note: No age group categories)

Category: Open Men Open Women \$
 Veteran Men (40+) Veteran Women (35+) \$
 Masters Men (50+) Masters Women (45+) \$

Team: Men Women Mixed \$20 \$

TOTAL TO PAY \$

Entries close 26th March 2012.

Please make cheques payable to the Better than TV, and post to:
50F Katherine Mansfield Dr, Whitemans Valley, Upper Hutt.

Enquiries:

Contact: Shane Ross Phone: 04 5277677 or 021 855 081 Email: shane.ross@sas.com

Waiver:

I/We understand that the sport of cycling/mountain biking has inherent risks and I/We are competing knowing this.
I/We agree to abide by all rules stipulated by the event officials and accept agree to compete at my/our risk.

Signature: Date:

Signature: Date:

All competitors must sign waiver. If under 18, a parent/guardian needs to sign for you.