

FOOL'S GOLD MTB RACES

PARTICIPANT GUIDE

2020

COVID-19 PROTOCOL AND PROCEDURES



DIRECTIONS TO START/FINISH

MONTALUCE WINERY
946 VIA MONTALUCE
DAHLONEGA, GA 30533

The race begins and ends at Montaluce Winery. 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 Montaluce property. Venue and camping area opens at 12 Noon on Friday, September 11th.

BIKE SHOP SUPPORT

Nimblewheels Bicycles will be onsite at Montaluce on Friday evening from 4:30 pm – 7 pm for mechanical support as well as small item purchases (tubes, CO2s, nutrition). If you discover that you need something more specific and cannot get to their shop before 6 pm on Friday, please CALL them before 3 pm and see if they can bring what you need to the venue.

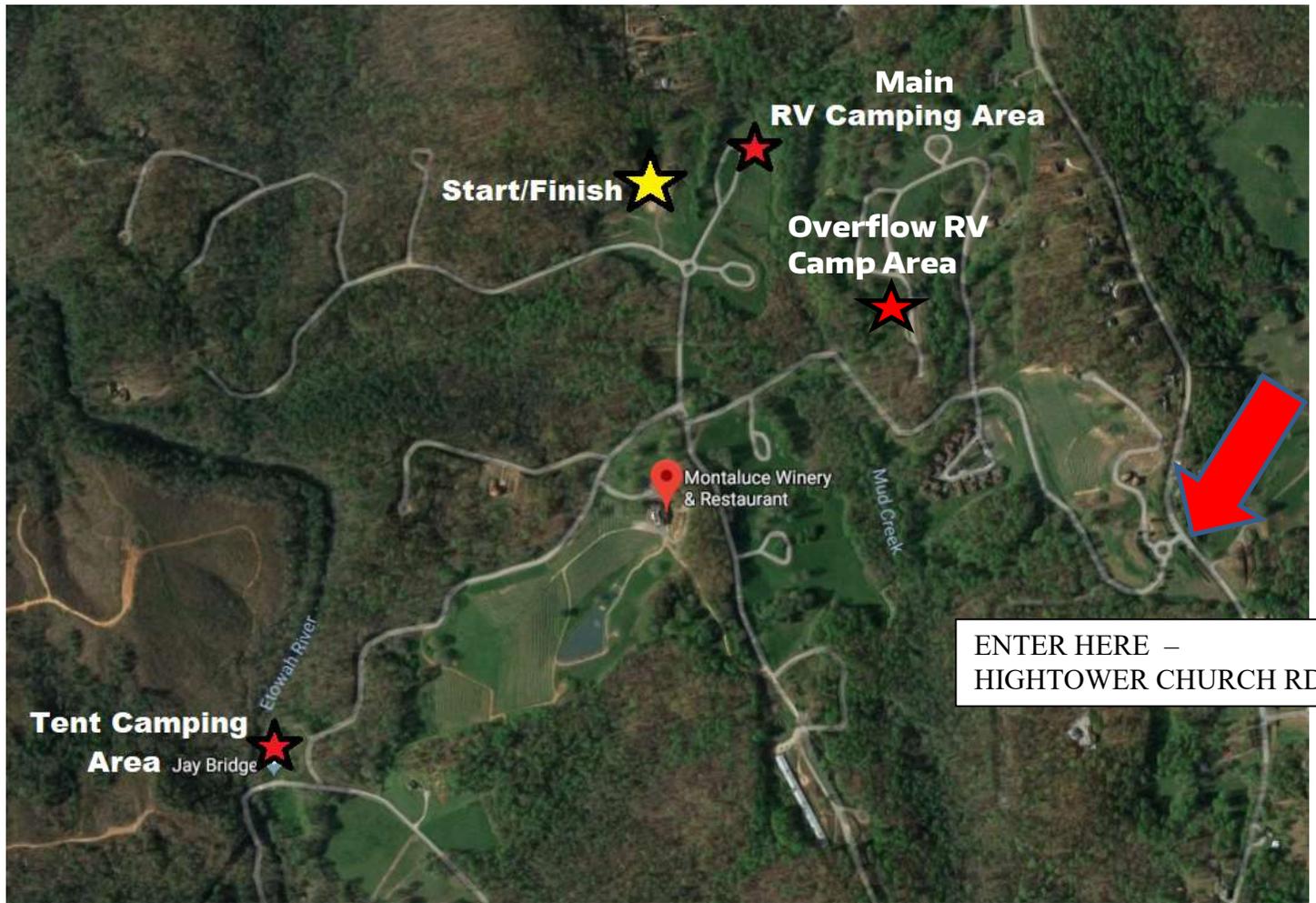
The following are the closest Bike Shops to the venue. If you are driving through Atlanta, you will pass by many others that you can find in a Google search.

