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RUTH MCGAVIGAN
WOMEN'S ELITE CHAMP

RIDERS' BOOKLET

2008 SEASON

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1 GREAT...SXC is back for 2008!

After a very successful year, well for the category winners anyway, the SXC returns to the sunny climes of Scotland for 2008, visiting some of our cherished racecourses and some new courses too.

Your Committee of merry men and women have been working hard over the winter to bring you a bigger and better series for this year, so here's hoping for a great 2008 Series.

Some things have changed for 2008, including entries, which will now be done by accessing www.entrycentral.com

For 2008, the SXC will have a new timing system provided by Finishline, using a chip and board system. This will give competitors' accurate timings and individual lap times- a big step forward for the Series! It is important that competitors know that they will not keep the same number boards for the series and the timing chips and number boards MUST be returned to race control at the end of each race – failure to do so will see you banished to the Siberian Race Series in December.

Alongside the usual Cross Country races the SXC will also host an Under 12 Kids Race, which will happen at each round at 1.00pm. The Under 12 Kids race is held on a separate, shorter, less difficult course than the other SXC races; but the racing is just as challenging and fun for young Bikers! The Under 12 Kids race is a fun event and open to all riders of all abilities and no need to pre-enter as this event is entry on the day only!

So get your entries in quick as when you enter all 7 races you only pay for 6! There will be entry on the day and postal entries with details yet to be released on www.sxc.org.uk - however, competitors are encouraged to use the new online entry system at www.entrycentral.com

Postal entries and entry on the day will cost £5 above the normal entry fee (£23). If the race is at capacity of 350 entrants over all categories there will be no entry on the day. Get in quick so you don't miss out!

We are returning as usual with the first event at the ever-popular Laggan course, concluding with a UCI event in the Tweed Valley (exact location tbc), which will no doubt prove very popular with our friends from south of the border too. We visit the usual haunts in between with the Champs being held at what we hope will be a fantastic new race course at Gleniffer Braes.

As with previous years, the 7 round series covers venues from the Scottish Borders to the Highlands, and spans east coast to west. 5 rounds count towards overall individual placings and the team competition. More details on the series, entries, as well as ongoing photos, results and the infamous forum can be found on www.sxc.org.uk.

2 Race Dates for 2008

The Race dates are as follows;

Round 1 - 6 April 2008	Laggan
Round 2 - 4 May 2008	Dalbeattie
Round 3 - 25 May 2008	Oop north near Inverness (tbc)
Round 4 - 22 June 2008	Gleniffer (Scottish Champs)
Round 5 - 27 July 2008	Fort William
Round 6 - 31 August 2008	Drumlanrig
Round 7 - 21 Sept 2008	Tweed Valley – tbc

Laggan (on the A9 between Perth & Inverness) again promises to be a technically challenging all-weather course. The course will be similar to last year but with a new loop built to test riders. The big fire road climb starts the race with everything from swooping singletrack to rock drops and ridges in between.

Dalbeattie returns to much applause, given the thumbs up riders gave last time to a good cross country technical and fire-track based course in the Borders region.



Fort William will again be a tough test but on a new course which, to everyone's enjoyment might involve even more climbing...but thus more downhill-giving everyone a chance to pitch themselves against the

World Cup Course.

Gleniffer Braes is a whole new course presently under construction but certain to be ready for the local Rockhard team to get a close up before the race. The new course follows new trails and existing sections and promises to be an excellent technical challenge for racers of all abilities.

The **Contin** course might look familiar to any brave soles that rode the Strathpuffer in January, using the best bits of singletrack in the forest there, and in summer, thankfully.

Drumlanrig Castle is the SXC's "flat" race, and offers a fantastic rooty, technical (and thankfully now fairly weatherproof) course twisty through the trees.

The series finale at **Aviemore** promises to be a cracker, with the course moving to a new location and you'll have to wait to find out where because it's a surprise.

With a fun, friendly atmosphere, and technically (as well as physically) challenging courses, the SXC series has something to offer everyone from casual rider to elite racer.

