

MANX E | 50 Sportive— 26th July 2020

Competitors Handbook

Welcome to the ninth year of the Manx 100 and the first year of the Manx E 50.

The Manx 50 event is an endurance mountain bike challenge of one lap of 50km (actually 53km!). **THIS IS NOT A RACE.**

It is a real personal challenge for those that enjoy riding and challenging their own physical ability, stamina and mental strength. The event offers over 1,850 metre of ascent over the course.

The course will not be littered with signage, nor food stations or support people. You must be able to ride within your ability over the terrain, you have personal responsibility for yourself.

Event Location and date

The event will be held on 26th July 2020

The 50km event will provisionally start at 10:00. Note the FINALS take precedence over this provisional time.

Event Entry and Cost

The cost structure for all events is as follows:

£40 until 12th July 2020.

Maximum Entry - 50 riders

Categories

Male and Female.

Competitors

All competitors should be experienced mountain bikers who deem themselves capable of riding serious amounts of distance off road over rough and technical natural terrain (there is no “trail centre riding” in this event).

Signing on for the event

This will be on Saturday evening (25th July 2020) from **18:30** to **19:00** at the Grandstand. Arrangements can be made if you can not make this signing on. Please contact Nigel at Nigel@ManxMTB.com or 07624 473388.

Compulsory rider briefing

There will be a compulsory rider briefing on race day at **09:55** at the bottom of Barnell. There will be a check of compulsory kit check before the start.

Start of the event / Riders Briefing

GPS TRACKERS WILL BE COLLECTED ON SUNDAY MORNING. Trackers will be available solely from the old Farmers Arms car park in St John's from 09:00am on race day. There will be a mass start on 26th July 2020 at **10:00 sharp**. Riders should start making their way to the start area (bottom of Barnell) from 09:00. The final riders briefing is at 09:55.

Route and route Profile.....

The route will be released to the e-mail address provided a week before the event, as a PDF and as a GPS downloadable file.

Outside Assistance

In terms of provision of food, drink, repairs and such like, outside assistance is allowed, but will not be provided for by the organisers. It goes without saying that the whole event should be undertaken under your own power.

GPS Tracker

Each rider will be provided with a GPS tracker and instructions on its use. However, simply, it needs to be secure and it needs to "see" the sky. And turned on before the start of the event!!

We have had to lay down a large deposit to run these trackers. It is imperative that you return your gps tracker to us **ON EVENT DAY**. **If we lose the deposit, the event will fail to run again.**

THIS IS NOT A RACE

Cut off Points

There will be cut off points during the event. If you have not reached these points by the time indicated in the final instructions, your chance of completion of the event will be in doubt. Your event will therefore be over and the marshal will inform you of this. This is for your own safety.

Final Instructions

Final instructions (which include finalised cut off times), a PDF of the route, and a GPS route (in GPX 1.1 format as standard, others available on request when you receive the final instructions) will be provided during the weekend of 18th July 2020. These will be sent to the e-mail address you have registered when you enter the event. It is your responsibility to ensure you will have access to this e-mail outside of office hours.

Navigation and use of GPS

There will be arrows (black on luminous yellow) en route to provide route confirmation. The GPS is just another aide memoire. Ensure you take a copy of the paper maps for when the GPS has run out of battery, or take a battery back up (we all love to see your strava!).

Presentation

All prize presentations will be on the TT podium at the Grandstand.

The presentations are provisionally planned (all races and all categories, male and female begin at **19:00**).

Rider Responsibilities

1. Do not race the route. This is a sportive. This is non competitive. Don't be a
2. Dependent on local conditions, route will be available for pre-riding by Thursday 25th July. If you would like some pointers, or to find out where is yet to be marked, please contact Nigel.
3. For most of you this will be an unsighted event over 50km with significant ascent and descent on natural trails. Remember this is a wilderness event.

