

## RIDER BRIEFING PACK

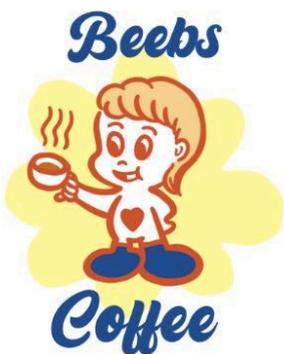




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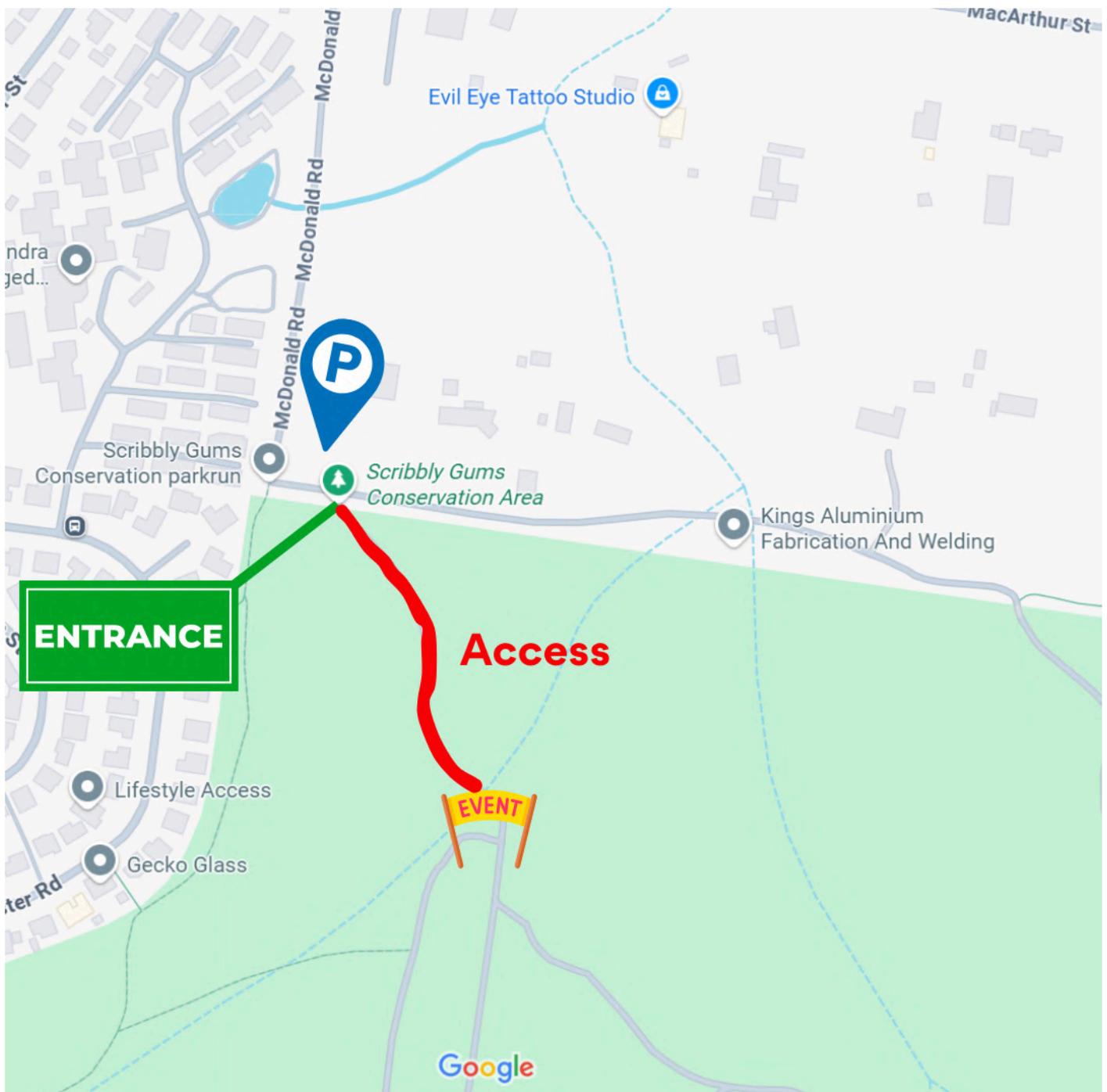
A very special thank you to the sponsors and supporters of Chicks in the Sticks 2025 and the Chicks Ride Program. **Please support these great local businesses where you can.**



