



**HUNTER MOUNTAIN BIKE ASSOCIATION
INCORPORATED**

Members Guide

Members Guide



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Welcome

To the Hunter Mountain Bike Association Incorporated

Congratulations on becoming an HMBA member!

The next few pages we will outline about the HMBA, the aims of the club, how it is run, what you can expect from the club and what is expected of you. The guide has been prepared to enhance your understanding and enjoyment of the club and particularly the sport.

Further information regarding the club and its operations can be obtained from the club newsletter or by asking other club members.

Note

This guide is not intended to be a comprehensive rule book. Remember, there is no substitute for common sense and, if in doubt ASK.

About the HMBA



The HMBA logo is proudly displayed on the club trailer, jerseys and stickers.

The club is always interested in a new design, so, if you have any ideas, please put them forward. You never know, it be the next logo on the trailer.

The Hunter Mountain Bike Association traces its origins back to 1983 back in the early days of the sport. In fact, the HMBA is the oldest mountain bike club in NSW.

The HMBA has a first class history as the home club of many local, State and National champions and Australian representative riders.

However, while the HMBA is proud to support its representative riders, it supports all riders in their sporting endeavours.

HMBA's Aims

The HMBA was formed and continues to work to promote the sport of mountain biking, both recreationally and competitively, to community through the running of social rides, coaching and racing.

The HMBA's aim is to promote a healthy and active lifestyle among its members and encourage the best sporting attitudes among its members.

How the HMBA is run

The only way the HMBA continues is through the continued support of members. The club is always looking for helpers, be it for running the BBQ, helping with the timing or just marshalling (watching the race).

Every year the HMBA holds a Christmas party/Annual General Meeting where members elect who they want to run the club (executive committee).

The positions in the executive committee are:

- ◇ President
- ◇ Vice President
- ◇ Secretary
- ◇ Treasurer
- ◇ Registrar
 - Race Coordinators (Cross Country and Down Hill)
 - Social Ride Coordinator
 - Publicity Officer
 - Newsletter Editor
 - Committee Members

The HMBA is affiliated to the Mountain Bike Australia Inc (MTBA) and Australian Cycling Federation (ACF) and races under the MTBA.

HMBA Newsletter

The HMBA publishes a newsletter approximately every month. You can elect to receive it either via the post or email.

The newsletter contains various articles, some light-hearted and some serious articles. It will include a calendar of forthcoming events (HMBA, local, State and National races and social rides) and has a section for advertising those bike bits you don't need anymore/or are desperately looking for. It also contains the names and contact details of the Executive Committee.

The newsletter relies on input from club members – you are welcome to submit stories, comments etc to the newsletter via email or you can post them in.

HMBA Website

The HMBA website is a work in progress.

HMBA Membership and Licences

In order to participate in HMBA organised activities, you either need to be a member of the HMBA, or take out a day licence.

To become a member of the HMBA:

1. Fill in the HMBA membership form – you can join as a single member or a family (Attachment 1).
2. Obtain an MTBA licence application form – you can take out either a day licence or a 12-month licence. (Attachment 2).
3. For a race – pay the race entry fee, for a social ride – enjoy

It is mandatory for all members of the HMBA to be either a member of the ACF or the MTBA. However, at the current time, if you take out an ACF licence, you have to take out an MTBA licence as well.

The Treasurer or Registrar will be able to give you further details and the costs of the above licences.

Racing

Racing Divisions:

- National Series: Run by the MTBA and the ACF and held by clubs around Australia with a final – Winner is the National Champion, and the rider with the highest points is the National Series Leader.
- State Series: Run by clubs around NSW.
- HMBA Club Series: A social racing circuit – there are eleven races held throughout the year for both cross-country and down hill (January to November).

Race Categories

- Cross-Country: involves a field of rider competing over a distance, a number of laps of a course that offers a range of terrains and conditions. Generally the race lasts for an hour and a half.
- Down Hill: involves one rider at a time racing down a set course against the clock – quickest down wins. Elbow and knee protection and a full-face helmet are required.
- Time trials, enduros and four cross events.

