

# FOOL'S GOLD 50 & 100 PARTICIPANT GUIDE 2015

UPDATED 7/4/2015



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## GENERAL COMMENTS

*Welcome to the Fool's Gold 50 & 100 mile mountain bike races. Whether you choose the 50 & 100 mile distance you are sure to be challenged by beautiful Blue Ridge Mountains of the Chattahoochee National Forest. Whether you are a local, or have traveled from afar to take part in this event, we are happy to have you join us. There are sure to be moments of terror, bliss, fatigue, exhilaration, distress, and pure joy along the way. In the end, we hope it becomes one of those glorious memories we all seek in life. Enjoy the ride.*

1. The start/finish venue is on the private property of the Montaluce Winery and Estates. They do allow parking on their property throughout the year, but please be respectful of their property. Do not block road ways, be thoughtful about how and where you change clothes, and leave no trace.
2. The roads and trails used in the race are public lands managed by the USFS and are open to riders throughout the year. Please be respectful to the land, do not litter and refrain from riding the single track when it's wet.

3. Trail work parties typically take place on the first Saturday of the month and are a joint effort between the Chattahoochee Trail Horse Association, Co-Trails, Southern Off-Road Bicycle Association, and the USFS. You can find out details about the work parties via the Bull/Jake Work Party Facebook group: <https://www.facebook.com/groups/bullmtn/> or by emailing the race director at [lisa@mountaingoatadventures.com](mailto:lisa@mountaingoatadventures.com).

4. Last minute bike shop support – Northstar Bikes (471 Quill Drive, Suite 110, Dawsonville, Ga 30534, ph: 706-265-4397) will open for business on Friday, September 19th if you need repairs or gear needs. Northstar is the bike shop closest to Montaluce.

5. This event has a finishing cutoff time of 7:30 pm. The time limit prevents racers from being on course after daylight hours. This is for the safety of all and is required by the USFS. Those who go “rogue” and continue after the cut-offs, even unofficially, may jeopardize our ability to have this race in the future, so please adhere to the time cut-offs and follow volunteer directions.

6. Preliminary results will be available at the “Results” tent on tablets immediately upon each racer’s finish. You will be able to check your finish time and result in your category. All racers are responsible for checking their results at the venue as to proper class and placement. Please speak with the timing personnel at the race about any timing discrepancies. Once the protest period for each ability level is over, the results become final.

7. **ALTERNATIVE RAIN/WET WEATHER COURSE:** In accordance with our permit from the National Forest Service we have to be prepared to offer an alternative gravel road course should the trails in the Bull Mtn and Jake Mtn trail systems be deemed too wet to ride by the USFS. This course will be used to protect the trails from excessive damage and limit damage to bikes and equipment. All those present at the 2010 edition will understand. This course will be announced prior to the start and will be marked if we are required to utilize this course.

## **SCHEDULE OF EVENTS**

### **Friday 9/18/2015**

- 4:00 pm to 8:00 pm - Race number and t-shirt pickup, drop bag drop-off (near the pool at Montaluce - also the location of the Start/Finish. Follow event signs to start/finish area. If you are staying nearby on Friday night, it is highly recommended you check in on Friday night so you do not have to rush on Saturday morning.
  - 6:30 pm to 7:00 pm - **MANDATORY Rider Meeting** for 100 Miler Participants and highly suggested for all 50 miler participants. Last minute changes to any previously posted information will be communicated at that time. These could impact the course, start arrangements, your safety, etc. You are responsible for all information communicated at this meeting even if a representative collects your race packet or you check in Saturday morning.
- ✓ We will not be able to accommodate any changes on Saturday morning
  - ✓ Photo ID may be required to pick up your packet. If you are under the age of 18, a parent or legal guardian must also be present or have sent a signed waiver with the participant under the age of 18.

