

Alsea Falls Switchback 6 hrs

Sunday August 5th, 2012

Welcome,

First off thank you for considering this event and or signing up for a solo spot or duo. Each lap is 1:15-1:40 for most riders so plan accordingly as you will be having fun!

This event is under Special Event Permit from the BLM in Salem Oregon and is limited to a total of 150 people on the course at one time.

Please remember that once you are entered all monies are non-refundable for any reason subject to the refund policy. In case of Natural Disaster or the Mayan calendar prediction occurring earlier we will gladly return a portion of your entry fee.

Also remember that this location is remote and if you go down hard it will take a bit of time to get to you.....so do not go down hard!

Here's the package :

- Mechanical Support
- Full BBQ after the event for all pre-registered
- Team Pits
- Great beer from [Deschutes Brewery](#) to give away to make the pain go away and to celebrate your accomplishments (over 21 please)
- Custom awards 3 deep per category
- \$500.00 overall in Cash minimum most laps Duo and Solo
- Free Race Photo downloads from [OregonVelo.com](#) of you racing - Great Photography

What is Mandatory

- 1. Team Meeting at 9am and role call for the Team Captain and Co-captain (better for more than 1 set of ears to hear the instructions)**
- 2. Race Starts at 10am, Day of Registration is 8-9am if available**

- 3. 150 maximum allowed**
- 4. First rider must sign in prior to starting from 8am until 9:30am. These will be organized by Team name or name of solo rider.**
- 5. First rider will start at 10am with a lemans start and the Team Baton. 200 Meter run Yes you can place your cycling shoes next to your bike and start with running shoes (not a bad choice) Things will thin out quickly on the climb after a lap things will really separate on the Climbs**
- 6. The Finish line will be same as the transition area In addition we will have this area fenced off so if you are spectating please do not be in the way of the timing area. We want to effectively time and track you.**
- 7. Do not litter on the course, its 1.5 hrs so please unload your used gels in the aide station area past the manual timing tent.**

- 8. Camping will be allowed at the Alsea Falls area until space is gone. This is very limited**
- 9. LOCK DOWN will occur (sounds harsh) after 9:30 am Sunday for Team Pits and no Cars will be allowed in or out. The pits are on part of the course so if you come after 9:30 this area will not allow any more cars and you must park on the outside of the course.**

More info

The Course

The Course is a mix of old logging road gravel and paved climbs with Singletrack downhills

Each lap is 1900 ft of Climbing and 10 miles. The course is shaded and a few climbs are quite steep. The descents are really fun and will keep you on your game

Turn by Turn Directions

Eugene 1.5 hr drive

PDX 2.75

Bend 3.25

Proceed to HWY 99 from I-5 and HWY 34 (Corvallis) or Beltline to HWY 99

Eugene

From Monroe

Turn at the Alpine Cutoff or Alpine RD (Both lead to Alpine) then West to Alesa Falls (Note, Alpine Rd turns into BLM South Fork Rd and is paved and curvy) Be Carefull!

Lap Times: Course was design for a fast Pro to do a lap in 1 hr and fade as the day rolls along. Average Lap times will be 1hr 15 min to 2 hrs

Contact

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Timing

OBRA will be on hand to check you each lap

Aide Stations and Medical Services

Basic Medical support will be located on site. If you need a lot more than a bandage we reserve the right to send you to the hospital or call 911, so ride safe. Eugene MTN rescue will be on hand and the tent will be Red and will be signed.

Food at the Aide Stations will be and are not limited to the following:

Hammer Nutrition (HEED, Perpetuem, FIZZ)

PB and Jam and some other basic foods.

Waivers: Please do not send in ahead of time as team mates change. Fill out one and bring it to packet pickup please

Refund Policy

50% until May 1st

25% by June 1st

None after

Race Start and Finish

The Race will start with a lemans start at 10am Sunday 8/5 and finish at 4pm The last rider allowed to start a lap will be at 3:59pm. Every lap counts so if you get back prior to the gun sounding at 4pm get going on another lap if it = staying ahead.

