

Information for those new or fairly new to Enduros

Before the day

- Check brake pads, chain and sprockets condition carefully - you will be doing the equivalent of about four motocrosses during the day.
- Bring enough petrol for four hours riding (5 gallons (25 litres) should do it).
- Bring plenty to drink (non-alcoholic!) - a catering vehicle will be on site for your family / helpers during the day.

On the day - before the start

- Sign on (don't forget your Comp. Licence – or you can buy a one-event licence for £10) and collect a transponder wristband used for the electronic timing (and a time card if we issue them). Put the wristband on your RIGHT wrist and secure it with tape so the transponder is always on the outside. It's waterproof, so there's no need to hide it under clothing!
- Also collect a coloured wristband for your mechanic to allow him/her access to the refuelling area. Only one mechanic per rider and only those with wristbands will be allowed into the refuel area.
- A notice on a board will tell you how many minutes you have to do each lap without incurring any penalty points. Make a careful note of these. Many riders stick a piece of duct tape on their petrol tank and write on it each lap number and target time as a reminder.
- Take petrol cans, tools, drink to the refuelling area - you should not return to your vehicle once the event has started.
- Push your bike to the Scrutineer then the start area in good time to start exactly on your right minute.
- Keep your vehicles locked when unattended, and do not leave "nickable" things outside. Sadly, things have gone missing from Canada Heights paddocks before. Keys can be left with the Secretary of Meeting if required.

Riding the event

- Your aim is to complete each lap EXACTLY in the time allowed. ***The end time for one lap is the start time for the next - there are no scheduled breaks during the event!***
- You must **STOP** at the check point on **EVERY LAP**. Do not complete any lap early, apart from the final one when you may). If you are early, pull into the refuelling area (just **before** the check point). Use the time to refuel, have a drink, check the bike and make sure your wristband is in the right place for the reader. **STOP YOUR ENGINE before refuelling (penalty for not is exclusion from the event).**
- At exactly the right time on the master digital clock, ride to the check to touch your transponder wristband against the reader. Don't come in early – it's 60 marks per minute EARLY as well as late.
- **Time lost on any one lap CANNOT be made up in the next lap.** If you are late at the end of any lap you get 60 penalty points per minute - you then have the full time allowance to do the next and subsequent laps. Don't forget that the times you noted before the start will all slip back by the number of minutes you are late.
- **The Special Test.** This may or may not be part of the circuit (details on the day), and on any lap you must stop at the "Special Test Start" sign. At 'Go', ride as quickly as possible and STOP at the "End" sign. Your time will be recorded. This time will be added to your time penalty points in the results. The quicker test times, the less seconds added. **The programme and riders briefing will tell you how many Tests you will have to do during the day.**
- **Blue Tape Areas:** Blue tape lining the track means WALKING PACE while you are between the tapes. That's no more than 5 m.p.h. Action will be taken against anyone we see riding faster – you may be held at the checkpoint for several minutes, or exclusion for persistent offenders. You have been warned!

Hints and tips

- The time schedules are set so that you will be able to do the first lap easily, so TAKE IT EASY on the first lap. Use the early laps to find where the track goes and the best lines to take, ready for the tighter time schedules later.
- Make a mental note of how long you take to do an average lap. You will then know if you will have to speed up for the tighter schedules or you can ease off a bit.
- Before the start and at every pit-stop, HAVE A DRINK. If you wait till you are thirsty, it is too late - you are already de-hydrated! If you have a camelback, use it, especially if the weather is hot.
- There are riders of all abilities on the track at the same time. Fast riders; please don't shout or shove slower riders into the bushes, and slower riders please let the quicker riders through – they are not competing against you in your class.

If anything is unclear, or you have any more queries, please phone or email me before the day - don't leave it till just before the start, I'll be too busy then!