3 Health and Safety Issues

We have decided to put this advice at the start of the booklet this year, as at least one person succumbed to a bad accident last year, although the course was flat at that bit... "just like Chamonix" - you know who you are!! And, just as a warning to you kids out there, here's a before and after photo of that accident victim;



**You guess the
before and after!**

OK, moving on, we all want to enjoy the race but not all of us are Liam Killeen on our bikes and accidents do happen. Follow these simple to follow guidelines and help us and help yourself to enjoy the race and have an accident free weekend.

Throughout a race, you will come across warnings as to the gradient of a technical section you are about to approach; understand these signs and know you're limits, especially if you are new to racing. If you are in any doubt whatsoever as to your ability to ride a section of trail during the race, then don't! Get off your bike and walk it- very many people do, so you will not be alone.

IF IN DOUBT, WALK IT.

On to the signs:



One arrow means you are approaching a steep section of trail.



Two arrows mean you are approaching a very steep section of trail.



Three arrows mean you are approaching a very steep and technically challenging section of trail.

4 Litter on the Course – Think About It

Right, this is a bugbear for me, so I'll get it right out the way.

Think about it; you're in some of the most beautiful county side in Scotland, enjoying the piece and tranquillity of a race, blood and snot everywhere but approaching the last lap. You need that final energy spurt to claim anything between 1st to 31st place in your category and you open that golden energy gel. You squeeze it like an adolescent plook, the nectar streams out and down it goes, like a hammer to the anvil, it hits the spot and you're off for the final lap.

And you might think; 'what the heck, I'll just throw the wrapper down cause I'm a star'- well please don't. Science has taught us that wrappers take 43 millennia to break down and, in between, animals will ingest the thing and die, people drawn to the country side will be offended by its presence and we, the SXC, will get a bad name for being a bunch of reprobates.

PLEASE STICK YOUR RUBBISH IN YOUR POCKET.

As has been said, "in the country side, take only photographs and leave only footprints". There is no need to dump your crap on the course so please don't or landowners may tell us to sling our hook. Thanks for your assistance in this.

5 Our Own Star, Ruth McGavigan, at the Worlds

2006 was a great year for Ruth, when she represented Scotland at the Commonwealth Games in Melbourne and won the silver medal at the British Championships. With 2007 seeing the UCI Mountain Bike World Championships come to the UK for the first time, Ruth was hopeful about the possibility of selection for the GB team and focused on getting results at the NPS's, the World Champs test event at Fort William, the British Champs and Champery World Cup.

After a fairly consistent season she was stunned that Great Britain would not be represented in the senior female race on home soil and hugely disappointed that no woman had been selected to even go to Fort William. On reflection (and after a huge petition from fellow riders) British Cycling realised their short sightedness in terms of the damage they would cause the event organisers, spectators and the whole sport and selected a B team which included 3 elite women and 3 additional elite men, including our very own Ruth, all of four weeks before the race.

Ruth arrived in Fort William on Tuesday and could not believe the buzz around the

race village. The village seemed much bigger than at the previous World Cups, security was stricter and the general atmosphere was different. It was obvious this was more than a World Cup.

She already knew the course well having raced the test event and practiced a few weeks earlier. Her focus for the few days leading up to the race was on perfecting a few sections of the lap, getting used to riding the technical section through the village (which is so much more difficult in front of thousands of spectators) and resting!

By the time race day arrived, she had been through endless self-doubt moments and bouts of nerves but realised it was too good an opportunity not to enjoy. Ruth was the only Scottish rider and knew she would get tremendous support but she needed to take a few deep breaths and actually enjoy the experience...which she did.

Letting Ruth pick up the story; "I did. I loved it. I have never experienced a race like it. The crowds were amazing. I was so focussed and on the limit that it wasn't until I was well past the tunnel on the first lap that I realised my name was being chanted all the way up the climb. I felt strong and was pleased with the company I had at the top of the climb. I knew I could use the descent to my advantage, as I'm sure I had ridden it more than anyone else in the field. This gave me the edge over a number of girls around me as I dropped and passed several riders.