Your Baton

Each Team will be issued your team Baton with your team name and number and is responsible for keeping this on each lap and handing it to the next person to wear for manual tracking of your team. Each baton will have your team number on it and if you lose it on a lap you will be assessed a 5 minute penalty and have to wait to have a new one produced before your teammate can leave. SO do not lose it!

The Flow of the finish line

Each hard plastic plate will have your individual number on it corresponded to your particular team that laps are being accumulated. After rolling across you will need to dismount (mandatory) under the limbo bar and go through the manual timing tent to record your plate and show your baton to the Judge. Make sure to communicate and if you are going back out on the course (" Going back out") please let them know this. If you are exchanging your baton with another teammate just check in and go out and give your baton to the next person racing outside of the finish area. NO need for the rider leaving on the next lap to come in the tent to check in.

The announcer will announce rider numbers as they come across the line. Please know your teammates numbers!

In some cases during the band or other times please pay attention and do not rely on use calling out "every name and number"

When your race is finished

Everyone can race as long as they want or 6 hrs at least, if you do stop racing prior 3pm and do not go back out please inform the manual timing crew that this is the case. Everyone has the option to continue to go out on laps until the gun sounds at 4pm

Results

Results will be posted every 2 hrs. Any protests must be taken to the manual tent in the form of a written protest. Forms will be available at my trailer. In addition

please track your laps, you know your team better than we do in most cases. Another word of advice: Do not assume because you have a big lead you are going to win or place. Last year a team rested the fastest person during the night and came back to take over the lead from a team who thought they had enough of a cushion. **Final Awards at 5:30pm**

Results Extra

Results will be based on most laps completed and the time finished on that lap

Team A finishes in 5:50 with 4 laps

Team B finishes in 6:10 with 4 laps

Who wins? Team A

Now its great that at least Team B finished with the same # of laps and that's half the battle late in the game. What Team A was risking by not going out again is Team B coming across prior to 5:59 and then having to go out again, this could happen so know your lead.

Technically if Team A kept on going then they would of finished with 5 laps and maybe a time of 7 hrs but still would have won either way.

Finish Line Meal

The Final Meal is included for racers in their entry fee and will be provided for all pre-registered. Extra Burgers are 5.00

Beer and festivities

Deschutes Brewery, the best in the nation as far as my opinion, and so supportive of cycling in the community will be providing great beer.

What to bring

- Extra tubes, chains, brake pads, cables, derailleur, Tire
- Full suspension is always nice but not necessary but is nice with all the roots and bumps
- Special food - pack your cooler with the secret race fuel.
- Sunscreen
- Please bring your matt for Bike Repair, Bike Stand, Cooler with Food, Water (we will have 600+ Gallons, but being self sufficient is nice) Extra Set of racing gear, extra socks, gloves, base layers, sunscreen, bug spray (sometimes necessary)

Be prepared for 80 degree day temps and hydrate well

Rules

An ultra endurance race is held under the General Rules and Regulations of OBRA.

18.7.2 Race Bible

The Organizer, under the supervision of an OBRA Representative and/or the Chief Referee, shall prepare a complete set of race regulations (the race bible) that specify how each ultra endurance race will be conducted.

18.7.3 Definitions

18.7.3(a) Le Mans start -- a start where racers run to their bicycles. The run should not be more than 200 meters. It is not recommended for the run to go downhill.

18.7.3(b) Log Tent- Tent where racers log in and log out, hand the baton to the registrar, and cancel laps.

18.7.3 (c) Transition area- area where riders completing a lap are exiting the course and riders starting a lap are entering the course.

The Log Tent is located adjacent the transition area.

18.7.3(d) Team- a racing entity comprising of one or more racers

18.7.4 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.

The team captain and/or co-captain must attend the pre-race meeting.

18.7.5 Technical Assistance/Feed Zones

Ultra endurance races will designate an area for technical assistance. This area may be the expo area, the camping grounds, the hotel area or any area that is large enough to accommodate all teams equally. Each team is permitted to have only one area. This pit area must be set up in the designated area. In the team's technical assistance area, a racer may accept support from anyone. Only team members and race workers are allowed in the Log Tent / Transition areas while the race is being conducted.

