

2023 RACE BIBLE



EVERYTHING YOU NEED TO KNOW TO HAVE A GREAT RACE ARE YOU READY?

Please read this ahead of time, so when you get here you can just relax, kick back and throw down on the course. Many details have changed with the new course and addition of a 12-hour Category.

RACE RULES!

We start the bible with these so they are front and center in your mind as you prepare for the race.

#1 - Don't be a jerk. Be kind and smile to volunteers, staff, and your fellow riders. We do not tolerate mean people.

Venue Rules

- No ATV's or moto's allowed in the venue. Leave these at home.
- Only above ground fires (wood or propane)
- Pack in and pack out your trash
- Dog's must be on a leash
- No kids or dogs near the transition tent
- Treat center food is only for racers. You can't bring pie back for your wife and kids.

Racing Rules

- Only single person, human powered mountain bikes are allowed. **No Ebikes, Drop bars, or tandems are allowed in this event.**

- No Short cutting. If you have a mechanical or are injured do not go through the transition tent. Notify an official that you are substituting a rider. That rider may take the fastest route to the point that the rider left the course and finish that lap.
- No Riding through the exchange tent. Dismount, slowly and walk to check in for your lap.
- You may pass the baton anywhere on course. Once a rider finishes a lap the next one starts. The person finishing a lap just needs the baton in hand during transition.
- You must have lights mounted for any lap starting at 6 pm or later.
- ALWAYS announcing if you are passing. There are places where it is just not possible to pass. Be patient. If you are being passed, signal to the approaching rider when it is safe.
- All riders (except corporate team members) must complete 1 night lap for their standing. You can not podium if a rider on the team missed riding at night.

IS YOUR TEAM COMPLETE?

If you check the roster only teams with all members registered are considered complete.

Registration closes 11/2/22. You may add teammates on Friday ONLY at Packet Pick up

If you need to make changes you have several options. All changes are subject to a \$10 change fee at this point. Changing Team category or substituting a rider.

PACKET PICK -UP

Team Captains may pick up all packets as long as all waivers have been signed. Make sure you have all the waivers for your corporate teams and minors. Everyone else should have signed a waiver online. (Waivers attached to the email)

If you purchased merchandise, you may come and pick that up yourself at the Official Store. All items will be in the purchased store area.

Every racer gets a beanie hat or gloves, Swag bag with samples from SYAN's NO Tubes, and Floyd's of Leadville, a sticker, number plate, and food voucher.

SCHEDULE

Thursday 2 pm Venue opens

Friday 2 pm - 8 pm packet pick-up

Saturday packet pick-up 7:00 am -9:30 am

Saturday Race will start at 10 am

Saturday 9:59:59 pm last 12-hour racer goes out.

Sunday 9:59:59 am last 25 hours racer goes out

Sunday 10:30- 12:30 Music and Award Ceremony

VENUE SUPPORT.

FOOD TRUCKS

We will have three food vendors on-site Friday – Sunday and will remain open most of the night. Each participant will get a \$7 voucher for 1 free meal during the race.

- [The Corn Dog Company serves](#) corn dogs and classic dogs. A great refueling race food
- [Hooked-on Bowls](#) serve Japanese-style noodle bowls with your choice of protein and sauce.
- [Chicharos Tacos](#) will serve a variety of Mexican foods, from traditional street tacos to breakfast burritos and more.

TREAT CENTER

The **Treat Center** is below to the transition tent during the race and will be supported by **Ranger RV Campground** and **CarboRocket**. They will have hydration samples, and race nutrition during the day. After dark the real treats come out... Stay up for **Mid-night pie and homemade sweetbreads**. Only for the hardy all night racers. The best flavors go first so we recommend getting in line at midnight.



NUETRAL CHARGING, RENTAL, & SALES

Neutral Charging for all brands of lights. Drop your lights off to get charged for your next lap beginning at 4 pm next the tower light in the Vendor Area.



Outbound Lighting & Light & Motion

Rental Lights by will be available at the Packet Pick -up Center. Please check them out when you get your packet and return to the same tent Sunday Morning

NUETRAL MECHANIC SUPPORT AND SALES

- Neutral Maintenance by Velofix Ogden- Friday thru Sunday
- They will also have a small supply of bike parts and accessories for sale if you are needing more than a quick adjustment and some air.

Travis Van Dongen 801-915-2901



- First Aid Services and neutral mechanic support is on-course support during the race.



Pre-race jitters? Post-race anger? Head down to Smash Labs Rage Rooms and Axe Throwing. Located in St. George at 175w 900s. You can book online at www.smashlabs.biz or call 435-359-2214. Use code froggy23 for a 20% discount. Valid 11/2 thru 11/10.

THE WEATHER

It is going to be a pretty normal for 202. Thursday will be rainy, but Friday - Sunday should see highs around 72 degrees. Overnight temperatures of 40-45. Please be prepared for all weather conditions. As we have seen in the past, freak storms can hit the venue without warning.

FIRES

Be responsible with your fire

1. We highly encourage you to bring a propane driven heating source. These are easily shut off in the case of winds and they do not leave hot ash and coals behind.

2. If you would like a wood-burning fire you **MUST** have an enclosed above-ground fire pit or chiminea. You Must plan to put out all ashes and pack them out of the venue at the end of the race, and you may only burn wood on Saturday during the race.
3. We will have 5 official burn barrels and 3 heaters on course and at the exchange, tent to keep you warm while you are riding.
4. If wind picks up, extinguish your fire immediately.

ARRIVING AT THE VENUE.

You can find complete directions on the web - [venue](#)

VERY IMPORTANT!!! If you arrive Thursday or Friday, **please** enter Sheepbridge Road via Hurricane (SR59) then proceed to the check-in stand before parking to camp.

