



**2011**  
**METTLE GAMES**  
**POLYGON URBAN DOWNHILL**  
**MOUNTAIN BIKE RACE**

## **01 Definition of Freeride Mountain Biking**

Freeride Mountain Biking is a relatively new discipline of mountain biking, combining different aspects of the sport such as downhill and dirtjumping which has progressed rapidly in recent years and is now recognized as one of the most popular disciplines within mountain biking.

The term is a derivative of freeriding, which originally came from snowboarding and is now also used in other sports including skiing, windsurfing, snowmobiling and jet-skis. The original concept of freeriding was that there was no set course, goals or rules to abide by.

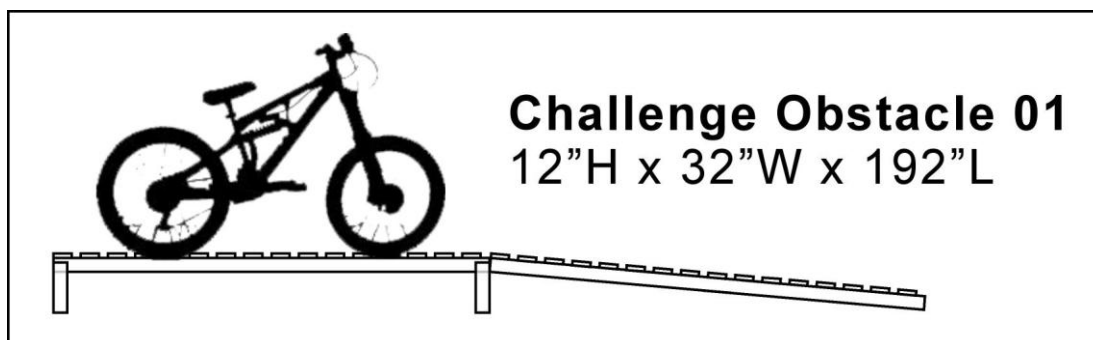
The original freeride bikes were modified downhill bikes which utilized gearing that enabled the rider to go up hills as well as down them. Modern freeride bikes are similar to downhill bikes, but feature slightly less suspension travel and are lighter - which enables them to be ridden not just downhill but through more technical sections, such as North Shore obstacles. Additionally, most freeride bikes feature slightly steeper head angles and shorter wheelbases than pure downhill bikes to facilitate maneuverability on slower, technical sections of trail.

