



Updated 12/9/2011

## Hampshire 100 Race Rules & Pointers



**NOTE:** This document will be updated throughout the period leading up to race day. Also expect posting of a racer's course guide in the spring once the current year's course is finalized.

*Welcome to the sixth annual Hampshire 100. We hope you find the event challenging, yet pleasurable, safe, and fair. To further these goals, please read and heed all information here. You will be held responsible for all information listed.*

*Enjoy the ride!*

- 🚲 **Rules of Racing (located at the end of this document) - all EFTA Rules of Racing apply. These rules address areas such as required safety equipment (including a helmet!), trail race etiquette, self-sufficiency, and unsportsmanlike conduct.**
- 🚲 **Littering the course is a violation of the EFTA 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 feed station. The future of the event depends on participants showing the utmost respect for the land they are allowed to travel on.**
- 🚲 **Only registered racers are allowed to ride the course. Spectators on foot are allowed but must stay off the trail when racers are present.**
- 🚲 **In consideration of significant and numerous safety issues, the use of electronic music players, radio communication devices, cell phones, and similar items is prohibited for mounted riders on course. Devices may be used while rider is dismounted and off the direct travel path of fellow competitors and vehicular traffic. (The preceding prohibition does not apply to usage of routine bicycle computers or GPS systems.)**
- 🚲 **Since much of the course exists due to permission of private and restricted public landowners, we cannot allow pre-riding or post-event riding. Riding on restricted access trails on other than race day will jeopardize this event.**
- 🚲 **Course sweeps will follow the racers, ensuring no participants are left on the course.**
- 🚲 **SAG wagons will be circulating throughout the day. If you discover you need one, flag one down, or let a volunteer at a feed station or crossing call one in for you.**
- 🚲 **If you cannot finish the course, DO NOT JUST PACK UP AND LEAVE WITH YOUR FRIENDS OR FAMILY! We need to account for all racers by the end of the day, so ALWAYS LET A RACE OFFICIAL KNOW IF YOU ARE NOT GOING TO FINISH. This can be done by telling a feed station volunteer, a SAG driver, a course marshal, the timer, or an official at the venue your name and race number.**

- ⌘ **This course intersects with many public roads (although some could be rightfully questioned as to how vehicles could pass on them!) These roads will not be closed to vehicular traffic during the event; therefore normal rules of the road will apply. There will be course marshals and police officers to assist at many road crossings. Let them help you cross safely. You must follow their directives. If no marshal is present, cross with caution and adherence to all traffic laws.**
- ⌘ **There will be marshals noting racer numbers and order of passing at certain checkpoints.**
- ⌘ **Full feed stations, staffed by volunteers, will be positioned at approximate 10-mile intervals. Items provided at these locations will include water, sport drinks, bananas, grapes, peanut butter & jelly sandwiches, chips, pretzels, fig newtons, and other snack foods. No one has ever claimed to go hungry on course! Locations are marked on the route sheet in blue highlight. In-between the full feed stations, you will find self-serve water stops, most located on the second half of the course. Locations are indicated on the route sheet by light green highlight. These stops are intended to provide emergency provisions of water, sports drink, and an energy gel or such. They are stocked only once, and are not intended as routine “top-off” stops. More fluids will be stocked here than in the past, but again, they will not be monitored for restocking needs.**
- ⌘ **Check-in --- All racers are expected to pick up their racer packet on Saturday, August 18th, between the hours of 2 – 9 PM, at the start/finish venue. Participants must pick up their own packets. Photo ID is required. If you are under the age of 18, a parent or legal guardian must also be present. As in the past, there will be an opportunity for Sunday morning pick-up for those that cannot get to the venue on Saturday without undue hardship. This is packet pick-up only. No new registrations will be allowed on Sunday morning.**
- ⌘ **Course maps and route sheets will be provided at check-in.**
- ⌘ **A mandatory racer meeting will be held 6:15 AM on Sunday, August 19th. All racers must report to the attendance official before the meeting.**
- ⌘ **Race start will be in waves, starting with the 100 mile classes at 6:45 AM. All should be on the course by approximately 7:00 AM.**
- ⌘ **Complimentary breakfast munchies of juice, coffee, bagels, donuts, & fruit will be available to race participants before the start of the race.**
- ⌘ **Drop bags of items you shed along the way are okay. Drop bags of excess clothes/items will be received at any aid station, and will be transported back to the venue. BUT--- it is your responsibility to pick them up at the start/finish venue. No mailings or shipments will be made of items left behind at the end of the day. Nor will we be responsible for any lost items. We recommend you carry a pre-labeled plastic bag for use in drop offs during the day.**
- ⌘ **There will be a limited service of delivery bags to feed stations on the course. Two of the feed stations will be identified as receivers of pre-bagged items by racers (At estimated course mileage of 25 and 47). The 100 Milers will also have an opportunity for an additional drop bag area at the lap point (mile 62+). Boxes will be set up at check-in to receive any racer bags. All bags will need to well labeled and be in the boxes by 6:00 AM on Sunday morning. These bags will be delivered race day to the designated feed station for racer use.**

