

BROKEN RECORD

3 & 6 HR MTB CHALLENGE

Welcome to this 2nd annual mountain bike lap race being held at Kershaw-Ryan State Park in Caliente, Nv, the Broken Record 3 & 6 Hr MTB Challenge. This 6.5 mile circuit will be held on the single-track mountain bike trail system at the top of Kershaw Canyon.

IMPORTANT DATES & INFORMATION

This race guide contains important participant information. Each participant is responsible with becoming familiar with everything contained in this packet and to know all significant information. The race guide is subject to change and will be final the week before the race.

RACE DIRECTOR: Kristal Romans – email: rockyroadadventures@yahoo.com

Event Date: *May 14th, 2022*

EVENTS & CATEGORIES

3-Hour: Youth, Female Open, Male Open

6-Hour: Youth, Female Open, Male Open

Youth class is 17 & Under, parent/guardian must be present at all times will youth rider is competing.

ENTRY FEES & DEADLINES

3-Hour: Youth \$25, Open \$50 - Start 9 am

6-Hour: Youth \$35, Open \$70 - Start 7 am

Online Registration Closes May12th, 2022 at end of day.

Race Day Registration will be held from 6-6:30am and there will be an additional fee of \$5.

Race Day registration, cash only!

PRIZES & SWAG: Awards will be given to the Overall Male & Overall Female in each distance in the Open Category & also to the top Youth in each distance. Registered riders will receive a custom race towel & hat pin. And of course, a custom race medal to all finishing riders.

There will also be a few fun awards given to the "Oldest Rider", "Youngest Rider", "Funnest Rider", "Hard Luck Rider", "Dog Tired Rider", and "Furthest Traveled Rider". Funnest, Hard Luck, & Dog Tired will be voted on by all you riders, so please pay attention while you pedal your hearts out, ahaha.

COURSE: The course will start at the at Caliente Tower Rd Trailhead and run counter clockwise. The course is 6.5 miles and all single-track bike trails with a few dirt road crossings. The course starts at 5,187 ft with approximately 790 ft elevation gain and 793 ft elevation loss.

WAIVERS

Each rider/participant must complete a waiver before starting race. The online registration requires all registrants to sign waiver before checking out.

Printable Waivers Available Here [Broken Record MTB Challenge WAIVER](#)

VENUE & PARKING

The race will be held on Kershaw-Ryan's state property but not within the state park. The race start will be at the top of Kershaw Canyon just off of Caliente Tower Rd. Please refer to the website event page and view course map.

Please see Rocky Road Adventures website for directions to start / finish.

For Parking, please refer to the course map on website event page.

SCHEDULE

Schedule for Packet Pick-Up Coming Soon...

6-6:30am Check-In & Sign-Ups

6:40 am Mandatory Pre-Race Meeting for 6-Hour'ers At Start

7:00 am 6-Hour Race Start

8:40 am Mandatory Pre-Race Meeting for 3-Hour'ers At Start

9:00 am 3-Hour Race Start

12:00 pm 3-Hour Race Ends – No more riders can go back out onto the course

1:00 pm 6-Hour Race Ends - No more riders can go back out onto the course

1:30 pm Awards Ceremony for both distances and categories

*Schedule subject to change

MEETING 15/20 MIN BEFORE RACE START

A brief informational meeting will be held during check-in to go over any safety issues, course concerns, location of aid stations, aid station check in requirements, and answer any questions.

COURSE RULES

Many of these rules follow the principles of LEAVE NO TRACE. You should know and practice these principles outside of the race, whenever you are on the trails.

Take Nothing Take nothing but photos. Leave natural or historic objects as you find them, this includes wildflowers and native grasses. Removing or collecting trail markers is serious vandalism that puts others at risk.

Leave Nothing No littering. Leave nothing but footprints or tire prints. Pack out at least as much as you pack in. Gel wrappers with their little torn-off tops and old water bottles don't have a place on the trail. Consider wearing apparel with pockets that zip or a hydration pack that has a place to secure litter you find on the trail. Any runners who are reported to have damaged private or public property or to have littered or defecated on the course will be disqualified and will not be invited back. Toilets and limited trash cans will be provided at start, throughout race, and finish line.

Stay on the Trail Run or bike only on designated trail surfaces. Cutting switchbacks or running next to the trail increases our footprint on the natural environment. When multiple trails exist, run or bike on the one that is the most worn. No cutting the course. Call out "on your left" when trying to overtake another runner and allow other runners to pass you.

Run Over Obstacles Run or bike single file in the middle of a trail, even when laden with a fresh blanket of snow or mud. Go through puddles and not around them. Running or riding around mud, rocks, or downed tree limbs widens trails, impacts vegetation, and causes further and unnecessary erosion. Use caution when going over obstacles, but challenge yourself by staying in the middle of the trail.

No Dogs No dogs on the course.

RACE RULES

Violations of rules listed in the Trail Guide will be reviewed by the Race Director. Violations may result in disqualification.

Follow Race Officials Instructions

Race officials include staff and volunteers. Course volunteers are considered Race Officials. They have authority to disqualify a team for rule violations, abusive behavior, or a participant's failure to follow instructions given by volunteers. Abusive treatment or disregard for their instruction will result in disqualification.