## **02 The Race Course**

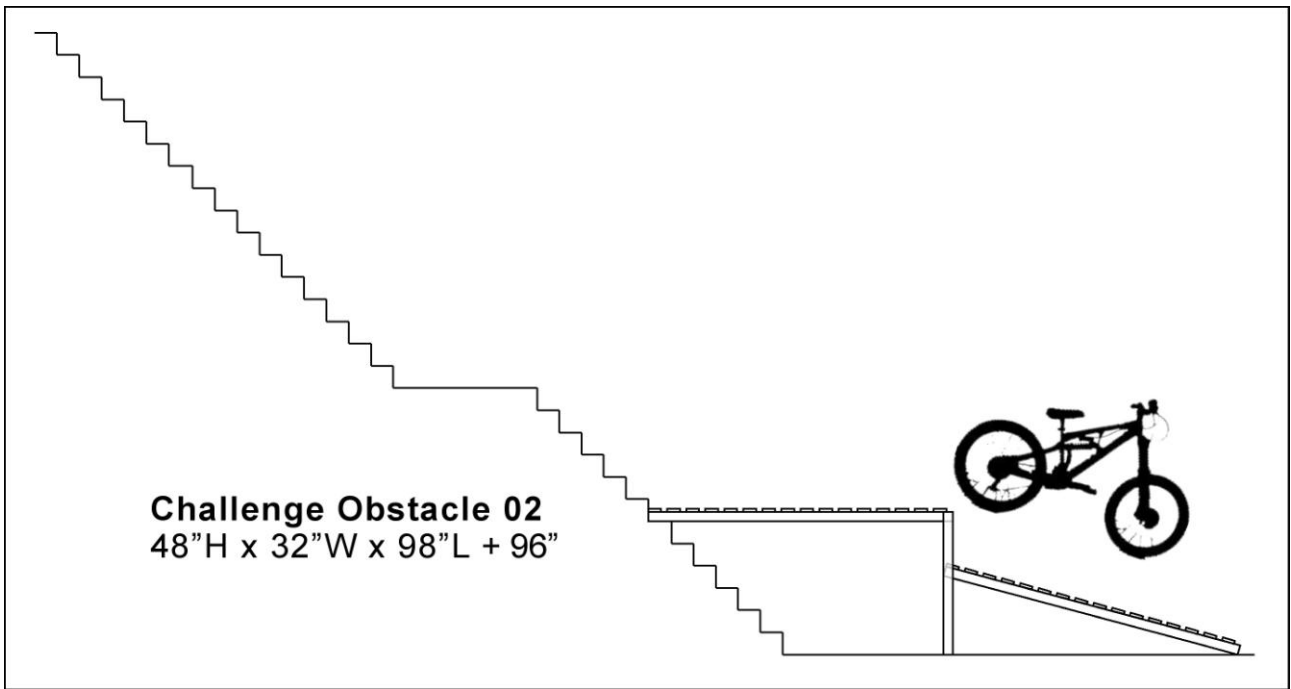
- Participants start off at the third level and finish at the ground level going through obstacle challenge points along the way.
- The Expert, Sports, Masters & Junior categories share the same race line and obstacle challenges except for obstacle challenge 10 (ref to drawing 03.10).
- The Sports & Open category share the same obstacle challenges except obstacle challenge 02 and 03.

## **03 The Obstacle Challenges**

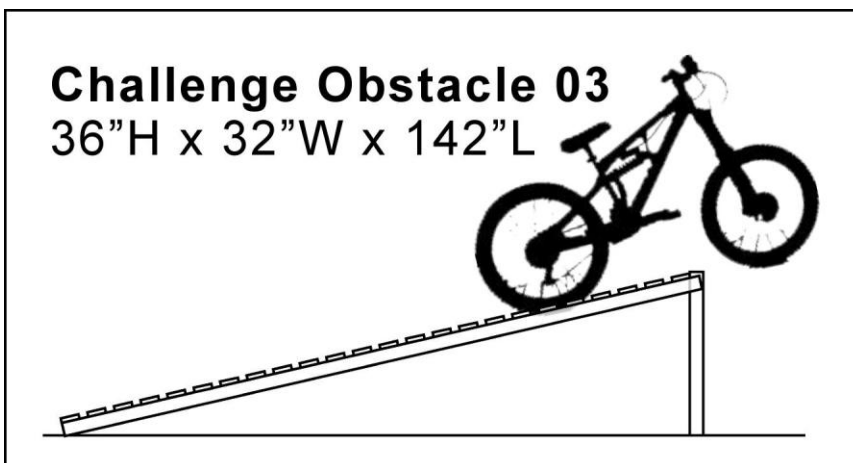
- Material & Construction
  - A combination of hard wood and balau wood will be used to construct the structures except obstacle challenge 10
- Management of obstacle challenges is dependant on the skill level of the respective participants
- Obstacle Challenges



