

FOOL'S GOLD 60 & 90 PARTICIPANT GUIDE 2016

Welcome to the Fool's Gold 60 & 90 mile mountain bike races. Whether you choose the 60 or 90 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.

DIRECTIONS TO START/FINISH

89 SPRING CAMP ROAD ELLIJAY, GA 30536

The race begins and ends at Anderson Creek Retreat. Put the above address into GoogleMaps and it will get you there. Please follow black/white arrow signs to parking and registration area once you turn into the Anderson Creek property. Venue and camping area opens at noon on Friday, September 16th.

From Atlanta, head north on I-75 to I-575. I-575 turns into Hwy 515. Continue north on Hwy 515 through East Ellijay and then turn right to get on GA Hwy 52. At end of access road, turn left on GA Hwy 52 (heading east) and continue to Roy Rd. There is a Chevron Station at this corner. Turn left on Roy Rd. and continue to Old Bucktown Rd on right. There is a stop sign here – it is the first stop sign you will come to on Roy Rd. Turn right, go across bridge and continue on Old Bucktown Rd to Spring Camp Rd. Turn right on Spring Camp Rd and follow signs to parking and registration.

BIKE SHOP SUPPORT

If you would like to ship your bike and have a local shop reassemble and race prep it for you, the closest shop to the race is Cartecay Bikes in Downtown Ellijay. The cost is \$35 for reassembly.

If you plan to take advantage of this, please email mike@cartecaybikes.com and let him know you are sending a bike his way.

Cartecay Bike Shop
123 North Main Street
Ellijay GA. 30540
Phone: 706-635-2453

Hours: Mon.-Fri. – 10 AM-5 PM, Sat. – 9 AM-5 PM, Sun. – Closed

Anderson Creek Retreat Map – the yellow star indicates where parking, registration and camping will be. You will need to enter the retreat from Spring Camp Road near the barn. Do not enter from Old Anderson Creek Rd – it is one-way, one lane and for exiting traffic only.



SPECTATORS/SUPPORT CREWS

To cut down on traffic along the course we encourage spectators to stay at Anderson Creek Retreat to watch the race. **ABSOLUTELY NO SPECTATOR OR SUPPORT CREW VEHICLES ARE ALLOWED AT AID #1/NIMBLEWILL GAP OR TO GO UP AND OVER NIMBLEWILL GAP ON THE JEEP ROADS.** The road is narrow, rough and your vehicle WILL be a hazard and impediment to bikes trying to climb/descend. This is such a big deal, that we will assess a 30 minute time penalty to you if we see your crew/family driving up there. To access Aid #2 and #3/4, you will need to go back out to Hwy 52 and drive around on mostly paved roads. While this is a bit longer distance-wise, it will take you half the time. No parking at the aid stations per USFS rules – you will need to park roughly ¼ mile away and hike in if you want to cheer on your racers.

SCHEDULE OF EVENTS

Friday 9/16/2016

- Noon to 8:00 pm – Camping areas open. Please follow race crew directions upon arrival as we have specific areas for you to set up camp.
- 4:00 pm to 8:00 pm - Race number and t-shirt pickup, drop bag drop-off (near Sunrise Ridge/big yellow star on above map - also the location of the Start/Finish.) Follow event signs to parking/registration area. If you are camping or 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.
- 4:00 pm to 7:00 pm – El Burrito Food Truck on site for meal purchases (see menu below)
- 6:30 pm to 7:00 pm - **MANDATORY Rider Meeting** for 90 Miler Participants and highly suggested for all 60 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 registration 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 BOTH Release Waivers (One for Mountain Goat Adventures and one for Anderson Creek) signed by you to collect your race packet. You are still responsible for knowing the race rules and course.

Both Release Waivers are located on the race website – You can print and fill out ahead of time and bring to race to save some time.

<http://mountaingoatadventures.com/forms/2016FGWaiver.pdf>

<http://mountaingoatadventures.com/forms/AndersonCreekWaiver.pdf>

If you cannot get up to Anderson Creek Retreat 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 want to spend the night in Ellijay. **NOTE ALL DROP BAGS ARE LEAVING AT 6:20 AM AND NEED TO BE IN THE BINS BY THIS TIME!**

Food Truck Available Friday Night – 4 pm to 7 pm

Meal purchases will be available on Friday night at Anderson Creek from El Burrito. This is an optional meal and is not included with registration fee but pricing is very reasonable. I have personally eaten here before and I highly recommend the Burrito Veloz. A menu is included below to help you plan. Please note El Burrito is only able to accept cash, they cannot accept cards, so bring some small bills if you want to eat on Friday.

