



Collie Rotary Club Presents

MAINPEAK

COLLIE MARATHON RELAY 2006



Saturday 14th October - STARTING 9 AM

THE COURSE

1. ROAD CYCLE: 27 Km, Start at 9:00 am

All bitumen, hilly terrain.

2. HORSE RIDE: 15 Km

The Horse section is optional.

Along gravel and sand roads.

3. CANOE: 10 Km

Flat water, no Tea trees, one compulsory portage around a weir.

LUNCH BREAK

Have lunch and a chat.

4. SWIM: 1 Km, Starts at 1:00 PM

Wide-open river pool, water is chilly!

5. MOUNTAIN BIKE: 25 KM

A hilly course on a variety of surfaces. Mainly on old, unused tracks, through Jarrah forest.

6. RUN: 10 Km

No major hills. Some on paved surface, the rest on dirt track.

OVERNIGHT FACILITIES

Free camping area available behind trotting track near river for horse riders. Showers and toilets at Wallsend Ground (immediately adjacent to trotting track).

Contact Collie Tourist bureau for details of Hotels, motels and camping.

Phone on (08) 97342 051; Fax (08) 97347 518, or
Email ctb@collie.netserv.net.au

Full bar facilities.

Food: Available all day until 7:00 PM.

Close to local shops.

All categories, which have more than three entries, will receive prizes.
Fastest each leg.

Start and finish at Collie Trotting Club grounds, lunch at Minninup Pool.

Food available at start/finish & Minninup Pool.

For info or queries, Phone Marty Wallace (08) 9734 2316 or Annette Cochram (08) 97345502.

or visit <http://www.hyperactive.oz.nf/>

E-mail: mart@geo.net.au

ROTARY CLUB OF COLLIE MAINPEAK MARATHON RELAY

SUMMARY OF RULES

1. The stewards reserve the right to disqualify any team that breaks the rules.
2. Minimum age of competitors is 12 years of age. They must have turned 12 prior to the event.

3. Age of veterans is 40 years for men, 35 years for women.

4. Numbers must be worn by all competitors. Competitors without a number will be disqualified. Swimmers must have their number in indelible ink on their right arm.

5. Disqualification of one team member also disqualifies the team.

6. Teams entered for the 6-stage event are not eligible for places in the 5 stage event. (A team can't change to the 5-stage event in the event that their horse is vetted out. Teams may change prior to the start of the event. Teams may also change, subject to the Marshall's discretion, if a horse is vetted out at the pre-race vetting.)

Individuals from disqualified teams may compete in their stage but will not be eligible for team prizes.

7. Maximum age for school teams competitors is 18 years.

8. Corporate teams may only have one "ring in".

Additional rules for the various sections.

CYCLE

1. Spare bike not allowed.
2. Road traffic rules must be observed at all times unless directed by a race Marshall.
3. Minor repairs are allowed during the race but must be done by competitors.
4. Drafting not permitted. Two bike lengths between cyclists. (Penalty team disqualification)
5. Vehicles are not allowed to follow or lead cyclists.
6. Start assistance allowed.
7. Helmets are compulsory.
8. At railway crossings cyclists must stop for trains. (No trains are scheduled)
9. Cyclist must carry their own water.

EQUESTRIAN

See next page.

CANOE

1. All canoeists must be able to swim.
2. Poor swimmers should wear a well fitting buoyancy vest.
3. The portage at the river stop is compulsory. Anyone going over the river stop will be disqualified.
4. Footwear is recommended.
5. Surf skis allowed.
6. At the turn point, canoeists must pass under the bridge before turning.
8. Assistance may be given at the start to place equipment in the water.
9. No assistance is allowed during the river stop portage. Help will be given if required.

SWIM

1. Swimmers must have their number in indelible ink on their right arm.
2. Wetsuits, goggles and caps allowed. (Water will be cool!)
3. Buoyancy aids, flippers etc. not permitted.

MOUNTAIN BIKE

1. Don't damage the fauna or wildlife.
2. Keep to the left when on the main gravel road.
3. Helmets are compulsory.
4. Cyclist must carry their own water.
5. Cyclist must use the marked course, no shortcuts. (Checkpoints will be in place.)

RUN

1. No shortcuts.
2. The marked course must be followed.
3. Runners must keep to the right hand side of the road unless directed by a race marshal.
4. Numbers must be worn on the front.

Horse Leg.

The equestrian section of the marathon is not compulsory but makes up an interesting part of the team and helps make these events unique.

The ride is a very short endurance phase and can be ridden very fast if the horse is well prepared or ridden at a more leisurely pace if that is how it is prepared.

The success of the horse leg lies in the rider's ability to ride the horse to the level of its fitness and the rider's ability.

1. The horse must be presented for a pre ride vet examination. The horse must be able to complete the race without jeopardizing itself.
2. The rider, except for Iron competitors must present the horse.
3. The horse must be fully shod on all four feet.
4. The marked course must be followed.
5. The horse's heart rate must be below 60 beats per minute, 30 minutes after crossing the finishing line and in the vet's opinion show no signs of distress or lameness.
6. The horse must be free from any prohibited substance.
7. Minimum age for the horse is 4 years old.
8. Riders must have obtained the 12th Birthday
9. The team will be disqualified if there is any unsportsmanlike behaviour, i.e. barging.
10. Placegetters and horses at random may be swabbed, and/or blood samples may be taken.
11. All riders are required to wear an approved helmet.
12. Whips, spurs and long reins are not allowed.
13. Helmets must be clearly marked with the team number. This number must also be displayed on the bridle.
14. Riders must display their number on their front.
15. Riders will be disqualified for unruly or dangerous riding.
16. Vets have the right to disqualify any horse.
17. Vet decision is final.

If you are vetted out for any reason, your team is disqualified and is not considered for any other section. That is, if disqualified in 6 stage, not eligible for 5 stage.

