

**OFFICIAL SIGN ON – SATURDAY
EVENING 29th July (17:00 – 19:55) (none
on Race Day), Hospitality Suite,
Grandstand, Douglas.**

MANX | 50

**RIDERS TO BE IN ST JOHNS RAILWAY
CAR PARK BY 13:00**

START TIME

30th July 13:30

Introduction

1. Welcome.
2. With these final instructions you should have also received a map, a list of competitors and the relevant cut off times. You should also have received a GPX file (choice of 100m or 100km) to upload to your GPS. If you are unsure of anything, please contact me as soon as possible (Nigel 07624 473388).
3. Ride with GPS route: <https://ridewithgps.com/routes/22737952>

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4. 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.
5. You are ambassadors for the Manx 100 and mountain biking in general. Be courteous to all you meet.
6. If you retire, it is imperative you contact me (Nigel 07624 473388) as soon as possible so that we can stop any attempts to locate you.
7. As experienced mountain bikers, the following list of mandatory requirements should not come as a surprise:
 - a. A mountain bike (no electronic (or other) assistance to bike allowed);
 - b. a helmet;
 - c. survival blanket;
 - d. whistle;
 - e. **suitable** clothing for all weathers (irrespective of what greets you Sunday morning, including full waterproofs and warm clothing);
 - f. mobile phone that works and is fully charged (please not on silent – make my number a special ring tone (07624 473388) if necessary);
 - g. at least a working rear light attached to the bike; and
 - h. a sense of adventure with a smile on your face.
8. It is greatly suggested that you also have a working front light with you.
9. “Go Pro” and similar recording devices are not allowed on this event.
10. Please ensure you ride well within your ability and help any riders you see, as I hope you would in any case. If the situation is a medical emergency, call 999 in the first instance, and then Nigel 07624 473388.
11. Note, for all those riders not from this rock, you should be aware that the Isle of Man is a foreign destination for your mobile phone. You should ensure you will have coverage here by contacting your provider, noting the charges for use here. Also, we would suggest turning off 3G/4G and/or data as you will be charged for usage at international rates.
12. Overall ENJOY your ride, stay alert, stay as fast as you feel comfortable with and most importantly stay safe.
13. SHUT ALL GATES.

Registration

14. Registration opens at 17:00 Saturday 29th July at the Hospitality Suite, Grandstand, Douglas (Map Ref 383 775).
15. It will shut at 19:55. If this is inconvenient please call Nigel (my number is on here!) as soon as possible so we can arrange suitable alternatives.
16. THERE IS **NO SIGN ON ON SUNDAY.**

Saturday Night Presentation

17. There will be a compulsory race briefing at 18:00, 19:00 and 20:00 (plus a Q&A session) in the hospitality suite at the Grandstand. You only need to attend one!

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Check/Cut off Points / Refuelling points

18. There are check points and cut off points. If you do not reach these by the time given, it means that you may not be able to reach the end before sunset.
19. You will not form part of the event if you reach these points outside of the times given.
This is for your own safety. The marshal will inform you of my decision.
20. Leeway will be given, but you may need to think about your own capability of finishing the event.
21. To be classified on the event you must have been through each of these checkpoints before the cut off point and “ticked” off by the marshal.
22. Checkpoints and Bag Drops are shown below :

MANX 50							
Checkpoint	Bag Drop	Location	Distance (miles)	Cumulative (miles)	Ascent (feet)	Descent (feet)	Cut off time
Start		St Johns	0.00	0.00			13:30
CP7		Arrasey Plantation Entrance	8.46	8.46	2,317.60	1,652.50	17:45
CP8	1	Picnic Car Park Cringle	9.45	17.91	944.40	1,019.00	18:45
CP9		Archallagan First Car Park	9.36	27.27	1,028.60	1,398.30	20:15
CP10 / Finish		Kewaugue	9.82	37.09	928.30	1,314.60	21:30
Grandstand		Grandstand	2.61	39.70	338.70	247.60	
			39.70		5557.60	5632.00	

Bag Drops

23. Bags should be left at Sign on (Saturday evening) so we have chance to ensure they are with the correct vehicle for the bag drop.
24. To reiterate the above bags should be clearly marked with your name.
25. This should be in such a way that this will not fall off (eg they are not “post it” notes).
26. The bags can include anything, our suggestions would be - your fluid of choice, spare clothes, spares for your bike (reasonable please), and food.
27. For any bags not picked up during the event, we will endeavour to get these back to the Grandstand as soon as possible.

Rider Briefing / Start Procedure

28. There is a mandatory riders briefing at **13:25** on Sunday at the start zone.
29. The event will start at St Johns old Railway car park, heading out neutralised on the Patrick road before turning left at Barnell and the race start

Rider Responsibilities, event & route notes

30. Enjoy.
31. SHUT ALL GATES.
32. At all times YOU MUST ride within your ability.

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33. Remember this is a wilderness event. It is your responsibility to navigate the route.
34. No “trail furniture” has been marked. Ride within your own ability and at your speed.
35. This is an unsighted event over 50 kilometres with significant ascent and descent on natural trails. Ride SAFE at all times. **Walk the descents if necessary!**
36. As this is an event in the countryside, there will be many hazards en-route, such as rocks, livestock, rutted tracks, pot holes, steep ascents and descents, banks, bomb holes, trees (down or up), brambles, nettles, gorse and bushes. No hazards will be marked by the organisers. You must ride within your own ability. It is an event where your skills and experience count.
37. 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 Nigel on 07624 473388 in less extreme situations) in the situation with a rough description of your location.
38. It is your responsibility to follow the course! The course will have been provided to you via GPS and will be marked by “The Manx 100” arrows and marshals at some points on the course. **Only follow these arrows.**
39. It is your responsibility to ensure you are going in the correct direction on the route.
40. Some sections require you to join roads and/or cross roads. Use your road sense, coupled with common sense. This includes the infamous “TT” course. You must remember that on some of these sections, there is no speed limit; vehicles could be travelling a lot faster than they appear. **Extreme care** should be taken on these sections. Please do not ride two or more abreast but single file.
41. If you use the GPX route that has been sent have the route showing on your map screen rather than “follow” the GPS route so as not to flatten your battery as much.
42. PLEASE SHUT ALL GATES.

Finish procedure – The Manx 50

43. At Kewague (357 748, Checkpoint 10) there is the final compulsory stop where you will be given a time by Lisa.
44. From this time we will add 10 (ten) minutes. This is your finish time.
45. However, to be classified, you must ride back to the Grandstand (383 775) and check in within **30** (thirty) minutes of your finishing time at checkpoint 10.
46. Take longer than this time and the difference will be added to your time.
47. Ensure you have lights on if you are approaching this section later on in the day.

Prize Presentation

48. There will be a prize presentation at the Grandstand at 17:30.

2018 – date settled as 29th July 2018.