



RULES & REGULATIONS

RACE CLASSES

The following classes will be recognized:

6 hour

Solo (Male and Female)

Duo Open (any combo of two riders...no experts please)

12 hour

Solo (Male and Female)

Duo Open (any combo of two riders)

3 Person FEMALE

3 Person FAST (BEGINNER, any combo of three riders)

3 Person SUPAFAST (SPORT/EXPERT, any combo of three riders)

5 person OPEN (any combo of 5 riders)

The 3 person FAST and 3 person SUPAFAST may consist of any combination of riders. They may also consist of all women. 3 person FEMALE classes must consist of all women. FAST and SUPAFAST designations are at the discretion of the teams. The Duo classes may consist of 2 Men or 2 Women or 1 Man and 1 Woman.

Men's Solo and Women's Solo: All Solo racer applicants must be 18 years or older. Only experienced ultra-endurance athletes will be accepted. Acceptance as a solo racer is based on experience and discretion of Heartland Sports Promotions staff.

Note: Racing and the sport of mountain biking are about teamwork, comradery and sportsmanship. A big part of sportsmanship is honor. We don't believe that this sport should ever need mountain bike police. Each racer is on their honor when signing up for a race class. We ask that you sign up for the class in which you would normally race. Whether you have a NORBA license is irrelevant. If you race Expert, you know it. Sandbagging is definitely not cool. Enough said.

STARTING PROCEDURES

Each starting racer must log-in at the Log-in Tent no later than 5 minutes prior to the start of the race. They will receive their baton for the first lap when they log-in. Starting racers must have their bikes pre-positioned in the bike racks provided at the Start/Finish area. The Rapture in Misery event uses a Le-Mans style start, where the racers must run to their bikes from the starting line.

1]Team Pit Area

Teams must designate one and only one pit area. Typically, this is at your campsite. Racers may change or repair any equipment in their Pit Area. Pit areas are not allowed on the course or in the Start/Finish area. However, emergency repairs may be performed in the Start/Finish area; they may even swap entire bikes. In the Start/Finish area or the team's pit area, racers may accept support from anyone. Teams may bring as many support people as they would like, but their support is limited to the Start/Finish and the team's pit areas, not on the course.

2]Pre-race Meeting

The team captain or co-captain must attend the pre-race meeting; however, everyone is welcome.

3]Team Captains

Each team will designate a team captain and co-captain. Team captains will represent the team in all official correspondence and communications before, during and after the event. The co-captain may represent the team during the event when the captain is unavailable. Only team captains and co-captains may file protests.

4]Support on the Course

Support on the course may only be supplied by registered racers. Supporting racers must access the course under their own power (i.e. foot travel or on bike) and that access can only be achieved by following the course in either direction. Short-cutting the course is not allowed (see rule #10). Supporting racers should stay clear of all competing racers. Supporting racers may take any equipment or tools with them; they may even swap bikes with their teammates. Cannibalizing bike parts is legal. Support can be provided by any registered racer on any team to any registered racer on any team.

5]Permitted course riders

Only registered racers, and event staff may ride the race course during the event

6]Water and Food

Water and food may be supplied to any racer, by anyone, anywhere on the course. However, racers must stay well clear of the course when taking food or water. *Note: Please do not leave energy food wrappers on the ground. Remember: Leave No Trace.*

7]Drafting

Racers may draft, but they may only draft registered racers. Drafting other vehicles or a non-registered rider is grounds for disqualification.

8]Rider Substitutions

Once race day registration is closed, no rider substitutions may be made. All substitute riders are required to turn in a completed and signed Accident Waiver before the close of race day registration.

9]Team Number Display

Racers must display their race number on their backs and display the bike handlebar number on the front of their bikes, whenever on-course. In the case of a bike swap, racers must swap the bike number to the new bike prior to continuing the race. Race officials may request to see this at any time.

10]Short-cutting

Short-cutting the course by any logged-in racer shall result in a disqualification of that racer's team.

11]Right of Way

Racers riding bicycles have the right of way over racers pushing bicycles. When practical, racers pushing or carrying their bikes should stay on the least rideable portion of the trail when being passed. Racers pushing or carrying their bikes may overtake a racer riding his bike provided that they do not interfere with the riding racer.

12]Lapped racers

Lapped racers should yield to leaders. Leaders should be very vocal when preparing to pass any racer. "PASSING on your LEFT!" "PASSING on your RIGHT!" should be called out. It is the responsibility of the challenging racer to overtake safely. Racers being lapped must yield on the first command.

13]Vying for Position

When two racers are vying for position, the leading racer does not necessarily have to yield position to the challenging racer. However, a racer may not bodily interfere, intending to impede another racer's progress; this is considered to be highly unsportsmanlike behavior (see rule #14).

14]Sportsmanship

Foul riding, use of profane or abusive language and other unsportsmanlike behavior will be taken very seriously. Such behavior by any racer shall subject that racer's team to a warning or immediate disqualification. This will be strictly applied when such behavior is directed at course officials, volunteers or spectators. The penalty imposed is at the discretion of the race director or co-director, should the race director be unavailable.

15]Law Abiding

Federal, state and county laws and ordinances will be abided by at all times.

