

MOUNTAIN BIKE LEG

Updates made on 5-10-11 --New and Former Racers: Please Read.

2011 Ski to Sea Race

100 Years - 100 Miles - Seven Sports



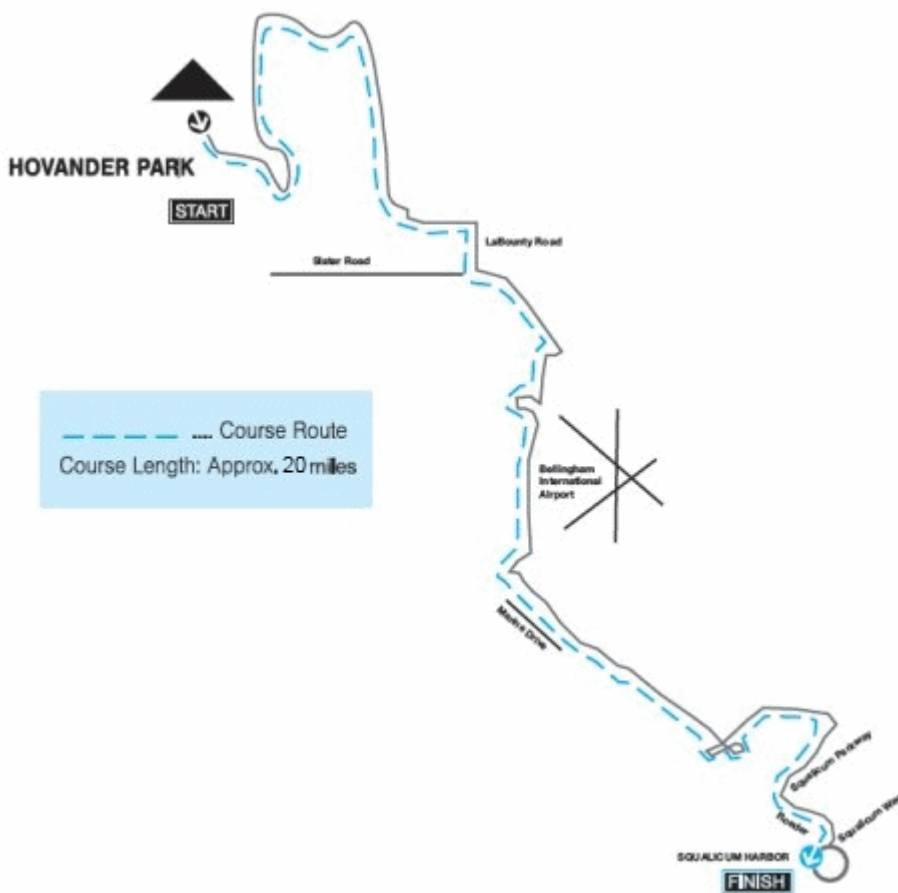
For More Information, visit the website at: www.SkitoSea.com

REGISTRATION:

A designated team representative must pick up the team's race packet prior to the race. Please refer to procedures at the front of the race guide or on the website www.SkiToSea.com for pickup times and location. The packet includes the team timing chip, racing bibs & T-shirts. The designated team representative must distribute items to team members. There will be no racing bibs at the exchange areas.

PRE-RACE MEETING:

There will be a pre-race meeting held at 11:30 AM on race day at Hovander Park at the sandbar on the river. It is important that all mountain bikers ATTEND this meeting.



EQUIPMENT:

Helmets are mandatory. Helmet stickers are being provided this year with your team number on it in order to make it easier to announce your arrival at the leg finish. These stickers do not leave a residue. Bikes must be marketed and sold as a mountain bike and be in good condition. All Mountain Bikes must have 26" or 29" wheels. No 700c tires allowed. Tire must be labeled 29" Cycle cross, hybrid and road style bicycles will not be allowed. Drop bars are not allowed--flat or rise bars only. Fairings are prohibited. Aero-bars are strongly discouraged as the new course incorporates much more fields and trails. A race official will inspect each bike prior to the race to make sure bikes comply with rules.

COURSE:

The course is 20 miles long. The mountain biker must help the canoeists carry the canoe from the river to the canoe leg finish line (about 30-40 yards). Hand off will take place under the canoe finish line banner. The mountain biker is responsible for the canoeists' finish time. Please be in position when your teammate is approaching. Take the chip from the canoeist, swipe chip to create a canoe finish/ bike start time, ride the approved course and pass the chip to the kayaker at Squalicum Harbor. The timing chip will be on a wrist band and must always be worn by THE RACER to ensure accurate times. The mountain biker may have a helper get his/her bike out when his/her team is coming in to finish the Canoe Leg. The helper may not give the mountain biker a push to get started.

MAP OF COURSE

The new mountain bike course will be laid out in detail in the Racer's Packet, as well as posted on the website in mid-May. The Ski to Sea website has a current map under the icon "Course" on the home page. Refer to the Google Map for specific details. The course is subject to last minute changes. We have not provided detailed instructions on the course at because we don't want riders trespassing over private property while trying to practice. Much of this course is over spongy open fields, single track, double track, and varying urban elements so be prepared.

This is a complicated route so volunteers will be stationed along the route to keep racers on course and make sure each biker is going through all of the new features that have been added this year. It is the rider's responsibility to know the course and be attentive to race day (May 29th) trail markings.

Vehicle drafting is prohibited. Mountain bikers may not follow closer than 50 feet from any motor vehicle at any time. No outside assistance or spare parts may be provided to the racer after the mountain bike leg has begun. This includes assistance from any other racer. The race committee's official monitors will be at set intervals and violations of these rules or deviation from the course will result in the entire team's disqualification. The actual course is 20 miles long with most on gravel or dirt. Racers will be responsible for knowing the course. The course will be well marked on race day. All traffic laws shall be obeyed. There will be no water stations on the course and the race committee reserves the right to alter the published course, depending on weather and road conditions.

INFRACTION OF RULES:

Infraction of the rules by one team member may disqualify the entire team.

RESULTS:

It is important for all racers to show their bib numbers when crossing the exchange areas. Timing of individual legs may vary based upon exchange area layout. Therefore, personal time kept by racers may not correspond to official results.