

# BLACK BEAR RAMPAGE PARTICIPANT GUIDE



*Welcome to the Black Bear Rampage 20 and 35 Mile Mountain Bike races! You are sure to be challenged by the beautiful Blue Ridge Mountains of the Cherokee 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

**OCOEE WHITEWATER CENTER  
4400 US-64  
COPPERHILL, TN 37317**

The race begins and ends at the Ocoee Whitewater Center. To enter the venue in the morning, you will need to actually drive past the Whitewater Center on US 64 and enter from the far end of the parking lot. **It is \$3 per vehicle to park, which you can pay upon arrival at one of the USFS kiosks or ahead of time online.** Once you park, walk across the bridge and make a left towards the picnic shelter, which is where check-in will be. **PLEASE NOTE THERE IS NO OVERNIGHT PARKING AT THE OCOEE WHITEWATER CENTER.**

## BIKE SHOP SUPPORT

Scott's Bikes  
2544 Georgetown Rd NW  
Cleveland, TN 37311  
706-635-2453

9:00 am - 5:30 pm Mon-Fri, Closed Saturday, 1:00 pm – 4:00 pm Sunday

Blue Mountain Bikes  
1379 West Campbell Camp Rd  
Blue Ridge, GA 30513  
(706) 714-2453

10:00 am - 5:00 pm Mon-Tues, Wednesday by Appointment, 10:00 am - 5:00 pm Thurs-Fri, 10:00 am – 2:00 pm Saturday, Closed Sunday

## OCOEE WHITEWATER CENTER LAYOUT



### SPECTATORS/SUPPORT CREWS

To cut down on traffic along the course we encourage spectators to stay at the Ocoee Whitewater Center to watch the race. Please DO NOT have your support crew drive up to the Chestnut Mountain Aid Station. FS 45 is part of the course and riders will be descending this road at high speed, and your crew driving up is a major safety hazard for our riders, not to mention the dirt roads are in terrible condition currently for vehicles. You can send drop bags to both aid stations, so there is no need to have a crew in either location.

### SCHEDULE OF EVENTS

**Saturday 5/16/2026**

ALL TIMES ARE EASTERN TIME ZONE

- 2:00 pm to 6:00 pm - Race number and t-shirt/swag pickup at Whitewater Center Pavilion - The Pavilion is on the opposite side of the river from the main parking area. Park and cross the second bridge (the one furthest from the WWC), turn left and you should see the pavilion at the end of the picnic area. Drop bags can be left at this time, or you may bring them in the morning. They need to be in the bins by 7:30 am at the latest on May 17<sup>th</sup> or they will not go to the aid stations.

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

<https://mountaingoatadventures.com/forms/2026BBRWaiver.pdf>

**Sunday 5/17/2026**

ALL TIMES ARE EASTERN TIME ZONE

- 6:30 am to 8:30 am - Race number and t-shirt/swag pickup at Whitewater Center Pavilion - The Pavilion is on the opposite side of the river from the main parking area. Park and cross the second bridge (the one furthest from the WWC), turn left and you should see the pavilion at the end of the picnic area.
- 7:30 am – Drop Bag Cutoff – Drop bags need to be in the bins by this time in order to be taken to the aid stations.  
PLEASE NOTE THAT WE SEND A TON OF SNACKS, RIDE FOOD AND FLUIDS TO OUR AID STATIONS. UNLESS YOU HAVE DIETARY RESTRICTIONS, THERE IS NO NEED TO SEND \$30 WORTH OF RIDE FOOD IN DROP BAGS. DROP BAGS USUALLY COME BACK FROM AID STATIONS WHEN THE STATION CLOSES, SO SEND WORN OUT/DISPOSABLE BOTTLES IF YOU KNOW YOU AREN'T GOING TO WANT TO WAIT AROUND. WE DO NOT SAVE OR SHIP DROP BAG ITEMS.
- 8:40 am – Pre-Race Meeting near start line
- 9:00 am – Race Starts (both distances, mass start) with lead out vehicle up Hwy 64
  - ✓ There is no Saturday registration or distance changes. All distance changes must be completed by Wednesday May 13. Rider transfers must also be completed by Wednesday May 13.
  - ✓ If you have questions or need to speak with the Race Director, please reach out now, as we most likely will not be able to get you a timely answer if you wait until the day before the race.
  - ✓ If you are under the age of 18, a parent or legal guardian must also be present to sign your waiver or have sent a signed waiver with the participant under the age of 18.
  - ✓ 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 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. Please do not bend your timing chip, as it may cause it to not read when you finish. Also, make sure your timing chip isn't pulled tight against anything metal when you mount it, as it can interfere with the RFID signal. Chips do not need to be returned after the race.
- Awards will be presented near the pavilion when the top 3 finishers in each category have crossed the finish line. If you are a fast rider, please be patient/find something to do while you wait for awards as with multiple categories, it may be a little while before the top 3 in each category are in. We want ALL of our podium finishers to be able to take part in our awards ceremony.
- 11:00 am to 3 pm - Post-race meal available at the pavilion – If you would like to order an additional meal for spectators, family, and friends, you will need to pre-pay and reserve a meal no later than May 11<sup>th</sup>. The meal is a wrap from Bus Bar and Grill, Chips and Beverage. Vegetarian option is available. Extra Meals are \$15. Email [lisa@mountaingoatadventures.com](mailto:lisa@mountaingoatadventures.com) if you would like to order an additional meal.