Nimblewheels Bicycles
582 N Grove St, Suite A
Dahlonega, GA 30533
Phone: 706-973-1249

NorthStar Bicycles
471 Quill Dr #110
Dawsonville, GA 30534
Phone: 706-265-4397

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

Montaluce Map – the yellow star indicates where parking, registration, and the start/finish and will be. You will need to enter the property from Hightower Church Rd. Please note the locations of RV/Trailer Camping and Tent Camping. No vehicles larger than a Sprinter Van and no generators will be allowed in the Tent Camping area. You must reserve your camp site by emailing lisa@mountaingoatadventures.com by September 7th. Camping is included with your entry fee.



SPECTATORS/SUPPORT CREWS

For 2020, we are not allowing spectators or support crews in the immediate aid station areas so that the stations do not get over crowded...read more below:

- NO CREWS ALLOWED AT AID STATION 1 ON THE 60 MILE COURSE (Mile 21.5/60). We do not want any crews driving up the mountain and back down...your vehicle will be a nuisance and hazard for our riders on course – 60 minute penalty.**
- If you have a support person, they can set up 250' away from the Bull Mountain Station (Aid 2 and 3) or Black Branch Station (Aid 4) to support you. They can be close to the aid station, just not in the middle of it all.**
- All crews need to be within 1/4 mile of an aid station location. No bottle handups or support at random places along the course – 15 minute penalty each offense.**
- Spectator/support vehicles cannot park at the aid stations – you will need to park and walk in 1/4 to 1/2 mile.**
- Spectators/crews need to maintain 6' from other racers/volunteers at all times or wear a face covering.**

To cut down on traffic along the course we encourage spectators to stay at Montaluce Winery to watch the race. **No spectator vehicles are allowed at Hightower Gap (Aid Station #1 on 60 mile course).** We do not want crew vehicles attempting to make the climb up Cooper Gap through the pack of cyclists, nor do we want your support crew to be driving UP FS 77 while cyclists are descending. This is a major hazard for our participants. We will assess a 60 minute time penalty to YOU if we find your spectators/support crews in this area.

To access Aid #2/3 and #4, you will need to go back out to Hwy 52 and drive around on paved and gravel roads. While this is a bit longer distance-wise, it will take you half the time. Please, no parking at the aid stations per USFS rules – you will need to park roughly ¼ - 1/3 mile away and hike in if you want to cheer on your racers. Please park in the Bull Mountain Parking area for aid station #2/3 and along the side of FS 28B near the FS 28-1 intersection for aid station #4.

SCHEDULE OF EVENTS

Friday 9/11/2020

- Noon to 8:00 pm – Camping areas open. Please follow race crew directions and signs upon arrival as we have specific areas for you to set up camp. **You must wear a face covering under the white Race HQ tent at all times. Each participant will receive a neck gaiter as part of their race swag package courtesy of Maxxis Tires.**
- 4:00 pm to 8:00 pm - Race number and t-shirt pickup at Big White Tent near Montaluce Pool - Use address above to main entrance, then follow signs to parking and registration once on property. Please Note: There are no last minute registrations or distance changes allowed. All registrations, distance changes and transfers must be completed by September 7th at 8 pm - NO EXCEPTIONS THIS YEAR. We will not be able to accommodate ANY changes on Saturday morning.
 - ✓ **Participants are required to wear a face covering to pick up their race number/shirt, their post race bagged lunch and any other time they are underneath our white tent/race headquarters. Check-in area and lunch pick up area will be spaced out to provide for social distancing per CDC recommendations.**
 - ✓ **Only one person may approach each check-in station at a time, with 6' minimum spacing for those standing in line. Stand at Cones – you know the drill. Items are all pre-bagged and can be slid across the table to avoid contact. Hand sanitizer available for event staff and participants checking in.**
 - ✓ **Waivers are to be printed at home and brought to the event, no community pen jar – see link below for waiver**
 - ✓ <http://mountaingoatadventures.com/forms/2020FGWaiver.pdf>
- ✓ 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 cutoff is 7:30 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, you can have a friend pick up your race packet for you if you cannot get to the venue on Friday. **The friend will have to present an accident waiver signed by you to collect your race packet. No Waiver = No Race Number...No Exceptions.** A handwritten permission note is NOT a race waiver.

