

**WARNING! The EVENT SPONSORS, ORGANIZERS, PROMOTERS, STAFF and anyone having anything to do with this event ARE NOT RESPONSIBLE for your safety or well being. We can not stress this strongly enough... YOU ARE RESPONSIBLE FOR YOU!**

## **Rules**

1. 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. This will be their primary means of navigation. (You can purchase a nice cue sheet holder from Banjo Brothers or get creative and make your own...a zip lock baggie and some zip ties work fine.) Race participants also have available a GPX of the course to download for their use, if they so choose. 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. A "Cut-Off" time will be established for reaching each checkpoint. 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 Mother Lode and Gold Rush riders, and approx. 8-9mph for the Gold Dust 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 Mother Lode and Gold Rush 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. All three courses will have water, Heed Sports Drink, and Hammer gels, available at mile 36, with a cut-off time of 10:30am for Gold Rush and 11am for Gold Dust Riders. The Gold Dust will also have a checkpoint at mile 47 at the Potato Station where water, Heed sports drink and gels will be available. The Gold Rush will have a checkpoint at mile 69 at Trailhead Lodge with a drop bag available (bags provided at packet pick-up), and food and drinks available for purchase, and a checkpoint at mile 85 at the Potato Station, where water, Heed sports drink, gels, and potatoes will be provided. The Mother Lode will have 4 checkpoints where water and food to purchase will be available: #1 Trailhead Lodge mile 69, #2 Mountain Meadows mile 123, #3 Moonshine Gulch Saloon mile 152, and #4 Trailhead Lodge mile 172. \*Note: there will also be water available at mile 36 for Mother Lode riders.

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! The Gold Rush and Mother Lode 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 is for racers who do not have their own support crew, and 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. Providing support to a rider while on course goes against the self-sufficiency spirit of this event. It is unfair to other participants, and therefore will not be allowed. We also do not want a bunch of vehicles driving the course and disrupting the tranquility of the event!! PLEASE RESPECT THIS RULE!!

8. Participants may not advance along the route by any means other than bicycle, or by foot. There will be no hitching rides. Participants may, in the case of an emergency, mechanical failure or other unforeseeable problem, be assisted by motorized transport but by accepting such motorized transport, you will be automatically disqualified from the event. If for any reason you abandon the race you MUST check in at the finish area to let the event organizers know you are no longer on course. EVERYONE must be accounted for at the end of the day! If you fail to start the race, for any reason, please let the chip timers know so you are accounted for! If you do not check in we may end up having to call your emergency contact # and we don't want to scare your mother or whomever you have listed as your emergency contact!

9. The primary route must be followed at all times. No short cuts or alternate routes are permitted. (The course may be altered by the promoters in the event of inclement weather, or other unforeseeable circumstance. Should this occur, participants will be sufficiently advised.)

10. Choice of bicycle type is up to each individual participant. This course is ideal for cyclocross bikes/"gravel grinders"....but hybrids, touring bikes, or 29"er hardtails, etc. are allowed. Just be aware that some thought and research should go into your final bike choice. The gravel roads can get pretty harsh in certain areas if we get rain, and although most of the course is nice smooth gravel, there are sections of rocky and rutted roads. Participants must start and complete the entire course on the same bicycle frame. All other components and equipment may be repaired or replaced during the event. Participants in the Single-Speed class must complete the entire event using the same gearing combination.

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

12. 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.

13. You are completely on your own. Use your head.

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

15. Each participant must carry with them (on their body, or on their bike) every item on this list. You will not be allowed to start the race without these supplies!

- 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
- Mother Lode riders will be required to have a blinking rear tail light, and

a head light of some sort. The race will be started with these lights ON. If you do not have them, you will not be allowed to start!

ADDITIONAL Supplies You Should SERIOUSLY Consider!

- 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!!!
- Cash, debit card or credit card. (To purchase food, water, supplies.)
- Handlebar Cue Sheet holder
- 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.

As a minimum, carry the items listed above, and more importantly, know how to use them.

If possible, ride in a small group so that if someone does get hurt, there are enough people to stay with the injured person while others go for help.

Keep eating and drinking regularly to maintain energy levels. Know the symptoms of dehydration and “hitting the wall” and act accordingly.

## **A WORD TO SUPPORT CREW PERSONNEL**

The only time you are allowed to be on the course is to pick up your rider if he or she decides to abandon the event. You are allowed to meet a rider at designated checkpoints. Here you may help your rider with mechanical issues, and supply with food, water or clothing. Maps and directions will be available to print prior to the race.

## **A WORD TO SPECTATORS**

Please stay off the course during the entire race. If you must spectate please do so only at the various checkpoints.

## **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 Street  
605-722-6101