

SOUTHERN CROSS BIKE RACE

PARTICIPANT GUIDE

2023



Welcome to the Southern Cross 30 and 50 mile mountain bike races. You are sure to be challenged by the 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 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

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, March 4th.

BIKE SHOP SUPPORT

The closest bike shop is Nimblewheels Bicycles in downtown Dahlonega, GA. If you are coming to the race and need mechanical assistance on Friday, they will be best available to help at their shop - please call and give them a heads up if you have a more complicated issue so they can ensure they have the right parts, etc. They will also be at the Winding Stair Gap Aid Station on Saturday during the race to offer neutral mechanical support.

Nimblewheels Bicycles
582 North Grove St., Suite A
Dahlonega, Georgia 30533
706-973-1249

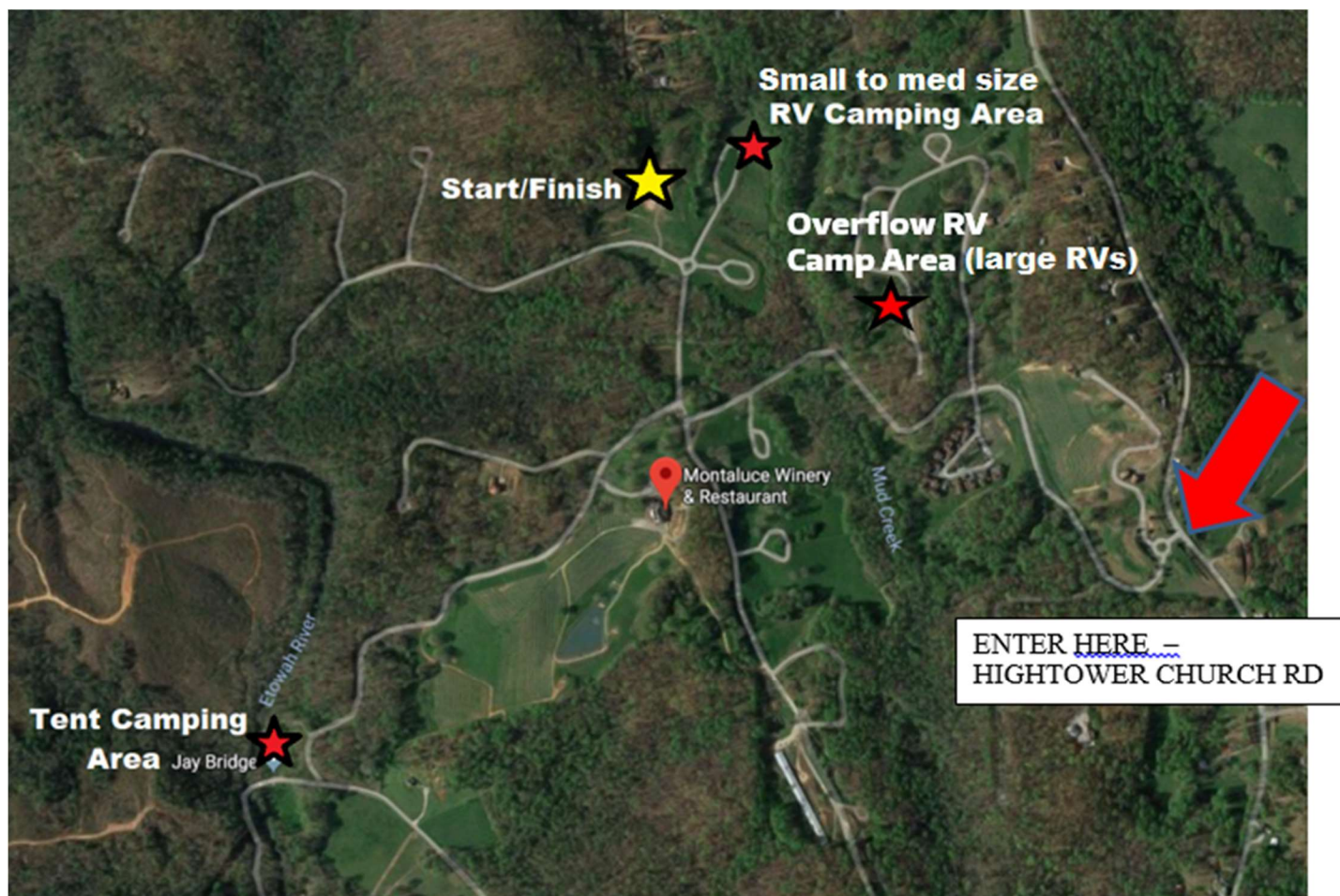
Sunday, Monday, and Thursday Closed, All other days 10 am – 4 pm