Accident Waiver is located on the race website – You need to print and fill out ahead of time and bring to race to save some time.

<http://mountaingoatadventures.com/forms/2020FGWaiver.pdf>

If you do not travel to Montaluce on Friday or have someone pick up your packet, you may pick it up between 6:00 am to 7:30 am on Saturday morning **NOTE ALL DROP BAGS ARE LEAVING AT 7:30 AM AND NEED TO BE IN THE BINS BY THIS TIME!**

Saturday 9/12/2020

- 6:00 am - Parking lot opens – parking volunteers will direct you where to park
 - ✓ **You need to be inside the venue and parked by 7:30 am or will not be allowed to enter until all starts are completed, after 8:15 am. Do not be late, we are not allowing late starts as we have sweeps that follow behind the riders and remove/relocate signs as needed.**
- 6:00 am to 7:30 am - Race number and t-shirt pickup at Big White Tent near Montaluce Pool
 - ✓ **Participants are required to wear a face covering to pick up their race number/shirt, their post-race bagged lunch and any other time they are underneath our white tent/race headquarters. Check-in area and lunch pick up area will be spaced out to provide for social distancing per CDC recommendations.**
 - ✓ **Only one person may approach each check-in station at a time, with 6' minimum spacing for those standing in line. Stand at cones – you know the drill. Items are all pre-bagged and can be slid across the table to avoid contact. Hand sanitizer available for event staff and participants checking in.**
 - ✓ **Waivers are to be printed at home and brought to the event, no community pen jar – see link below for waiver**
 - ✓ <http://mountaingoatadventures.com/forms/2020FGWaiver.pdf>
- **7:30 am - DROP BAG CUTOFF - Drop bags will leave the venue promptly at 7:30 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 pre-packed so you don't miss getting them here on time. Please use Gallon size ziplocs, write your number on them and seal to ensure your bottles won't leak on everyone else's stuff. We will also have ziploc bags for you to use.
- **There is no rider meeting this year – you are expected to read this guide and ask questions ahead of time.**
- 7:40 am – Staggered Starts begin.
 - ✓ **Participants will be assigned a start time and must wait at their vehicle or warm up in a non-crowded area until 5 minutes before their start time. We will be starting on the section of road heading back towards the winery that you drove in on. You will exit on bikes to start the race opposite the way you drove in. The start route is the same as previous years.**
 - ✓ **Exact start times will be by category and distance and will be emailed and posted to the event website after September 7th. Some categories may have multiple start waves. Some categories will be combined to start.**
 - ✓ **Small groups of riders will be gridded on the road 6' apart and complete the course as a "time trial" so that participants are better spaced out on the trails. Face coverings are recommended on the start grid. Your time starts when you cross the mats at the start and ends when you cross the mats at the finish. You are not required to wear a face covering while racing, but should have one with you for use at aid stations, should you need volunteer assistance. Maintain 6' spacing while racing unless passing on trail sections.**