- ✓ Drop bag/cooler drop cutoff is 6:20 am on Saturday morning, no exceptions. If you check in on Friday, we highly recommend getting your drop bags in the bins on Friday night so you do not miss the cutoff.

As in the past, there will be an opportunity for a representative to pick up your race packet for you if you cannot get to the venue on Friday without undue hardship. The representative will have to present a Release Waiver signed by you to collect your race packet. You are still responsible for knowing the race rules and course.

The Release Waiver is located on the race website – You can print and fill out ahead of time and bring to race. <http://mountaingoatadventures.com/forms/2015FGWaiver.pdf>

If you cannot get up to Montaluce on Friday or have someone pick up your packet, you may pick it up between 5:30 am to 6:20 am on Saturday morning – This is for race number and t-shirt pickup ONLY. NO DISTANCE CHANGES, NEW REGISTRATIONS OR TRANSFERS CAN BE ACCOMMODATED AT THIS TIME. This was added as a courtesy to our local riders who may not need to spend the night in Dahlenega.

### **Saturday 9/19/2015**

- 5:00 am - Parking lot opens
- 5:30 am to 6:20 am - Race number and t-shirt pickup (NOTE - ONLY pickup, NO DISTANCE CHANGES, NEW REGISTRATIONS OR TRANSFERS CAN BE ACCOMMODATED AT THIS TIME.)
- 6:20 am - Drop bag/100 mile cooler cutoff - Drop bags and coolers will leave the venue promptly at 6:25 am...if you miss the cutoff you will need to carry your drop items or rely on the aid stations for fuel. If you plan to check in on Saturday morning, I highly recommend showing up with your drop bags/cooler pre-packed so you don't miss getting them here on time. Gallon size ziplocs are fine for drop bags. If you plan to check in on Saturday morning, I highly recommend showing up with your drop bags pre-packed so you don't miss getting them here on time. Please use gallon size ziplocs and write your race number on them. You are still responsible for knowing the race rules and course.
- 7:15 am - 100 mile race start with neutral rollout
  - ✓ All racers will need to ensure they ride over the timing mat at the START so we can account for you on the course and to receive an overall finishing time. Your start time begins when the horn is blown, not when you cross over the mats. Disposable timing chips are adhered to the back of your race number which should be mounted to your handlebar. Chips do not need to be returned after the race.
- 7:45 am - 50 mile race start with neutral rollout
- 12:30 – 7:30 pm - Post-race meal at the finish line. If you would like to order a meal for spectators, family, and friends, you will need to do so ahead of time by emailing [lisa@moutaingoatadventures.com](mailto:lisa@moutaingoatadventures.com) so that our caterer can bring plenty of food for everyone.
- Awards will be presented near the finish line when the Top 5 finishers in each class have crossed the finish line and given at least a 15 minute protest period. Approximate timing

for awards will be around 1 pm for the 50 mile race and 4pm for the 100 mile race but this may change.

- ✓ Cash prizes will be distributed as follows:
  - Payout for Top 5 Overall Men in the 100 mile is: \$500/400/300/200/100
  - Top 3 Overall Women in the 100 mile is: \$500/400/300
  - Top 3 Overall Singlespeed in the 100 mile is: \$250/200/150
  - Top 3 Overall Masters 50+ in the 100 mile is: \$250/200/150
  - Payout for Top 5 Overall Men in the 50 mile is: \$250/200/150/100/50
  - Top 3 Overall Women in the 50 mile is: \$250/200/150
- ✓ All other top finishers in Masters, Singlespeed, and Tandem will receive prizes from the race sponsors. See sponsor prize schedule on Results Table for depth. You need to be present at awards to claim your prize, as they will not be mailed.