Friday night menu – all items come with Chips & Salsa except Nachos:

- Burritos \$5.00-\$6.00: Burrito Veloz, Ground Beef Burrito, Cheese Burrito, Chicken Burrito, Rice Beans and Cheese Burrito, Vegetarian Burrito, Chicken & Beef Burrito, Fiesta Burrito
- Tacos \$2.50 (1 taco): Taco Tex Mex, Real Tacos (steak, chicken and Mexican sausage)

- Quesadillas, medium \$4.00-\$5.00, large \$5.00-\$7.00: Cheese Quesadilla, Cheese & Ground Beef Quesadilla, Cheese & Shredded Chicken
- Nachos, medium \$5.00-\$5.50, large \$7.50-\$8.00 (large enough for 2 people): Ground Beef & Cheese only, Ground Beef with cheese, lettuce, sour cream, pico, guac, jalapenos. Shredded Chicken & Cheese only, Beans & Cheese only. Nachos can have other toppings added by order

Saturday 9/17/2016

- 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/90 mile cooler cutoff - Drop bags and coolers will leave the venue promptly at 6:20 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. 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 - 90 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 - 60 mile race start with neutral rollout
- 12:30 – 7:30 pm - Post-race meal at the finish line (included with entry). If you would like to order an additional meal for spectators, family, and friends, you will need to do so ahead of time by emailing 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 60 mile race and 4pm for the 90 mile race but this may change.
 - ✓ Cash prizes will be distributed as follows:
 - Payout for Top 5 Overall Men in the 90 mile is: \$500/400/300/200/100
 - Top 3 Overall Women in the 90 mile is: \$500/400/300
 - Top Overall Singlespeed in the 90 mile is based on entrants: <http://mountaingoatadventures.com/forms/2016Payout.pdf>
 - Top Overall Masters 50+ in the 90 mile is based on entrants: <http://mountaingoatadventures.com/forms/2016Payout.pdf>
 - Payout for Top 5 Overall Men in the 60 mile is: \$250/200/150/100/50
 - Top 3 Overall Women in the 60 mile is: \$250/200/150
 - Top Overall Singlespeed in the 60 mile is based on entrants: <http://mountaingoatadventures.com/forms/2016Payout60.pdf>
 - Top Overall Masters 50+ in the 60 mile is based on entrants: <http://mountaingoatadventures.com/forms/2016Payout60.pdf>
 - ✓ All other top finishers in remaining categories 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.

CAMPING AT ANDERSON CREEK (INCLUDED WITH RACE ENTRY FEE)

If you plan to camp, you MUST RESERVE YOUR SPOT by emailing lisa@mountaingoatadventures.com no later than Sept. 12th. Please include the type of camping unit...RV, Sprinter, Tent or Sleeping in car/SUV, so we can ensure we have space for you. No ground fires are allowed so bring a camp stove if you plan to cook. NOTE THIS IS PRIMITIVE CAMPING - ESSENTIALLY A NICE FIELD WITH A VIEW BUT THERE IS NO WATER, ELECTRICITY, or OTHER HOOKUPS. THERE WILL BE PORTA-POTTIES ON SITE.

For those tent camping, if it has been dry in the days leading up to the race, you will be able to drive in and park your vehicle next to your tent. If it is wet, the tent camping is a short carry from where vehicles will park.

Camping is available Friday and Saturday nights only. Sorry, but campfires are not allowed.

Dogs are welcome at our events, but please keep them on a leash for their own safety and that of the other racers. You must also clean up after your pets. Starting a race with poop on your front wheel is a real drag.

Plan to pack out all trash you create while camping. There is no dumpster on site and we have to personally remove all race trash thus will not have room for your personal trash as well. Help us out here and please be neat so we can continue to camp at Anderson Creek.