If you are staying in the Ellijay area, Cartecay Bike Shop is your nearest shop. They will also be at the Winding Stair Gap Aid Station on Saturday during the race to offer neutral mechanical support.

Cartecay Bike Shop
493 North Main Street
Ellijay, Georgia 30540
706-635-2453

Wednesday - Saturday 10 am - 5 pm

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 – all other access points are gated. 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 February 27th so we ensure we have enough space. Free Friday and Saturday night primitive camping is included with your entry fee.** No ground fires, and there is no water, power or hookups available. All campers must pack out their weekend trash, there is no dumpster on site. There will be port-o-lets in the tent camping area and the small to medium size RV area.



SPECTATORS/SUPPORT CREWS

To cut down on traffic along the course we encourage spectators to stay at Montaluce Winery to watch the race.

We do not want crew vehicles attempting to make the climb up Winding Stair Gap through the pack of climbing cyclists, nor do we want your support crew to be driving UP to Cooper Gap while cyclists are descending. This is a major hazard for our participants. If you have someone who wants to hang out at the aid station to watch, make sure they know where they are going as well as ensure they are on their way well **before the race begins**. Race staff will not have time to give your friends/family driving directions in the morning nor can they be held up by having someone try to follow them.

- No bottle handups or support at random places along the course – 15 minute penalty each offense. Support can only be offered within ¼ mile of the Winding Stair Gap Aid Station and may not interfere with other riders.**

SCHEDULE OF EVENTS

Friday 3/3/2023

- 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.
- 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 Monday February 27th at 8 pm - NO EXCEPTIONS THIS YEAR.
 - ✓ **Hand sanitizer available for event staff and participants checking in.**
 - ✓ **Waivers should be printed at home, signed and brought to the event**
<http://mountaingoatadventures.com/forms/SouthernXWaiver2021.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 9 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 – Please print and fill out ahead of time and bring to race:
<http://mountaingoatadventures.com/forms/SouthernXWaiver2021.pdf>

If you do not travel to Montaluce on Friday or have someone pick up your packet, you may pick it up between 7:00 am to 9:30 am on Saturday morning **NOTE ALL DROP BAGS ARE LEAVING AT 9:00 AM SHARP AND NEED TO BE IN THE BINS BY THIS TIME!**

Saturday 3/4/2023

- 7:00 am - Parking lot opens – parking volunteers will direct you where to park
 - ✓ **You need to be inside the venue and parked by 9:50 am or will not be allowed to enter until all riders have exited, after 10:10 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.**
- 7:00 am to 9:30 am - Race number and t-shirt pickup at Big White Tent near Montaluce Pool
 - ✓ **Hand sanitizer available for event staff and participants checking in.**
 - ✓ **Waivers should be printed at home, signed and brought to the event**
<http://mountaingoatadventures.com/forms/SouthernXWaiver2021.pdf>
- **9 am - DROP BAG CUTOFF** - Drop bags will leave the venue promptly at 9 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 have ziploc bags available for you to use.
- **Brief Rider Meeting on the Start Line at 9:45 am**
- 10 am – 50 Mile Start
 - ✓ At this time we are planning on a mass start with start corrals. Please self-assess your ability and line up in the appropriate corral