## **OCOEE WHITEWATER CENTER AREA LODGING**

**Please note overnight parking/stealth camping is not permitted in the Ocoee Whitewater Center Parking Lot.**

The nearest camp ground is the Thunder Rock Campground (USFS). Thunder Rock Campground is located 1.8 miles northwest of the Ocoee Whitewater Center, just behind TVA Ocoee Powerhouse Number 3. Nestled alongside the Ocoee River, this facility provides 37 regular campsites and one group campsite. Sites are first come-first served and camping is an additional fee that can be paid at the USFS kiosk at the campground or you

can RESERVE YOUR SITE ONLINE. <https://www.recreation.gov/camping/campgrounds/251938> There are bathrooms and showers here, but no hookups.

Adventures Unlimited is roughly 18 miles west on US 64 and offers cabins and a campground for tents and RV's (with hookups). Primitive sites are just \$10 per person per night. Please call 423-338-4325 to book a campsite or cabin and please let them know you are in town for the race. The Bus Bar and Grill is also located here.

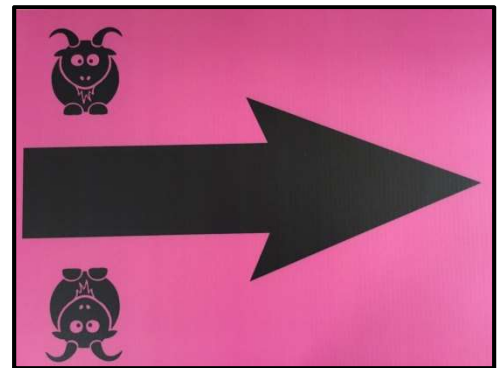
Parksville Lake Campground (USFS) is roughly 10 miles west on US 64. You can RESERVE YOUR SITE ONLINE <https://www.recreation.gov/camping/campgrounds/251438> for Parksville Lake.

The closest Hotels are the Ocoee Inn and Mallard Hotel, both east on Hwy 64.

If you have a large group coming from out of town, there are a variety of AirBnB or VRBO homes that end up being good deals when split among a group. Search near "McCaysville, GA" when you visit those websites.

## **COURSE GUIDELINES/MARKINGS**

- ✓ The course itself will be marked primarily by black arrows on a pink background. 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.
- ✓ In comparison to prior years, you will probably see WAY MORE course markings as I'd rather overdo signage than not have enough.
- ✓ If in doubt, look for pink tape at intersections and go towards the pink tape. Each intersection will have 1-2 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 signs 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 some trails or road ways. That being said, look for course markings at any intersections before blazing off down the trail in the wrong direction. "Do not Enter" signs will be placed in areas where the penalty for misdirection is severe.
- ✓ Ultimately, no matter how many steps are taken to mark the course, it is the rider's responsibility to stay on course. If you stray, you must use the given resources, such as GPX data and map to return on course at the point at which you erred. Doing otherwise results in a non-finish. One of the best hints for staying on course is to keep looking for the pink ribbons. The ribbons are the least likely course markers to get removed. 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: <https://mountaingoatadventures.com/blackbear/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.
- ✓ Do Not Enter/Wrong Way signs
- ✓ Custom Signs/Banners for specific race distances
- ✓ Pink Flagging Tape

## **COURSE MAPS – GPX FILE OR PAPER MAPS ARE HIGHLY RECOMMENDED!**

All course maps and GPX files are available for download on the event website for all race distances. Make sure you can load the GPX file ahead of time. Be prepared and you should have no issues following the course.