16]Quiet Hours

Quiet hours for events conducted at night, will be imposed from 12:30am Saturday until 7 a.m. Sunday. During this time, noise must be kept to a minimum.

17]Protests

Protests can only be made by team captains or co-captains. Protests will be made in writing and delivered to the race director or co-director any time during the race or after the end of the race, up to 30 minutes after the posting of the final results. Protests should contain any information that supports the protest, including description of the incident, witnesses, names, addresses, phone numbers and signature of protesting team captain. A \$40 fee shall be submitted, in cash, with the protest. The race director, after his own discovery, will promptly rule on the protest. The fee will be forfeited to the race director if the protest is denied or refunded if the protest is upheld.

18]Final Rulings

The race director has the final say in any ruling, including rulings made by the co-director.

19]Lights Burning

Racers entering the course two hours before sunset on Saturday and up to one-half hour before sunrise on Sunday must have both primary and secondary light sources installed and in good working order. Racing with lights out to save batteries or racing with discharged batteries is dangerous and is done so at the riders own risk.

20]Lighting

Lighting requirements for events conducted at night: During the night ride, racers must have a primary light source with a minimum rated power of 10 watts. In addition, each racer must carry a secondary or backup light source in the form of a penlight, flashlight or other lighting system. (Battery rechargers may be plugged in at the neutral charging station, when provided. For your own sake, teams should label their batteries and chargers with the team's name. The neutral charging station is unsecured.)

21]Log-in Tent

Racers must log-in and log-out on each lap at the Log-in Tent located at the Start/Finish Area. The team baton must be passed from the racer logging out to the registrar, who records the log-out time, and then from the registrar (after the log-out time has been recorded), to the racer logging in, before the racer logging in may start his or her lap. Once the baton is passed from the racer logging out to the registrar, then that racer has officially logged-out. The log-out time of that racer automatically becomes the log-in time for the next racer logging in (regardless of whether or not there is a racer ready to receive the baton from the registrar). In other words, the clock is ticking the entire time. *Helpful Hint: Racers "on-deck" should give their names to the registrars well in advance to avoid confusion during the baton exchange.*

22]Consecutive Laps

A racer may ride consecutive laps, but must log-out at the Log-in Tent after his first lap in order to log-in for his second lap. If a racer is staying in for an additional lap, that racer must log-out from the first lap by passing the baton to the registrar, then after the registrar has recorded his log-out time for his first lap, he will receive the baton back from the registrar and begin his additional lap. If the racer does not do this, only one lap will be counted (not two). Solo racers will do this every lap.

23] Verifying the Log Sheet

Lap times will be recorded and compiled for each racer and listed on the bottom section of each team's log sheet. It is the team's responsibility to verify that each racer is logged-in and logged-out correctly. Please be courteous and patient while verifying information with your registrar. Registrars and race officials may request to see your race number on your back or your handlebar at any time. *Helpful Hint: When the racer "on-deck" receives the baton from the registrar, they should repeat their team # and name to confirm that the registrar is logging them in correctly.*

24] Canceling a Lap

Once on-course, a racer must complete his or her lap. However, the team has the option of canceling a racer's lap and restarting the lap from the Log-in Tent with another teammate. This is a difficult and costly decision, but if the first racer is unable to complete the lap for any reason, it may be to the team's advantage to cancel that racer's lap. Any team member can cancel a racer's lap by notifying the team's registrar at the Log-in Tent and initializing the Log-sheet next to the canceled lap. If a team cancels a racer's lap and is restarting with a new racer, a new baton will be issued without penalty. The new racer inherits the log-in time of the canceled racer's lap. Once a cancellation has been made, it cannot be

rescinded. The canceled lap does not count as a completed lap.

25] Loss of Baton Penalty

Loss of the baton will result in a 5-minute time penalty which will be applied to the team's finish time on its last lap and will accrue to the racer finishing that final lap. The registrar will issue a new baton.

26] Catastrophic Failure

In the case of catastrophic failure due to weather or another extenuating circumstance that prevents the on-going scoring of the event or creates a racing environment that is deemed too dangerous for the participants, the race director may call the race as of a certain time. Final results will be calculated based on each team's placement at the call-time as determined by that team's last completed lap. This rule is intended to be exercised as a last resort, in the most dire situations, when no other means is available to continue scoring the event or when the potential for serious harm or loss of life becomes imminent.

27] The Finish

Both the 6-hour race and the 12-hour race start at NOON. Each team's final placing will be determined by the number of laps the team has completed and the sequential order of finish within the team's last lap. For example, a team that has completed 14 laps with a finish time of 12:31 a.m. would beat a team that completed 14 laps, with a finish time of 12:47 a.m. And, of course, a team that completed 15 laps, with a finish time of 1:00 a.m., would beat them both. If a team decides to stop the race before the cut-off time of their event, please let the scoring tent know that you are finished. Once you let scoring know that you are finished, you will not be allowed to re-start.

28] Qualification for finisher T-shirt and Ride 'Em All awards

Each rider must complete 2 laps to receive a finisher t-shirt and be eligible for the rode 'em all awards.

Questions or Comments?

Write us at Heartland Sports Promotions <http://www.heartlandrace.com>