- ✓ 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 we say “go”, NOT when you cross over the mats. EVERYONE IN THE 50 MILE GETS THE SAME START TIME. 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.
- 10:25 am – 30 Mile Start
 - ✓ All 30 mile junior racers should line up in front. All chaperones should line up in the back and not interfere with the junior pack until it splits apart and riders start dropping off. Once your rider is out of the group you may ride behind them or next to them, but they are not allowed to draft you.
- 1 pm to 5 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.**
 - ✓ **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 February 27th so that our caterer can bring plenty of food for everyone. Extra meals are \$12.
- **Results will be posted at mgareresults.com so that participants can view the results immediately via their smartphone as well as on tablets at the finish line. Cell service is pretty spotty at the start/finish, but you can usually make a call from over by the Winery. There is also wifi at the Winery.**
- 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 2:30 pm, depending on finish times.
 - ✓ Cash prizes will be distributed as follows:
 - Top 5 Open Men in the 50 mile is: \$250/200/150/100/100
 - Top 5 Open Women in the 50 mile is: \$250/200/150/100/100
 - All other top finishers in the 50 mile will receive handcrafted awards and prizes from the race sponsors a minimum of 3 deep.
 - Top finishers in the 30 mile junior race will receive handcrafted awards and prizes from the race sponsors 3 deep.

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

- **All trash needs to be taken with you – there is no dumpster on site. Quiet time 10 pm.**

If you plan to camp, you **MUST RESERVE YOUR SPOT** by emailing lisa@moutaingoatadventures.com no later than February 27th. 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 and there will be port-o-lets in this area. For those with small to medium sized RV's or Trailers, you will be camping in one of the

cul-de-sacs near the start/finish. Larger travel trailers can park in the overflow area, shown on camping map at the beginning of this guide.

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 port-o-let in the RV camping area closest to the start/finish. 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 groundfires 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.



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.

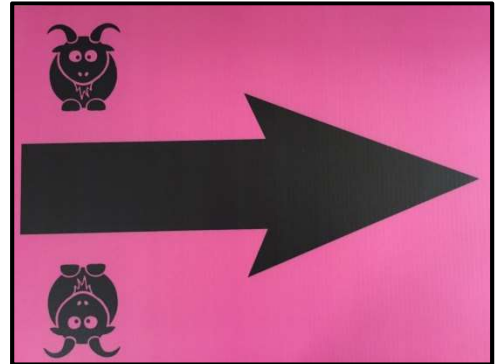
The closest lodging to Montaluce is the Mountain Top Lodge: 706-864-5257. The Mountain Top Lodge is 4.8 miles from the race venue and offers a Bed and Breakfast atmosphere. <https://mountaintoplodge.net/>

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 SPRINGER MTN and COOPER GAP DESCENTS.**
- ✓ 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 to 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 and GPX Files can be found here on the event website:
<http://mountaingoatadventures.com/southernx/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 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 and GPX files are available on the event website:

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

- The course begins at Montaluce Winery and will have approximately 3 miles on pavement, then transition to gravel roads.
- For 2023, the main course configuration is approximately 50 miles and consists of mostly gravel roads, some pavement, and some pasture/trails on the Montaluce Property as riders finish the race. The aid Station is at Mile 12 and Mile 32 of the 50 mile course.

50 MILE ELEVATION PROFILE



30 MILE JUNIOR COURSE AND RULES/NON-PARTICIPANT CHAPERONES

- The course 30 mile Junior Course will consist of the "Winding Stair Loop". On the above profile, the junior course will only include the first big climb up Winding Stair, then follow the ridgeline east towards Cooper Gap.
- The 30 mile junior course passes by the aid station once at Mile 12. Due to the remoteness of this course, we highly recommend a parent/coach ride the 30 mile course with their junior as a non-participant chaperone for safety. Chaperones may not push, tow, or carry any water or gear for their junior rider. Junior riders may NOT draft any chaperones, however they may draft OTHER RACERS (riders with number plates). Adult Chaperones ARE ALLOWED to help with mechanical assistance if needed and can provide as much emotional support as necessary.
- Chaperones will need to fill out and bring a signed event waiver to participate, however they will not have a number plate. Chaperones should plan to be self-sufficient along the course.
- Chaperones can purchase a race shirt (\$20) or meal (\$12) for themselves but you need to order shirts by 2/10 and meals by 2/27. Email lisa@mountaingoatadventures.com to order.