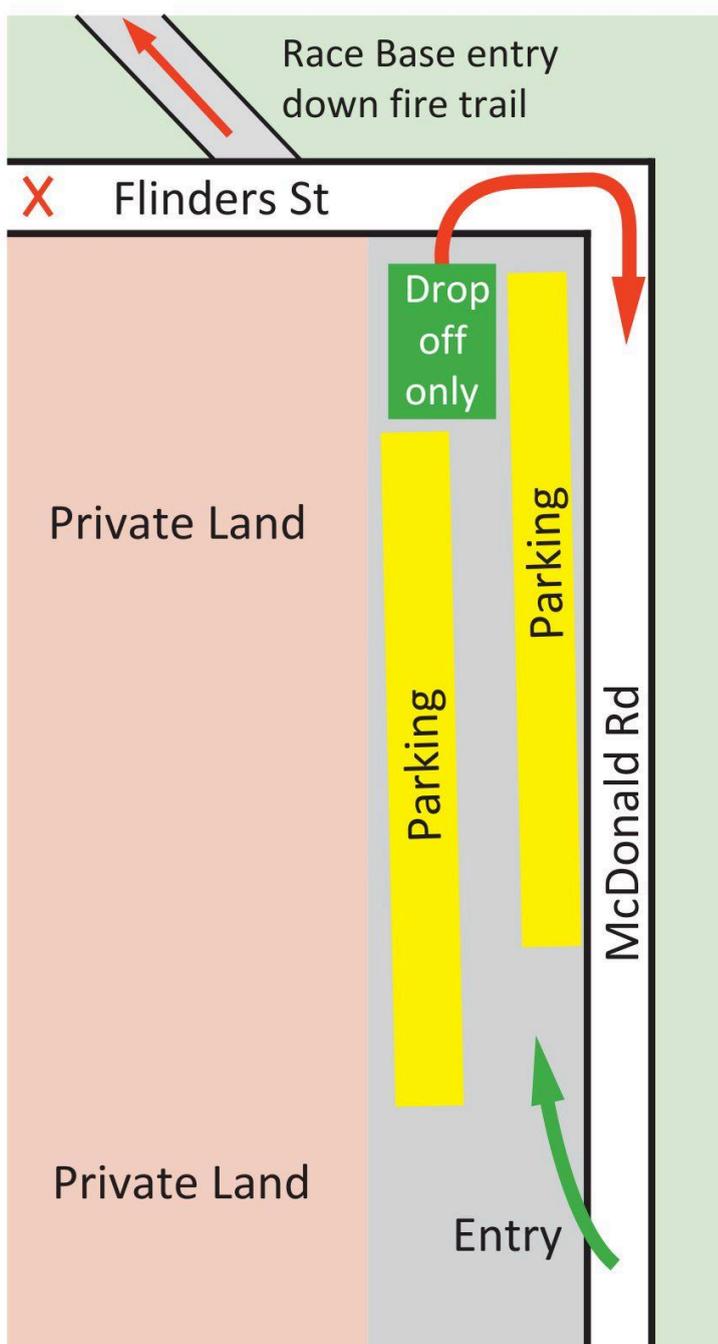
## Location

-27.529508409623617, 153.2353570133343

Corner of McDonald Rd and Flinders St Alexandra Hills



## Parking



**2025 CHICKS IN THE STICKS**  
**Parking**  
Scribbly Gums  
Conservation Area  
Flinders St Alexandra Hills QLD



There is some parking available near the fire road entrance to access race base. As you drive down McDonald Road you will see an entry on the left

Once this parking area is full you will enter in the same manner to use a reserved area for drop off of bikes and equipment.

You will then be directed back down McDonald Road along which there is plenty of parking you passed on the way in.