## **VENUE LOGISTICS**

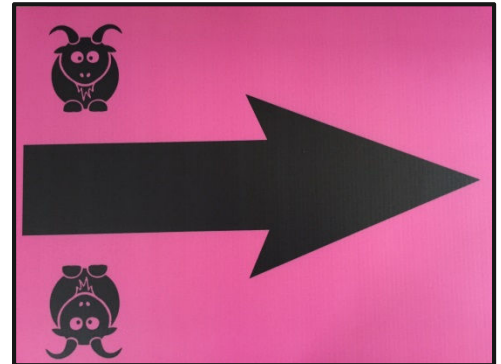
### **Montaluce Winery and Estates – 946 Via Montaluce, Dahlonega, GA 30533**

- ✓ There will be trash receptacles placed around the start/finish area. Please use them or take your trash with you.
- ✓ The Le Vigne restaurant at the Montaluce Winery is excellent and we highly recommend it if you are looking for an exceptional pre or post race dinner. Reservations are required in most cases, Dinner entrees range in price from \$18 to \$30. (706) 867-4060
- ✓ There is no camping onsite.
  - There are free primitive campsites available in the Chattahoochee National Forest
  - Fee camping with amenities available at Etowah River Campground: 706-864-9035. Etowah River Campground is 2 miles from the race venue on quiet, back roads.
- ✓ For those looking for lodging in Dahlonega, rooms are already filling up for that weekend due to a high number of fall weddings.
  - The closest lodging is the Mountain Top Lodge: 706-864-5257. The Mountain Top Lodge is 4.8 miles from the race venue and offers a Bed and Breakfast atmosphere. Standard rooms are \$125, Suite Rooms are \$135 and Deluxe Whirlpool/fireplace rooms are \$160. Please note they do not allow pets or children under 12. This is a small, quiet establishment with only 12 rooms so book early. Please let them know you are with the Fools Gold Mountain Bike Race. You can ride to the race venue from here via quiet country roads.
  - If you are lucky enough to be able to stay in Georgia for several days, I highly recommend Mulberry Gap Mountain Bike Getaway in Ellijay, GA. Mulberry Gap offers camping or air conditioned cabins as well as delicious, home cooked meals that are sure to provide enough calories to get you through the event. They are offering 10% off your stay for Fools Gold Racers.
  - For other lodging options including B&Bs and typical chain hotels see <http://dahlonega.org/stay-the-night>
- ✓ Dogs are welcome at our events, but please keep them on a leash for their own safety and that of the racers. You must clean up after your pets.
- ✓ There will be a hose available to use as a bike wash post-race.

- ✓ As of right now, the pool will be closed for the season. We will update you if this changes.

## **COURSE GUIDELINES/MARKINGS**

- ✓ The course itself will be marked primarily by black arrows on a pink back ground. We utilize both 8.5"x11" laminated paper placards and 18"x 24" plastic signs. PINK ribbon will be used in addition to the arrows for both reassurance and as a back-up in case arrows are removed by other trail users.
- ✓ If in doubt, look for pink tape at intersections and go towards the pink tape. Each intersection will have three pieces of tape hanging or tied around a tree in the vicinity **IN THE DIRECTION THAT YOU WANT TO GO.**
- ✓ Rest assured that the event staff & volunteers work very hard to ensure you have a good trail to follow. Approximately 150 course arrows are used. Additional natural trail indicators and barriers are used frequently and should be obvious. The course is open to the public during the race so we are not able block or tape off any trail or road way. That being said, look for course markings at any intersections before blazing off down the trail in the wrong direction. "Wrong Way" signs will be placed in areas where the penalty for misdirection is severe.
- ✓ There will be a course making official in a vehicle that will be a few minutes ahead of the race along the initial forest road sections to ensure that all signage is still in place. This person will remain out on course for the duration of the race, patrolling the forest road sections and replacing any signage as needed. If you see any major intersections that do not have arrow signs or you see signs on the ground or knocked over, please let the next aid station know so they can relay that info to the course marking official.
- ✓ Ultimately, no matter how many steps are taken to mark the course, it is the rider's responsibility to stay on course. If you stray, you must use the given resources, such as GPX data and map, to return on course at the point at which you erred. Doing otherwise results in a non-finish. One of the best hints for staying on course is to keep looking for the pink ribbons. The ribbons are the least likely course markers to get removed.
- ✓ White and black striped tape denotes the short-cut route along gravel roads back to the winery. If you follow the short-cut route, you will receive a DNF, so only follow the black and white tape if you cannot finish the full route for some reason.
- ✓ Finally, this is your strong reminder that it is the rider's responsibility to cover the course in a safe manner. Please ride within your ability level, know and heed all warning markings, and do not rely solely on warning markers as the only indication of dangerous terrain. Course conditions change throughout race day, racer ability levels are varied, and there is a limit to the effectiveness of adding another warning marker to a long course. Be aware---Just because you can go fast, does not necessarily mean that you should.