YIELD TO HIKERS AND HORSES

Please note the roads used in Southern Cross are Multiuse, including Hikers and Horseback Riders. It is the beginning of Appalachian Trail Thru Hiker season and our course crosses the Appalachian Trail at 4 points along the roads. Please be aware of and yield to slow-moving backpackers crossing the road...they may not see/hear you coming or may be looking at the ground. The generally cannot move out of the way quickly so it is up to you as a rider to yield to all hikers and horses you may encounter. If you encounter a horse head-on, dismount your bike and move to the side of the road 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 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.

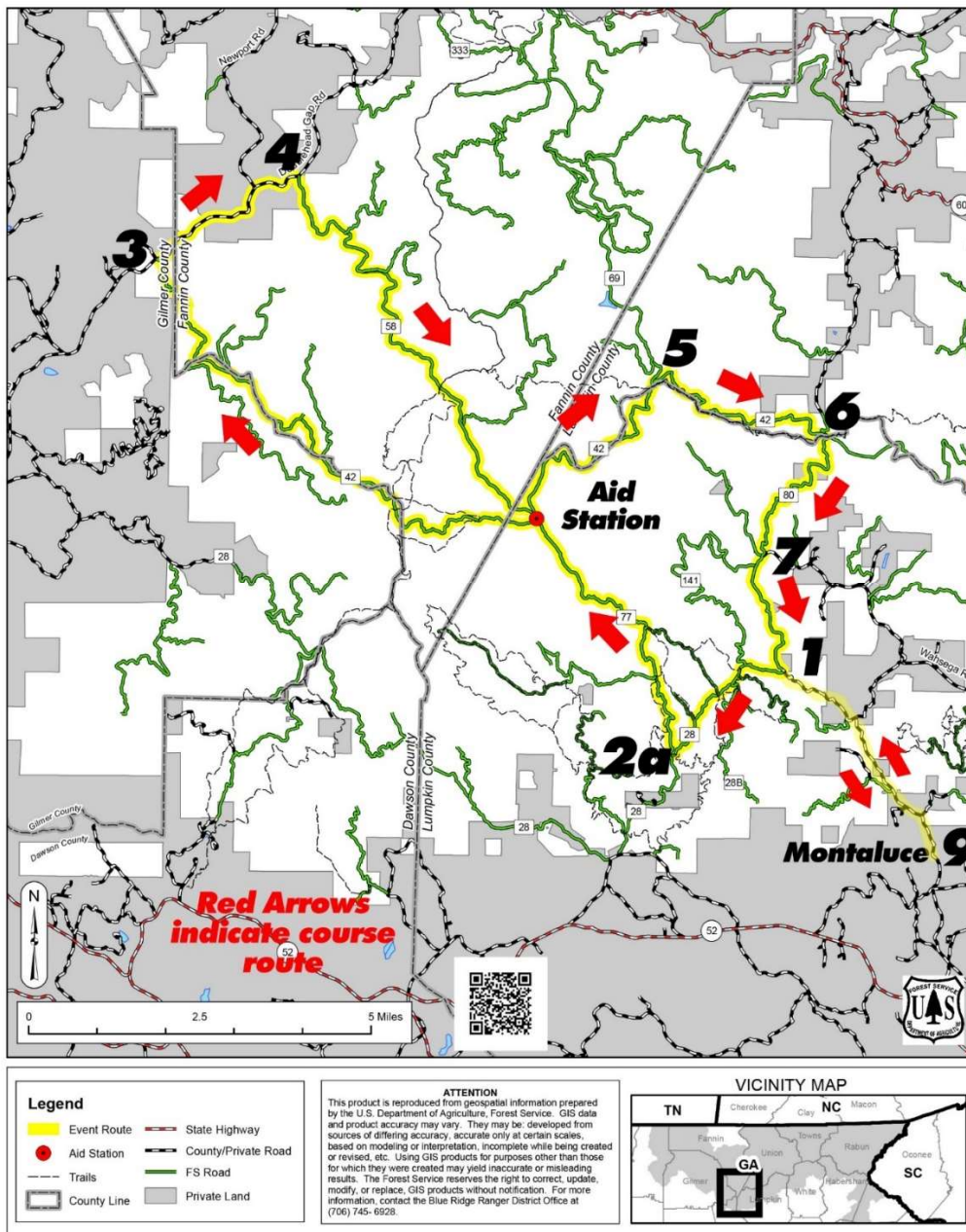


50 MILE COURSE MAP

Also available here: <http://mountaingoatadventures.com/images/2020MarshalMap.jpg>

This same route will also serve as the “Rain Route” should we have wet weather on race day.

Mountain Goat Adventures EXHIBIT B - Southern Cross Mountain Bike Race



AID STATION DETAILS, MILEAGE, AND CUT-OFF TIMES

Aid Station Details:

- ✓ Feed stations, staffed by volunteers and bike shop personnel, will be positioned at Mile 12 and Mile 32 along the 50 mile course, and Mile 12 along the 30 mile junior course.
- ✓ **Mainly pre-packaged snacks and Hammer Gels/fuels will be available at the aid stations**

- ✓ Drop bags will be laid out numerically on the road side 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. Your bags will also return sooner if placed in bins. Those left on the ground won't return until we close down the aid station.
- ✓ Riders will have separate drop bags this year for each pass through the Winding Stair Aid Station – 2 bags total. Bags will not be moved by volunteers so please separate your fuel accordingly if you are using drop bags.
- ✓ If you need to refill water, we will either have a self-serve foot pump operated fill station (if it is above freezing) or volunteers pouring water into your bottles and camelbaks from pitchers. Riders must open and hold bottles and camelbaks for filling. Volunteers will not touch your gear.
- ✓ If you need minor first aid supplies, let the volunteers know and they will hand these items to you and/or assist you.
- ✓ Hand sanitizer available at the aid stations.