Race Start

The race start is approximately 100 yards down a dirt road, that riders will ride uphill then turn right onto Kershaw Redemption Trail. We will have the faster riders start at the front and other rider filter on back how you feel you'll start. Again the start is an uphill which will help spread everyone out. We will start with every rider on their bike ready to ride.

Follow Correct Route

Navigation is responsibility of each rider. Riders are responsible to make sure that they stay on the course. If a biker gets off course, they are to return to the point where they went off course and continue from there. Markings will be placed along the course but be prudent in your knowledge of the course.

The course markers and/or signage will be color coded to the route participant is biking.

Orange Marker Ribbon, Flags, and Arrow for Race Course along with some fun signs.

*Note: These trails are open to the public and will be open to the public during the race, please be considerate of non-participants. Thank you!

Visible Race Number

Race bibs must be placed on the front of the bike handlebars visible for race director and officials to see, this is how we will be timing the race/participants, also for volunteers to log each participant at aid stations.

TIMING

6 Hr Race: Start time of 7 am: The ending time for the race for the 6 hour distance will be 1 pm. The deadline for the last lap will be 12:59pm. Riders must cross timing line before 1pm to be able to go out on one last lap.

3 Hr Race: Start time of 9 am: The ending time for the race for the 3 hour distance will be 12 pm. The deadline for the last lap will be 11:59am. Riders must cross timing line before 12 pm to be able to go out on one last lap.

*Each racer must dismount before going through start/finish timing. Please go through the timing area slowly to assure your time is recorded. This will be a gun start timing.

SAFETY RULES

Safety is our number one priority.

There are many potential hazards in a race of this type including, but not limited to: trail conditions, weather, and wild animals. We ask that all participants please take appropriate precautions to insure a fun and safe event. Please help us keep the race safe by focusing on being safe participants, safe campers, and by helping us keep the race as a whole safe.

BIKING IN THE COLD & HEAT

The temperatures will mostly be hot but it is May in Nevada, could be cold and snowy. Biking conditions will generally warm up as you get moving and long sleeves may end up tied around your waist. Prepare for extremes in hot weather and or cold weather.

BIKE REPAIRS

Bike repairs will not be available at race or on the course, please come with own repair kits, tires, tubes, and so forth to get your bike going again. Self-sustained race.

Race event will do its best to have an on-site mechanic but no guarantees.

WET WEATHER – Be aware of the possibility of wet weather.

ALCOHOL

No alcohol, drugs, or tobacco allowed before, during, or after race. Once the last runner has finished and race is officially over then each participant is not required to follow rules.

HYDRATION

Staying hydrated is critical to having a fun and successful race, not to mention staying healthy and avoiding a heat related illness such as dehydration, heat exhaustion, or heat stroke. Participants must ensure their safety by monitoring the condition of themselves.

Participants should pre-hydrate before they compete at event, hydrate while riding, and re-hydrate after each of lap. Slowing your pace and applying a wet cloth to the head and back of the neck are effective methods of keeping your core body temperature down. If you are worried about the condition of yourself or another rider with you, please notify race director and or visit the clinic in Caliente. Hospital Information: Grover C Dils, 700 N. Spring St. Caliente Nv 89008, (775) 726-3171.

*Some water will be at aid stations, but only a limited amount. Also, it's encouraged to be a responsible trail participant and carry your own water and nutrition during this event.

PERSONAL MUSIC DEVICES & HEADPHONES

The use of personal music devices with headphones during this event isn't recommended, the trail requires that all participants be alert and aware of their surroundings at all times. Wearing personal music devices causes distractions and the inability to hear what is going on around the participant, like hearing for rattlesnakes or a biker coming up behind you. If you still choose to use them, you do so at your own risk and must meet the following requirements: Be aware of the sounds around you. Be able to hear instructions from course officials when speaking at a reasonable tone (not yelling). Be able to hear "on your left". Listen for other riders trying to pass you. Safe use tactics: When riding you should be able to hear your own tire tread, if you can't your volume is too high.

WILD ANIMALS

The solitary nature of trail hiking, running, or biking can be exhilarating but trying to be as quiet as possible is not a good strategy in the backcountry. Startling wildlife, especially rattlesnakes, can cause a dangerous situation. Making noise while you are running will help alert wildlife of your presence and keep you safe. If you do see a wild animal, common practice is to make noise and to keep your distance.

Many wanted to name this trail "Rattlesnake Loop", please be cautious to the desert and the home of these poisonous reptiles. They are more afraid of you than you are of them. Keep your distance and if one is in the middle of the trail, just wait till it passed into the desert.

First Aid of Rattlesnake bite: If you do get bitten by a rattlesnake, the most important step is to try not to move the extremity, less blood flow is the best. Found something like a stick, a good size stick and stabilize the extremity in place with rope, string, anything you can find to tie stick to extremity and in place. Phone 9-1-1 immediately so we can get an ambulance in route. Caliente is home to our local hospital; we can get you to the hospital quick. It will also help if you have a device on you that can help us with coordinates to where you are at on the course.