Coming through the village was fantastic, I knew I was near the back of the field but this didn't stop the fans giving me fantastic support and willing me on. I was less than a minute down on the leading Brit and ahead of my 3rd teammate, which boosted my confidence. I settled into the race but the support never calmed. I'm sure it made me faster! I rode my own race as best I could and enjoyed riding in Scotland in a GB jersey (not an opportunity I'm likely to get again!).

I'm so glad I decided to continue racing last year. The perseverance paid off with a ride for my country and a great experience. Thanks to all who contributed to the immense cheering on the day". Well done Ruth, you did yourself and the SXC proud!

6 The Challengers - 2008



HIMBA/ Square Wheels

The Highlands and Mountain Biking Association (HIMBA) was established in 2002 to initiate trail building in the Highlands and to give MTBers a voice in the local community. From these humble beginnings, HIMBA has developed into a large club with over 100 members and look after the Learnie Red Rocks Trail on the Black Isle, with the club supported/sponsored by Steve McDonald from Square Wheels.

HIMBA/Square Wheels fields riders in almost all the categories of the SXC, with strong representations in Juvenile, Youth, Masters, and Elite, both men and woman; they had over 20 riders in the 2007 SXC Series races. Dagmar Borrowman and David MacDonald are both elite riders, with Dagmar winning coming second in the Female Elite, after winning it the previous year. Morven Brown has been a consistently strong female youth rider (any chance of her racing for her new found friends at Rockhard?), winning the Junior Female class last year, with some strong performances. Iain Taylor, Steve Brown, Stephen Miller all have been racing SXC for the past few years in the Fun, Master and Juvenile categories respectively.

Perhaps their most impressive club member is Billy Matthews, the Grand Vet who won every race in the 2007 season!! How do you top that?



Dagmar modelling
the latest HIMBA top

Sandy Wallace Cycles

Sandy Wallace Cycles will again be strongly represented in the SXC Series. However the Club will have a significantly different line up to last year. Some new riders have joined and some have left, a few will be riding for Alistair McKendrick's "Perth City Cycles" and we wish Alistair and his team our best wishes.

We should be much stronger in Elite this year with Rab Wardell retuning to competition, Chris Murley recovered from illness, Hamish Batchelor moving up from Junior and Allan Clark joining us. We are also incredibly strong in the Junior category with Olympic Development rider's Hamish Creber and Sebastian Batchelor. They will be restricted in the events they can ride as British Cycling sets their programme.

Bob McKenzie will be back racing this year, Sandy Allan, Colin Murley, David Waddell, John and Sandy Wallace complete our line up, unless David Wardell returns as he has been threatening to do.

From now on, we will not be recruiting any riders younger than Junior. We see the development of young riders being best served by "Go Ride" clubs. We are one of the sponsors of Carnegie Cyclones, our local Go Ride club. We will be encouraging young riders to join them and will be providing support at all the SXC events.

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Angus Bike Chain

Club Motto; "Up, o'er, roon an doon".

Angus Bike Chain is an Angus based cycling club (funnily enough) with road, XC and downhill members. The club has members racing in every SXC race and the present squad includes junior, elite, master and veteran riders. The club's philosophy is best expressed by the club motto and a speciality is exploring new routes on dark winter nights in the pouring rain. ABC members tend to have a grim determination in the face of adversity, even if this means finishing at all costs in last place.

Angus Bike Chain will to continue to support the SXC series and have the usual large field of veterans competing once again. Mike Webster will be up there as will Neil Scott and Mike Milne, Junior Mark Smith is training hard but ones to watch out for are youths James Smith and Andrew Leith. Both will ace in the colours of Discovery Junior CC but are training with the ABC CC riders and giving them a tough challenge.

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Rockhard Racing (Dooley's Cycles)

Rockhard Mountain Bike Club has essentially been an off-road cycling club for the past 18 years. The club has its roots firmly embedded in Paisley but recruited many of its founder members from the nearby Erskine Wheelers Road Cycling Club.

In the late 1980's and early 1990's the Club was well represented in the race scene and more than one member of the club has held the Scottish Junior Championship title. However, the allure of women and drink took first place amongst many younger members and the club became conspicuous by its absence from the race scene. However, recent years have seen an explosion of members, many of whom race, and the Club now has some thirty members.