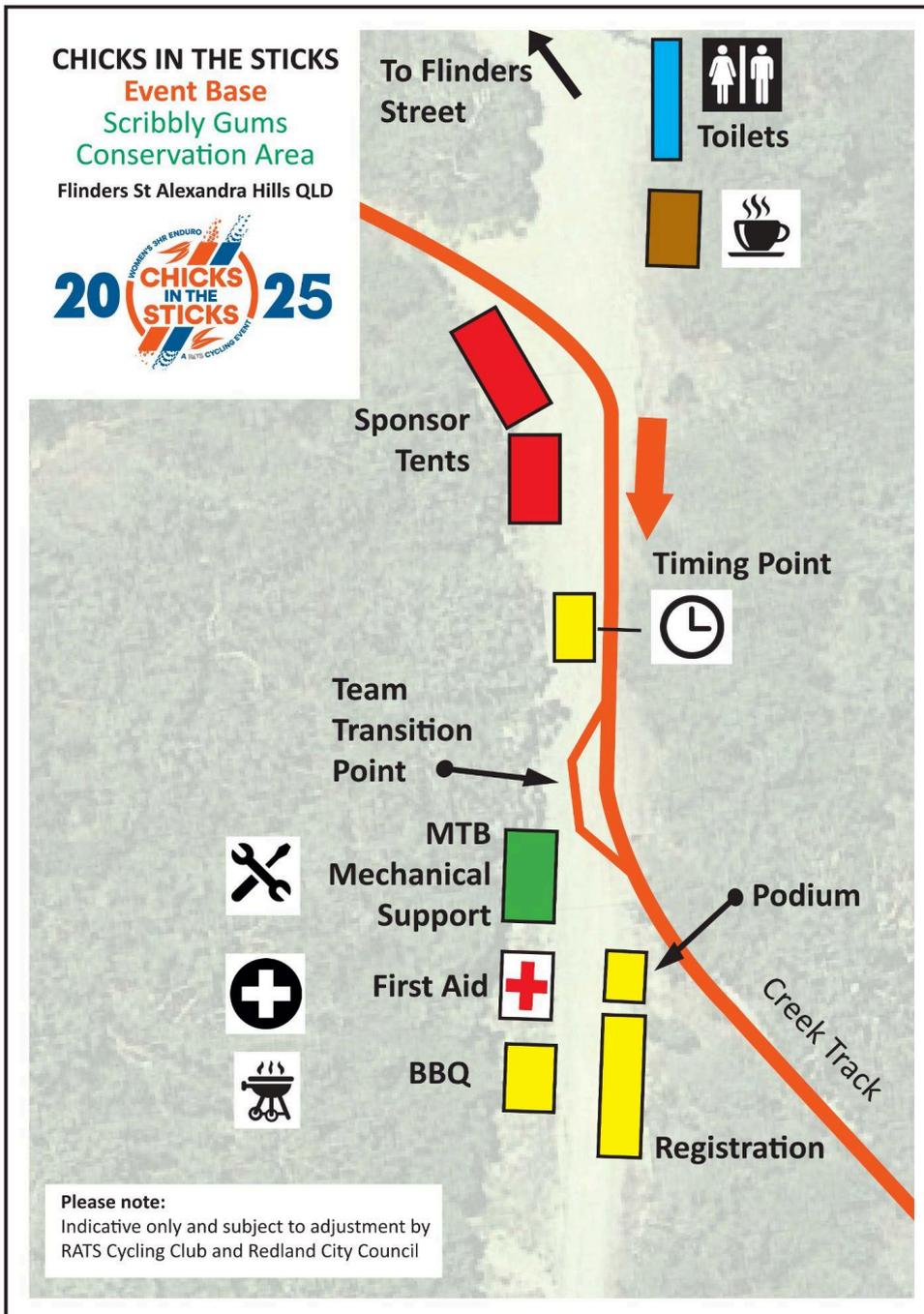
**Please note:**  
Indicative only and subject to adjustment by RATS Cycling Club and Redland City Council

## Event Village

There will be a rider transition zone for teams as shown on the map below.

**Tent Set up:** There is limited (3x3m) tent sites available on a first-come-first-served basis. Please ensure you keep the area around the timing tent clear. Please be considerate of the environment when selecting tent location. Large teams, we appreciate your cooperation in only setting up a maximum of 2 tent spaces per team.