ELLIJAY AREA LODGING

If you desire a bed, AC and home cooked meals, I highly recommend Mulberry Gap Mountain Bike Getaway. 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, as well as a crazy early morning breakfast before the race. Please mention Fools Gold to receive the discount when making your reservation. <http://www.mulberrygap.com/>

Hotel offering racer discount: Best Western Mountain View Inn, 43 Coosawattee Dr, East Ellijay, GA 30540, (706) 515-1500. Offering corporate rate discount: 2 queens \$93.49 (for 2 people, up to 4 can stay in this size room but will cost extra) - normal cost is \$110 with 10 rooms available as of 8/4. King suite \$118. King suite with jacuzzi \$126 - 4 suites left on 8/4. You will need to call by phone, not online, or won't receive discount. Tell the front desk that you are racing Fool's Gold bike race and were told you would get a corporate rate discount.

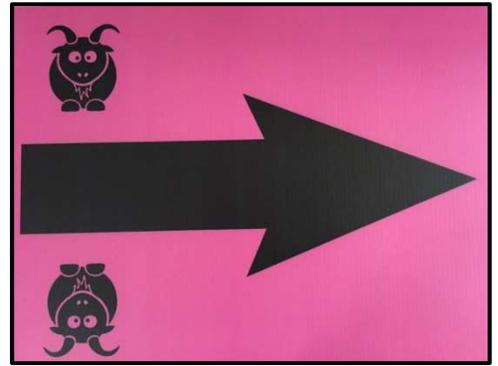
The closest hotel to the start/finish is actually Amicalola Falls Lodge, which is located within Amicalola State Park.

There are also a variety of hotels in the East Ellijay area that are approximately 20 minutes from the race venue. For all Ellijay lodging options including B&Bs, hotels, and cabins see Gilmer County Accommodations: <http://business.gilmerchamber.com/list/Category/accommodations-9460.htm>

There is also free primitive camping within the Chattahoochee National Forest.

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 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, cue sheet 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. Download the GPX files. If you are low tech, take the map and directions with you – paper weighs next to nothing.
- ✓ Links to Maps, cue sheets, and GPX Files can be found here on the event website: <http://mountaingoatadventures.com/foolsgold/course>
- ✓ 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. Pink signs are always for bike traffic and denote the course.
- ✓ 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.

A Note about our GPX Files...

Both of the GPX files on our website have the time data stripped as they are map files, not "activity" files. They are intended to be loaded into a device such as a Garmin Etrex 30 or similar so you can still find your way if a sign is missing. That being said, you CANNOT upload these files into Strava or Garmin Connect. You CAN upload them to Google Maps, Google Earth, Viking and they will also upload on devices such as a Garmin Etrex 30. A link to instructions on how to upload a GPX to Google Maps are on the course maps page, so check it out if interested.

COURSE MAPS

Course maps, GPX files, and Cue Sheets are available on the event website:

<http://mountaingoatadventures.com/foolsgold/course>

- ✓ The new and improved course begins at Anderson Creek Retreat and will have a neutral rollout for approximately 4 miles on pavement, then transition to a slightly chunky 4WD road climb up to Nimblewill Gap that is roughly 3.5 miles long. Riders then have a 7+ mile mostly downhill ride on low-grade fast gravel on to Nimblewill Church, where they will turn left onto FS 28-1 and then enter the Jake Mountain Trail System.
- ✓ Once on the Jake Mountain Trail System, riders will continue on the same Jake Mountain singletrack loop that has been used in prior year's Fool's Gold, across to Turner Creek, Jones Creek, and up and around Bull Mountain. Once back at the FS 83/FS 28-1 intersection, 90 mile riders will turn left and continue on another identical mostly singletrack loop, while 60 mile riders will turn right and head back towards Nimblewill Church and ultimately back up the gradual climb to Nimblewill Gap. The final descent from Nimblewill Gap back down to Anderson Creek is one of the most fun on the entire course and is a great finale to this challenging mountainous course with roughly 7,000 ft of elevation gain on the 60 mile course.