Rockhard is equally famous abroad, undertaking an annual pilgrimage to Chamonix, attended by upwards of 15 members.

With sponsorship again from Dooley's Cycles of Paisley, 2008 looks set to be a bumper year for the racing team, with most members now doing some road cycling (aargh) as a training pursuit for the SXC, and members are often seen at various events across the UK flying the flag for Rockhard.

As other clubs will testify, we're a friendly bunch and newcomers are always welcome to join the club for a ride on Sundays and Wednesday nights...

'Where there's a hill, there's a way'



Stewarty Wheelers

Stewarty Wheelers are a small local club from East Ayrshire who don't have a big race team. Past members were Gareth Montgomerie and Bruce McCleary, both good elite riders. However, this year the Wheelers can only field a juvenile team with Ryan Fenwick, Ross Green and Richard Scales making up the team and old boy Ian Fenwick having a jaunt out in the fun race.



Give us a big cheer when you see us at the races...we might need it!



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Pedal Power

The team was founded in 2001 with the main goal of supporting a few riders who we feel had what it takes to make an impact, for the better, in this sport. To further the ambitions of these and to nurture our younger riders we have built a big squad to give them the vital network of support they need while sharing their success and experience with those around them who are committed to helping them achieve their goals. The 2008 team line-up reflects this - hard working, strong team players with a desire to learn and progress both as individual riders and as a team.

Pedal Power



Our Sponsors, and their increased backing, also reflect a commitment to the team that matches the dedication we have shown in the past.

Walker's Cycling Club

Way back in 2002, John Walker and a few of his like-minded friends decided to meet up on Sundays for an off-road ride around Ayrshire. Frustrated with having to travel for hours to get to a trail centre, they soon realised that with their collective knowledge of local routes they could clock up long rides from home (or rather, from the shop).

Over time the group grew, and a couple of them started to meet up on Wednesday nights to try some night-riding. Strangely this caught on, and soon everyone wanted a go, and the club was born.

Presently there are around 10 riders who appear whatever the weather, and this has led to the club being very well represented at endurance races; this year's Strathpuffer 24 saw 2 four rider teams and a soloist from the club, all achieving respectable placings. The club now boasts 70+ members from all over Ayrshire and beyond (most new to cycle racing), and with the relatively new road rides, there has even been some intra-club racing in the form of time-trials.

The club motto has always been "never leave anyone behind*" and this seems to be the root of its popularity. The club remains welcoming to newcomers, although is starting to push the regulars with the likes of the now infamous "Strathpuffer Boot Camp", and the club's summer charity challenge "The West Highland Way in a Day", and with increasing numbers turning their hand to racing, hoping to move up the rankings in the SXC Team Series in 2008.



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7 Ross Creber Update

Well, we all know the Crebers are bound for TdF glory at some point in the near future but just exactly what is last year's Series winner up to in preparing for season 2008. Well, Ross, think you can hack it with the Vets? We asked him what he was doing.

"I am on my second year as a full time cyclist, part of the Great Britain Olympic Academy for cross-country. I spent the winter based down at the Academy housing in Manchester, where I live and train with the road / track academy riders. The programme is very full on, over the winter we do around 25 hours a week on the bike plus French lessons, academy workshops and gym / physio work around the training. A typical day starts around 7.30am and is non-stop until 8pm. I am also away a lot on training camps.

For the 2008 season I am based at home in Scotland. My race programme this year is very hectic, I have a race or training camp on every week so I am constantly travelling around the UK and Europe. My season's goals are the European and World Championships, where I am aiming for a top 15 at the World Championships held in Italy in June. My other season's targets are the World Cup opener in Belgium, British Road and XC Championships.

I am looking forward to riding a few rounds of the SXC as the courses are fantastic and there is always a good atmosphere."

Well, I suppose the answer is, 'yes', he might beat the old guys...I'm exhausted just reading what he's doing.

8 Lewis Men; Big Commitment? Big Respect!

How many of you have thought in the past; 'I'm not doing that race...it's too far away!' Well, spare a thought for SXC's two most committed racers - Paul Smith (elite) and Gavin Earons (grand vet). Paul and Gavin travel to every race from the Isle of Lewis!