**Feed zones** are anywhere on the side of the track, not impacting other riders or near the timing tent.



## Start loop

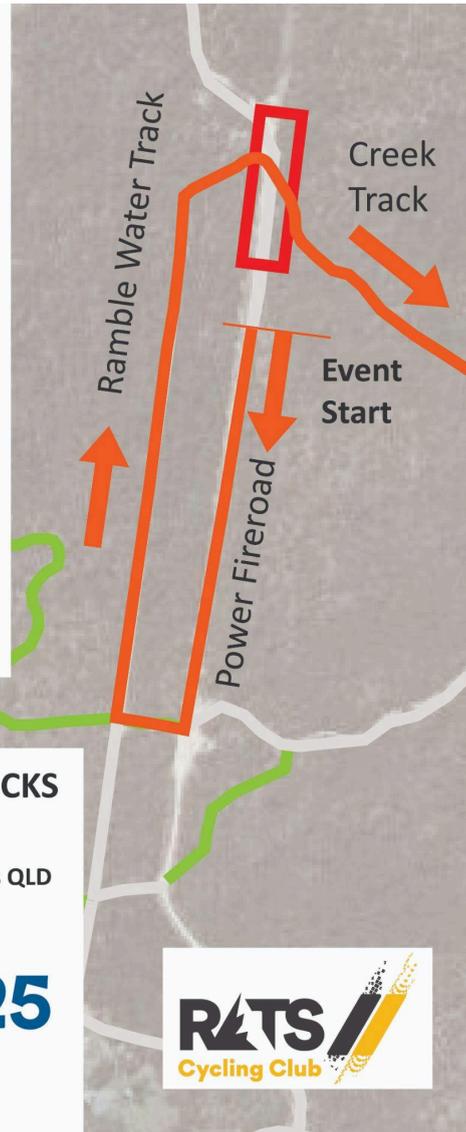
Start loop course	
Other single track	
Access and fire trail	
Event base	

### How will it work

The event start will head up the fire trail from the event base to be turned right towards Scorpion Rock, to be then turned right again down Ramble.

Back into event base and into Creek Track to continue your event.

The Junior start might be turned right sooner onto the cut through to Ramble but the concept will be the same.

