

	<p><b>Indian Camp Creek 3, 6, &amp; 9 Hour Mountain Bike Race</b>  <b>Foristell, MO</b></p> <p>Fri, June 19, 2015 - (Camping)</p> <p>Saturday, June 20, 2015 – 3/6/9 (Camping)</p> <p>Camping will be available on-site on Friday and Saturday night.</p>
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Don't miss this new event being brought to you by Off The Front Racing and our other supporting sponsors!

**Directions to park**

From Interstate 70 near Wentzville, MO, go north on Highway 61 for approximately seven miles to Dietrich Road. Turn left (west) on Dietrich Road to the park entrance. Turn right into park entrance.

**Directions to Race Village (Start/Finish)**

Enter the park through gate off Dietrich road. Continue on main road through park. Enter one-way loop and proceed through the loop. The Youth Campground will be located on the left at the top of a gravel road. **Note: Parking will not be allowed within Race village.** There are many parking lots around the loop where racers will be able to park their vehicles. You will be allowed to drive into Race Village to drop off necessary race items: tents, coolers, chairs, etc. But you will have to move your car after dropping off your items.



## Race Day Schedule

All of these events will occur within the Race Village:

- Registration 7:30am – 9:00am
- 9:30 Racer Meeting & Overall Raffle (at Start/Finish – Campground)
- 10:00 3, 6, & 9 Hour Race Start
- 2:00'ish 3 Hour Awards and Raffle @ Amphitheater
- 5:00'ish 6 Hour Awards and Raffle @ Amphitheater
- 8:00'ish 9 Hour Awards and Raffle @ Amphitheater

## Race Village

A Race Village will be established at the Youth Campground within Indian Camp Creek Park. The race village will be the central location for the race and consist of the following activities:

- Race HQ
- Start/Finish
- Food Trucks
- Water Station – A water station will be setup near the start/finish for racers to fill their bottles and/or hydration packs
- Free Massages by Hawk Ridge Family Chiropractic - 1pm - ? - Please show your appreciation and tip them accordingly.
- Camping
- Amphitheater
- Niner Bikes demo van - Demo bikes will be for display only and will not be available for demo during the race. The Niner Demo will be on Sunday, June 24<sup>th</sup> at Castlewood State Park.
- Awards Ceremony
- Ballwin Cycles Mechanics Pit
- NO PARKING allowed within Race Village. You will be allowed to drive into Race Village to drop off necessary race items: tents, coolers, chairs, etc. But you will have to move your car after dropping off your items.

## Race Categories and Fees

### 3-Hour Classes & Fees

- Solo Male (\$35)
- Solo Female (\$35)
- SS Male (\$35)
- SS Female (\$35)
- Junior (\$15)
- Masters 50+ (\$35)

### 6-Hour Classes & Fees

- Solo Male (\$45)
- Solo Female (\$45)
- SS Male (\$45)
- SS Female (\$45)

### 9-Hour Classes & Fees

- Solo Male (\$55)
- Solo Female (\$55)
- SS Male (\$55)
- SS Female (\$55)
- 2-Person Male (\$70)
- 2-Person Female (\$70)
- 2-Person Coed (\$70)

**Add \$5 for day-of/on-site registration**

## **Race Rules**

### Solo Scoring for 3 hour

A rider completing a lap before 12:00pm must go out for another lap or be considered DNF. Between 12:00pm and 1:00 pm, The individual may choose to ride out and continue, or officially finish. If another lap is taken between 12:00pm and 1:00 pm, that rider must finish their lap by 1:30 pm or that lap does not count towards the individuals total number of laps. The placing is by laps first, and time second. Therefore, an Individual with more laps, regardless of time, wins. If individuals have the same number of laps then the individual that took less time wins.

### Solo Scoring for 6 hour

A rider completing a lap before 3:00pm must go out for another lap or be considered DNF. Between 3:00pm and 4:00 pm, The individual may choose to ride out and continue, or officially finish. If another lap is taken between 3:00pm and 4:00 pm, that rider must finish their lap by 4:30 pm or that lap does not count towards the individuals total number of laps. The placing is by laps first, and time second. Therefore, an Individual with more laps, regardless of time, wins. If individuals have the same number of laps then the individual that took less time wins.

### Solo Scoring for 9 hour

Riders must finish their last lap by 7:30 pm or that lap does not count towards the individuals total number of laps. The placing is by laps first, and time second. Therefore, an Individual with more laps, regardless of time, wins. If individuals have the same number of laps then the individual that took less time wins.