The elevation profile for the 60 mile course is shown below:



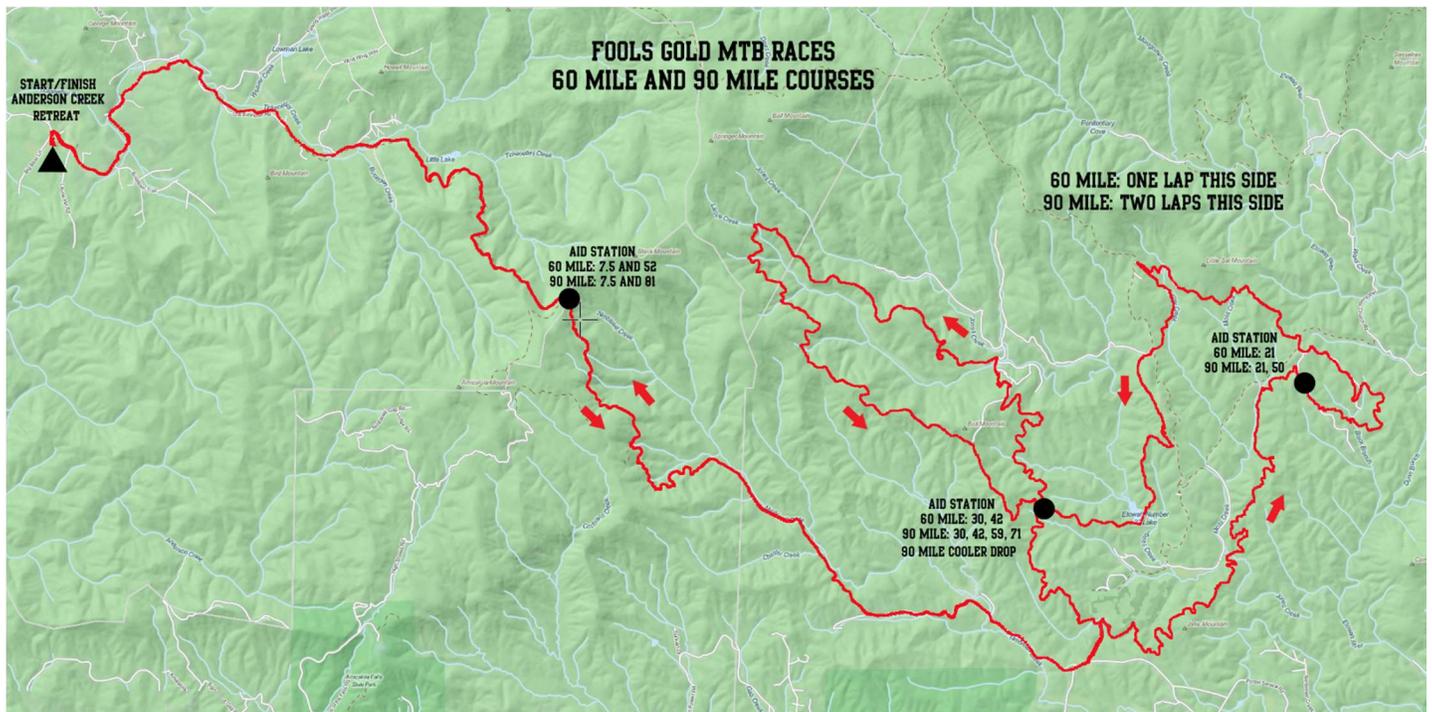
The elevation profile for the 60 mile course is shown below:



Please note the Bull and Jake Mountain Trails are Multiuse, including Hikers and Horseback Riders. You **MUST YIELD** to Horses and Hikers. If you encounter a horse head-on, dismount your bike and move off the trail to allow the horse to pass. Horses are prey animals and can spook easily, causing the rider to be thrown and badly injured. Please exercise trail courtesy and help provide a safe environment for all users. While we do our best to spread the word to the equestrian, hiking and biking community that there is an event going on, there may still be other users out there who are unaware. Please use caution at all times and be nice to anyone you encounter.