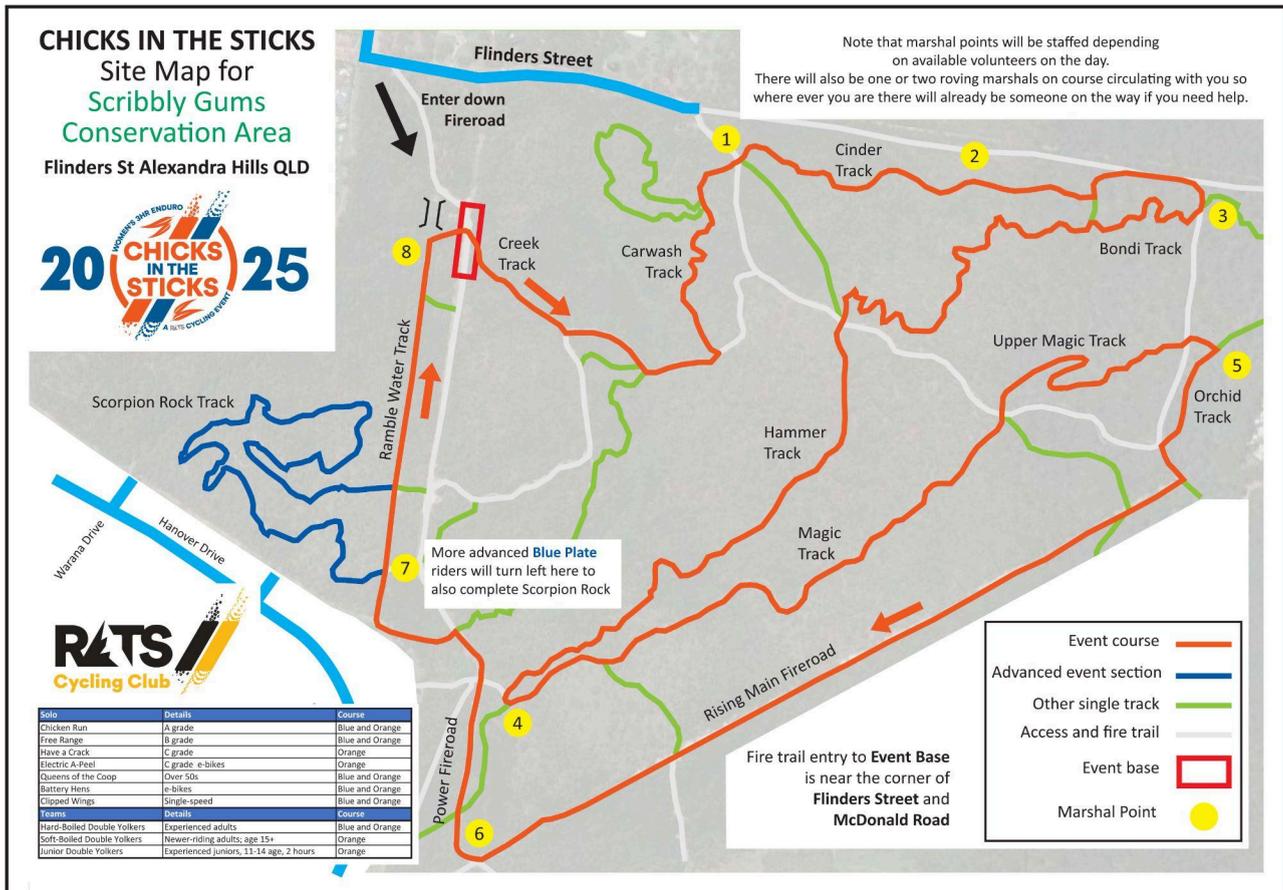


### CHICKS IN THE STICKS Start Loop

Flinders St Alexandra Hills QLD



## Course Map - Senior



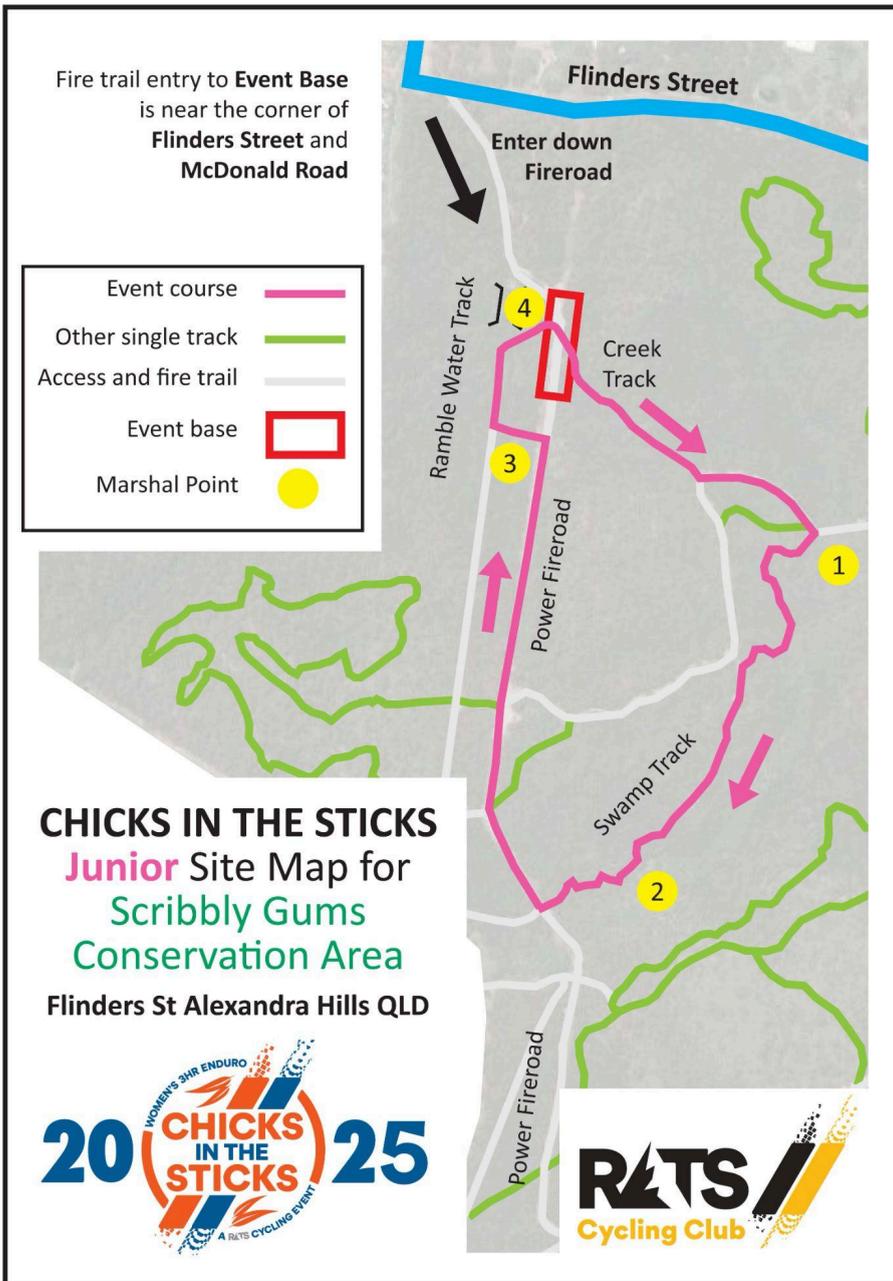
### ORANGE LOOP: 8km

- Junior Double Yolkers
- Soft-Boiled Double Yolkers
- Have a Crack
- Electric A-Peel

### BLUE LOOP: 9.6km

- Hard-Boiled Double Yolkers
- Chicken Run
- Free Range
- Clipped Wings
- Queens of the Coop (if you prefer to ride the easier loop, switch to Have a Crack)
- Battery Hens (if you prefer to ride the easier loop, switch to Electric A-Peel)

## Course Map - Junior



## Race Schedule

7:00 AM	Registration opens
7:45 AM	JUNIOR RACE BRIEFING
8:00 AM	Chicken Nuggets Race (5-11 years solo): 20 min race
8:30 AM	Chick-A-Dees Race (12-16 years solo): 30 min race
9:30 AM	Junior presentations
9:50 AM	SENIOR RACE BRIEFING - Immediately after junior presentations - All riders must attend
10:00 AM	<ul style="list-style-type: none"> <li>* 1st wave – Chicken Run, Hard Boiled Double Yolkers , Battery Hens</li> <li>* 2nd wave – Free Range, Queens of the Coop, Clipped Wings</li> <li>* 3rd wave – Have a Crack, Electric A-Peel, Soft Boiled Double Yolkers and Junior Double Yolkers</li> </ul>
12:00pm	Course closed to new laps for Junior Double Yolkers
1:00pm	Course closed to new laps for all riders
2:00pm	PRESENTATIONS

**Any changes to the above will be communicated on race day. Remain close to the start area at least 10mins before your allocated start time.**

## Registration

Online entries close Saturday 16th August 6pm. There is no option to register on the day.

Changes to categories should be completed prior to the weekend and can be done by emailing: [racedirector@ratscc.com.au](mailto:racedirector@ratscc.com.au)