### **Common Course Markings**

- ✓ Course marking arrow signs – large black arrow on pink background, either left, right, or straight ahead as shown above.

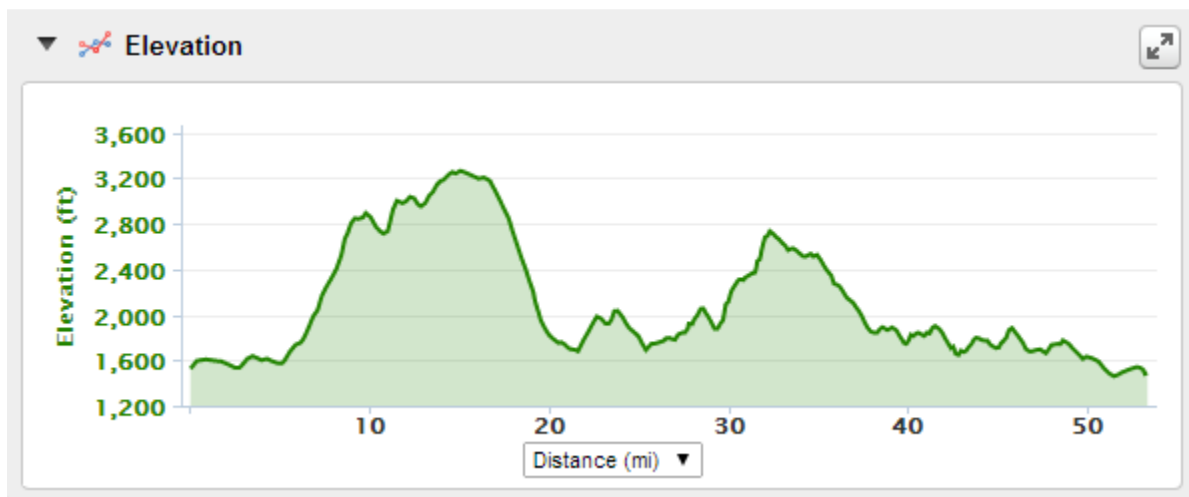
- ✓ Parking and Registration signs will be located at the main road intersections leading into the Montaluce Winery to get you to the start/finish.
- ✓ Caution Bike Race in Progress signs to alert oncoming traffic that there will be bikes on the road. All roads and trail are open to public during the event, so always be aware and yield as needed. There will be some vehicle traffic on the gravel and paved road sections. Stay on the right hand side of the road. Do not cut the corners on ANY road sections.
- ✓ Start/Finish Short Cut signs will lead you from the National Forest back to the Montaluce Winery should you miss the cut off times or decide to exit the course early. Please check in at the timing tent so we do not give an undeserved time or send a rescue crew looking for you.

