

Introduction to Motorsport Events - Motocross

Before committing yourself to an actual race meeting, why not attend a race or practice event at the Motocross track based at La Trigale, Pleinmount in the parish of Torteval. There are specific spectator areas that you and your family can safely watch from. Please take the time to speak to competitors before or after the event to get an idea of what to expect, what gear is required, and the commitment of participating.

For the younger riders, parents and/or guardians can contact the Club and pay a small fee, where their child can have a go on the Club Motocross bike in a separate field. This is so you (as a parent and/or guardian) can ascertain whether your child is interested enough and can control a bike before you make the decision to purchase a bike of your own. It's all about learning, trying different skills and enjoying some important time on the bike.

Alternatively, if you have a bike and the relevant gear already why not join one of the practice event meetings. It is run like a normal race meeting, but without any marshals, first aid or ambulance in attendance (i.e., you ride at your own risk).

1. Class Variations

Ask the Club for advice. However, please refer to the ACU yearbook for full details, which can be located on the ACU website www.ACU.org.uk

2. Obtaining an ACU race competition license

To compete at a race meeting you will need to apply to the Auto Cycle Union (ACU) for a race license. This can be arranged by contacting them directly or by signing up via the ACU Sports80 page.

There is a short video on how to obtain your license as follows:

3. Equipment Required

The following equipment is required to enable you to participate in practice or race events:

1. A crash helmet that correctly fits and has a gold ACU stamp - **do not** just 'make do' with a second-hand helmet - you and/or your child only have one head, and it requires correct protection
2. One set of motocross shirt and trousers
3. Body armour and kidney belt
4. Knee braces and/or pads
5. Motocross boots
6. Gloves
7. Goggles
8. A neck brace is recommended
9. A Transponder (see section 4 below)

Some kit is available to borrow at each meeting, please ensure that you replace the items once you have used them in the condition you found them in (i.e., Clean).

4. Transponders

Transponders can be hired for a fee of £15 from the Club (payable with your entry via the website). You can purchase the hire of a transponder whilst you are placing your entry. Once you have paid, a transponder will be made available to you, by the Timing Official, to borrow on the day of the event. Transponders can be purchased from www.hssports.co.uk.

Before purchasing a Transponder, please liaise with your Motocross Captain, Vice-Captain or Timing Official to ascertain which type of Transponder you require, as not all Transponders will be compatible with the current timing gear the Club have in place.

Those competing in Auto's, 65cc and 85cc are not required to pay for the hire of a Transponder.

5. Race Number

A unique race number will be provided to you by the Club Secretary. If you have not been provided with a number, please request one.

There are specific ways to display your race number. Please refer to the ACU yearbook to determine the correctly coloured background specific to the class you have entered. It is also recommended that your race number is printed on your Motocross Shirt (back and front)

6. Entering a Race Event

You will need to be a fully paid member of the GK&MC LBG to be able to enter a race event.

- You can do this online via www.gkmc.gg
- Create a User Account
- Within your user account, select 'Subscription'.
- Next set-up your 'Vehicle'
- Then you can select the event(s) you wish to enter.

7. GK&MC LBG Membership

Subscriptions / Membership to the GK&MC LBG runs from 1st January to 31st December.

Once you have signed up to a User Account you can renew your Membership from 1st December to 31st January by pressing 'Renew' within the Subscription area.

8. Marshalling

Each Junior member (up to 16 years of age) is required to complete one marshal stint in each membership year. Each Senior member is required to complete two marshal stints in any membership year, usually as one Motocross and one Tarmac event.

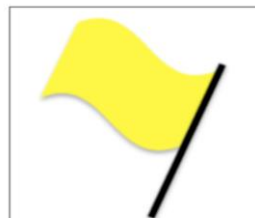
Parents or Guardians are required to complete their Junior members marshal stint. Although, Junior members can marshal from the age of 16 years old with written permission, to the club, from their Parent or Guardian prior to the event.

