

You Yangs MTB Inc
Media Release
23/09/2013.

On Sunday 22nd September You Yangs MTB Inc were running of our clubs annual event on everyone's favourite track 13 "Cressy Descent" in the You Yangs Regional Park. 2013 and track 13 must have been a bad omen.

The event was running perfectly, sun was out, music was pumping, shuttles were turning around fast and everyone had a smile on their face. 250 competitors had completed practice and at 12.30 racing began with seeding for "A Grade" followed by race runs for our junior "Under 15" category, all getting down the hill safely. At 13.13 (that is 1.13pm) the "Over 35's" began their race runs and no one could have imagined what was to unfold 13 minutes later. In the space of 5 minutes we were dealing with 4 separate incidents:

A rider landed very heavily on his head just past marshal point 5, splitting his helmet in 4 places. He ended up spending the night in hospital under observation. He was very luck not to suffer any significant injuries

Another rider was only 5 meters from the finish line when he dropped his front wheel of the side of the board walk, landing heavily on his arm it took a moment to find his bike wedged in a tree behind him and then ran through the finish line. X-ray later revealed a linear fracture of right radius.

The most significant injury was to a 38 year old male who went into cardiac arrest while riding, causing him to fall off his bike. Thanks to the quick actions of the track marshal at point 2, our professional first aid medics (from Victorian First Aid Services) were very quickly on the scene and began CPR assisted by our club secretary. Thanks to the quick actions of all, the individual was successfully revived and stabilized until Ambulance Victoria arrived and took charge of the situation, stabilizing him in an induced coma before being air lifted to the Alfred Hospital.

The YYMTB Inc president has visited the individual's family in hospital this afternoon and passed on everyone's best wishes for a quick recovery with the good news being he is out of his coma and conscious. He is likely to be released from intensive care this evening and moved to the cardiac ward for further tests and diagnosis of what caused his Heart attack. The individual also suffered a broken nose, concussion and short term memory loss. The Individuals sister said he "keeps asking when he can go home and get his bike because he needs to go back to the You Yangs and race his mate and beat him to prove he is the fastest". His family appreciates everyone's concerns and is grateful for all the sympathy and kind messages of support. They would particularly like to thank the guys who performed CPR.

At the same time as the club was dealing with the above incidents we received word of another person who (was social riding and not part of the event) had crashed and suffered a significant injury on another trail in the park. This resulted in another ambulance being called by a member of the public and just added to the already busy scene.

On the eve of the 2013/14 Victorian DH Series this is a serious reminder that mountain biking is a risky sport and that all involved should have ambulance cover as a bare minimum. \$40.30 for a single for 12 months is a small price to pay to and could save you thousands of dollars.

<http://www.ambulance.vic.gov.au/Membership.html>

Unfortunately the above incidents resulted in the difficult decision to cancel the race. These events are all run entirely by volunteers; the only people paid at these events are our professional first aid medics who did a terrific job this weekend and undoubtedly saved a life! A huge thanks to all the drivers, traffic control, marshals, registration & timing crew, these events cannot happen without your support.

The club with the assistance of MTBA have organised a free councillor to be available for anyone who was affected by any of these incidents. If you wish to take up this offer please email your contact details to youyangsmtbinc@yahoo.com.au and we will provide more information to you.

Club officials will meet during the week to discuss the next step as a result of the cancelled race. More details will be published as soon. The club official's thoughts today were with the injured riders.

Ian Mortenson
You Yangs MTB Inc
President