## COURSE MAPS

Course maps, Aid Station locations, GPX data, Cue Sheets and 50 mile Garmin Files are available on the event website: <http://mountaingoatadventures.com/foolsgold/course>

- ✓ The course contains one 3 mile gravel road climb and some ridgeline gravel, followed by a fast gravel descent. Much of the singletrack is newly re-constructed and flowy, with an assortment of fast gradual climbs to short grunts. There is another 2 mile climb up Bull Mountain, and the descent on the Bull Mountain Trail is one of the best in the Southeast. This course has a good mix of all trail types and does not cater to any one particular style of rider, though fitness is rewarded due to the abundance of climbing. In terms of technical difficulty, the most demanding sections would be considered moderately technical.
- ✓ The 2015 100 mile course will consist of two identical laps to eliminate any two way traffic and second lap confusion, as well as bring the overall distance closer to 100 miles. The lap is the same as used in the 50 mile course and you will ride it twice. Each lap is roughly 46 miles plus an additional 8 miles total on roads to ride from Montaluce Winery to the Forest Service Loop and back.

The elevation profile for the 50 mile course is shown below.



## AID STATION DETAILS, MILEAGE, AND CUT-OFF TIMES

### Aid Station Details:

- ✓ Full feed stations, staffed by volunteers and bike shop personnel, will be positioned at approximate 10 mile intervals. Locations are marked on the course map. Items provided at these locations will always include water, HEED sport drink, and a varied assortment of other items, such as bananas, oranges, Hammer gels, chips, pretzels, fig newtons, cookies, soda, trail mix, peanut M&Ms, and other snack foods. No one has ever claimed to go hungry on course.
- ✓ In addition to the Aid Stations, the 100 mile course riders will have an unmanned cooler drop available at approximately 52 miles. No other resources will be available at this location. Coolers should be 6-pack-ish in size unless more than one rider is sharing.
- ✓ Drop bags and coolers will be collected before start of the race on Saturday near the start/finish area. Look for signs designating Aid Station numbers in front of the bins. All Aid Station drop bags and coolers must be dropped off by 6:20 AM, no exceptions. This is the same location where you can find your items after the race. Please note drop bags need to be picked up by 8:30 pm on Saturday night or they will be broken down and any usable contents recycled/donated. Every year a mountain of drop bags are left behind that need to be disposed of.
- ✓ **DO NOT DROP ANY WATER BOTTLES OR GEL WRAPPERS ON COURSE**, except in the trash cans at the feed zones. Doing so will jeopardize such resources being offered in the future and if we see you do it, we will disqualify you.
- ✓ No outside assistance is allowed expect at the three official Aid Station locations.
- ✓ We are limited to two vehicles per Aid Station location by the USFS, and these are limited to official race volunteers. We are discouraging spectators from driving along the course as it is dangerous to the riders and we are not allowed to have large clusters of vehicles along the roads per the USFS. **NO SPECTATOR VEHICLES ARE ALLOWED TO PARK AT AID STATIONS.**
- ✓ 50 miler racers are allowed two (2) Aid Station drop bags.
- ✓ 100 mile racers are allowed three (3) Aid Station drop bags plus the Cooler Drop. 100 miler racers will be provided special drop bags to differentiate their drops from the 50 milers.
- ✓ Aid Station Drop bags should be 1 gallon zip lock bags and no larger. Mark your bags with your race number. There will be Ziploc bags and Sharpies available on Friday from 4-8pm but feel free to use your own packed ahead of time. Just make sure you mark your bag very well with your race number.
- ✓ The cut-off time for each Aid Station is for the safety of the racers and the volunteer staff. We cannot allow racers to continue after dark. If you are informed of not making the cut-off time, your timing chip will be removed and you will be directed to follow the "Short Cut" route back to the start/finish venue. **Please check in at the timing tent when you return to the start finish so we do not go out looking for you.**
- ✓ Drop bags will be spread out, in numerical order of race plate number, as written on the bags. Any illegible or unmarked bags will be placed at the end of the line of the marked bags. As you approach, your number will be called out and volunteers will do their best to retrieve you bag in a speedy manner for you.