(Exception – if you have a 25' or longer trailer, we understand that there is a very narrow section of road that might be tricky. So come in anytime via SR 9)

If you are entering via Virgin City please drive VERY SLOWLY past the homes. The dust is very bad.

If you are arriving Saturday morning, please enter via the Virgin (hwy 9) side.

CAMPING and PARKING

Every car /RV must have a vehicle pass.

Pre-purchased passes have been emailed. If you did not receive yours, check spam. Otherwise, make sure you check in with security and they will give you a replacement pass.

If you still need a pass, be prepared with a credit card, cash or Venmo (@groraces) to get one at the gate. You can purchase on Venmo with the note FH25 Parking and just show it to security to save time. It is 10\$ for a car and 25\$ for an RV. Please carpool. This fee offset the road watering to keep dust down.

If you purchased a Prime Reserved Spot, you will look for the sign with your assigned number. If you did not get an assigned spot, there is plenty of space for first come first serve. Our security can help point you to open areas. We are a full house this year, so plan to snuggle in tightly and get to know your fellow racer neighbors.

SUPPLY LIST

You will need a lot of water, ice, sunscreen, and lip balm because it is dry and dusty.

Bring at least two sets of light and chargers

Bring lightweight clothing layers for the changing temps

Bring a headlamp for walking around camp.

Bring your costume

We love kids and dogs, but if you bring them make sure your dogs are on a leash and your kids are supervised at all times. No kids or dogs are allowed in the exchange tent area, and please keep them out of the way of racers.

FROG TOWN STORE

We have some great branded items for sale during the event. Club ride jersey and flannel shirts, Giordana MTB and Standard jerseys, t-shirts, beanie hats, hoodies, and custom gator style masks



RACER MEETING

The racer meeting will be held at the Podium area at 9:30 AM. On Saturday morning.

THE START

This Race has a La Mans style start. Racers will line their bikes just past the transition tent and run to them from the starting line. We will do a rolling wave start based on your category. Please make sure you line up with your group to be fair.

We will ask everyone to be lined up by 9:50 – Stay distanced until the 2-minute mark. The first group will move to a tight gathering at the start time then go. As soon as that group has all left the next group will be called up, and so forth. The start will be as follows

10:00 All 4 & 5 & Duo Person Teams

10:03 All Corporate Teams & Solo racers 25 & 12

TIMING AND TEAMS

You are chip timed. Your chip is linked to your team. Your chip is on the back of your number plate.

- Team transitions are done using a baton given at packet-pick-up.
- You MUST dismount, and walk through the transition tent single file.
- DO NOT go over the timing mat or through the transition tent during a practice lap.
- DO NOT linger near the timing mat
- Teams Check in with the official Only team riders need to do this. Show them your baton and give them your team name. Then you can proceed to pass off the baton to the next racer outside the tent. Upcoming racers cannot enter the transition area before their lap.
- At night waiting riders may enter the tent. There will be a heater and chairs for those waiting.
- 12 Hour racers can go out up to the 10th hour or until 9:59 pm Saturday night. If you make it out your last lap will count regardless of how long it takes you.
- 25 hour races can go out up to the 25th hour or until 9:59 am Sunday morning. If you make it out your last lap will count regardless of how long it takes you.
- You do not have to race all 25 hours if you are winning or just done. The only DNF's we give are for cheating or bad sportsmanship. If you think you have enough laps to win that is your call and you can take a nap.
- We have live tracking available during the race. Put these links on your phone and share it with friends. The live tracking tab shows once the race starts. We have great 4G at the venue so you should be able to check progress in your own tent.
 - [LIVE TRACKING AND TIMING](#)
- We will have QR codes at the venue for you to check your standing and live tracking on your person device during the race.

- If you have any concerns about your time, do not ask the people recording the time. There will be a PROTEST PAD in the Waiting area to check times and leave notes. We will address them promptly and all issues will be resolved before the award ceremony.

THE COURSE

The course is pre-marked and signs will go in on Wednesday. Conditions are very good considering how dry it has been. The Jem drop is dusty but there are no big ruts or problems. If you walk it, be aware that the dust can be slippery. The dust may also cause visibility problems at night. Consider bringing clear night glasses and possibly a buff.

Keep in mind that there are course changes this year. Only the first lap will start on the road. After that you will take new single track and head up the lower Jem to the mid bathrooms and on to the climb. We also do not have use of the "Brick Yard" this year. About ¼ of a mile is owned by The Nature Conservancy and we do not have a permit to use it. Instead, you will circle back up the Dam Road to Crypto Bionic and connect to the rim on a connector trail.

The map on TrailForks may be incorrect. We have altered it numerous times and it continues to default to the old route.

Instead, we have new courses for you to view and download a GPX to your device here [DOWNLOAD COURSE](#)

AWARDS

Bring a costume! We have lots of fun prizes from Handups and Outbound Lighting , to award our favorite costumes and team names!



Awards are at 11:30 am on Sunday morning. We award 5 deep for Solo, Duo Teams.

We award to 3rd place 4 person, 5 person and Corporate!

Last Minute Needs

If you find yourself in need of supplies as your rolling into town, check out our sponsor shop
OTE Hurricane . 76 E 100 S, Hurricane, UT 84737 435-635-5455

OK LET'S GET READY TO HAVE THE TIME OF YOUR LIFE

THANKS TO OUR SPONSORS

#Outboundlighting

#velopfixogden

#handupgloves

#Giordana

#Pit Viper

#OvertheEdgeHurricane

#Clubride Apparel

#Kuhl Active Wear

#Light and Motion

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