

GRAMPIAN FOODS/EBOR MBO

PRESENT THE

"GREAT DALBY BIKEATHON"
MOUNTAIN BIKE MARATHON

A TRAIL CYCLIST ASSOCIATION APPROVED EVENT

SUNDAY 23rd OCTOBER 2005

Are you up for a rewarding challenge whilst raising money for a worthwhile cause? Then cycle 40km or 60km around Dalby Forest to raise money for the "Minor Injuries Unit" at Malton Hospital.

For the really energetic start early and go round a route twice or a combination of the two!!

This event is designed as a wonderful day out with the emphasis on FUN and the enjoyment of cycling around Dalby - "The Great Yorkshire Forest" and joining several other like minded people out for a fantastic day's cycling.

Start between: 8.30 - 10.00am.

6 HOUR Time Limit.

Pre-entry guarantees a place.

Entry Limit: 500.

For further details call: 01653 693031 ext: 237/367.

Email: dalby.bikeathon@btopenworld.com

or go online at: www.trailquest.co.uk

Description and Event Details.

This event is planned on the basis that each entrant is self sufficient with regards to food and drink for the duration of their ride and also in respect of minor repairs and punctures.

We will be using the SportIdent Electronic punching system to keep track of all entrants and this system will record the time taken by each entrant. All entrants must carry a SI dibber - if you have your own please record it's number on the Entry Form. Pre-entries will guarantee a place - we expect demand to be high so when we reach the limit no more entries will be taken (No guarantee of entries on the day).

Location	Low Dalby, Dalby Forest, North Yorkshire. GR:SE856879
Travel	From North - turn left off A169 at Fox and Rabbit pub onto minor road. After 2 miles turn left into Dalby Forest and follow road to car parks near Visitor Centre where the event will be signposted. From West and South follow A169 to Fox and Rabbit and turn right or head towards Thornton-le-Dale and turn left in Village Centre (signposted to Dalby)
Parking	Foot of Snever Dale - will be signposted on day. Please follow instructions of marshals and park sensibly.
Facilities	Toilets, parking, children's playground, light refreshments available opposite the Visitor Centre.
Registration	Registration will open from 8.00am. All competitors will be issued with a SI dibber and a competitor number to attach to your bike. This must be displayed to aid the marshals. A map will be displayed showing the area being used.
Start & Finish	This will be at the foot of Snever Dale. When you are ready to ride start anytime before 10.00am and return within 6 hours. There will <u>not</u> be a mass start.
Marshals	The marshals are to ensure the smooth running of the event and to help guide entrants at critical changes of direction and at the crossing of junctions. Marshals will also be present at the Cut-off points. These will close at set times for the safety of our entrants.
Action Photos	Smile when you see a photographer - there may be a few!!
Organiser	Jens Strain with assistance from EBOR MBO and staff at Grampian Country Pork Ltd., Malton.

Equipment

- Roadworthy and well-maintained bike.
- Helmets are compulsory and must be worn at all times - **NO HELMET NO RIDE.**
- First aid kit of at least a dressing, crepe bandage & plasters.
- Puncture repair kit and/or slime-filled tyres and simple tool kit.
- Food and drink for the duration of your ride.

Rules

- The mountain bike code must be followed at all times.
- All footpaths are always out of bounds to cyclists.
- You should not do anything that you would consider cheating if someone else did it. Marshals will disqualify anyone taking an unfair advantage.
- Please pass walkers and horse riders courteously and respect the local community.
- You must report to the finish even if you retire.

Classes

Solos or Pairs

A	Men 17-39	X	Mixed Team (1 man/1 Woman 34+)
B	Women 17-39	Q	Mixed Vet Team (1 man/1 Woman 80+)
C	Vet men 40 -49	Z	Mixed Team (1 man/1 Woman 100+)
D	Vet Women 40-49	L	Mixed Team (1 man/1 Woman 120+)
E	Super Vet Men 50+	G	Generation Team (Youth 12-16, Adult 18+)
F	Super Vet Women 50+	Y	Youth (12-16)
J	Older Vet Men 60+	T	Tandem
K	Older Vet Women 60+		

Teams can be made up of any number of riders though everyone needs to enter individually.

Notes

These cycle routes are a challenge and will test your stamina.

Please indicate on the entry form how many competitors will be travelling in each car to this event so that we can inform the Forestry Commission of numbers to expect. Also please indicate whether you have a Dalby Forest Season Ticket

Entry Limit 500

PRE-ENTRY FEE - £15.00 by Monday 3rd October 2005

Full TCA members deduct £2.00

Associate TCA members deduct £1.00

Own SI dibber - deduct £1.00

Remember there is no guarantee of entries on the day. If entries are taken they will stop when we reach our limit of 500

Entries on the Day - £20

Entry Form

Great Dalby Bikeathon

Sunday October 23rd 2005

Name

Address

Address

Address

Address

Post Code

TCA No. SI card No.

Club/Team

Telephone

Email

Age 01/01/05 Class entered

Course entered Event Fee £.....enclosed

Please make cheques payable to: **EBOR Bikeathons**

I agree to abide by the TCA rules and enter this event at my own risk.

Signed (Parent if under 18)

Please post your entries to arrive by Monday 3rd October 2005

To:

**Great Dalby Bikeathon
1 Hurdle Close,
Norton,
Malton.
North Yorkshire,
YO17 9JZ**

Please indicate how many competitors will be travelling in your car to this event:.....

Do you have a "Dalby Forest Season Ticket" Yes / No (Please circle)

**All proceeds from this event are in aid of the
Minor Injuries Unit at Malton Hospital**