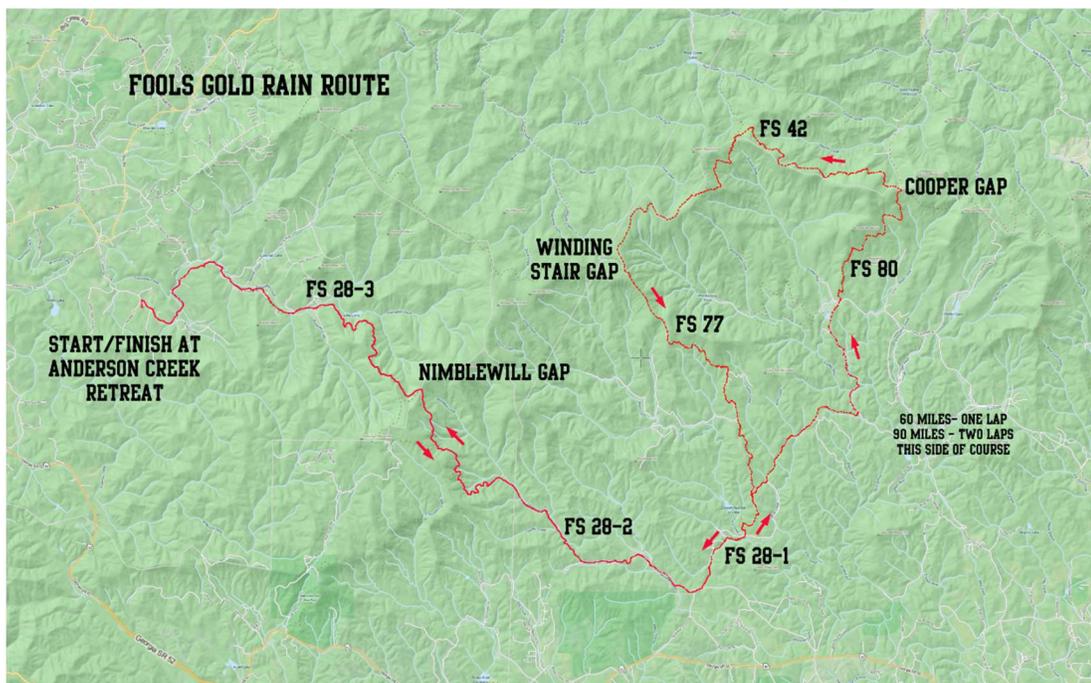
60 AND 90 MILE COURSE MAP

Also available here: <http://mountaingoatadventures.com/forms/2016FGCourse.png>



RAIN ROUTE

We are required to have an alternate course that does not include singletrack trail in the event of extremely wet weather or saturated soil conditions leading up to the race. This is for preservation of our wonderful trails as well as your equipment. The "Rain Route" will include the same out-and-back gravel over Nimblewill Gap, and in place of the Bull-Jake Singletrack loop, riders will complete what is known as the "Winding Stair" loop. This includes the climb on FS 28-1 to Cooper Gap, then following FS 42 along the ridgeline to Winding Stair Gap, then descending from Winding Stair on FS 77 back to FS 28-1. This is the same gravel road section used at the beginning of previous year's races.



AID STATION DETAILS, MILEAGE, AND CUT-OFF TIMES

Aid Station Details:

- ✓ 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, sports drink, and a varied assortment of other items, such as bananas, Hammer gels, chips, pretzels, fig newtons, cookies, soda, peanut M&Ms, and other snack foods. No one has ever claimed to go hungry on course.
- ✓ In addition to the Aid Stations, the 90 mile course riders will have a cooler drop available at approximately 42 miles at the Bull Mountain Aid Station. 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 except 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.**
- ✓ 60 miler racers are allowed two (2) Aid Station drop bags.
- ✓ **NO SPECTATORS/CREWS AT NIMBLEWILL GAP AID STATION**
- ✓ 90 mile racers are allowed three (3) Aid Station drop bags plus the Cooler Drop. 90 miler racers will be provided special drop bags to differentiate their drops from the 60 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/closing 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, you will receive an "X" on your number plate and you will be directed to follow a shortened route back to the start/finish. If you are short coursed or DNF, please check in at the timing tent when you return to the start finish so we do not go out looking for you or have an incorrect finish time 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 your bag in a speedy manner for you. **BE NICE TO MY VOLUNTEERS!** Do not yell at them or have a hissy fit under any circumstances – they are there to help you so smile and be pleasant even if you are having a bad day.
- ✓ **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 Anderson Creek in a spotless condition, and that includes removing all drop bags and trash associated with them. Depending on the aid station and when it closes, some drop bags may not return to Anderson Creek until 8 pm.

