

The Escape 2019

Welcome to the seventh Intermediate School's mountain bike event. We hope competitors enjoy participating in this five-stage exploration of the lower reaches of Silvan Forest and take time to meet and interact with the other competitors from around the Nelson / Marlborough Region. Due to the current weather forecast and track conditions, the stages and their orders can be changed so as to make the most of the tracks in the given circumstances.

Athletes are asked to be at the Arena car park by 9:30 am to sign on with a briefing taking place at 9:50 am. Phone details for the adult staying with your team need to be given to Karen at registration.

Parents and supporters are asked to park their vehicles in the Arena car park as this will be the central point for all our riding. *Parents are encouraged to bring their own bikes along if they wish to participate in any of the Stages, although they are not able to influence the race outcomes.

Athletes unable to participate in a Stage must stay in the arena with their team manager. Riders wanting to free ride will be removed from the event and become their team's responsibility. At all times riders must respect the tracks provided and not attempt to create new ones.

Stage 1: Silvan Forest Rogaine

The Rogaine will start at 10 am in the Arena car park.

The Rogaine format sees athletes endeavour to locate twenty-four checkpoints within the lower half of Silvan Forest. All check points are on rideable tracks and the athletes are required to stay with their bikes throughout the event.

NOTE: In the event of the conditions being wet competitors will have the option of leaving their bikes in the Arena and running the Rogaine on foot. Competitors will need to bring pencils to write on the answer cards.

Stage 2: Alpha - Omega Cross Country

The Cross Country will start at approximately 11:50 am - twenty minutes after Stage 1 is completed. Riders will complete a guided lap of the course prior to the race start. All riders are expected to move left when other competitors call to pass.

Competitors will remain near the finishing area until all cyclists have completed the Cross Country.

Stage 3: Omega Downhill

The concluding Stage of the first day is a downhill event. Start time for this event is 1:30 pm and Day One will conclude for the athletes when they cross the finish line.

Stage 4: Super Sprint

Day Two will see all competitors sign in at the Arena at 9:30 am with race briefing at 9:45 am and a start time of 10 am scheduled. This slightly unusual race will see all competitors race around a short 300m circuit. At the conclusion of each lap whoever crosses the start – finish line at the tail of the field will be eliminated until only one rider remains or forty minutes racing is completed (at which point a whistle will be blown and four laps will be completed by all the remaining athletes).

There is one more twist however as at no point are the leaders allowed to overtake the Lanterne Rouge! This means effectively that everyone will remain on the same lap throughout the event.

Stage 5: Silvan Downhill

The final Stage starts in an undisclosed location close to the Arena. We will ride as a group up to the start of the downhill course. This final section will start as soon as athletes are ready but as close to 11:30 am as possible.

The concluding Stage of the second day is a moderately technical downhill (the difficulty increases relative to the speed of the rider – the faster riders will require greater skill).

The Leader's Jerseys

The Leaders' Jersey will be awarded to the male and female athletes who accumulate the most points throughout the five events. In each stage points will be awarded from 10 for first down to 2 for ninth. All other competitors that complete the stage will get 1 point. To become the overall champion athletes must make it to the finish of every stage.