- ✓ Drop bags need to be picked up at the finish by 7 pm on Saturday night or they will be discarded. We are not bringing these items home with us. 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. Even if you don't use your bag, put it in the DONE bin at the aid station and it will come back sooner.
- ✓ 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 Aid Station location.
- ✓ 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. Spectator vehicles please disperse and park well away from the aid station, do not block course signage and ensure your car is parked safely off the road.

Aid Station Mileages and Cutoff Times:

You must pass through the Winding Stair Gap Aid Station at Mile 12 by 1:30 pm to be allowed to continue on the full course. 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.**

- ✓ If you arrive at the aid station the first time and are having a rough day and don't think you'll finish the full course, we recommend you voluntarily short-course yourself so you can get back safely. Our volunteers can mark your number plate and direct you where to go. We do not have a shuttle for riders who want to quit at random points and our safety/sweep vehicle may be several hours behind you. Be well prepared if you have doubts of your ability to finish. Usually the fastest way back is to just keep moving.

SAFETY ISSUES AND EMERGENCIES

- ✓ We do not have a shuttle service for battered, tired or injured riders. If you have a life threatening emergency or injury, 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. **AID STATION CREWS CANNOT LEAVE MID-RACE TO GIVE YOU A RIDE BACK TO THE START - HAVE A BACK UP PLAN.**
- ✓ Course sweeps will follow the last racer, ensuring no participants are left on the course, however this sweep may be hours behind you.
- ✓ 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.
- ✓ The Aid Station as well as the start/finish will have a self-serve first aid kit for minor cuts/scrapes and medically trained personnel to assist with non-life threatening injuries. 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. 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.
8. E-bikes are not allowed in any categories.

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 inquiries, including placement and class considerations, must be made at the venue during the protest period. Once the protest period is over, results become final.