

# The Wobbly Wheel

Mountain Biking Otago Monthly Update

Happy New year to you all from the MBO team.

We hope you have had a great break and are ready for the year ahead.

We are currently reviewing the value of the newsletter and if to continue to circulate. If you do see value in it and do read it, if there is anything you'd like to see included, please let us know.

## MBO CALENDAR

24 Jan Otago XC Champs

30 Jan Funduro R3

31 Jan E-Bike Enduro

3 Feb Wednesday XC

20-21 Feb  
Otago/Southland School  
Champs

Full Calendar page 4

## Easy Down – Design Windows

The Easy Down was opened just before Christmas, many thanks to the Design Windows team who fed the troops with a BBQ. Well done to everyone involved in the project.

Planning is underway for stage 2



## Accidents



As more and more people are out there riding MTB bikes, we have noticed an increase in the number of accidents occurring at riding venues. It is timely that we remind riders that you need to be prepared. In the warmer weather its important to stay hydrated and eat well as the body response and concentration can slow meaning your more likely to have an accident. Pay attention to the wind, especially when jumping you may not end up where you plan.

It's important not to panic take a few minutes to assess the situation. You should be able to attend to cuts and grazes yourself, make sure you have a basis first aid kit.

In many cases the rider should be able to get themselves to a space for easy ambulance access i.e collarbone and upper limb injuries. For lower limb injuries where the rider cannot mobilise or where the rider is unresponsive please use the GPS coordinates, it's important that someone goes to the communicated point to meet emergency services as they don't necessarily know the way around the tracks.

All of our track signs have a GPS co-ordinate on them so you can let emergency services know where you are.

Important information to give when calling for help:

- 1) Where are you? i.e., Signal Hill Dunedin
- 2) What track are you on (use trail forks) include GPS coordinate
- 3) What injuries does the rider have.
- 4) If mobile where are going to meet emergency services
- 5) If not able to mobilise who has gone to meet emergency services and where.

Be prepared, be informed and this will ensure you have fun riding

## Membership

\$30 Student

\$40 Individual

\$70 Family

please contact Justin

Email: [membership@mountainbikingotago.co.nz](mailto:membership@mountainbikingotago.co.nz)

## Summer XC Race #2 / Otago XC Champs

The second race in the Summer XC series will double as the Otago XC Champs. This is to help provide a lead in race for those looking to compete in the South Island XC, National XC and/or the Secondary Schools events coming up in the next few months.

The Otago Champs and Sport courses will feature some of the original XC tracks in Whare Flat as well as some of the newer ones providing a great mix for riders of flowing but at times tight single track as well as some access roads.

There will also be a Kids race, run on a non-technical single track loop near the start/finish area of Bier Rd on Whare Flat. It's awesome to have this event in Whare Flat as we prepare to start work on the new purpose built XC tracks lower down the hill.



**OTAGO/SOUTHLAND SCHOOL CHAMPS**  
DH 20th Feb 2021 - \$40  
Enduro 21st Feb 2021 - \$50  
XC 21st Feb 2021 - \$40  
See the full event manual at [www.mountainbikingotago.co.nz](http://www.mountainbikingotago.co.nz)  
Entries open term 4 via MBO website  
**LET'S RIDE NZ!**