- ✓ All racers will need to ensure they ride over the timing mats at the START so we can account for you on the course and to receive an overall finishing time. Your start time begins when 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.
- 12:00 pm to 6 pm - Post-race meal available at the finish line.
 - ✓ **Post Race meal will be pre-made bagged lunches from Moes Dahlonga that will be handed out by our crew. You may also choose a soda, Terrapin Beer or Bottled Water. You must wear a face covering to pick up your meal. Hand sanitizer will be available at the tent.**
 - ✓ **No tables or chairs will be set up near the tent to eliminate close congregating post-race.**
 - ✓ **Participants are encouraged to bring their own chairs/sun canopy so they can disperse post-race – we recommend having lunch near your vehicles or in the grass around finish line, there is plenty of room to spread out. Please, no congregating under the white HQ tent, as there will be a steady stream of traffic with lunch handout, etc.**
 - ✓ **Maintain CDC recommended guidelines for social distancing and face covering usage while at event venue. Stay 6' away from those not in your family/ride group.**
 - ✓ **Hand wash stations and porta-potties available at start/finish area, porta-potties available in camping areas.**
 - ✓ 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 no later than September 7th so that our caterer can bring plenty of food for everyone. Extra meals are \$15.
- **Results will be posted at mgareresults.com so that participants can view the results immediately via their smartphone.**
- Awards will be presented near the finish line when the top 5 finishers in each class have crossed the finish line. Approximate timing for awards will be around 1:30 pm for the 38 mile race and 2:30 pm for the 60 mile race.
 - ✓ **Social distanced awards in front of the white tent, face coverings recommended. (Pro tip – use your Maxxis Buff!)**
 - ✓ Cash prizes will be distributed as follows:
 - Top 3 Open Men in the 38 mile is: \$150/100/100
 - Top 3 Open Women in the 38 mile is: \$150/100/100
 - All other categories in the 38 mile will receive handcrafted awards for the top 3.
 - Top 5 Open Men in the 60 is: \$250/200/150/100/100
 - Top 5 Open Women in the 60 is: \$250/200/150/100/100
 - All first place finishers in the remaining 60 mile classes (excluding Tandem) receive \$100 cash.
 - All other top finishers in the 60 mile will receive handcrafted awards and prizes from the race sponsors a minimum of 3 deep. The larger the category, the deeper we will go with prizing.

FREE CAMPING AT MONTALUCE WINERY (INCLUDED WITH RACE ENTRY FEE)

- **Maintain CDC recommended guidelines for social distancing while in camping areas. Stay 6' away from those not in your family/ride group. Quiet time 10 pm.**

If you plan to camp, you **MUST RESERVE YOUR SPOT** by emailing lisa@mountaingoatadventures.com no later than Sept. 7th. 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 DRINKING WATER, ELECTRICITY, or OTHER HOOKUPS. THERE WILL BE PORTA-POTTIES ON SITE.

For those tent camping, we have a nice area for you along the Etowah River approximately $\frac{3}{4}$ mile from the start/finish. No vehicles larger than a Sprinter Van are allowed in the tent camping area. For those with RV's or Trailers, you will be camping in one of the cul-de-sacs near the start/finish.

ALL campers – plan to take ALL trash with you....we do not/will not have a dumpster, please throw your weekend trash away at home. Please practice leave no trace ethics so we can continue to camp here.

RV campers – we will have a porta-potty in the RV camping area. Please use it – do not throw baby wipes or TP into the woods or pastures. This is highly disrespectful of the land owners and really gross to clean up.

Camping is available Friday and Saturday nights only. Sorry, but campfires are not allowed. Please bring stoves if you plan to cook.

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.



DAHLONEGA AREA LODGING

The closest campground with full hookups is Amicalola State Park <https://www.amicalolafallslodge.com/ga-state-park/>

There are also plenty of lodging and camping options in Dahlonega and those can be found at dahlonega.org.

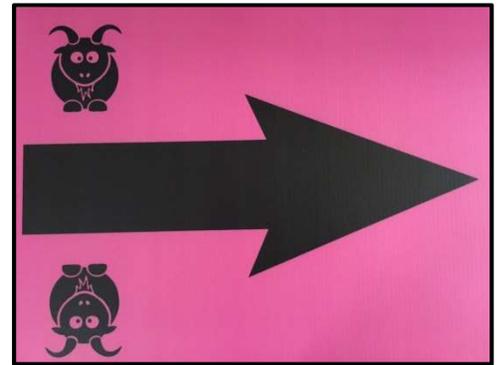
The closest lodging to Montaluce is the Mountain Top Lodge: 706-864-5257. The Mountain Top Lodge is 4.8 miles from the race venue and offers a Bed and Breakfast atmosphere. <https://mountaintoplodge.net/>

You can also search Dahlonega, GA on AirBnB.com and bring up a number of cabins and houses that are available for rent if you are bringing a larger group. There is also free primitive camping within the Chattahoochee National Forest

