



## Rules

### 1. General

- Following are the Rules & Regulations for the Lewis & Clark Ultra. All Rules & Regulations must be obeyed by all riders and support crew members at all times.
- This event is a non-drafting time trial. Every inch of the course must be ridden by each rider or team.
- The Start/Finish will be at the Hockinson Middle School, 17912 NE 159<sup>th</sup> St, Brush Prairie, WA 98606.
- Rider safety is our paramount concern. All rules and regulations are meant to maximize the safety of all riders. In an emergency, all attention must be focused to resolve the situation. Riders and/or their support crew who help in an emergency will be given a credit for any lost time.

### 2. Conduct

- All riders and support crew members must conduct themselves in a civil manner.
- When entering a checkpoint, do not act in a loud or disruptive manner, especially late at night.
- Riders or support crew members may not act maliciously towards another rider, support crew member, race official, volunteer, spectator, etc.
- Riders or support crew members may not intentionally impede the progress of another rider or support crew member.
- Riders or support crew members may not intentionally misdirect another rider or support crew member.
- Any rider and/or support crew member acting in a manner deemed inappropriate will result in that rider's immediate disqualification.

### 3. Traffic Laws

- Riders must obey all traffic laws at all times. At red lights, riders must stop and wait for a green light. At stop signs, riders must come to a complete stop and check for traffic before proceeding.
- Riders must keep as far to the right as safety permits, and use the shoulder whenever possible.

## 4. Drafting

- Drafting is not allowed in any individual category. However, two or more persons racing on the same team may draft each other at will.
- Drafting of vehicles and other cyclist not participating in LCU and as a member of same team is forbidden.
- Riders must maintain at least a 4 bike-length space cushion between other riders and vehicles.
- Any rider caught drafting illegally will be immediately disqualified.

## 5. Mechanical Support

- Riders should be self-sufficient. Their support crews should have everything necessary to make repairs and adjustments.
- Race officials can and will help, but take absolutely no responsibility or make any guarantees to fix any mechanical problems.
- A rider or support crew member may assist another rider or support crew member.

## 6. Bicycles & Aero Aids

- All bicycles must be propelled solely by human force.
- Bicycles must be no more than 2 meters long and 75 cm wide.
- No limit as to the number of bicycles a rider may use.
- Reflective tape or reflectors must be installed on the cranks, seat stays, wheels and forks for 24 hour racers. Reflective material is recommended but not mandatory for 12 hour racers.
- Disc wheels, wheel covers and aero bars are allowed.
- Any other non-standard aerodynamic aids are prohibited.
- If there is a question as to the legality of a particular item, it must be presented to the race director for inspection prior to the start of the race

## 7. Helmets

- Riders must wear an approved helmet at all times.

## 8. Lights

- As per Washington State law, lights must be used from dusk to dawn.
- As per Lewis & Clark Ultra, Dusk is at 8:30 p.m. Riding without lights after 8:30 p.m. is grounds for immediate disqualification!
- Riders must use a steady white front light visible from 300 feet and a steady red rear light visible from 500 feet. Lights may be battery or generator powered. A halogen headlight of 2.4 watts and a taillight of 0.6 watts are the minimum required.
- Any rider caught riding without lights will be immediately disqualified.

## 9. Teams

- Teams may be comprised of 2 or 4 members. Each team member must register individually.
- The same rules and regulations that apply to individual riders also apply to teams, with the exception of drafting.
- Teams can have any number of registered riders on the road at any one time.
- Drafting is allowed with team mates on bicycles participating in LCU.
- Team riders may change riders any time on the day loop. On the night loop, teams may change riders only at the start/finish area.
- There are no restrictions as to the length of time any one rider must ride. A legal rider exchange occurs when the front wheel of the incoming rider overlaps the rear wheel of the departing rider. The riders do not need to touch.
- Support vehicles follow same guidelines as for single riders.

## 10. Sleep

- Sleep is not mandatory, but is recommended when a rider needs it.
- A race official can order a rider or support crew member to sleep if that rider is suffering from sleep deprivation and/or riding or acting in an unsafe manner.

## 11. Route

- All riders and teams must ride every inch of the route.
- If a rider goes off course, they may be driven back to the exact spot where they left the course. An official must be notified immediately when a rider leaves the course.
- A rider may also leave the course to go to a motel, restaurant, store etc. They may be driven to and from the course, but must leave and return from the exact same spot. An official must be notified immediately when a rider leaves the course.