Where's Lewis you might ask; well think New York, Iceland and Greenland- it's closer to all of them than it is to a race at Glentress, well nearly! One thing with living on Lewis is that it isn't cheap to get onto the mainland. The Ferry takes 2 and 3/4 hours and costs around £120 for a car and passenger, flights (return) to Edinburgh or Glasgow are anything between £80 and £200! So as you can see, each trip is at least £250-300 each once fuel/ accommodation/food etc has been included- now that's what you call dedication. As Paul observes, 'there are a heck of a lot worse

things to spend your money on. After all, events like the SXC has me hooked on cycling/MTB and racing, so the cost seems justified (although being an apprentice electrician funds can be short at times...)'.

Paul and Gavin met at the Hebridean Challenge Adventure Race (5 days racing through the Outer Hebrides over mountain, moor and sea) in 2005, where they raced together in a team and finished in the top ten. Gavin saw Paul's youthful talent and says, 'at that time I could just about stay with him on a sprint but I'd always outlast him on endurance - nowadays I've got no chance on either score!' Gavin and Paul carried on cycling together after the race and decided to enter the Laggan race of the 2006 SXC series - Paul in the Sport category and Gavin in the Grand Vets. This was their first SXC race and they had no real idea of how well they might do. Both did well enough to convince them to continue racing and they started training hard, with immediate results; at the Fort William race, Paul won the Sport category in only his second ever bike race! That year, both Gavin and Paul finished in impressive 2nd positions in their categories.

Last year, Gavin moved up to elites and after a hard season, finished in an incredible 3rd place.

They have recently managed to get enough people interested to start the Hebridean Cycle Club and Gavin has set up a web site www.hebrideancycleclub.com for the club.

They are very proud of their beautiful, though wet, wild and windy island and the club hope to build some new bike trails in the Stornoway area to complement the fabulous old trails in Harris. They are happy to offer an open invitation to anyone who wants to go and visit the island and get some free guides for the day, although us soft 'southerners' will find the weather a challenge compared to the tough Lewis men!

The best of luck from all on the SXC Committee to both Paul and Gavin for an even better 2008.

MASSI

MARGA FULLANA

(2008 MASSI UCI TEAM)

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9 Training for MTB XC Racing

Although riders of all fitness levels can tackle SXC racing, and most MTB XC events, you'll enjoy your ride a whole lot more if you've done some training for it. Training for bike races doesn't have to be particularly complicated, and can fit in around your normal "fun" rides, and your hectic lifestyle, if you follow these simple steps.

General Fitness

Before you embark on any training programme, or significantly raise your activity levels, you should ensure that your general health and fitness are good. Improvements can be made in some very simple ways – walk (or ride!) where you might have taken the car, try to eat a bit better, go to bed early (sleep can do you the world of good!), do some stretching, go swimming, or jogging – whatever fits in to ensure you are fit to train.

Bike Fitness

Once you feel ready, you can start to up your bike riding workload. It is important to use the term "workload" rather than hours, miles or intensity. Your body can only cope with a certain workload in any period of time, whether you are a full-time pro, or work 40+ hours per week. It doesn't matter if that workload is huge hours on the road, or a few savage interval sessions, once you've reached it, your body will let you know!

Try to split your race into components, how long is the total? How often do you ride above the red? How long do you need to sprint for at the start? Once you have some answers to your questions, you can start to work out training sessions that suit your local riding.

Road rides are best for endurance training (as you spend more time pedalling than you do off-road), always make sure you have completed plenty of rides at least as long as your race is likely to be, this gives you the fitness to complete the races, as well as a confidence boost that you can do it. You can use local road or off-road loops to create interval-training circuits, where you can push hard on the climbs, and enjoy the descents.

Make sure you take rest days – the fatigue from training only translates into fitness gains if you take time off to allow your body to adapt to the workload – a tired rider is a slow rider!

MTB XC Fitness

With a good base of fitness behind you, you are ready to prepare specifically for the demands of MTB racing. Think about the differences between a normal XC ride, and a race.