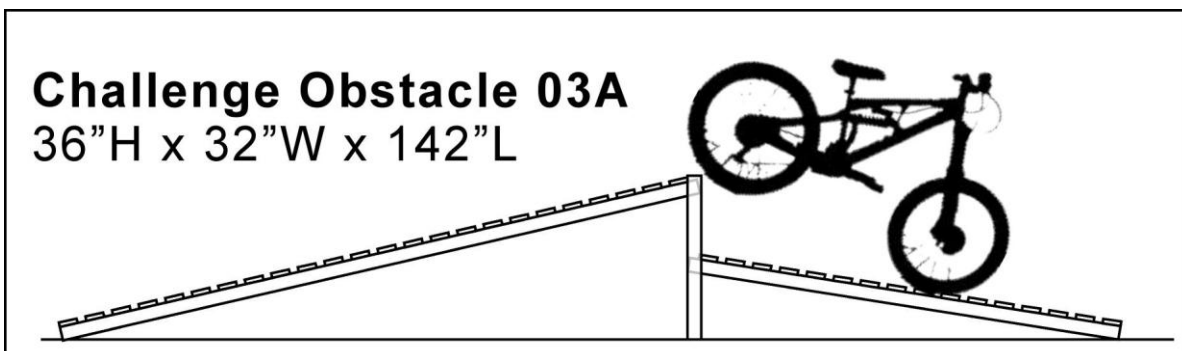
Start platform for all categories



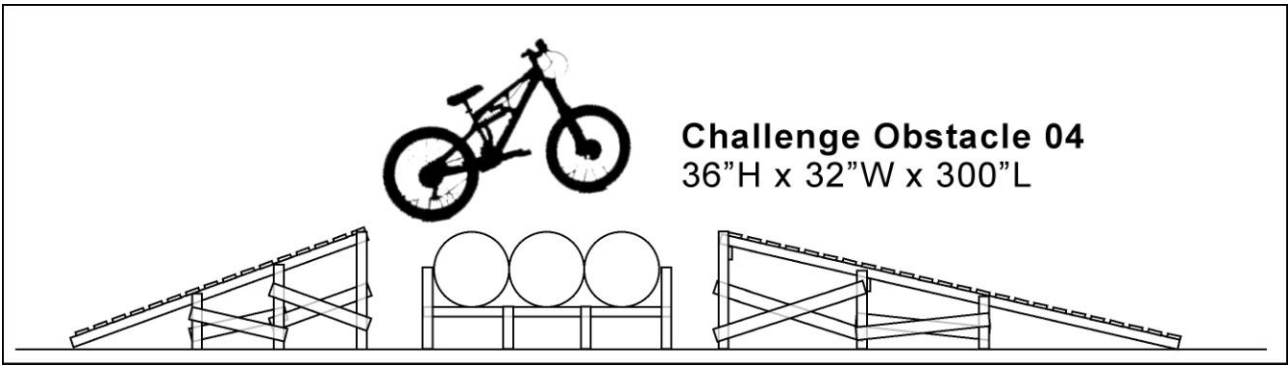
for all categories



for Expert Categories

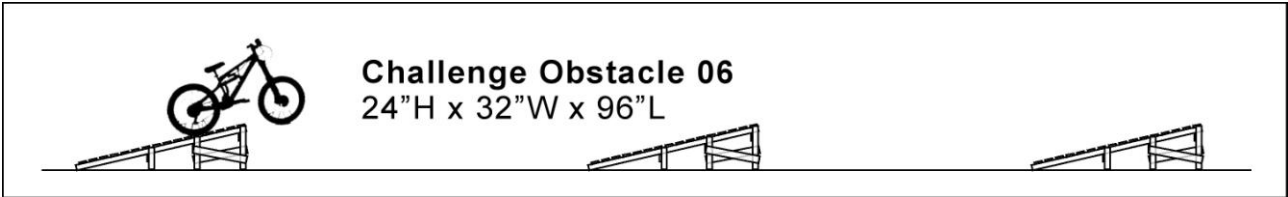


for Sports, Juniors and Masters Categories



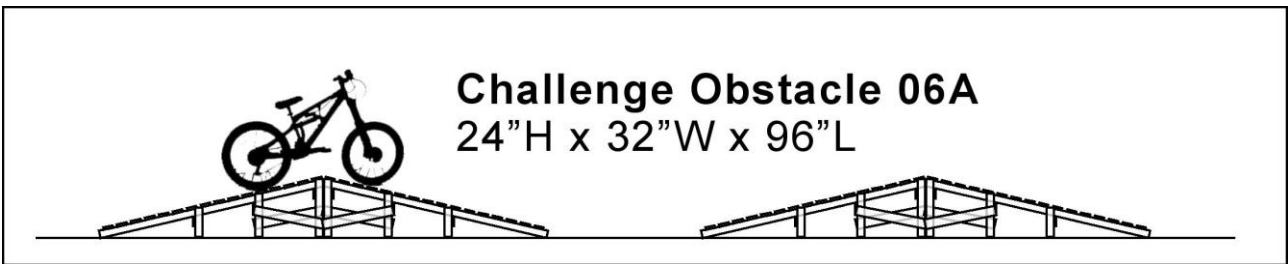
**Challenge Obstacle 04**  
36"H x 32"W x 300"L