### Team Scoring for 9 hour

For the Male and Female 9-hour teams each teammate must complete at least one lap within the 9-hour period in order to be official. For coed teams, the male rider must not complete more than three consecutive laps without the female completing at least one lap.

## **Additional rules**

- USA Cycling Mountain Bike rules apply - See <http://www.usacycling.org/mtb/>
- All competitors are required to wear an ANSI or SNELL approved helmet at all times during competition while on the bike.
- Please make sure your number is visible when you pass the scoring area and that you announce your number to scoring.
- No passing in the finishing line/scoring zone.
- Teams will switch riders only in designated zone by passing baton/timing chip.
- Technical assistance is OK in the feed zone (located near scoring) only.
- Riders must finish on the same bike as bike changes are not permitted.
- Order of finish is determined by number of laps completed in the least amount of time.

- ICCP 3, 6, 9 will be timed by Two Guys Timing. Number plates and bib numbers
- with timing chips must be attached to your bike.
- Please respect the environment. Do not discard trash along the course.
- All competitors must complete the entire course. Cutting of course will result in automatic disqualification.
- If you drop out of the event for any reason, please notify scoring/registration.
- Lapped riders must yield to leaders.
- Riders passing should be aware of the potential for danger if the slower rider has a lesser skill level.
- Announce your pass with “on your left” or “on your right”
- If you have a mechanical failure, move off the trail as soon as possible.
- If you fail to negotiate an obstacle or hill, get out of the other racers way immediately.
- Do not stop at the top of a hill or at the very end of an obstacle as it will cause the riders behind you to bottle up.
- Ride safely and within your abilities.
- Promoter reserves the right to modify the course depending on current trail and weather conditions.
- Promoter reserves the right to cancel / combine events and prize lists as necessary
- Promoter reserves the right to adjust start times and mileage
- Have fun, be safe and respect the trails - Please Do Not Litter.

### **Course Description**

The trails being leveraged for this race are rated as “Beginner to Intermediate”. The race loop is approximately 8 miles long. There are several miles of trail along the Big River that are tight, twisty, and heavily wooded. Racers will head up and down the numerous ridges and ravines running through the park. The trails are combination of open-field crossings and wooded singletrack, consisting mainly of dirt, with a bit of rock mixed in. Depending on your location, it is possible to see numerous rock outcroppings, small ponds and historical relics, such as flint chippings from Indians, farm homesteads, and a family cemetery. More trails are being developed on a continuing basis, so follow the carsonite signage marking the trail.

Cool video of trails with cool tunes: [http://www.youtube.com/watch?v=2yrRv8E8m\\_k&feature=plcp](http://www.youtube.com/watch?v=2yrRv8E8m_k&feature=plcp)

## **The Gateway Off-Road Cyclists Organization**

The trails at Indian Camp Creek Park are maintained by Gateway Off-Road Cyclists (GORC) ([www.gorctrails.com](http://www.gorctrails.com)). Founded in 1998 by St. Charles area mountain bikers to help facilitate design and construction of a bicycle/hiking trail in a new County Park, the club has grown to the entire St. Louis metropolitan area in both Missouri and Illinois.

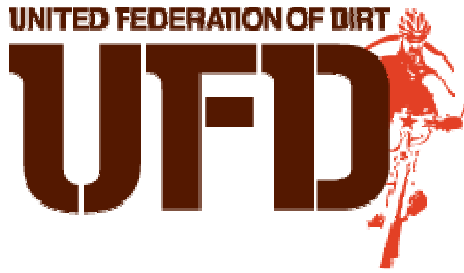
Gateway Off-Road Cyclists (GORC) is a 501(c)3 non-profit corporation dedicated to advocacy, design, construction, and maintenance of multi-use trails. We are the St. Louis area's only official International Mountain Bicycle Association (IMBA) affiliate club. As a club, we also have social activities such as group rides, trips, and events.

GORC has established official relationships with St. Louis County Parks, St. Charles County Parks, St. Charles City, Missouri State Parks, Missouri Conservation Department, Southern Illinois University (Edwardsville), and the US Forest Service. With all of the above organizations, GORC's involvement includes trail design, construction, and maintenance, Technical Consulting, Leading Volunteer Workdays, and Providing Volunteers for Workdays.

## **Camping**

The campground being used for the Race Village is a Youth Campground not open to the public. St. Charles County Parks limits the use of this campground to Parks programs. We are being allowed to use this campground by special use permit only. We appreciate everyone's acknowledgement of this special use and ask that the campground facilities be treated and respected as such.