Aid Station Mileages and Cutoff Times:

- ✓ All racers must complete the entire 60 or 90 mile course and be in by 8:00pm to have an official finish time. There will be time cutoffs at the aid stations to ensure all riders can make it back by 8:00pm.
- ✓ 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 via the shortest route possible.

60 mile race - You can send TWO gallon-sized drop bags out to the aid stations.

90 mile race - You can send THREE gallon sized drop bags to the aid stations.

Bring your own or we will have ziplocs that you can label and use. The better labeled it is with your race number, the quicker the volunteers can find your bag for you at the aid stations. CUTOFF FOR DROP BAGS IS 6:20 AM ON SATURDAY MORNING - NO EXCEPTIONS!

60 Miler Aid Stations:

AID STATION #1 - Top of Nimblewill Gap - first major climb. Approximately 7.5 miles from the start. Water, mechanical, and first aid support only at this aid station on first pass through. No drop bags on first pass through. **NO SUPPORT CREWS OR SPECTATORS ALLOWED AT NIMBLEWILL GAP OR DRIVING ON EITHER SIDE OF NIMBLEWILL GAP RD.**

AID STATION #2 - Intersection of FS 28B, 28G, & Black Branch Trail. Approximately 21 miles from the start. Water, HEED, drop bags, mechanical support from Sixes Pit Bike Shop, soda, Hammer Gel, granola bars, Rice Krispy Treats, fig bars, peanut M&Ms, Skittles, Cookies, Bananas, and Endurolytes. Cut-off time for all racers: Aid Station Closes 4 pm

AID STATION #3 - Intersection of FS 83, 28H, 872, & Bull Mountain Trail, aka Base of Bull Mountain Trail. Approximately 30 miles from the start. Water, HEED, drop bags, mechanical support from Cartecay Bikes, soda, Hammer Gel, granola bars, Rice Krispy Treats, fig bars, peanut M&Ms, Skittles, Cookies, Bananas, and Endurolytes. Cut-off time for all racers: 4 PM to START the Bull Mountain loop

AID STATION #4 - Intersection of FS 83, 28H, 872, & Bull Mountain Trail, aka Base of Bull Mountain Trail, i.e. same as #3. Approximately 42 miles from the start. Cut-off time for all racers: 6 pm aid station closes.

AID STATION #5 - Top of Nimblewill Gap - Final major climb. Approximately 52 miles from the start. Water, HEED, drop bags, mechanical support from Cartecay Bikes, soda, Hammer Gel, granola bars, fig bars, peanut M&Ms, Skittles, Cookies, Bananas, and Endurolytes. Cut-off time: 7:30 pm aid station closes. **NO SUPPORT CREWS OR SPECTATORS ALLOWED AT NIMBLEWILL GAP OR DRIVING ON EITHER SIDE OF NIMBLEWILL GAP RD.**

60 & 90 mile course split is at approximately mile 44. There is no cut-off at this location. 90 Mile Riders will be short coursed if they do not reach the Bull Mountain Aid Station on the second loop (approx 59 miles) by 4 pm.

90 mile Aid Stations:

AID STATION #1 - Top of Nimblewill Gap - first major climb. Approximately 7.5 miles from the start. Water, mechanical, and first aid support only at this aid station on first pass through. No drop bags on first pass through. **NO SUPPORT CREWS OR SPECTATORS ALLOWED AT NIMBLEWILL GAP OR DRIVING ON EITHER SIDE OF NIMBLEWILL GAP RD.**

AID STATION #2 - Intersection of FS 28B, 28G, & Black Branch Trail. Approximately 21 miles from the start. Water, HEED, drop bags, mechanical support from Sixes Pit Bike Shop, soda, Hammer Gel, granola bars, Rice Krispy Treats, fig bars, peanut M&Ms, Skittles, Stinger Waffles, Cookies, Bananas, and Endurolytes. Cut-off time for all racers: 4 pm aid station closes.