Changes can be made on the day, but please make our life easy and make changes BEFORE race day. As above, race starts will not be delayed for people awaiting late changes or late arrivals.

Registration is located at the RATS branded marquees, open at 7am and closes 15 minutes before race start.

## Race Plates

- Number plates should be securely fixed to the front of your bike, and be able to be clearly seen by timing staff.
- Do not excessively bend the plate for "aero" as this interferes with the timing chip
- Twist-ties will be provided at Registration Desk. We offer these instead of zip ties so they can be reused. Please return them after your race.
- Race plates do **NOT** need to be returned. They are yours to keep.

You will receive either an **orange** or a **blue** race plate, and will be following either the **orange/easy** or the **blue/harder** loop. Course descriptions and maps are above.



## Wave Starts

Senior race start will be in waves. Please ensure you All riders will self seed onto the start line, racers up the front and participation riders at the back.

1st wave – Chicken Run, Hard Boiled Double Yolkers , Battery Hens

2nd wave – Free Range, Queens of the Coop, Clipped Wings

3rd wave – Have a Crack, Electric A-Peel, Soft Boiled Double Yolkers and Junior Double Yolkers

## Equipment Requirements

Your bicycle needs to be suitably equipped for racing. This includes ensuring that you have:

- Working front and rear brakes.
- Bar plugs and/or lock-on collars
- You also are required to wear a helmet compliant with the Australian or equivalent international standard.
- We also **STRONGLY** recommend the use of protective equipment, including but not limited to, full finger gloves and **EYE PROTECTION**.