<https://mountaingoatadventures.com/blackbear/course>

**DESPITE OUR BEST EFFORTS, SOMETIMES PEOPLE MESS WITH COURSE MARKINGS. IF YOU CHOOSE TO NOT USE THE GPX FILES, AND SIGNS ARE MISSING AND YOU MAKE A WRONG TURN – THAT IS ON YOU.**

**THERE ARE A COUPLE OF REPEAT SECTIONS ON THE COURSE WHERE YOU WILL NEED TO READ THE COURSE SIGNAGE SO YOU KNOW WHERE TO GO. DO NOT ASK VOLUNTEERS WHERE TO GO – THEY DO NOT KNOW WHAT COURSE YOU ARE ON OR WHERE YOU HAVE BEEN.**





## COURSE SPLITS AND PLACES YOU NEED TO READ THE SIGNAGE

- At the end of Thunder Rock Downhill Trail (Mile 17.7 both courses), you have your first course split. 20 mile riders go RIGHT on the gravel road and continue to the finish. 35 mile riders go LEFT on the gravel road and begin climbing towards the West Fork/Poplar Hollow Trail.
- For 35 mile riders only – As you are approaching the Chestnut Mountain Aid Station the FIRST TIME/FIRST PASS at the top of a ~3 mile climb (Mile 20), you will see a line of cones down the center of the trail. Keep RIGHT on your first time approaching the aid station, and then turn RIGHT onto FS 221. Follow FS 221 to FS 45, turn RIGHT again to descend approximately 2 miles on gravel, then turn RIGHT onto the West Fork/Poplar Hollow Trail (this will be your second time riding up this section).
  - As you are approaching the Chestnut Mountain Aid Station for the SECOND TIME/SECOND PASS (Mile 23.8), keep LEFT when you see the line of cones and continue STRAIGHT onto the Quartz Trail.
  - At the end of Thunder Rock Downhill Trail the SECOND time (Mile 33.8), go RIGHT on the gravel road and continue to the finish.

**While there will be course marshals at these locations, do not ask them where you should go. They have no way of knowing where you have been or what course you are on and may give you incorrect information, despite being well-intentioned. READ THE**

**COURSE SIGNAGE** and you should not have a problem following the correct course. You are responsible for following the course correctly – there will be abundant signage and you should have the GPX file loaded as a backup.

## **AID STATION DETAILS AND MILEAGE**

- Fully Stocked Aid Stations will be located at Mile 13, Mile 20 and Mile 24 of the 35 mile course, and Mile 13 of the 20 mile course.
- PLEASE NOTE THAT WE SEND A TON OF SNACKS, RIDE FOOD AND FLUIDS TO OUR AID STATIONS. UNLESS YOU HAVE DIETARY RESTRICTIONS, THERE IS NO NEED TO SEND \$30 WORTH OF RIDE FOOD IN DROP BAGS. DROP BAGS USUALLY COME BACK FROM AID STATIONS WHEN THE STATION CLOSSES ON SATURDAY NIGHT, SO SEND WORN OUT/DISPOSABLE BOTTLES IF YOU KNOW YOU AREN'T GOING TO WANT TO WAIT AROUND. WE DO NOT SAVE OR SHIP DROP BAG ITEMS.
- ✓ We strive to provide you all with a good variety of energy foods however, if your race performance is dependent on having something very particular available, PUT IT IN YOUR DROP BAG. If you are particular about your brand of soda, flavor of gels, etc, please put these items in your drop bag.
- ✓ We will have Ziploc bags and Sharpies available at check-in. We will write your number big and neat on the bags so you can retrieve them quickly and get in and out quickly. If you want to add funky tape or other markings, that is up to you.
- ✓ Drop bags will be spread out, in numerical order of race plate number, as written on the bags. You will be responsible for retrieving your own bag and placing it in the “Done” bin at the end of the row of bags once you are finished with it. Volunteers are trying to minimize then number of things they need to touch so they can keep their hands clean and not cross-contaminate from one gooey drop bag to the next.
- ✓ You can send a small Camelbak in lieu of a drop bag, but mark it with your number if you want it in the line of numbered drop bags.
- ✓ Basic mechanical support will be available at the aid stations.
- ✓ **DO NOT DROP ANY WATER BOTTLES OR GEL WRAPPERS ON COURSE**, except in the trash cans at the Aid Stations. Doing so will jeopardize such resources being offered in the future and if we see you do it, we will disqualify you.
- ✓ No outside assistance is allowed expect at the official Aid Station locations.
- ✓ **If you have a mechanical or injury that results in a 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. A simple text of “Race #, DNF and Safe” to 770-653-4614 is adequate if you are in a hurry.**