AID STATION #3 - Intersection of FS 83, 28H, 872, & Bull Mountain Trail, aka Base of Bull Mountain Trail. Approximately 30 miles from the start. Water, HEED, drop bags, mechanical support from Cartecay Bikes, soda, Hammer Gel, granola bars, Rice Krispy Treats, fig bars, peanut M&Ms, Skittles, Cookies, Bananas, and Endurolytes. Cut-off time for all racers: 4 PM to START the Bull Mountain loop

AID STATION #4 - Intersection of FS 83, 28H, 872, & Bull Mountain Trail, aka Base of Bull Mountain Trail, i.e. same as #3. Approximately 42 miles from the start. Cut-off time for all racers: 6 pm aid station closes.

COOLER DROP - Self Service Cooler Drop has been MOVED TO BULL MOUNTAIN AID STATION at Mile 42 so you only have to stop once and you will be able to access coolers on lap 2 if desired. Note coolers will not return to the venue until 7 pm.

AID STATION #5 - Intersection of FS 28B, 28G, & Black Branch Trail. Approximately 50 miles from the start. Water, HEED, drop bags, mechanical support from Sixes Pit Bike Shop, soda, Hammer Gel, granola bars, Rice Krispy Treats, fig bars, peanut M&Ms, Skittles, Stinger Waffles, Cookies, Bananas, and Endurolytes. Cut-off time for all racers: 4 pm aid station closes.

AID STATION #6 - Intersection of FS 83, 28H, 872, & Bull Mountain Trail, aka Base of Bull Mountain Trail. Approximately 59 miles from the start. Water, HEED, drop bags, mechanical support from Cartecay Bikes, soda, Hammer Gel, granola bars, Rice Krispy Treats, fig bars, peanut M&Ms, Skittles, Cookies, Bananas, and Endurolytes. Cut-off time for all racers: 4 PM to START the Bull Mountain loop on second lap

AID STATION #7 - Intersection of FS 83, 28H, 872, & Bull Mountain Trail, aka Base of Bull Mountain Trail, i.e. same as #3. Approximately 71 miles from the start. Cut-off time for all racers: 6 pm aid station closes.

AID STATION #8 - Top of Nimblewill Gap - last major climb. Approximately 81 miles from the start. Water, HEED, drop bags, mechanical support from Cartecay Bikes, soda, Hammer Gel, granola bars, fig bars, peanut M&Ms, Skittles, Cookies, Bananas, and Endurolytes. Cut-off time: 7:30 pm aid station closes. **NO SUPPORT CREWS OR SPECTATORS ALLOWED AT NIMBLEWILL GAP OR DRIVING ON EITHER SIDE OF NIMBLEWILL GAP RD.**

If you start Bull Mountain for the second loop close to 4 pm, it is **HIGHLY RECOMMENDED** that you have a red rear blinkie and a white front light as you may be caught in the dark.

If you ignore volunteer instructions and choose to continue up Bull Mountain after 4 pm, YOU WILL GET CAUGHT IN THE DARK, YOU WILL BE DISQUALIFIED AND YOU ARE ON YOUR OWN. The aid stations will be packed up by the time you reach them again.

AID STATION MILEAGES/CUTOFFS:

Aid Station #1 (Nimblewill) – 7.5
Aid Station #2 (Black Branch) - 21
Aid Station #3 (Bottom of Bull) - 30
Aid Station #4 (Bottom of Bull) - 42
Cooler Drop (Bottom of Bull) – 42
Aid Station #5 (Black Branch) – 50 (Closes 4 PM)
Aid Station #6 (Bottom of Bull) - 79 (4 PM Cutoff)
Aid Station #7 (Bottom of Bull) - 71 (Closes 6 PM)
Aid Station #8 (Nimblewill) - 81 (Closes 7:30 PM)
Finish (Anderson Creek) – 90 (8:00 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.
- ✓ We DO NOT have a shuttle service for battered, tired or injured riders. If you have a life threatening emergency, we will call EMS and you should take a ride in an ambulance to the hospital. If you have a non-life threatening condition and just want to quit, you can either call a friend or family member to pick you up or wait for the aid station crew to return and maybe they can give you a ride.
- ✓ 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 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.** Please do not let us spend the night searching for you and calling/worrying your loved ones if you decide not to finish the race.
- ✓ Each feed station will have a self-serve first aid kit, as well as medical personnel for minor cuts/scrapes. 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.