

Mid Week MTB Racer Handbook 2018 Edition

Welcome to the 2018 Mid Week MTB Race Series. This season is the 12th Mid Week MTB Race Series! Bike Utah now runs the Series, and it is our goal that through sponsorship and community support, rider entry fees will go directly to Bike Utah initiatives to improve bicycling for all riders of all ages and disciplines in Utah.

The race series was developed to provide a venue for local racers to “race train” during the week and for the casual rider to experience racing on manageable courses. It is specifically designed for the Salt Lake and Park City areas at venues close to home.

New this year:

Mini Enduro Series points. Now that we offer 3 in-series Mini Enduro races, these events will accrue points toward overall series titles.

Women’s Mini Enduro. This event is being made possible by generous sponsors, but does not count toward series points. This race is designed as a venue for new racers to try a Mini Enduro in a supportive environment, and for experienced racers to compete at a high level.

Sponsors:

Our sponsors are crucial to making these events possible. Please thank and support them! Without sponsorship, we would not be able to keep entry fees low and dedicate funds to improving bicycling for all Utah riders. Please check out our sponsors at www.midweekmtb.com/sponsors.

If you are interested in being a part of our sponsor family, please contact us at info@midweekmtb.com.

Venues:

Riverview Trails, Heber City (UVU Wasatch Campus)

Round Valley, Park City (Quinn’s Junction)

Corner Canyon, Draper City (Andy Ballard Equestrian Center)

High Star Ranch, Kamas

Solitude Mountain Resort (Big Cottonwood Canyon)

Snowbird Resort (Little Cottonwood Canyon)

Schedule:

Cross Country Series

All races are on Tuesday evenings.

Registration/check-in opens at 4:00pm; FREE Kids’ Race @ 6:00pm; Adult Races @ 6:30pm.

Post-race raffle directly after last rider finishes.

Race #1: May 1 - Heber City (UVU Wasatch Campus)

Race #2: May 8 - Round Valley
Race #3: June 5 - Round Valley
Race #4: June 12 - Corner Canyon
Race #5: June 18 - High Star Ranch
Race #6: July 10 - Snowbird
Race #7: July 17 - Solitude

Mini Enduro Series:

All races are on Tuesday evenings.
No on-site registration; no free kids races.
Check-in opens at 4:00pm; Stage 1 start time TBD by venue.
Post-race raffle directly after last rider finishes.

Race #1: May 22 - Corner Canyon
Race #2: June 26 - Solitude
Race #3: July 31 - Snowbird

Bonus Race: Women's Mini Enduro
Wednesday, July 18 – High Star Ranch
Same race-day schedule as above, does not count for series points.

Rain Dates:

May be used for either XC or Mini Enduro: May 15, August 7

Race Day Registration/Check-In:

Fees

XC: \$17 Pre-Registration; \$20 On-site – Please bring cash to register on-site!

Mini Enduro: \$35 Pre-Registration only

Number Plate: \$10 new; \$15 replacement – Please bring cash to purchase on-site!

XC: On-site registration opens at 4:00pm; closes promptly at 6:15pm.
Online registration will close at 9:00pm the evening before race day.

Mini Enduro: Check-In opens at 4:00pm; closes 15 minutes before the first Stage 1 start time (TBD by venue).
There is no on-site registration for Mini Enduros. You must pre-register online. Online registration will close when the event sells out (200 riders/race maximum), or 9:00pm the evening before race day.

**ALL RIDERS MUST CHECK IN AT THE REGISTRATION TABLE AND SIGN RACERS LOG!
IF YOUR NAME ISN'T ON THE LIST, YOU WILL NOT BE ADDED TO THE RESULTS.**

You must check in even if you register online! If you registered online, but fail to check in, we will put you as a DNF on the results for the evening.

Number Plates: You must retrieve your number plate at check-in, or bring your number plate with you. You will not be timed if you do not have YOUR number plate! Number plates are \$10 and can be used for the entire season for all Mid Week MTB races. If you lose or forget your number, a replacement plate is \$15.

To speed up registration/check-in, please have your waivers (XC and Mini Enduro) and registration form (XC only) completely filled out. All resorts will require a special waiver to be signed even if you have already completed the Mid Week MTB waiver.

