

1. Race participants have available a GPX or TCX of the course to download for their use, if they so choose. Participants will need to print off a set of cue sheets and a map, which must be used in correlation with a cycling computer with an odometer. If you are 'racing' we suggest using the GPX as cue sheets can be difficult to read when you are going fast over bumpy gravel roads. Even if using the GPX (and in case of failure) we suggest carrying a set of cue sheets, as the cue sheets will include notes on where water will be available, bathrooms, areas with cell reception, bail out locations, etc. You must print off the Cue sheets and map prior to the race, we do not provide these for you. We suggest having a back up set in the event you should lose a set on course!
2. There will be a checkpoint(s) along each route where all participants must check in. Not checking in will result in a DNF. Any participant not reaching the checkpoint before the established cut-off time will not be allowed to continue past that point. Cut-off times are based on an average moving time of approx. 10 mph for the 210 and 110 mile riders, approx. 8-9mph for the 70 mile riders, and approx 6+ mph for the 45 mile riders. This includes your stopped time, so the longer you stop the faster you will be required to ride. These times may be adjusted, as deemed necessary by event staff, to account for unforeseen circumstances such as inclement weather, poor course conditions, etc. Cut-off times are established for the purpose of rider safety, and will therefore be strictly enforced.
3. Outside support is NOT allowed, except at the designated checkpoints for the 210 and 110 mile races only! (This includes assistance with navigation and supplies.) The official checkpoints along the routes will serve as a neutral area where event participants may meet their support crew to restock supplies and repair equipment. This checkpoint(s) will be the only location along the entire course where participants may receive assistance from their support crew. Receiving assistance from a support crew, or any other non-participant, at any other point along the route will result in immediate disqualification from the event. NO EXCEPTIONS.
4. Participants may help other participants with mechanical support, navigational assistance or by any other means.
5. Each participant must have present at the event at least one support person to come get them should they need to abandon the event. WE WILL NOT COME GET YOU. YOU ARE RESPONSIBLE FOR YOU. If you break down on course you will need to call someone to come get you. Many areas on the course have little or no cell reception, therefore you may be walking to the nearest spot with cell reception. We will mark areas on your cue sheet, that have good cell reception! We will have a sag person that may be able to get you to the nearest checkpoint, but from there you will need to call your support person to come and get you!
6. A support service, Ridge Rider Rescue, is available for purchase at registration if you do not have your own Support Crew. This service will provide someone to haul you back to town should you need to abandon the event. Keep in mind there is very limited cell service, so you may be waiting for several hours for the service to come and pick you up.
7. Support Crews/spectators are NOT allowed on course, except to pick up a rider who is abandoning the event. If a support crew vehicle is spotted on course for any other reason, their rider will be disqualified from the event. We do not want a bunch of vehicles driving the course and disrupting the tranquility of the event!!

9. Participants must wear a helmet while riding their bicycle.

10. Participants must obey all city, county and state laws, and “Rules of the Road”. There WILL NOT be anyone stopping traffic at intersections or road crossings. All riders must watch for and yield to traffic. The gravel roads in this area are sometimes used by logging trucks, or ranchers (these guys have never heard of a speed limit). We will try to make vehicles aware of the event, however riders need to be responsible by staying on the correct side of the gravel, and being careful in blind corners, etc. All riders must conduct themselves at all times in a manner that will not bring discredit to the event.

11. Please, please, please DO NOT LITTER!!!!

12. Suggested equipment for the day • Cycling computer • 2-3 Water Bottles and a hydration pack strongly recommended • Food-energy bars, gels, nuts, etc.. • At least two spare inner tubes (patch kit recommended) • Air pump or inflation system • A cell phone to contact the “outside world” should you need help. • A GPS system to communicate your exact location to support or rescue personnel in the event of an emergency. • Small rucksack / hydration pack • Waterproof / windproof jacket • Extra thermal top or warm layer to wear if stopped • An emergency / survival blanket • Tire levers • Chain tool • Allen wrench set • Spoke wrench • First aid kit • Butt butter • Chain lube!!! • A blinking light for visibility if needed

Safety Tips: Obey all rules of the road! This means riding to the right side of the gravel roads. Although these roads are very remote, there are logging trucks and ranchers that drive these roads, and often times come around blind corners very quickly! RIDERS NEED TO STAY TO THE RIGHT, or you are putting yourself at risk! When you are out riding in the Black Hills, the weather can be unpredictable and can change rapidly and without warning. Be prepared for wind, rain, etc. with the gear that you carry. Even on a mild day, it is possible to get cold very quickly if you have to stop to fix a mechanical problem or become injured. So always carry a waterproof / windproof jacket or thermal top. Maintain your bike so it doesn't let you down when you are at the farthest point from civilization.

AREA HOSPITALS We hope that no one will need this information, however in the unfortunate chance that you do, print this off and keep it in a safe place Black Hills Urgent Care, Spearfish 605-722-7777 Spearfish Regional Hospital 1316 10th St, Spearfish 605-644-4000 Lead-Deadwood Regional Hospital 61 Charles Stree