There are no shower facilities or electrical hookups for camping.



## **UFD Endurance Racing Tips**

### **Before the Race...Training**

You should be able to ride for 3-4 hours at a sustained pace without calling your significant other to pick you up. You should be able to diagnose and perform most basic repairs on your bike. Taking a little time to pick up some mechanical skills can benefit you in these races. It's not a bad idea to do a little running. When you are really tired, you may be walking your bike.

### **Basic Equipment**

**Bike-** Your bike should be in excellent running condition. This event is not the time to ride that worn out chain for one more event. You'll be surprised at the toll an event like this can take on your bike.

**Tools & Parts-** In the case of Rapture in Misery take enough tools to help you finish a lap in the case of a mechanical. Carry two tubes, tire pump, Allen set and chain tool. And make sure you know how to use them. Don't wait until the event to try out a new CO2 inflation system...know how to use it beforehand. In the case of the epic style events, We suggest adding a spoke wrench, a couple more tubes, extra chain links, duct tape, zip-ties, and prayer.

### **During the Race**

**Pace...**if you get tired, take a rest. Don't start the race too hard. Remember the Tortise and the Hare? This is a long race...you'll be surprised how much ground you'll make/gain at the end if you stay consistent.

**Crashing is bad.** It will affect your performance and possibly that of your bike. Try not to crash...unless it is in front of our photographer...then it is encouraged...nothing is better than a good crash photo.

Some of the trails you will be riding are intermediate to expert level trails. If you feel nervous about riding a section you might consider getting off the bike and walking. Nothing is worse than a broken body and a broken bike. Sometimes walking is a good break anyway.

**Water.** This is a must.

Food. In training, note what works well for you. Also, bring a large variety of food. You never know what might sound good to you after many hours in the saddle. Personal favorites that fall outside of the traditional sports nutrition

category: Ensure (big calories), Sour Gummy worms, fried chicken, pretzels, graham crackers and peanut butter, grocery store pastries, peppermints, baked potatoes. These are examples... find out what works for you and what you'll like to eat when tired.

The Weather

Temperatures may range from below freezing to 70 degrees and can vary dramatically in the course of a couple hours. Be prepared to ride in anything from extreme cold and rain weather gear to shorts and short sleeves.

## **Beginner Racing Tips**

1. Take the challenge to do that first race! Remember, we were all beginners at one time, so set realistic goals and have fun.
2. Check your bike ahead of time for any possible mechanical problems and make a last minute check of equipment the night before the race. Helmets are required and don't forget your shoes. It's a good idea to carry a spare tube, multi tool, and some way to inflate your spare tube. Nutrition is up to your preference.
3. Arrive early for the first race to make sure there is adequate time to learn the registration process and procedures, do a warm up, and take care of last minute equipment check and details. Some riders like to arrive early enough to pre-ride. If you choose to do so, keep track of time for pre-race meeting and starting time.
4. Race numbers are to be attached to the handlebar and should be easily observed from the front.
5. Attend the beginner clinic and pre-race meeting. Don't be afraid to ask questions. Line up at the starting area at the pro per start time and in the correct class. Everyone in your class will have the same number series.
6. During your race, be courteous when passing and move over for faster riders. It's always a good idea to announce your intentions when passing or approaching: Example-"Rider back!" When approaching from behind. "On the left!" When passing on the left. Racers riding always have the "right of way" over racers walking their bikes.
7. If you feel uncomfortable with riding a particular obstacle, dismount and walk. Safety first! Skill will come with practice and experience.

8. In the event of a mechanical problem or flat, move to the side of the trail out of the way of other racers. You may receive assistance from other racers if they choose to offer help.

9. If, for any reason, you are not able to complete the race, please report to the main scoring table and indicate that you are a DNF “Did Not Finish” This will help the race promotion crew in the scoring process and confirm your

“whereabouts” for safety reasons.

10. After completing your first race: “Congratulations, you’re a mountain bike racer now”!  
Results will be posted as soon as all racers have finished and all times scored. Awards ceremony will follow at the conclusion of all the races. Start setting goals and making plans for the next UFD Race!

**Special thanks to all of our sponsors:**







ENDURANCE FUELS  
& SUPPLEMENTS



St. Charles County Parks & Recreation



Go to [www.unitedindirt.com](http://www.unitedindirt.com) for more information. Held under USAC Event Permit # 2012-1659