Classes

Riders are classified by the following:

- ◇ Veterans
- ◇ Masters 1
- ◇ Masters 2
- ◇ Masters 3
- ◇ Expert – Any age, for the more professional rider
- ◇ Sport – Any age, this is the most popular class for riders who don't have the time or don't want to race at a more professional level (expert). This is a support level
- ◇ Under 19 – Ages 17, turning 17 during the year in question and 18
- ◇ Under 17 – Ages 15, turning 15 during the year in question and 16
- ◇ Under 15 – Ages 13, turning 13 during the year in question and 14
- ◇ Cadets – Ages 10, 11, and 12
- ◇ Kidets – ages 7, 8 and 9
- ◇ Fun – Any age

Point Score

Points received from the racing are assigned as follows:

Position	Points	Participation Points
1	40	5
2	35	5
3	31	5
4	28	5
5	25	5
6	22	5
7	20	5
8	18	5
9	16	5
10	14	5

Position	Points	Participation Points
11	12	5
12	11	5
13	10	5
14	9	5
15	8	5
16	7	5
17	6	5
18	5	5
19	4	5
20	3	5

HMBA Championships

Mid year (June/July) a championship is held which decides the HMBA Champion for cross-country and down hill.

Series leaders are chosen from the point scores based on the following criteria:

- Highest points **and**
- Having competed in more than six races during the year

Both winners are rewarded for their achievements with the presentation of medals at the Christmas Party / AGM.

Club Sponsorship

The HMBA wishes to promote its promising riders and offers some sponsorship for riders competing in National and International competition.

Further details and sponsorship application forms can be obtained from the Club Executive Committee.

Racing Etiquette

Racing, be it International, National or social is an exciting part of the sport. However, there are rules and just general common sense things to remember when participating in these events.

1. Be polite, do not jostle, push or try to force other riders off the course
2. Be considerate, if you want to pass a rider on the course in front of you, please call “**rider**” or “**on your left/right**”. **DO NOT JUST BARGE PAST!** Remember, they might not know you’re behind them.
3. If there is someone behind you, especially if they are not in your class, let the rider past, it is not worth the hassle to have someone right behind you all the way.
4. If there is someone broken down or has crashed on the track, ask them if they are all right. If they are not, please help (especially if they are hurt); you will not lose points for helping someone. If there is nothing you can do, at least notify the race organisers of the rider’s problem
5. It is always a good idea to pre ride the track before the race starts, that way there are no nasty surprises on that first lap.
6. Always be hydrated – bring plenty of water. Races take approximately one and a half hours; you will get thirsty.
7. Help the race officials – any help will be greatly appreciated and it makes the race run much more smoothly.
8. Do not cut the course; you only cheat yourself. If you find that you have mistakenly gone the wrong way, let the officials know
9. If you withdraw from the race, please let the race organisers know.
10. At the end of your race, please don’t hassle the timekeepers for your time, although you have finished, the race probably hasn’t.

Protests and Disqualifications

If you wish to protest, or register a complaint about your event, you should report to the race director promptly.

The club expects that protests and disqualifications will be extremely rare. However, disqualification can arise from the following:

- Outside assistance: Cycle rules prohibit any outside assistance. If you breakdown in a race you have to repair the bike yourself with the spares you have carried with you.
- Misconduct: for example course cutting, or
- Poor sports attitude

Disciplinary Procedures

For the first offence/allegation, a warning will be given to the person (depending on the type of offence).

If the offence is repeated, a letter will be sent which will document the course of action the club will take and will invite the person to appeal.

Social Rides

The date, time and location of social rides will be posted in the club calendar. To enjoy the ride all you need to do call the ride coordinator and turn up on the day.

The rides vary in difficulty and distance, and are usually a round trip.

Club resources

Over the years, the club has been able to gain resources such as:

- Two bike trailers (hold 12 bikes each) that are available to club members for use
 - Main club trailer
 - Generator
 - PA system
 - Laptop Computer – for running the larger races
 - Timers
- ...which have been acquired to ensure the smooth running of the club during race time.

Conservation, Ecology and the Environment

Mountain biking provides us with the access to some of the greatest spots and cycling is a reasonably low impact sport on the environment.

While riding in the bush, be aware of other users, be it four-wheel drives, trail bikes, horse riders or bush walkers and ride accordingly. Try not to startle walkers or horse riders.

Consider others and share the bush, there is enough to go around, but it is still scarce enough that we need to look after what we've got.

Tips to limit environmental damage

1. Limit the skidding, it tears away soils and rocks
2. Don't cut corners, it widens the track unnecessarily
3. Dispose of litter in the bin
4. Don't ride the bush straight after heavy rain
5. Don't ride through streams, creeks and waterholes – it damages both the waterways and your bike

In Conclusion

The club was formed to enhance your enjoyment of the sport so go out and enjoy.