- ✓ **DROP BAG PICKUP: PLEASE NOTE---** it is your responsibility to pick up your drop bags at the start/finish. No mailings or shipments will be made of items left behind at the end of the day. Nor will we be responsible for any lost items. You must pick up all drop bags no later than 8:30 pm on Saturday night. Bags left after this time will be broken down with the water bottles and any usable gels, tubes, or tools being donated or recycled. If you are running a few minutes late, you can text me at 770-653-4614 with your race number and ask that your bag be set aside, but it must be picked up that evening. We need to leave Montaluce in a spotless condition, and that includes removing all drop bags and trash associated with them.

### **Aid Station Mileages and Cutoff Times:**

- ✓ All racers must complete the entire 50 or 100 mile course and be in by 7:30pm to have an official finish time. There will be time cutoffs at the aid stations to ensure all riders can make it back by 7:30pm.
- ✓ If any competitor arrives at an aid station after its established closing time, they will **not** be allowed to continue and will be returned to the FINISH or asked to follow the Short Cut Route which is marked. A volunteer will remove your timing tag from the back of your number if you are taking the Short Cut Route back or if you got a ride back to the Finish.

### **50 Miler and 100 Miler first loop:**

- **AID STATION #1** - Intersection of FS 42, 58 & 77, aka top of Winding Stair. Approximately 18 miles from the start. Water, HEED, snacks, drop bags, mechanical support. Cut-off time: N/A
- **AID STATION #2** - Intersection of FS 83, 28H, 872, & Bull Mountain Trail, aka Base of Bull Mountain Trail. Approximately 27 miles from the start. Water, HEED, snacks, drop bags, mechanical support provided by Northstar Bicycles. Cut-off time for all racers: 3:30 PM to start the Bull Mountain loop and 5:30 PM to finish the Bull Mountain loop (see AID STATION #3.)
- **AID STATION #3** - Intersection of FS 83, 28H, 872, & Bull Mountain Trail, aka Base of Bull Mountain Trail, i.e. same as #2. Approximately 39 miles from the start. Water, HEED, snacks, drop bags, mechanical support provided by Northstar Bicycles. Cut-off time for all racers: 5:30 PM
- **AID STATION #4** - Intersection of FS 28B, 28G, & Black Branch Trail. Approximately 47 miles from the start. Water, HEED, snacks, drop bags, mechanical support provided by Sixes Pit Bike Shop. Cut-off time for all racers: 6:30 PM.

50 & 100 mile course split is at approximately mile 50. Cut-off for 100 mile racers to continue to Lap 2 is 2 PM at the course split.

### **100 mile 2nd loop Aid Stations:**

- Self Service at the Cooler Drop: Small coolers only. Approximately 52 miles from the start. Open until 2:15 pm only.
- **AID STATION #5** - Intersection of FS 42, 58 & 77, aka top of Winding Stair. Approximately 64 miles from the start. Water, HEED, snacks, drop bags, mechanical support. Cut-off time: 3:30 PM.



- AID STATION #6 - Intersection of FS 83, 28H, 872, & Bull Mountain Trail, aka Base of Bull Mountain Trail. Approximately 73 miles from the start. Water, HEED, snacks, drop bags, mechanical support provided by Northstar Bicycles. Cut-off time for all racers: 3:30 PM.
- AID STATION #7 - Intersection of FS 83, 28H, 872, & Bull Mountain Trail, aka Base of Bull Mountain Trail, i.e. same as #6. Approximately 85 miles from the start. Water, HEED, snacks, drop bags, mechanical support provided by Northstar Bicycles. Cutoff time for all racers: 5:30 PM
- AID STATION #8 - Intersection of FS 28B, 28G, & Black Branch Trail. Approximately 93 miles from the start. Water, HEED, snacks, drop bags, mechanical support provided by Sixes Pit Bike Shop. Cut-off time for all racers: 6:30 PM.