## Timing

Each event will be timed by RATS Cycling Club - a chip is attached to your race plate and it records your time each lap. **Please respect the exclusion zone around the finish line to avoid creating errors in the results.**

Live timing can be tracked online. RATS will share the link on our Facebook page.

Do not excessively bend the race plate as this can interfere with the timing chip and may result in incorrect reads or no reads.

Once you cross the finish line continue straight ahead and off course, **DO NOT** go back across the timing mat.

## Cheating

The commissaire will apply penalties as per the AusCycling technical regulations to anyone found intentionally cheating. Examples include:

- Starting ahead of your wave
- Using an ebike outside the ebike category
- Shortcutting the course
- Using chipped or modified ebikes or ebikes that do not comply with Australian regulations. e.g. 250w and 25kph speed cut out.

E-bikes may be checked at random and or all podiums. Bikes will be surrendered upon completion of the race and may be checked by suitably qualified technicians using software or any other means deemed necessary.

## Commissaire

There will be an AusCycling-accredited official in charge of racing. If you have any dispute about racing or problems on the day, please ask at registration to speak with the Commissaire or the Race Director.

## Feed Zone

There will be 1 feed zone

- This is located in the event village commencing immediately after the finish line.
- All rubbish is to be dumped in this zone. Any rider found dumping rubbish along single track will be penalised.
- Emergency assistance can be provided anywhere at any time by anyone.

## Food & Water

There is **NO** water taps at Event Village. There is a tap as you enter the conservation area near the carpark.

We recommend that riders, supporters and spectators bring enough water for their race duration. Food and Drinks (including water) are available for purchase at the RATs Cafe. See Vendor Information below.

## Vendors

**Bebe Coffee** will have coffee and sweet treats

Nick from **Pedal Inn Bicycle Garage** will be available for mechanical support

**RATs Cafe** will have food and drinks available for purchase.

## Spectators / Support Teams

The riders will pass through the race base on each lap, so there are great opportunities for photos, support and encouragement. There are also other good vantage points along the track, but please watch for and yield to oncoming riders before crossing the track.

Please consider arriving early and spectating for the junior races, providing encouragement and cheers for our newest Chicks in the Sticks.

## Critical Rider Information - Please Read

### THE COURSE

The course split into orange and blue loops will be well marked and a marshal will be onsite at the 'split point' to advise. An orange rider on the wrong loop will be going too far and thus negatively impacted. A blue rider on the wrong loop will be gaining an advantage and will receive a time or lap penalty, or disqualification, at the discretion of the Commissaire. Timing mats out on course will identify these discrepancies.

The track is marked with cones and/or bunting. Marshals will be situated at key turning points. *If you come across any issues with the cones or bunting while on the race course, please advise the next Marshal you see of the issue.*

### TEAM CHANGOVERS

- Team rider changeovers must be done within the transition zone (see Event Village Map). Transition is completed with a high five, fist bump, elbow touch, or a tag.
- Team riders DO NOT have to switch every lap. You can ride 2 or 3 laps, or more. Minimum requirement is for each rider to have completed 1 lap.

### ON COURSE

**BEING PASSED:** Be aware that other riders will be coming along the track, and it is race etiquette at CITS to keep to one side to allow them to pass. *Note that you need only give way when you feel it is safe to do so.* If stopping, call 'Stopping'.

If you need to walk a section, please ensure you move out of the way of riders coming through, and you do not interfere with other riders as you begin riding again.

**PASSING OTHERS:** If you encounter a slower rider, call out 'Track Left' or 'Track Right' to indicate the side you wish to pass, and wait for them to give way. You **must wait** for them to acknowledge you and to either move over or say which side you can overtake on. Most less experienced riders will instinctively move to the left. Please encourage riders as you pass.

Be respectful to your fellow riders, officials and volunteers at all times – we want everyone to have fun and enjoy the event fully.



Stay on the marked tracks, and respect the environment that we are fortunate to be able to ride in.

## **FIRST AID / ACCIDENTS**

If you are the first rider on the scene of an accident, you **MUST STOP** and attend to the fallen rider. If required, send the next rider on to the next marshal point and inform the official what has happened. Times can be adjusted to compensate for assisting others.