We have new software for our registration and timing, making it even more important that you register early and bring your number plate!

Season Passes:

Season passes are only available to purchase online. You cannot purchase a season pass on race day. XC season pass price is currently \$100 for 7 races. Mini Enduro season passes have sold out.

Season pass holders **MUST CHECK IN** at the registration table at every event. You must also bring the necessary completed waivers to each event!

Free Kids Races:

Kids Race Free (12 and under on a designated kids course).

The kids race begins at 6:00pm, on a designated course.

The race ends by 6:15pm.

There is a raffle for all kids who raced at 6:45pm at the kids registration tent.

Parents (on foot only) may accompany their child through the race if needed.

It is mandatory that parents fill out registration form and sign waiver for kids to race.

Kids must also wear a helmet closed-toe shoes.

Kids number plates are blank, and are free. Instead of a number on the plate, we encourage the kids to put their names so that the parents can cheer on all the kids as they race. Kids are not timed.

Youth Racers:

Kids are welcome to race in the main event. They must be competent on their chosen course and category and know the rules for passing, being passed, and how to follow course marshal instructions. Kids racing in the main event must pay regular race fees, submit waivers, and have a numbered, chipped race plate.

If a parent wishes to chaperone their child on the main event course, the parent is also required to fill out a registration form and sign a waiver, but the parent will not pay a race fee or receive a number plate. Parents must adhere to all racing rules and not impede any racers.

Courses:

XC:

Maps posted on-site on race day will reflect the most updated distances, stages, and or laps. Maps are generally posted online one to three days prior to a race, but are subject to change due to trail conditions, maintenance, or other unforeseen circumstances.

Long courses for experienced riders will be approximately 10+ miles, depending on conditions, climbing, and technical factors. Laps are options for shorter courses depending on time of year and course conditions.

Short courses for less experienced riders will be approximately 4+ miles, depending on conditions, climbing, and technical factors. Laps are options for shorter courses depending on time of year and course conditions.

Mini Enduro:

Due to our utilization of multi-use, multi-directional trails in our Mini Enduro events, we reserve the right to not post the race

trails until the day of the event, potentially even on-site. All categories will race the same stages and trails.

There will be designated routes for pedaling from the check-in venue to the top of Stage 1. These routes will not be closed courses and you may encounter multi-directional, multi-use traffic. You **MUST** obey all trail rules, yielding or stopping as is appropriate, or risk being disqualified. The same rules apply to transferring between Stage 1 and Stage 2, as well as riding from Stage 2's finish back to the base venue.

Individual start times and distance/time from the base to the top of Stage 1 and from the finish of Stage 1 to the start of Stage 2 will be described in detail in pre-event emails.

Categories:

Race director reserves the right to split or combine categories for the season before the start of race #1 for any discipline.

Small categories at a particular race night may start with other categories but be scored separately at the finish.

If you are confused as to which category to sign up for, email jackie@midweekmtb.com.

New this year: Each category, including Beginner accrues season points. See the “**Changing Categories**” section below for more information about choosing your correct category and moving up or down a category during the racing season.

XC: Men Pro; Men Expert (34-, 35-44, 45+); Men Sport (34-, 35-44, 45+); Men Masters 55+; Men Beginner; Women Pro/Expert; Women Masters 55+; Women Sport; Women Beginner

Mini Enduro: Men Pro; Men Expert (34-, 35-44, 45+); Men Sport (34-, 35-44, 45+); Men Masters 55+; Men Beginner; Women Pro/Expert; Women Masters 55+; Women Sport; Women Beginner; Youth 13 & Under

Women's Mini Enduro: Pro/Expert; Sport; Beginner; NICA (13-18); Youth (12 & under) – This event does not accrue series points.

Results:

Results for both XC and Mini Enduro races will be tabulated, along with series points, and distributed via website, email, and social media on the day following the event.

Even with the new chip timing system, it still takes time to download and sort results, and time to apply series points. You don't want to wait in the dark and cold on race night, so we'll continue to distribute results digitally.

Disputes or Errors: If, while on-site, you believe your time was not properly recorded, please patiently consult a timing volunteer or the race director immediately. We utilize check and balances to ensure your place and time were recorded.

If you crashed and your number plate fell off or got lost, the chip timing won't pick you up. Be sure to yell out your number to the volunteers as you cross the finish line.