## 12. Checkpoints (Time Stations)

- There are four (4) checkpoints: Time Station (TS) 1, TS 2, TS 3 and TS 4 (The Hockinson Middle School). TS 4 will be the only checkpoint used for the short loop.
- A rider must stop at a checkpoint, to let the timekeeper record his/her number and time of passage. Penalties will be awarded if a rider fails to check in.
- It is solely the rider's responsibility to make sure their time is recorded.
- If a rider stops at a checkpoint for an extended period, they must report to the timekeeper when they leave.

### **13. Support Crews/Follow Vehicles**

- A support crew is recommended, but optional. If a crew is used, it may leap frog their rider during the day (providing support via pedestrian hand-offs), but will only be able to support from the parking lot of the Hockinson Middle School once the racer is on the night loop.
- Please indicate on the rider application if a support vehicle will be used. This vehicle must be registered before the start. A rider name must be displayed on the left front and left rear of the vehicle.
- Support crew members must obey all of the rules and regulations. If a support crew member violates a rule, it can result in the disqualification of their rider.
- Support crew members must be considerate of the surrounding area in which the course travels. They should not play loud music or behave in a disruptive manner, especially during the night.
- All vehicles intended to be used to follow the rider must be less than 78" wide.
- All follow vehicles must display courtesy to other traffic when following their rider. This includes dimming headlights when another vehicle or cyclist is approaching, Pulling off the road to allow others to pass, etc.

### **14. Following the Rider/Hand-off's/Passing**

- Riders may not be pushed, pulled, towed or otherwise assisted by the follow vehicle.
- If a follow vehicle is causing traffic to build up, it must pull over and allow traffic to pass.
- Continuous travel alongside a rider is prohibited.
- All hand-off's to the rider must be made via pedestrian handoffs. This means NO MOVING HANDOFFS TO THE RACER, EVER!
- Under no circumstances should the rider be on the driver side while the vehicle is moving.
- Under no circumstances should the follow vehicle disregard traffic to the rear when making an exchange or when pulling out into traffic. Safety is our primary concern.
- If two riders are close enough together that both of their follow vehicles are traveling together; neither follow vehicle shall impede the progress of the other.
- When one rider is passing another, the rider being passed must allow the pass to take place.
- When passing another rider 15 seconds is allowed, if a rider cannot pass in this time he or she must back down and maintain the 4 bike-length margin. This will be watched closely by event officials and penalties for both riders may be assessed if it continues.

## 15. Night Time Support

- Night time support will be given ONLY at the Start/Finish line (the Hockinson Middle School). Direct support is not allowed at the Lewsi & Clark Ultra.
- If a rider has a support crew, they will only be able to provide support for the rider from TS 4.
- The night loop travels through a residential area and crew support would cause too much disruption.

## 16. Penalties

- All riders must obey all rules at all times. There will be no exceptions.
- Penalties include running stop signs, illegal drafting, and unsportsmanlike conduct.
- If a rider is seen after dusk without proper lighting he or she will be disqualified immediately. If a battery fails while a rider is doing a lap, he or she is responsible for having extra batteries with them and fixing the light immediately, or to walk to bike back to the checkpoint.
- If a support vehicle follows a rider rather than driving at the speed of traffic, a penalty will be assessed. Unless otherwise noted, the following penalties apply:
  - Penalty for first offense: 10 minutes, served immediately.
  - Penalty for second offense: 20 minutes, served immediately.
  - Penalty for third offense: 30 minutes served immediately.
  - Penalty for fourth offense: IMMEDIATE DISQUALIFICATION.

## 17. Judging & Protests

- The decision of the Chief Referee is the final word on all matters.
- Any complaints against another rider or crew must be filed within 10 minutes of the last rider finishing. Any final ruling will be made within 30 minutes of the complaint or the conclusion of the race, which comes last.
- The Race Director has the final ruling on the finishing order of the event.

## 18. Prohibited Drugs & Testing

- Intravenous injections are not to be given to or taken by any rider or support crew member.
- Lewis & Clark Ultra follows the UMCA in terms of banned substances. See the UMCA website for a list.
- Drug testing may be performed on any and all riders and support crew members at anytime during the race or up to 24 hours before or after the race. Drug testing will be performed at the discretion of the race director and/or race officials.
- The reality is that this race is of a low enough profile and does not offer money or expensive prizes to the winners so testing is not likely. But if we are given a

reason to believe somebody is using an illegal performance enhancing substance, then a test is possible.

- If a rider fails a drug test it will result in their immediate disqualification and a ban of three years from all Lewis & Clark events. If a support crew member fails a drug test it will result in the immediate disqualification of their rider and a ban of three years from all Lewis & Clark events for themselves and their rider.
- If a rider or support crew member refuses to submit to a drug test, they will be assumed guilty and will be given the same penalties as if they had failed a test.
- A rider or support crew member may not use a substance that is on the following prohibited drug list.