If you are in town for a few days and desire a bed, AC and home cooked meals, 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. Please note that Mulberry Gap is 45 minutes away from the race venue. <http://www.mulberrygap.com/>

COURSE GUIDELINES/MARKINGS

- ✓ **The entire course is open to traffic and other trail users. Always stay on the right side of the road and make sure you aren't riding faster than you can see ahead. Vehicles tend to drive down the middle of the gravel roads so USE EXTREME CAUTION ON ROADS, ESPECIALLY THE WINDING STAIR GAP DESCENT.**
- ✓ 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 marking 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>
- ✓ **One final 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.**

COURSE MAPS

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

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

- The course begins at Montaluce Winery and will have a neutral rollout for approximately 3 miles on pavement, then transition to gravel roads. The 60 mile course begins with a stout 3 mile gravel road climb and some ridgeline gravel, followed by a new section of singletrack, double track and gravel, a fast gravel descent from Winding Stair Gap and then turns onto the singletrack of the Turner Creek Trail. The 38 mile course heads directly to the Jones Creek Ridge Trail singletrack.
- The 38 mile course essentially just cuts off the first section of gravel road climbing and ridge riding, and heads directly to the singletrack loop. (see black line on map)
- Much of the singletrack is newly re-constructed and flowy, with an assortment of fast gradual climbs to short grunts. There is another 3 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 intermediate to advanced level riding, however these sections are quite short and riders should dismount if needed. The most challenging sections of the course are from Mile 12 to 20 on the 60 mile course – this is mainly due to loose rocks and recent erosion.

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



The elevation profile for the 38 mile course is shown below:

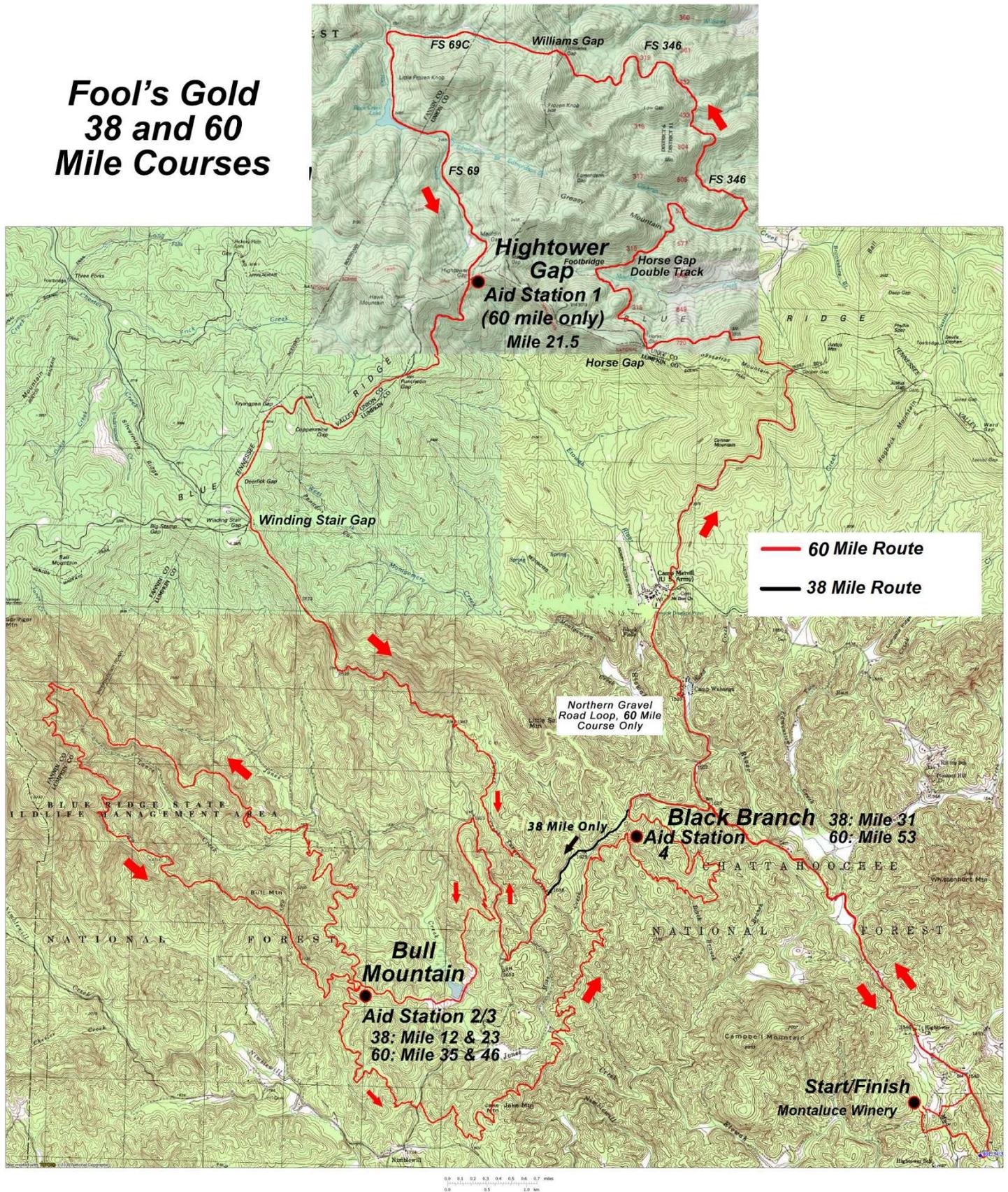


Please note the Bull and Jake Mountain Trails are Multiuse, including Hikers and Horseback Riders. You **MUST YIELD** to Horses and Hikers. If you encounter a horse head-on, dismount your bike and move off the trail to allow the horse to pass. Horses are prey animals and can spook easily, causing the 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. The horseback riders do a great deal of trail maintenance on these trails to keep them in shape for all – please be respectful and courteous. Do not ride up behind a horse and lock up your brakes – the horse will spook. Approach slowly, announce your presence and allow horse to move off trail. Walk your bike past.

38 AND 60 MILE COURSE MAP

Also available here: <http://mountaingoatadventures.com/images/2019FGMapDryRoute.jpg>