for all categories



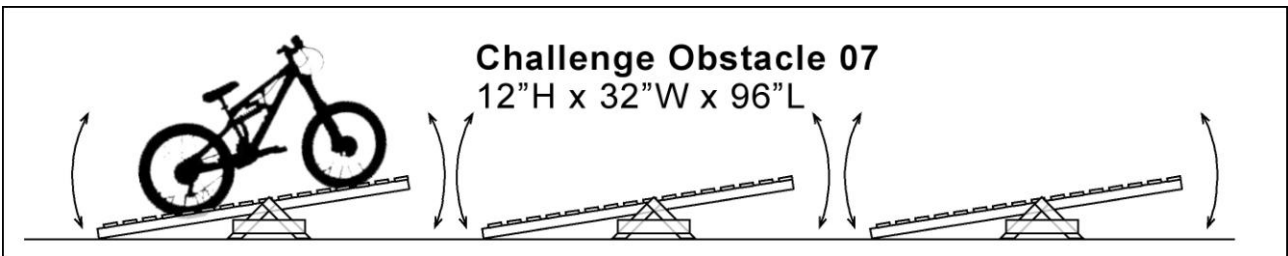
**Challenge Obstacle 06**  
24"H x 32"W x 96"L

for Expert Categories



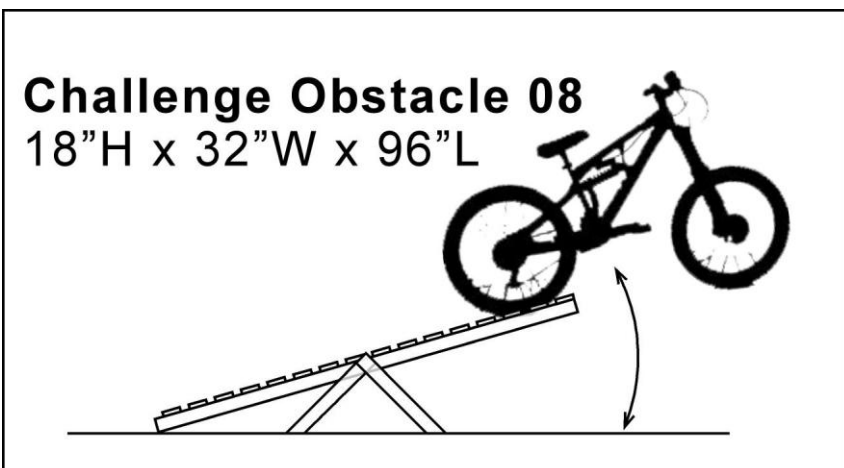
**Challenge Obstacle 06A**  
24"H x 32"W x 96"L

for Sports, Junior and Masters Categories



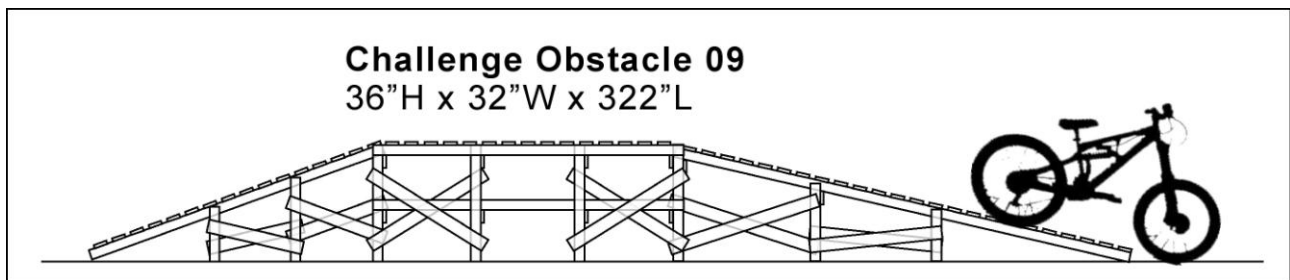
**Challenge Obstacle 07**  
12"H x 32"W x 96"L