Do Not suck the poison out. Do Not cut into bite. Just stabilize it and try hard to keep it immobilized. Stay put in place until another rider comes by you, notify that rider and they will get word asap to race director and or 9-1-1.

IN CASE OF INJURY/EMERGENCY

If you are injured while riding out on the course, NEVER cut across the desert as a shortcut back to the start or to the finish line. Continue to follow the trail markings to the closet next aid station or go backwards along the course to get back to the last aid station you came from, whichever is the closet. If you cannot walk, just sit down along the trail. We will get someone out to help you. Participants are strongly encouraged to bring first aid kits and treat their own minor first aid issues. In the event of an emergency, notify the nearest race volunteer (placed at each aid station or another participant, as they will be able to communicate with the Race Director). If you are not near any race officials and the emergency is severe call 911, then the Race Director, phone number 775-513-0432.

BAD WEATHER

The race will occur rain or shine. However, under certain severe weather conditions where significant damage or alterations to the race course occur, we reserve the right to cancel the event, shorten the event, and/or hold participants until the weather improves. There will be no refunds given if the race is canceled due to weather. Conditions that may result in the race being canceled or delayed include but are not limited to the following: severe heat, electrical storm, snowfall, tornadoes, earthquakes, hurricanes, flooding, fog, etc.

*If event is cancelled due to weather and will cause damage to the trails/course, RRA will allow deferred event fees to the rescheduled race date and or to 2022 event. Again, no refunds will be given.

MNTN BIKE GEAR & BIKES

Race starts at 7 am at the Kershaw Redemption Trailhead at the top of Tower Rd, it could be chilly at start of race. May want to wear long sleeve shirt. Once race gets closer, I will email you all race week with weather conditions. This is a MTB race, mountain bikes are recommended.

Race Director & Race Event will do its best to have a bike mechanic on site. In the insistence there cannot be one, please come prepared with gear and or parts for your bike.

Water Container – Every participant should bike with a water container of some sort or hydration pack.

VOLUNTEERS

WHAT TO WEAR AND WHAT TO BRING

- Your cheering voice and a positive attitude.
- Comfy, weather-appropriate clothes (warm and cold)
- Sunglasses, sunscreen, bug spray, umbrella for rain or shade.
- A book or folding chair (some shifts have downtime).
- Food and water. (We will provide food, a small snack and water at aid stations, but consider bringing more depending on your needs.) *consider bringing a hydropack/backpack of your own food and water due to locations of aid stations.
- A cowbell or noise maker. (Optional, but awesome.)

More Rule of Race

1. Be nice to your camp neighbors and fellow riders.
2. **No e-bikes of any sort will be allowed to compete.**
3. No Littering: we spent a lot of time building these trails. Please treat them with respect. Any racer found intentionally littering the course will be disqualified.
4. Helmets: required when on the bicycle at any time, whether racing or not.
5. Course Mechanical Support: on the course racers may 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, not by motorized vehicle. Any participant 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.
6. No muling for another rider, no help on the course by anyone that is not a registered participant or race officials.
7. Canceling a Lap: once on course, a racer is expected to complete the lap. However, should the racer be unable to complete the lap for any reason, including injury, the racer will need to notify another racer if possible so that participant can notify the race director and or staff.
8. Passing Etiquette: (A) Racers riding bicycles have the right of way over racers pushing bicycles. When practical, racers pushing should stay on the least rideable portion of the path when being passed. A racer pushing or carrying his bicycle can overtake a racer riding his bicycle provided he does not interfere with the rider's progress. (B) Lapped riders must yield to overtaking riders. Riders should clearly voice the command "Track, on your left, I'd like to pass," etc, when overtaking another rider. (C) Riders being passed must move over as quickly and efficiently as safely as possible. (D) It is the responsibility of the passing rider to overtake safely. (E) In the event two riders are vying for position, the leading rider does not have to yield his position to the challenging rider. However, a rider may not bodily interfere with the intent to impede another rider's progress. (F) Traditional rules of racing apply: the leading rider owns the track.
9. Course Cutting: any attempt to cut the course will result in immediate disqualification of that racer.
10. Bad Attitudes: Unsportsmanlike behavior will not be tolerated, if there are two or more complaints about unsportsmanlike behavior the racer and his or her team will be disqualified from the race, asked to leave the venue, and will not be welcome at future events. We will also talk smack about you. Refer to rule #1.
11. Penalties: all penalties are determined on a case-by case basis by the Race Director.
12. Act of God: 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, or postponed and restarted, or any other way we damn well please.
13. Protests: must be in writing and submitted to the Race Director no later than one hour after the final race result posting. Protests should describe the incident in detail and contain names, addresses, phone numbers and signatures of participants and witnesses to the incident. A \$20.00 cash deposit must accompany all protests. The Race Director shall make a ruling on the protest within 24 hours. Should the ruling be against the team the deposit will be forfeited. If the ruling is in favor of the team and the protest upheld, the deposit shall be refunded.
14. **Have fun!** AND Be sure to bring your friends/family, camp chairs, pop-up tents and set up to cheer on the racers.