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- ⌘ **There will be a posted time limit for this race. The preliminary limit requires all racers to be off the course by 6:30 PM. (This limit will be adjusted once the course route is finalized in the spring.) There will be posted cutoff times at each of the feed stations. If any competitor arrives at a feed station after its established closing time, they will not be allowed to continue and will be returned to the venue via SAG wagon.**
- ⌘ **A complimentary post-race meal will be served to race participants. Additional concessions will be available for sale throughout Sunday to spectators, family, and friends.**
- ⌘ **Concessions will also be available for sale Saturday evening. Last year, in addition to simple sandwiches and beverages, a pasta and green salad meal was available at a really reasonable price on Saturday (\$5!). This year's menu and price should be similar.**
- ⌘ **Preliminary results will be posted at the venue throughout the day. All racers are responsible for checking their results at the venue as to proper class and placement. Once the protest period for each ability level is over, the results become final.**
- ⌘ **Awards will be made throughout the day, as each ability level completes the course and has been allowed at least a fifteen-minute protest period.**
- ⌘ **Prizing will include unique H100 medals to top 3 in each class, as well as special recognition for fastest 3 in each ability category. 100 Milers and Elites will also be competing for a cash purse.**
- ⌘ **For those who take advantage of the complimentary camping at the venue, please note---**
  - **Campsites will be assigned starting at 2 PM on Saturday.**
  - **No pets**
  - **No alcoholic beverages allowed**
  - **Quiet time starts at 10 PM – strictly enforced**
  - **No individual campfires allowed**
  - **Camping allowed only for Saturday night**
  - **Campsites may remain in place until after completion of the event. No need to pack it up at 6 AM before the start of the race.**
  - **Please use trash receptacles**
  - **Port-a-potties available – use them, not the woods, please**
  - **Water available from spigot**
  - **No RV or electric hookups available**
  - **Concessions will be available for sale on Saturday evening and throughout Sunday**
  - **This is a town park, so there is a play area for children**
  - **There is a state park, with a swimming beach, directly across the street. Family and friends may wish to visit (while you sweat and toil on the course). Fee is charged by the state.**
- ⌘ **An event of this size can always use additional volunteers. If you know someone who is willing to donate a few hours of time on race day, please have them contact the Event Director, [hampshire100@comcast.net](mailto:hampshire100@comcast.net)**

*Thank you for your support of this event. Beneficiary again this year is Crotched Mountain Rehabilitation Center, which is dedicated to serving individuals with disabilities and their families. Visit [www.crotchedmountain.org](http://www.crotchedmountain.org) for more information on this charitable organization.*

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## **EFTA RULES OF RACING**

**(extracts from membership handbook)**

### **5.0 Equipment Requirements**

- 5.1 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).
- 5.2 Footgear shall be fully enclosed.
- 5.3 All bicycles shall have at least two brakes that are in good working order.
- 5.4 Bar ends and handlebar extensions shall be plugged and shall not have any sharp or jagged edges.
- 5.5 Eye protection is strongly recommended.

### **6.0 Racing Regulations**

- 6.1 Racers shall complete the entire event, and complete it on the same bicycle upon which the event was begun.
- 6.2 All repairs during the event shall be performed by the individual racer and/or fellow competitors only. No other outside help or assistance is permitted.
- 6.3 All spare parts and tools shall be carried by the participants, while on course. Cannibalizing other bikes or obtaining spare parts from a pit area or the like is not permitted.
- 6.4 Water shall be available to anyone from anyone at any point along the course as long as rider safety is not threatened. The event will provide a neutral water zone for any race exceeding 60 minutes in length. Official water zones must be accessible and publicized before each race.
- 6.5 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.
- 6.6 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.
- 6.7 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.
- 6.8 Shortcutting and/or cutting trail switchbacks shall result in disqualification.
- 6.9 Unsportsmanlike behavior and/or the use of profane language are grounds for warning, relegation, disqualification or recommended membership suspension. The penalty imposed shall be determined by the race official or race director.
- 6.10 All local laws, rules and ordinances shall be observed during the participation in any event.
- 6.11 A racer may be suspended from EFTA for up to two years for damaging or destroying public and/or private property.
- 6.12 Practicing racers may not interfere in any way with racers competing in the event.
- 6.13 The use of electronic music players, radio communication devices, cell phones, and similar items is prohibited for mounted riders at any EFTA sanctioned event. Devices may be used while rider is dismounted and off the direct travel path of fellow competitors. (The preceding prohibition does not apply to usage of routine bicycle computers or GPS systems.)

### **7.0 Protests**

- 7.1 Protests can be made by any registered race participant or EFTA member. The participant shall file the protest in writing with the race official, or the race director in the absence of a race official. The protest period is immediately following the race and up to 15 minutes following the posting of the complete results for his/her class.
- 7.2 An EFTA official (or race director in the absence of an official) will be permitted to make the final decision regarding an occurrence at an event not addressed in the EFTA Handbook. If the race official can not make a suitable decision for a given protest, the Competition Committee will be called to session and their decision will be final.
- 7.3 All result 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.