for all categories



**Challenge Obstacle 08**  
18"H x 32"W x 96"L

for all categories



for Sports, Junior and Masters Categories

#### **04 Safety Management**

It is the Race Director's responsibility to ensure the following before the race starts...

##### *04.01 Marshals*

- Marshals will be stationed at each obstacle challenge point.
- A short blow of the whistle signifies to the next marshal the approach of the participants to the latter's location
- A long blow signifies an accident has occurred and the participant requires medical attention. It also calls for the race to be temporarily stopped till the injured participant is moved to a safe location.
- The chief marshal will signal the start line marshal when the race is ready to be re-opened.

##### *04.02 Medical Support*

- A fully equipped ambulance must be present with at least 2 medically trained personnel and a doctor
- It is the event organizer's responsibility to provide the ambulance crew the address of the nearest clinic/hospital.
- The nearest clinic must be informed of the event and it is ready to attend to the injured.
- One first aid point at the finish line and another mid-way along the race line.

##### *04.03 PARTICIPANTS*

- Safety gear
  - all lycra-elastane based tight-fitting clothing is not permitted
  - a full face helmet must be worn properly during the race and when practicing on the race line
  - the helmet must be fitted with a visor
  - open-faced helmets are not allowed
  - participants are recommended to wear the following protection :
    - back, elbow, knee and shoulder protector guards
    - neck brace or full body armour
    - long racing pants
    - long sleeved shirt
    - full finger gloves
- Medically fit

##### *04.04 Obstacle Challenge Points*

- appointed test rider will go through each technical challenge before start of event.
- obstacles are designed to be able to be maneuvered by dismount and walking across if there is a breakdown in equipment. Alternative lines will be present too.
- no spectators are allowed to be within 1M before the start of the obstacle and 2M after the end of the obstacle. However, spectators are allowed to cross over under the discretion of the respective marshals

#### *04.05 The Race*

- Participants will be flagged off one at a time at 1 minute intervals.
- They are allowed to overtake.
- All participants must complete at least 1 lap of their chosen category
- Only 26" mountain bikes are allowed

#### *04.06 Mountain Bike*

- It is the responsibility of the participant to ensure their bikes are in working order and all parts to be securely tightened together. All bar ends must have bar end caps.

#### *04.07 Participants Criteria*

- Participants will be categorised under Expert, Sports, Juniors and Masters category
- Minimum age requirements for categories are as follows
  - Masters (30 years and above)
  - Expert (19 years and above)
  - Sports (19 years to 29 years)
  - Junior (16 years to 18 years)
- Participants who wish to participate in the **Expert category** must have previously participated in 2 similar events in the **Expert/Elite Category** from 2009 to 2011 or 1 similar event in the **Expert/Elite Category** in 2011.
- Participants must have previously participated in 2 downhill events from 2009 to 2011 or 1 similar event in 2011.
- Participants who wish to join a particular category but does not meet its minimum age requirement, must sign a separate indemnity form in the presence of the parent/guardian and race director.

### **05 Affiliation**

The event is sanctioned by the Singapore Cycling Federation (SCF).

SCF is a non-profit organization affiliated with the Singapore Sports Council (SSC). Its main objective is to promote cycling as a sport and a form of exercise for Singaporeans of all ages. SCF will be on the supporting role in this event .

prepared by

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Race / Technical Director

2011 Mettle Games Urban Downhill Race