4. No "trail furniture" has being marked. We have marked some of the descents, but these can not and do not indicate every hazard around the route, nor even all the hazards on the descents.
5. There are some steep ascents and descents, the distance may be more than you are used to, you must keep yourself in check. Ride within your own ability and at your own speed. **If necessary walk, even the descents. This can not be stressed enough.**
6. As this is an event in the countryside, there will be many hazards en-route, such as rocks (lots, various sizes), livestock, rutted tracks, pot holes, steep ascents and descents, banks, bomb holes, trees, bushes, ferns, gorse and brambles. No hazards will be marked by the organisers. It is an unsighted event where your skills and experience count.
7. It is your responsibility, as mountain bike ambassadors, to "look out for one another" - stopping and helping a fellow competitor in distress, be it medical or mechanical. It is expected that you will ask if you can assist in anyway. If necessary use your mobile phone to call (999 in worst case, or 07624 473388 in less extreme situations) in the situation with a rough location of the competitor in distress.
8. To follow the course! The course will have been provided to you via GPS and will be marked by black "fire" arrows on red or yellow backgrounds (stating "The Manx 100") or marshals at some points on the course. It is your responsibility to ride the course, the course should be clearly marked, but you need to ensure you are going in the correct direction!

Event Regulations

Please read carefully. Non compliance will result in disqualification, harsh words from the organisers or both.

1. Remember this is NOT A RACE.
2. Equipment: The Bicycle must be capable of safely and efficiently completing the task and must, as a minimum, be mechanically sound, have efficient brakes on all wheels and all reasonable steps must be taken to ensure the safety of the rider and others. As part of the latter, bar plugs are compulsory.

3. Your e-Bike must be an “electrically assisted pedal cycle” EAPC, ebike, or Pedelec), have pedals that propel it, the electric motor won't assist you when you're traveling more than 25 km/h (15.5mph) and the power doesn't exceed 250 watts.
4. Approved cycling helmets must be worn at all times when riding.
5. Highway code rules apply **at all times** during the event.
6. Any competitor withdrawing from the event must inform control as soon as possible. 07624 473388 – Nigel Morris.
7. Event officials reserve the right to remove any competitor if they consider they are not capable of safely completing the event.
8. Do not leave any rubbish along the route. All waste should be carried until the finish line and not discarded anywhere along the route except in bins.
9. Anyone seen discarding rubbish other than noted above will be disqualified.
10. Participants must avoid livestock and all gates must be left SHUT unless locked open. For the avoidance of doubt if the gate is open but not locked open (by rope or such like) when you get to it, SHUT it.
11. The event does not involve any exclusive use of any part of the Manx countryside. Normal common sense, road sense and trail etiquette must apply at all times. You are sharing the hills with other users.
12. It should go without saying, but on the road sections, riders must obey the Highway code, ride sensibly (the roads are NOT shut for your exclusive use) and act courteously to other road users and pedestrians. (Note an exception to this is the police led start, which will be detailed further in the final instructions).
13. No headphones should be used. You will need all the senses working overtime over the course of the event, hearing included.

Compulsory Kit

- a) **REAR LIGHT ATTACHED TO BIKE OR HELMET.** Charged and working
- b) Approved cycling helmet.
- c) Bicycle (in any guise but must be solely powered by you).
- d) Whistle.
- e) Survival blanket.

- f) Mobile phone (with the same number you supplied us!) fully charged and likely to last the 12+ hours. Do not put it on silent. Do not let it go to voice mail. If it rings it will be Nigel trying to find you.

Recommended gear / pointers

You can make your own decisions here, but to assist any riders who need any pointers we would suggest:

- a) Enjoy the day ☺. Take it easy, it could be a long old day.
- b) Food & drink for the duration of the event. There may be chance to replenish supplies at the various villages that you will pass, but there is no guarantee the shops will be open or have what you want. There will be opportunity for bag drops en-route at some of the pre-designated checkpoints.
- c) Tyre levers, tubes & puncture repair kit.
- d) Sturdy tyres of choice.
- e) Multi tool, spoke tool and chain tool, lubrication.
- f) All mountain clothing. The weather is unpredictable and can change quickly, sometimes four seasons can be seen within a couple of hours, even in July. Prepare for hypothermia and for dehydration. Either one, or possibly both are possible. (We are awaiting the year where we get caught out with and have to warn of snow).
- g) Lights for all weathers and times.
- h) A GPS unit with mapping functionality.
- i) Remember that it is a BIG undertaking, so ensure you ride within your limit. Walk the descents if necessary.

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RACE**