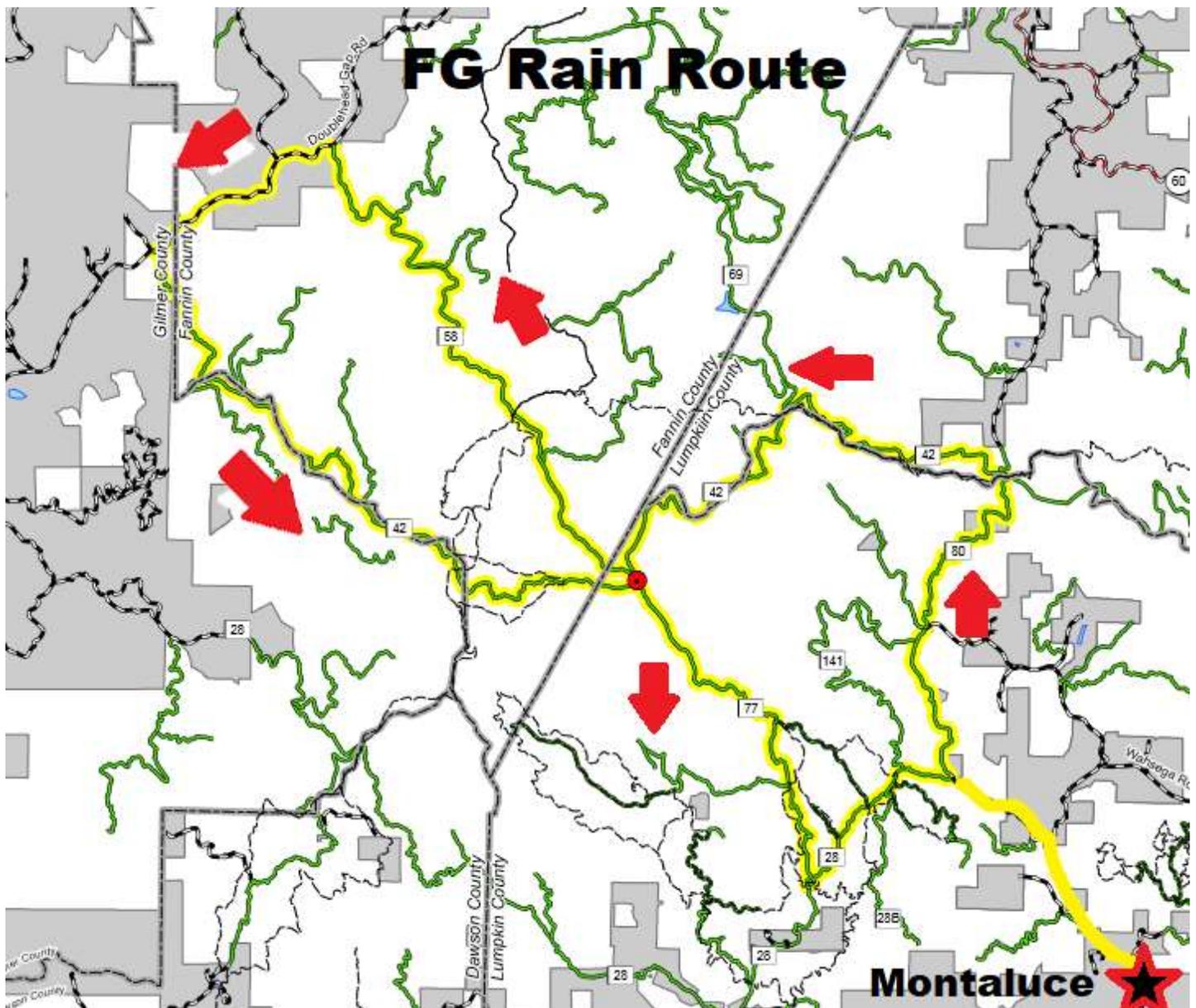
Fool's Gold 38 and 60 Mile Courses



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 be similar to our Southern Cross Course with riders leaving Montaluce and taking Hightower Church Road to FS 28-1. Riders will turn right on FS 28-1 and continue climbing FS 80 to Cooper Gap. From Cooper Gap, riders turn left and continue on FS 42 to Winding Stair Gap. From there riders will turn right and continue downhill on FS 58 to Doublehead Gap Road. Riders will turn left on Doublehead Gap Road, then make another left onto FS 42 where they will climb back up to Springer Mountain and then on to Winding Stair Gap. Once up at the Gap, they will descend down FS 77, all the way to FS 28-1. At FS 28-1, riders make a left and continue to Hightower Church Road where they turn right to head back to Montaluce.

The decision to use the rain route will be made no later than Friday September 13, however, we will do our best to announce it as soon as we know that we are required to use it.



AID STATION DETAILS, MILEAGE, AND CUT-OFF TIMES

Aid Station Details:

- ✓ Feed stations, staffed by volunteers and some with 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, TORQ Energy, TORQ gels and a varied assortment of snacks.
- ✓ **For your safety, we HIGHLY recommend you supply your own fluids and calories for the race by utilizing drop bags. You can have a separate bag for each station.**
- ✓ **Only limited pre-packaged snacks and Torq Energy Gels/fuels will be available at the aid stations, so we will not have as wide of an assortment of snacks as usual to reduce contact.**
- ✓ **Drop bags will be laid out numerically as you enter the aid station. Riders must retrieve their own drop bags this year. Once you are finished with your bag, you must re-seal it and place it in the "DONE" bin at the end of the row of drop bags. We do not want our volunteers having to handle all your used bottles, etc. You will be assessed a 5 minute penalty if you do not place your used bag/bottles in the DONE bin and we find it laying on the ground. Your bags will also return sooner if placed in bins.**
- ✓ **Riders will have separate drop bags this year for the entrance of Bull Mountain Aid Station and exit of Bull Mountain Aid Station.**
- ✓ **If you need to refill water, we will either have a foot pump operated fill station (Aid 2/3) or masked volunteers pouring water into your bottles and camelbaks from pitchers (Aid 1 and Aid 4). This process is going to be SLOWER than previous years, so if you don't want to be held up, use a drop bag and self-service. Riders must open and hold bottles and camelbaks for filling. Volunteers will not touch your gear.**
- ✓ **If you are taking snacks from the aid station or need assistance from volunteers with filling bottles, you MUST wear a face covering while being assisted.**
- ✓ **If you need minor first aid supplies, let the volunteers know and they will hand these items to you.**
- ✓ **Hand sanitizer, disinfecting wipes and spray available at the aid stations.**
- ✓ **Drop bags need to be picked up at the finish by 8 pm on Saturday night or they will be discarded. We are not bringing these items home with us nor will we sort through them to look for your bags – you must do this yourself. Send bottles that you don't care about if you know that you don't want to wait for the drop bags to come back. Depending on your time through the aid station, it may be 6 pm before some bags make it back. Bring a plastic bag to transport your used drop bags home in – they will likely be sticky and gross when they come back from the stations.**
- ✓ **All Aid Station drop bags must be dropped off by 7:30 AM, no exceptions.**
- ✓ **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 within ¼ mile of 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.**