RATS Cycling Club has hired ASSIST Medics to cover the event. The paramedic will be located near the registration tent. Some of our roving marshals will also have first aid kits and are qualified to administer first aid.

## **BREAK DOWNS**

Should you break down while out on course, please move safely to the side of the track. There will be roving marshals on the track able to help where required. Outside mechanical assistance is allowed, but you must re-enter the track from the same spot you leave it.

If you come across a rider who requires mechanical assistance, please help, or advise the next marshal so that the roving mechanic can be called for. (Times can be adjusted to compensate for riders assisting others.) Please also ensure you are carrying a spare inner tube suitable for your bike as different wheel sizes need different sized tubes. The roving marshals can help with a basic repair, but you must have your own consumables with you.

## **Thank You Volunteers!**

The RATS Club and events like this do not exist without volunteers. The marshalls, the people that give you your race plate, the bbq cook, the person putting up the bunting, the commissaire, emcee, even the event director have sacrificed their precious "spare" time to help make this event happen. If you helped or contributed your time in any way, from the RATS Committee Thank You!

The RATS club is made of so many wonderful giving people that help on a weekly basis, but a special Kudos to the following people who have been instrumental for Chicks in the Sticks 2025: Pat - course marking, trailcare and those fabulous maps; Christine - our social media Queen; Michelle - sponsorship and stuff; Lisa - guidance, Matthew - cafe saviour, Andrew - the timing Cow, and last but not least, Race Director Keegan - everything else and more.

## Prizes

All categories are eligible for RATS Cycling Club medals, and prizes from sponsors or local suppliers are at the sole discretion of RATS officials. Prizes, prize money and any other reward or benefit may change at any time without warning or notice. Prizes may be made up of free entry vouchers for future events, products or vouchers donated by our sponsors, nutrition, alcohol and/or food products. Alcohol prizes will be given to minors.

## Presentations

Presentations take place as soon as possible after racing. Please refer to the schedule for best indication of presentation time, this may be adjusted on the day to suit on the day scheduling requirements.

If you gain a podium place, please make sure you arrange to be at the presentations or send a representative to collect medal prizes. If you need to leave before presentations, you may nominate another rider to collect on your behalf. Medals/prizes will be forfeited at the end of the day.

## Photography

Element Video and Photography will be in attendance for the weekend. The Element team will post a range of complimentary photos onto the RATS Facebook page. This is paid for by RATS and available to all riders free of charge for personal use only. If you wish to use the photos for a commercial reasons, please contact Lachlan at [team@elementphotovideo.com.au](mailto:team@elementphotovideo.com.au)

Riders and spectators are free to take their own personal photos. No other photography for commercial purposes will be permitted at the event without prior written permission from RATS President or Event Race Director.

All photos may be used for social media, paid advertising and or released to council, governments or other organisations for the promotion of mountain biking and the RATS Cycling Club. If you do not wish to have your photos distributed in this way please contact the Race Director at [Racedirector@RATSCC.com.au](mailto:Racedirector@RATSCC.com.au)



## Medics

ASSSIT Medics have a level 2 medic on site. They will be at the rego tent until the final rider completes their race. If required you can make your own way to the rego tent to receive treatment or if you are unable to ride, contact a marshal, ask a rider for assistance or call the Race Director on 0401 502 343 and arrangements will be made to pick you up.



## Medical Centres & Hospitals

Capalaba Central Doctors 9am to 1pm Sunday

Redland Hospital - Cleveland (closest Hospital to the event venue)

Queen Elizabeth II Jubilee Hospital - Coopers Plains

Logan Hospital - Meadowbrook

Princess Alexandra Hospital - Woolongabba

Mater Hospital Brisbane - South Brisbane

## Emergency Entry Points

- Flinders St -27.52950192270731, 153.23535545121157
- Flinders St -27.53016410825891, 153.24006959756417
- Nanette Court -27.542019769069633, 153.23334196488207
- Paraka St -27.536549182252486, 153.23348314670315

## Race Day Contacts

To be used in an emergency, contact these people to arrange medic support

**Race Director - Keegan Barns - 0401 502 343 (CONTACT FIRST)**

Emcee - Michelle Gane

RATs President - Aaron McKinlay - 0421 310 899