You probably go as quickly as you can on the downhills anyway, but you probably rest at the top – so practise going straight into the techy sections out of breath. Try standing up out of the saddle more on descents and singletrack, as you would do racing, this will strengthen the muscles you use (and usually fatigue very quickly) when racing. Learn to start fast – races usually have a short fire road blast before the singletrack – practise going flat out up the early sections of climbs, then recovering (whilst still going hard!).

Technical skills are also very important for XC racing – general riding skills are something that will improve with your every-day riding, but the key race skills tend to be neglected – taking drink bottles in a feed zone, drinking enough when you can't get your hands off the bars for long, dismounting (and running with a bike!), getting feet into clipless pedals (think race starts), overtaking (and being overtaken) safely. These can all be improved by adding fun drills into general MTB rides.

Article kindly supplied by Neil Walker of

realworldcoaching.co.uk

practical training solutions and support for cyclists with real lives

10 New SXC Website

Your Committee have turned into IT techy geeks to try their best over winter to get you a new, all singing, all dancing, website. Our efforts are nearly coming to fruition but not in time for the booklet...unfortunately!

The site will have all the features of the old one, just much better and more easily navigated to get the information you need. We are also working hard with a well-known bike company to attract sponsorship for the site; things will hopefully go smoothly and all will be revealed in due course...watch out for it, we hope to launch in the near future.



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11 SXC Rules 2008

1. General

The Cross Country Series of races is run under the current rules of the Scottish Cyclists' Union (SCU), these series rules and, where appropriate, the British Cycling (BC) Mountain Bike Regulations. The Series will consist of 7 events, including the Scottish Championships.

2. Race Entries

All race entries should be filled in on-line at www.entrycentral.com, or sent to the address shown on the entry form, with the appropriate entry fee.

3. Race Categories

Riders must race in their appropriate age categories as set out on the entry forms, or Fun, or Expert/Elite. A licence from British Cycling in the appropriate category is required to race in the Elite/Expert category. Riders from other categories with proven ability may ride in the Elite/Expert race at the discretion of the SXC Committee, by application one week before the race date, with verifiable evidence of their ability. They must possess a valid race licence in their category from British Cycling.

Each event in the Series will include the following categories for male and female competitors –

Youth, Juvenile, Junior

Sport, Expert/Elite, Master

Veteran, Grand Veteran, Super Veteran

Fun Over 16, Under 16 Fun (Secondary School), Primary Schools

If there are less than 5 entrants in a category, the Race Organisers may combine that category with other categories in the race, but Series Points and Event Medals will still be awarded in respect of the Category entered.

4. Scottish Championships

The Scottish Championship is contested in age groups, with Sport and Elite/Expert given a combined start for that one race of the series, and Sport riders having the option to complete an extra lap to contest the Champs, once they have finished their race.

To be eligible riders must:

Have a current race licence from British Cycling and Have been born in Scotland, have resided in Scotland for at least 3 years, or ride for a Scottish Cycling registered Club or Team, or have a parent who was born in Scotland.

The Championships is run within one of the SXC series races.

5. Race Numbers & Timing Chips

Race number boards and timing chips will be issued at each event, and must be returned after the race. Riders who fail to return the board and chip will be fined £25.

6. Sign on

Riders are under the jurisdiction of the Commissaire from the time they sign on until the completion of the prize giving.

7. Race times

Youth, Juvenile, Fun 2 lap, Fun 1 lap, Veteran, Grand Vet, Junior and all Women's categories at 11.00.

Male Sport, Masters and Elite/Expert at 14.00

Primary Schools shortly after 13.00

Riders must sign on no later than 30 mins before the start time for their race.

8. Practice

Riders must sign on before being permitted on the course for practice. Number boards must be displayed and helmets worn during practice, as well as during racing.

The course will be available for practice until 10.30am, and from 13.00 – 13.45. Thereafter, any rider reported to be practicing on the course during racing will be disqualified from his or her own race. All practice must be in the race direction.

Primary school competitors will be shown round their course at approximately 1 pm and may practice from 1 – 2 pm.

9. Overtaking

When overtaking, riders must keep clear of and give due consideration to all other riders, including those from other categories. Competitors being overtaken must not wilfully obstruct the overtaking rider.