18.7.6 Assistance on Course

On the course racers may only receive mechanical assistance from another registered racer. A rider providing assistance to another rider must have entered the course under their own power, either on foot or on a bicycle. Short-cutting the course is not allowed. Notwithstanding 18.4.3(c) and 18.5, any rider who has entered the course in support of another may bring equipment and tools and may even swap bikes with the rider in need of support. The cannibalizing of bikes is permitted in ultra endurance racing.

18.7.7 Hand-ups/Feeds

Water and food (hand ups) may be supplied to a racer, by anyone, anywhere on the course. Both the racer and persons providing a hand up must stay well clear of the course during the hand up, so as not to impede another racer.

18.7.8 Riding on Course

Only officially registered racers, credentialed media and event staff may ride on the designated race course during the event.

18.7.9 Log-in

All solo competitors and the first racer for each team must log-in at the Log Tent at least 5 minutes prior to the start of the race. Batons will be handed out upon log-in if utilized or timing chips or another approved method approved by the Chief Referee. Starting racers must have their bikes pre-positioned in the Start/Finish area. The event will use a Le-Mans style start.

18.7.10 Batons

Racers must log-in and log-out on each lap at the Log Tent. The team baton or scoring device must be passed from the racer logging out to the Registrar, who records the log-out time. The log-out time of the first racer automatically becomes the log-in time of the next racer logging-in regardless of whether or not there is a racer ready to log-in.

18.7.11 Plates

Racers must display their official bike handlebar number plate 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.

18.7.12 Consecutive Laps

To ride a consecutive lap, the racer must log-out from the first lap by passing the baton to the Registrar. After the Registrar has recorded the log-out time for the first lap, and the log-in time for the consecutive lap the racer will receive the baton back from the Registrar. If this procedure is not followed, only one lap will be counted. Solo racers must comply with this procedure to record each and every lap.

18.7.13 Loss of Baton

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.

18.7.14 Lighting

Racers entering the course two hours before sunset and up to one-half hour before sunrise must have both primary and secondary light sources installed and in good working order. The primary light source must have a minimum rated power of 10 watts or more and be able to sustain this charge for 2 hrs. The secondary or backup light source may be in the form of a penlight, flashlight or other lighting system, preferably a helmet light or bar mounted light source.

18.7.15 Lap Cancellation

Once on course, a racer is expected to complete the lap. However, the team has the option of canceling a racer's lap and restarting the lap from the Log Tent with a substitute, should the first racer be unable to complete the lap for any reason, including injury. Any team member can cancel a racer's lap by notifying the team's Registrar at the Log 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. However, the team's original baton must be returned to the registrar. 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.

18.7.16 Placing

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. The last racer for each team must be logged in before the end of the last hour in order for the lap to be counted. Teams electing to stop racing before the end of the last hour must inform the registrar of that decision. Once the registrar has been informed of a team's decision to retire from the race, no more laps will be recorded.

18.7.17 Calling the Race

In the case of catastrophic failure due to weather or another extenuating circumstance that prevents the ongoing scoring of

the event or creates a racing environment that is deemed too dangerous for the participants, the race may be called 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, only in the most dire of 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.

18.7.18 Ghost Rider

In the event that a racer stops to assist in the care of a seriously injured fellow racer which requires an EMS response, Ghost Rider procedures will be implemented. The EMS personnel will radio to the Log Tent the name and number of the assisting racer. Race staff will then inform the team of the assisting racer to prepare the next rider on their team. That rider will be allowed to start his lap based on the assisting racer's "ghost rider" lap time which will be based on the fastest of either the assisting rider's average lap time or the team's average lap time.

18.7.19 Quiet Hours

Quiet hours will be imposed from midnight until 8 a.m. During this time, noise must be kept to a minimum.

18.7.20 One Lap Requirement

Every team member must complete one lap except in the case of a report of occurrence (confirmation of an injury)

Feel free to e-mail me with questions and thank you for entering

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