Aid Station Mileages and Cutoff Times:

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 into/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.**

- ✓ All racers must complete either course and be in by 7:00 pm to have an official finish time. There will be time cutoffs at the aid stations to ensure all riders can make it back by 7:00pm.
- ✓ 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.

38 Miler Aid Stations:

AID STATION #1 - Intersection of FS 83, Jones Creek, and Bull Mountain Trail, aka Base of Bull Mountain Trail. Approximately 12 miles from the start. Cut-off time for all racers: 3 PM to START Bull Mountain

AID STATION #2 - Intersection of FS 83, Jones Creek, and Bull Mountain Trail, aka Base of Bull Mountain Trail, i.e. same as #1. Approximately 23 miles from the start. Cut-off time for all racers: 5 pm aid station closes.

AID STATION #3 - Intersection of FS 28B, 28G, & Black Branch Trail. Approximately 31 miles from the start. Cut-off time for all racers: None - keep going to finish..8 miles to beer and tacos!

60 Miler Aid Stations:

AID STATION #1 - Intersection of FS 42 and FS 69 (Fish Hatchery Rd), aka Hightower Gap. Approximately 21.5 miles from the start. Cut-off time: None

AID STATION #2 - Intersection of FS 83, Jones Creek, and Bull Mountain Trail, aka Base of Bull Mountain Trail. Approximately 35 miles from the start. Cut-off time for all racers: 3 PM to START Bull Mountain

AID STATION #3 - Intersection of FS 83, Jones Creek, and Bull Mountain Trail, aka Base of Bull Mountain Trail, Same as #2 Approximately 46 miles from the start. Cut-off time for all racers: 5 pm Aid Station Closes

AID STATION #4 - Intersection of FS 28B, 28G, & Black Branch Trail. Approximately 53 miles from the start. Cut-off time for all racers: None - keep going to finish..8 miles to beer and tacos!

If you ignore volunteer instructions and choose to continue up Bull Mountain after 3 pm, YOU WILL BE DISQUALIFIED AND YOU ARE ON YOUR OWN. The aid stations will be packed up by the time you reach them. Please be courteous to our aid station volunteers and race staff.

38 MILE AID STATION MILEAGES/CUTOFFS:

Aid Station #1 (Bottom of Bull) – 12 (3 PM Cutoff)
Aid Station #2 (Bottom of Bull) - 23 (5 PM Cutoff)
Aid Station #3 (Black Branch) - 31
Finish (Montaluce) – 38 (7 PM)

60 MILE AID STATION MILEAGES/CUTOFFS:

Aid Station #1 (Hightower Gap) – 21.5
Aid Station #2 (Bottom of Bull) – 35 (3 PM Cutoff)
Aid Station #3 (Bottom of Bull) - 46 (5 PM Cutoff)
Aid Station #4 (Black Branch) - 53
Finish (Montaluce) – 60 (7 PM)



CUT THESE OUT AND TAPE THEM TO YOUR TOP TUBE!!

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 300 riders out on course, the chances of a nest being disturbed are pretty high. It has happened before. 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 if they are comfortable with you riding in their car and you wear a mask. AID STATION CREWS CANNOT LEAVE MID-RACE TO GIVE YOU A RIDE BACK TO THE START AND DUE TO COVID, THEY MAY BE HESITANT TO OFFER YOU A RIDE. HAVE A BACK UP PLAN.
- ✓ 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 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, flatted 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.
8. E-bikes are not allowed in any categories of the 2020 Fool's Gold Mountain Bike Race.

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.