

Safety tips and other helpful advice

by Murray Rook

Leaving the race course (important safety info)

If for any reason you need to move off the race course during a stage, e.g. going to the toilet or looking for shade, you **MUST** leave your bike on the track where it can clearly be seen. This will ensure that you will not be left behind, upon finding your bike the sweep will not depart until you have also been found.

Read the race rules

We cannot stress this enough, please read the race rules and familiarise yourself with what is your responsibilities. This event is run under the rules and guidelines of MTBA and as such there can be penalties for riders and/or crew who breach the rules. You can download the rules from the download section of the website. http://www.desertchallenge.org/online_docs/race_rules.pdf

Avoiding thorns

At the water stops, it's a good idea to leave your bike on the track with the wheels on a clean surface. This could help stop them picking up unnecessary thorns (not that any thorn is necessary). Likewise at camp, you should carry your bike from the track to your camp, and have a clean surface to park it on. If you are lucky you will have a diligent crew who will do this for you.

Water and Hydration

The desert has very low humidity and draws moisture away from everything that it can, especially the human body. **DRINK UP**, keep a bidon at your side at all times, this goes for crews as well as riders! Bring 100 litres of water for the rider and 70 litres for each crew member, so if you have 1 rider and 2 crew you will need 240 litres of water. Remember **DRINK UP!!!**

Enjoy the Event

Take time to enjoy the event and the surroundings, again this goes for both riders and crew. For many this will be your only visit to the Simpson, take time each day to appreciate where you are. In the words of the 2009 race winner, Alan Keenleside "What a fantastic way to see the desert, from the seat of a bike!" Regardless of which form it takes each year, dry and dusty or alive and green, the Simpson is a unique part of the world.

Respect the environment.

The Simpson is a national Park and as such is governed by strict rules. Our event relies heavily upon ensuring we remain within these rules. Please be respectful of the environment, take all rubbish with you, do not disturb the local fauna and flora and please do not attempt to feed or approach the dingo's. Take only photos, leave only foot prints (and big fat bike tyre tracks!)