If you note an issue on the digital distribution of the results and/or points, email jackie@midweekmtb.com immediately. Do not call. Do not post on social media. Email!

You will have 24 hours from the arrival of the results email to raise any issues. After 24 hours, the results will be considered final.

Mostly, don't panic. We can always work it out!

Changing Categories:

Each category accrues season points from Race #1 of that discipline. It is ideal if you pick your category and race it the entire season. But, if you under- or over-estimate your racing prowess, you may change categories at any time in the season, subject to race director approval, via check-in table or direct email to jackie@midweekmtb.com.

Hopefully, as the season progresses, you become a better rider. If you are racing in a category other than Pro, Expert, or Masters, and consistently blow away the competition in your current category, we will ask you to move up. Congratulations! You're slaying it.

How do you know you may be asked to move up?

XC: if more than twice, you register times in the top 50% of the category above you AND your closest competition in your category was 2 minutes or more behind you.

Mini Enduro: if you register times in the top 25% of the category above you AND your closest competition in your category was 30 seconds or more behind you. Since in 2018, there are only 3 Mini Enduro events, racers will only be asked to change categories after Race #1.

**Pro, Expert, Masters, teen, and youth racers will not be required to change categories. But if you are putting down times that are in the top 30% in the Pro category, you might be asked to bump up.

Should you move down a category?

XC: If the length of the course is causing you to take too much time to complete the course (as in, it's getting dark on you), you may be asked to race a lower category with a shorter course. If you find that you are last in your category, consistently by 3 or more minutes, you may be able to drop down a category with the race director's approval.

Mini Enduro: Since racers are on course solo, with an interval between each racer, category drops aren't normally required. However, if you find that you have been passed by 2 or more riders—and you didn't crash—you should consider dropping down a category, with race director's approval.

Category Changes and Series Points:

Your points do not follow you to your new category. You will keep your points in both categories!

The points are not added together, but you will still be eligible for prizes based on those points, Trail Days volunteered, and number of races attended.

Trail dig day points will apply to the final category you raced.

These totals will be applied to your entry in the year-end raffle. Your category points will determine any overall series prizes.

Trail Days:

The Mid Week MTB Series and Bike Utah care about our bicycling community, our trails, and our impact. We will host 5 trail days in 2018, where you can volunteer your time show your love for the trails and the sport—and gain some additional series points.

You will be awarded 50 points for each trail day you participate in.

When you volunteer at a trail day, you must sign in with the on-site volunteer coordinator to get your points. If you don't sign in, we don't know if you were there!

2018 dates and locations will be posted on the Mid Week MTB Series website, via email, and on social media.

There will be a registration page. Pre-registering for your trail days will help us organize with each site's volunteer coordinator.

Trail Day Points Rules:

You only get points if you sign in at the dig day event and actively participate in the work.

You cannot pass your points on to another rider; a friend or family member cannot accrue points for you.

You must participate in at least 1 Mid Week MTB Series main event race to have Trail Day points applied to your overall series points.

For each Trail Day you attend, you will also receive an additional entry ticket into grand finale prize drawing at the year-end party.

We encourage you to participate in as many trail days and maintenance events as possible. However, only the 5 events designated by Mid Week MTB will net you points. We want you racing AND digging!

If you are participating in both XC and Mini Enduro races, you may choose which series your Trail Day points apply to. If you attend more than one Trail Day event, you may apply each day to a separate series, but you cannot split a single day's points between them. Email jackie@midweekmtb.com to have points applied to one or the other AFTER you complete your Trail Day work.

Prizes:

Race-Night Drawings: At the end of each night of racing for each discipline, after the final rider crosses the finish line, we will host a drawing for awesome sponsor prizes.

You must be present to win, you must have raced in that night's main event race, or you must have volunteered at that night's race.

Number of winners and prizes to be determined by total number of racers that night.

End of Year Drawings: A year-end party will be hosted during the first week of August. Registration for this event will go live in mid-July.

Racers will be entered into the grand finale prize drawings based on the number of races and trail days attended—this drawing is not based on total points, it's based on participation!

There will be separate drawings for the Mini Enduro series and the XC series. But it will all happen on the same night in the same place!