**EVO** **MTB** **WAVE** **SCHOOLSPORT**

Entries  
Are Open  
On the website



## 2020-21 MTB Events Calendar

ALL MBO EVENTS ARE HIGHLIGHTED YELLOW		
	Saturday	Sunday
<b>Jan</b>		
23-24	McGazza Fest- Queenstown (Fri-Sun)	Otago Champs XC/SS McGazza Fest- Queenstown MTBNZ DH 1 440 Auckland
30-31	Funduro R3 MTBNZ DH2 Dome Auckland DH Series Round 3- Queenstown	MTBNZ NI XC Manawatu E-Bike Enduro -Whare Flat
TBA		Womens Enduro-Christchurch
<b>Feb</b>		
<b>Wed 3</b>	XC- Dunedin	
6-7		MTBNZ DH 3 Jentree Malborough
13-14	MTBNZ DH4 Coronet Queenstown Papakaio 8hr	MTBNZ SI XCO Coronet Queenstown
20-21	Otago / Southland School Champs DH Series R4- Queenstown	Otago / Southland School Champs NZ Open DH- Christchurch
27-28	National Champs- Christchurch	National Champs-Christchurch
<b>Mar</b>		
6-7	Motutapu	NEW EVENT Women's FUNduro- Dunedin
13-14	3 peaks	3 peaks
12-13-14	South Island School Champs Methven The Prospector MTB stages Race- Central Otago	South Island School Champs Methven The Prospector MTB stages Race- Central Otago
20-21		
27-28	DH Series R5- Queenstown	
<b>Apr</b>		
3-4		
10-11		
17-18	Hawea Epic	
24-25		
<b>Upcoming next season</b>		
October 11-14 2021	National School MTB Champs	Blenheim



# BACKYARD SECRETS

## RIDE ADVENTURE GUIDE

### “WAITATI LOOP”



This ride includes two substantial climbs and two correspondingly long downhills, so you're in for some climbing, whichever way you go. We cyclists always say we earn our views. The circuit is slightly easier the Leith Valley way.

Start near the Gardens cricket ground, Bank St. Ride under the motorway to the top of George St, over the Leith bridge, turn right into Woodhaugh Gardens and take the pleasant cycle track which feeds you through to Malvern St. Malvern St becomes Leith Valley Rd and gets a little steeper. Eventually the sealed surface gives way to gravel and onwards and upwards you go. Just up the road your route crosses the motorway, a good place for a breather.

Just up the hill from here, you've got a treat in store – the Sullivans Dam track. When you reach the dam, squeeze through the gap beside the gate and ride across the dam wall to reach the walking and cycling track which winds through the bush on the other side. There are a couple of technical sections, so dismount and push if you are apprehensive.

When you're back on the motorway side of the dam, cross the first bridge and take the short track through the pines up to a gate and stile which take you back on to Leith Valley Rd. Only a few more corners from here up to the first climb, an impressive 370m.

Check your brakes and set sail down the hill on unsealed Waitati Valley Rd, which also features some lovely bush sections at the top. Depending on your level of skill and bravado, you can go as fast or slow as you like, but watch for loose gravel on corners. Eventually, you'll be riding along a flatter country road and enjoying the rural outlook before you reach State Highway. Cross the highway and head up unsealed Donalds Hill Rd, a steep little pinch which takes you to Mt Cargill Rd. Turn right on to the sealed road and away you go. When you reach the fork with sealed Blueskin Rd, veer right to take the low road. Keep plugging on until you reach the top. At least climbing on seal is easier than the Leith Valley Rd gravel. When you will reach the top, it's all downhill from here. As you start cruising down North Rd, you will see spectacular Otago Harbour and Port Chalmers spread out to your left.

Soon, you will be cruising down Northeast Valley Rd to the finish.

## MOTUTAPU – training suggestion

With the Motutapu coming up, we've had a number of people asking where around Dunedin should they be riding in preparation, so I've asked our XC committee guru's Kerrin and Nick.

The roads around Flagstaff - Whare-Flat / Silverstream Valley Roads such as Longridge Road, Laings Road, Rollinsons Road as well as the Fir trader for a bit of technical riding are a good start.

A loop option at Whare Flat parking near the Scout Camp at the corner of Flagstaff Whare Flat Rd and Silverstream Valley Rd, heading up to the Bull Ring, back down Longridge to the car would be good. Then you can use the river just past Scout Camp (by carrying on straight past Scout Camp towards the bush/hills instead of heading up to Bull Ring) to practice river riding. Check river levels first but can be a good one to practice riding in and through.

The Karetai Track is a good one, from Tomohawk, up to Highcliff Rd.

Waitati Loop would be perfect and is this month's Backyard secrets ride.

However, anything gravel, long and not too steep – there are only 3 or 4 short but steep sections on Motatapu the rest is a good gradient for climbing.

### Nick's Top Tip:

Definitely worth practicing riding down into a river or two. So many people walk in and out which is perfect recipe for cramp!

## SPONSORS AND SUPPORTERS