#### **AID STATION MILEAGES/CUTOFFS:**

Aid Station #1 (Winding Stair) - 18  
 Aid Station #2 (Bottom of Bull) - 27 (3:30 PM)  
 Aid Station #3 (Bottom of Bull) - 39 (5:30 PM)  
 Aid Station #4 (Black Branch) - 47 (6:30 PM)  
 Cooler Drop (Camp Merrill) – 52 (2:15 PM)  
 Aid Station #5 (Winding Stair) – 64 (3:30 PM)  
 Aid Station #6 (Bottom of Bull) - 73 (3:30 PM)  
 Aid Station #7 (Bottom of Bull) - 85 (5:30 PM)  
 Aid Station #8 (Black Branch) - 93 (6:30 PM)  
 Finish (Montaluce) – 100 (7:30 PM)

### **SAFETY ISSUES AND EMERGENCIES**

- ✓ Yellow Jackets and Hornets - Wasps and hornets are very aggressive in Georgia this time of year and they like to make their nests in the ground, sometimes only inches from the trail. A couple of riders passing through may not disturb them, however, with 350+ riders out on course, the chances of a nest being disturbed are pretty high. I recommend that EVERYONE carry Benadryl or other anti-histamine with them just in case. We will have it at aid stations, but it may be up to an hour before you reach an aid station. If you are allergic, pack any meds you may need and please be prepared.
- ✓ Course sweeps will follow the racers, ensuring no participants are left on the course.
- ✓ The entire course is open to the public during the event and the IMBA rules of yielding to hikers and horses apply. There will also be vehicle traffic on the forest roads. Be aware and stay on the far right side of the road. Do not cut to the inside on corners, as vehicles will not be able to see you. Always stay under control so you can safely stop if a vehicle approaches unexpectedly.
- ✓ If you cannot finish the course, **DO NOT JUST PACK UP AND LEAVE WITH YOUR FRIENDS OR FAMILY!** We need to account for all racers by the end of the day, so **ALWAYS NOTIFY THE TIMING STAFF AT THE FINISH IF YOU ARE NOT COMPLETING THE RACE.** It is also helpful if you do not cross the finish line with a timing tag on if you are a DNF. Please do not let us spend the night searching for you and calling your loved ones if you decide not to finish the race.

- ✓ Each feed station will have a self-serve first aid kit, if you have need for light medical supplies. If you, or another rider, need professional medical attention, there are several ways to let us assist. If there is not already an event volunteer present to call in medical professionals, please call 911. It will be important to know, as closely as possible, what course mile you are located at. We will handle it from there, as EMS will contact us for more details on the best place to extract you.
- ✓ If you spot another rider that you believe will need assistance (due to either injury or bike issues), please call us or report in to the next course marshal. It is extremely helpful in these cases to have the potentially disabled rider's race number and brief description of the issue. Occasionally we will receive report of a rider needing assistance, but cannot locate them. Without a race number, they cannot be tracked down and accounted for.
- ✓ There will be marshals noting racer numbers and order of passing at certain checkpoints.

## **RULES OF RACING**

These rules address areas such as required safety equipment (including a helmet), trail race etiquette, self-sufficiency, and unsportsmanlike conduct. Violations may result in disqualification of the racer.

1. Racers are not allowed to change wheel sets or bikes during the competition.
2. Spare parts and supplies may only be used that were either carried on course by the participant, included in normal size drop bags, provided by fellow competitors, or offered by any neutral on-course event staff (such as any neutral mechanic stations, feed station volunteers, or sweep riders). In general, the racers are expected to be self-sufficient, and no support crews are allowed for mechanical assistance.
3. Littering the course is a violation of the Rules of Racing, as well as being plain disrespectful of the environment and landowners. We are all ambassadors to the sport of mountain biking. As such, racers are expected to carry out all their own gel wrappers, flattened tubes, etc. These items may be dropped off at the next aid station. The future of the event depends on participants showing the utmost respect for the land they are allowed to travel on.
4. The race route is open to hikers, bikers and horses. Please yield the trail according to the IMBA rules of engagement:
  - ✓ **Yield Appropriately:** Do your utmost to let your fellow trail users know you're coming — a friendly greeting or bell ring are good methods. Try to anticipate other trail users as you ride around corners. Bicyclists should yield to ALL other nonmotorized trail users.
  - ✓ Bicyclists traveling downhill should YIELD to ones headed uphill.
  - ✓ In general, strive to make each pass a safe and courteous one.
  - ✓ If you encounter horses while on any singletrack trail, you **MUST DISMOUNT**, announce your presence to the horseback rider and ask them if you can WALK past. Do not ride up high speed behind a horse (on trail OR road), hit your brakes, skid your tire, etc. — as this can spook a horse resulting in the horseback rider being thrown or the horse kicking you.
5. Please limit your music devices to one ear bud so you can hear riders wishing to pass or in need of assistance.