Overall Series Prizes: At the year-end party, overall series prizes will be awarded to the top 3 racers in each category.

Overall series ranking is based on total points accrued in that category, plus all Trail Days points earned.

XC points and Mini Enduro points are accrued separately, and prizes will be awarded separately at the year-end party.

Guidelines and Legal Stuff:

1. Mountain biking is a hazardous activity. There are risks from varying terrain and obstacles. Injuries are common. Please understand that you are using the mountain at your own risk.
2. It is the racer's responsibility to understand and adhere to all trail rules and the items addressed in the Racer Handbook. Questions may be directed to Jackie@midweekmtb.com for clarification.
3. Racers must adhere to instructions from the Race Director, Course Marshals, and Medical Staff, and Emergency Crews. Failure to respect instructions may result in disqualification.
4. Mountain bikers must wear helmets at all times. This includes when pre-riding the course.
5. Treat all Mid Week MTB volunteers and staff with respect. Volunteers are giving their time to make your race successful. BE NICE!
6. If you witness a crash or see a rider off their bike, use common courtesy to determine if they are OK. Alert the closest course marshal to watch for that rider.
 - If a rider is down and seemingly injured, STOP! Ask another rider to alert a course marshal, call 911, and/or call the race director (instructions and phone numbers are on the back of all number plates).
 - Another rider's health is more important than your race points, and we will compensate riders who stop to help an injured rider with points for that race, even if you are unable to finish.
 - Mid Week MTB racers have always been amazing at helping fellow riders. Let's watch out for each other!
7. Please keep your dogs at home. It has been requested by all venues that dogs are left at home. Also, Little and Big Cottonwood Canyons are watersheds and no dogs are allowed.
8. Please be courteous to the trails. Riders will be disqualified from the race for damaging or destroying public or private property. No littering! We will have trash cans at all venues.
9. You display a number plate on your bike to compete in the race series with the appropriate category marked. You must have completed the necessary waivers, paid your entry fees, and checked in.
10. Do not sand-bag! This is when you purposely race a category below your ability level for the simple joy of winning. Please try to choose the appropriate division based on your ability and the distance of the race. If you have chosen a category that takes you too long to complete the course within a timely manner, we may ask you to move down. See the "Changing Categories" section for more information.

11. Pre-riding of courses is acceptable when the courses have been posted and you are not interfering with timing set up or other trail users. Please obey all trail rules when pre-riding—these courses are still open to all users!
12. Headphones are not allowed during the race or while pre-riding the course. There are course marshals, moose, and fellow racers trying to communicate with you.
13. No shortcutting is allowed. It will result in a DNF and you will receive 0 point for the race.
14. Some trail systems are horse friendly. Be courteous to the horse and the rider as you approach. The horse will respond better to your voice rather than your squeaky brakes.
15. It is the responsibility of the racer attempting to pass to communicate and pass to facilitate a safe racing environment. Lapped riders must yield to lead riders. We encourage all racer to utilize a handlebar bell to easily alert a rider ahead of their presence.
16. A racer may not bodily interfere or otherwise intentionally impede another racer's progress. Un-sportsman like behavior and/or the use of profane or abusive language will not be tolerated. Racers violating this rule will be disqualified.
17. Mini Enduro racers are given intervals between each competitor so that racers may have a clear course. If you have crashed or experience a mechanical and are able to remove yourself from the main line of the course as you regroup, you must allow the next rider to pass you. If you are unable to remove yourself from the course, give as much warning as you can to the upcoming rider to avoid a collision. If you are simply slower, be aware that the rider behind you may be approaching and you must move out of the way in a safe and timely manner. In Mini Enduro, you can be disqualified for knowingly impeding riders behind you.

XC and Mini Enduro Points (Note, each discipline accrues separate points)

PLACE	POINTS
1	200
2	170
3	150
4	140
5	130
6	120
7	114
8	108
9	104
10	100
11	96
12	92
13	88
14	84
15	80
16	76
17	72
18	68
19	64
20	60
21	58
22	56
23	54
24	52
25	50
26	48
27	46
28	44
29	42
30	40
31	30
32	30
33	30
34	30
35	30
36	30
37	30
38	30
39	30
40	20
41	20
42	20
43	20
44	20
45	20
46	20
47	20
48	20
49	20
50+	10