## **SAFETY ISSUES AND EMERGENCIES**

- ✓ Yellow Jackets and Hornets - Wasps and hornets may be active in the south 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 250+ 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 over an hour before you reach an aid station. If you are allergic, pack any meds you may need and please be prepared.

- ✓ There is no shuttle service for riders who want to quit. If you have a life threatening emergency, we have an EMS crew who can extract you and take you to the hospital. If you have a non-life threatening condition and/or just want to quit, you can either self-rescue and make your way back to the pavilion, call a friend or family member to pick you up or wait for the aid station crew to return and see if they can give you a ride. **AID STATION CREWS CANNOT LEAVE MID-RACE TO GIVE YOU A RIDE BACK TO THE START.** Your best bet if you just want to quit is to backtrack or find a ride back with a spectator who is returning to the pavilion if you happen to be on a road section.
- ✓ Course sweeps on bike 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. Be aware of hikers which may also be using the trails.
- ✓ If you do not 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 afternoon searching for you and calling/worrying your loved ones if you decide not to finish the race. You can simply text “Race #, DNF and safe” to 770-653-4614 if you are in a hurry.
- ✓ Each aid station will have a self-serve first aid kit for minor cuts/scrapes. If you, or another rider, need professional medical attention, let the aid station crew know and they will call our EMS team to stabilize and transport you. If there is no one else present to call in medical professionals, please call 911 and they will dispatch our EMS crew or another nearby team.
- ✓ If you spot another rider that you believe will need assistance (due to either injury or bike issues), please text the race director, Lisa Randall (770-653-4614) or report in to the next course marshal/aid station. 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.

### **CANCELLATIONS/SELLING YOUR ENTRY**

No Transfers or Selling Entries after 5/13- NO EXCEPTIONS. No category or distance changes after 5/13.

Once your registration is processed, there are no refunds. **ENTRIES DO NOT TRANSFER YEAR TO YEAR NOR DO THEY TRANSFER TO OTHER MOUNTAIN GOAT ADVENTURES EVENTS.** If you get hurt or need to bail at the last minute, it’s a crappy situation, but we held a spot for you and still need to pay our vendors and the expenses associated with you planning to race regardless of whether or not you are able to attend. To help you out with this, you may sell your entry to someone in the **SAME EVENT** without any transfer fees until May 13. You are responsible for finding someone to buy your entry as well as arranging payment with that person. Once you have all that squared away, please email [lisa@mountaingoatadventures.com](mailto:lisa@mountaingoatadventures.com) with the name and email of the person buying your entry, and I will send them a link to register. The person buying your entry will receive whichever shirt size you originally ordered unless we have other sizes still available.

## **RULES OF RACING**

1. 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.
2. Please limit your music devices to one ear bud so you can hear riders wishing to pass or in need of assistance.
3. 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.
4. E-bikes/pedal assisted bikes are not allowed in the Black Bear Rampage.

### **Rules that apply to this event.**

- Only one bike allowed (no back up bike). Racers may do any repairs to their bike with items they have with them and major repairs may be made at designated aid stations with the assistance of team crew or family. Any parts on the bike may be replaced but the bike must be the same bike you started the race with.
- DNF... If you drop out of the race, you must notify a race official. Everyone needs to be accounted for!
- Please do not litter! Used gel packs are the worst to clean up. Leave no trace. Littering of any kind is strictly prohibited during the race. You will be disqualified if there is a report that a racer is not respecting this rule.
- The land we share at many of these races include State and National Forest Land. It is imperative that we show them we can hold events like these while being good stewards of our trails. Please pocket your gels, bars, baggies, bottles, tubes, etc. **DO NOT THROW ANYTHING ON THE GROUND!** Pack it in, pack it out!

### **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. 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.
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 (towards another rider or event volunteers) 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.