6. All racers who are currently serving a WADA or USADA suspension should not participate. These racers will be disqualified if they participate.
7. The race director reserves the right to shorten the race or alter the course if weather conditions become unsafe. The times for each racer will be recorded at the designated finish line and the race will not be restarted.

### **Equipment Requirements**

1. Every rider, while on bicycle at each event, shall wear a protective, securely fastened helmet meeting the standards of the American National Standards Institute (ANSI).
2. Footgear shall be fully enclosed.
3. All bicycles shall have at least two brakes that are in good working order.
4. Bar ends and handlebar extensions shall be plugged and shall not have any sharp or jagged edges.
5. Eye protection is strongly recommended.

### **Racing Regulations**

1. Racers shall complete the entire event, and complete it on the same bicycle upon which the event was begun.
2. All repairs during the event shall be performed by the individual racer and/or fellow competitors and/or aid station volunteers or mechanics. No outside assistance is allowed.
3. Water shall be available to anyone from anyone at any point along the course as long as rider safety is not threatened.
4. Racers riding bikes have the right of way over racers walking bikes. When practical, racers walking bikes should stay on the least rideable section of the course when being passed. A racer walking or carrying his/her bike can overtake a racer riding as long as they do not interfere with the other racer's progress.
5. Lapped riders must yield to leaders. Leaders should verbalize the command "track" when overtaking another. It is the responsibility of the challenging rider to overtake safely. You must yield to the passing rider on the first command.
6. In the event two racers are vying for position, the leading racer does not have to yield his/her position to the challenger. However, a racer may not bodily interfere, with the intent to impede another racer's progress. Traditional rules of racing apply: the leading racer owns the track.
7. Shortcutting and/or cutting trail switchbacks shall result in disqualification.
8. Unsportsmanlike behavior and/or the use of profane language are grounds for warning, relegation, or disqualification. The penalty imposed shall be determined by the race official or race director.
9. All local laws, rules and ordinances shall be observed during the participation in any event.

### **Protests**

1. Protests can be made by any registered race participant or race staff. The participant shall file the protest in person to the race director. The protest period is immediately following the race and up to 15 minutes following the posting of the results for his/her class.

2. The race director will be permitted to make the final decision regarding an occurrence at an event not addressed in this set of rules.
3. All results inquires, including placement and class considerations, must be made at the venue during the protest period. Once the protest period is over, results become final.

### **VISITOR RESOURCES**

- ✓ Event website - <http://mountaingoatadventures.com/foolsgold>
- ✓ Dalonega, GA Chamber of Commerce (Restuarant & lodging Info) - <http://www.dahlonga.org>
- ✓ Chattahoochee National Forest - <http://www.fs.usda.gov/recarea/conf/recreation/bicycling/recarea?recid=10537&actid=24>
- ✓ Southern Off-Road Bicycle Association: <http://www.sorba.org>
- ✓ Bull Mtn & Jake Mtn Trail Parties Facebook page - <https://www.facebook.com/groups/bullmtn/>
- ✓ Montaluce Winery: <http://www.montaluce.com/>