9. Flags (Marshals and Competitors)

Flags tend to mean the same regardless of the discipline. Please ensure that you and/or your child is familiar with the Flags and their meanings prior to racing. Here is a reminder of the flags for Moto Cross. Please also refer to the ACU yearbook for further clarification:



Start – Riders under starter's orders



Motionless - Danger take care ride with **Caution**
Waved - Great **Danger**, prepare to stop, **NO** overtaking. A significant reduction in speed must be seen. Jumps **NOT TO BE** attempted



All Riders must stop. Riders **MUST NOT** pass any red flag, unless authorised or directed by a Race Official to do so, then proceed at a slow pace

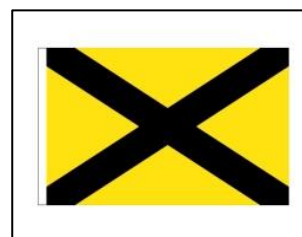


Waved – Medical attention required at post – Riders **Caution**

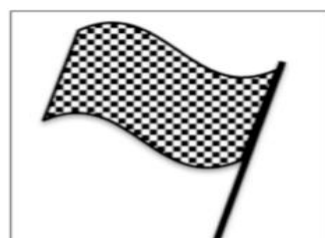
Motionless– Medical still on track – Riders **Caution**



With Rider number clearly shown on a board – The Rider to stop racing immediately and leave the track.



Last lap flag – indicates that the leader has started the last lap of the race



Finish – Indicates the end of the race, Riders to leave the track

NOTE: 'Waved' shall mean a flag should be moved up and down through an arc of 45 degrees and not indiscriminately. Only authorised officials are permitted to use these flags. Any rider who is judged to have taken unfair advantage whilst a yellow flag is displayed and waved, or ignored any other flag signal, may be disqualified.

10. Racing Etiquette and Racing

Don't forget your transponder if you are hiring one.

New riders are encouraged to wear a Hi-Viz vest for the first few meetings, just to make other riders aware that they are a novice.

A riders' briefing will be held by your Motocross captain/Vice Captain and/or Clerk of the Course prior to the race event commencing. This is a compulsory briefing for all competitors and/or their parents and/or guardians to attend.

Remember to respect your race Officials, Marshals, and your Club Committee, they are all voluntary persons and without them you cannot race.

Please refer to the event programme to determine which class is out before your class, as there are no announcements made. If in any doubt - please ask.

Proceed to the start gates at a slow pace. We do not currently run a "peg" system, so you can choose where behind the start gate you wish to line up. The start gate will drop signifying the start of the race. Prior to the beginning of the race, you will see the Chief Course Marshal / Race Control wave a Green Flag, this is to indicate that the track is clear from the previous race, signifying that your race is about to start.

The marshal on the start gate will point a flag (or do the "thumbs up") at the line-up of bikes and check if everyone is ready (i.e., engines started and ready to go). At this point if you have a problem, you need to put your hand up and you will be given a timeframe to try and fix the problem, otherwise the race will start without you. If everything is in order, the marshal in front of the start gate will disappear. At this point, keep your eye on the 15 second board (usually on the tabletop / first jump). After 15 seconds, it will be turned to show 5 seconds, the gates can drop at any point after the 5 second board is shown, so keep your head down and watch for the gates to drop.

11. Outside Assistance

Riders of 50cc, 65cc and 85cc bikes are permitted assistance on the start line. Parents and/or guardians are permitted to go on "track side" on the understanding that:

- a) They have signed on with the Competition Secretary; and
- b) They wear a high vis jacket or vest

Safety is of paramount importance, not just to riders, so the persons assisting on trackside need to be aware of what is going on around them and their rider. Sometimes you are best to pull your rider to one side of the track until you can get the bike re-started. Ensure the track is clear before sending your rider on their way again.

Adults are not permitted any outside assistance on the track, not even from a marshal, as they will be disqualified.

12. Learning the track / Training

During your first few races, try and follow the faster riders, do not worry if you don't keep up, just follow them as they pass you. Try to see which race lines they use, look to see how the faster riders use / avoid the ruts, berms, and mud. Yes, there will be plenty of mud!!

13. Finishing a race and return to pits

The race is determined by a set time or a number of laps (please refer to the Race Programme). A last lap flag will be shown to you, which means that you are nearing the end of the race. The lap after this flag, the chequered flag will be waved. Once you have passed the chequered flag, you must immediately come off the track at the closest exit point.

Once off the track, you must turn off your engine, you must then push your bike back to your pit area.

DO NOT ride in the pits. This is a very strict rule for various reasons, mainly for everyone's safety.

14. Information

If you require any further information or advice, please do not hesitate to ask. There are various methods, so there is no excuse.

All our Junior and Senior riders are extremely enthusiastic, friendly, and helpful, so we are certain that you and/or your child will be made more than welcome.

and finally, the most important thing is to have fun.