10. Retiral from race

If you retire from the race, for any reason, you must report immediately to the nearest marshal and inform the recorder at the finish line at the first reasonable opportunity.

No outside assistance

No outside assistance may be received during the race other than the passing up of water bottles in approved feeding zones. Bike changes and wheel changes are not permitted.

Series Points

Series points will be awarded for the first 25 finishers.

Points will be allocated as follows:

1st	35 points
2nd	30
3rd	25
4th	23
5th	21

One point incremental drop for each place down to 25th (1 point)

Series points will be calculated by adding the best 5 points results from the 7 rounds, **one of which must be Round 7**. In the event of a tie, ranking will be based on finishing positions over the Series (most 1st places, most 2nd places, etc) and then, if still tied, on the relative finishing positions in the final round.

Riders must enter the final round to be eligible for Series standings.

A separate points system will operate for the schools competition.

12 SXC Team Competition Rules 2008

The Cross Country Series of races is run under the current rules of the Scottish Cyclists' Union (SCU), these series rules and, where appropriate, the British Cycling (BC) Mountain Bike Regulations.

The Series will consist of 7 events, including the Scottish Championships. Incorporated within this series is the Teams Competition

Race Entries

All competitors in the Teams Competition must be entered and race in the correct categories under the Series Rules.

Registration of Teams

Teams must register to enter the competition, this can be done at any stage during the first 3 races.

It is not necessary to register all team members, however eligible participants must state their team affiliation on their race entry form.

Clubs or Teams must be SCU registered.

Awarding of points

Points will be awarded according to the Series Competition Rules for individuals i.e. 35 for 1st, 30 for 2nd, 25 for 3rd, reducing by one until...2 for 24th, 1 for 25th.

Riders in the Fun category are not eligible for the Teams Competition.

Scope of Competition

All 7 SXC rounds will count for the Teams Competition.

If two teams finish the year with identical points, the winning position will be awarded to the team with the highest points total at the Scottish Championships.

13 Points for Committee Members

Teams represented on the Committee will receive an additional 50 points per team, regardless of the number of team representatives on the Committee.



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15 SXC Committee Details

NAME	POSITION HELD	E. MAIL	PHONE NO	RESPONSIBILITIES
Bill Ross	Chairman	billross1@ntlworld.com william.ross@strathclyde.pnn.police.uk	H. 01416418473 M. 07707005803 W. 01415323858	As above & liaison for race 4 (champs) & work with Helen and John in purchase of Trophies
Alistair Mckendrick	Member	alisdairmckendrick@hotmail.com	M. 01778 639346	As Chair he will be involved in all issues Also liaison for race 1
Fiona Walker	Treasurer	fcwalker@doctors.org.uk	H. 01592891996	Liaison for First Aid provision at each race.
Neil Walker	Secretary	neilwcpp@aol.com shop@walkerscycling.co.uk	H. 01563544486 M. 07894512356	As Secretary he will have a co-ordination role in all business.
Hamish Lean	Race venues			Leading role in allocation of Race venues & liaison for race 7
Andrea Lockhart	Commissaire	steven.andrea@mghtcablenorth.net	H. 01294215921 M. 07801854346	Liaison with Scottish Commissaires
Craig Coid	Media	coidc@tinyonline.co.uk	H. 01416392584 M. 07939414050	Media liaison race reports and editorial co-ordination of SXC booklet
Ritchie Provan	Sponsorship	richard@dtuk.net	H. 01505382052 M. 07768931086	Sponsorship & liaison to organiser of race 1.
John Morton (Fish)	Advertising	a.morton27@ntlworld.com	H. 01415732622 M. 07788452244	Advertising/printing/flyers/posters and sponsorship
Alan Kay	Sponsorship	alan.kay2@ntlworld.com	M. 07780697100	Sponsorship & monitor of SXC 'contact us' hotline
Sandy Ferguson	Schools	sandy.ferguson@hotmail.co.uk	H. 0721722103	Liaison with schools and organiser of schools races
WCS		susan@walkerscycling.co.uk	H. 0156358885	Race entries, event timing



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