

Women's 4 Hour

How the event works, and some simple rules ☺

1. The event will Start at the main Start Line and follow the large Blue Signs. Each Solo rider and 1 Team member will start the event here.
2. As riders come into the Finish they will be required to slow down and Dismount before entering the Timing and Transition area.
3. Once through the Timing area, Team riders will pass the GO Timing Chip to the next rider. Solo riders can remount once past the transition area.

TIMING:

4. Once on the course, a rider must complete her lap. **Relay Exchange can only take place in the Transition Area.** Substitutions or restarts can only be made at the main timing area after notifying timing crew.

5. A team has the option of canceling a rider's lap and restarting the lap from the original rider's log-in time by notifying the timing personnel. Once a cancellation has been made it cannot be changed. (Keep in mind that replacing riders is not always the best idea, as riders who experience technical difficulties in the latter half of the course are best advised to run the remainder, or coast whenever possible. Riders having early problems may return for a replacement rider, while those injured will be forced to get a replacement rider.)

6. The GO Timing Chip must be returned to the timing tent upon the completion of the event. There will be a \$100 charge for any chip not returned.

7. Your team can decide how you want to split up the laps, when you want to do them, if you want to quit, and who does the most laps. Example: Jane does the first 2 laps, Sarah does 1 lap, Michelle does 2 laps, Sarah does 1 lap, Michelle does 1 lap, Jane does 1 lap.....

THE FINISH:

8. Each team's finishing place will be determined by the number of laps the team completed and the order of finish of the team's last lap. For example, a team that has completed 8 laps with a finish time of 1:45 pm would beat a team that completed 8 laps, finishing at 1:50 pm. A team that completed 9 laps, finishing at 1:55 pm would beat them both.

9. The race ends at 2:00 pm on Saturday, and all riders must start their final lap before 2:00 pm. Anyone starting a lap before 2:00 pm will have their lap counted, as long as they finish before 2:20 pm. Any riders coming in after 2:20 pm will not have that lap counted. We will not disqualify teams for stopping before 2:00 pm. Waiting for the last riders to make it before 2:00 pm for their last lap, or the 2:20 pm deadline is the exciting end of the event and shouldn't be missed.

HELMETS:

10. Helmets must be worn when riding at all times whenever riding you bike. Helmets are not only mandatory while riding on the race course but also in the areas of the parking lot and roadways within Hardwood. Those not in compliance will be subject to disqualification. We also recommend gloves and eyewear for your protection.

Wet Weather and/or Lightning:

11. Each rider is ultimately responsible for their own safety. No race is worth risk of personal injury. Riders must make a personal decision as to their own safety on trail and take measures to ensure their own safety and take cover in case of lightning.

Event organizers reserve the right to change the course, delay a start, hold the race and re-start, or end the race early, based on weather and trail conditions. We will endeavor to communicate this to all riders on course.

Mountain Biking is an active outdoor sport with inherent risks. Be sure to ride within your ability and be aware that course and weather conditions may change unexpectedly.

SCHEDULE – Saturday June 10

7:45 – 9:45 am	Race Package pick-up in Main Chalet
9:30 am	Riders Meeting at Start/Transition Area
10:00 am	Start - Women's 4 Hour !
2:00 pm	Course closed for last lap
2:20 pm	Riders must finish for lap to count
2:30 pm	Awards

Live Results available on www.zone4.ca

GENERAL RULES:

13. All riders are recommended to attend the pre-race meeting at 9:30 am sharp, at the start line, on Saturday morning.
14. Support on the course is wide open. Teammates may take any equipment or tools with them on the course; they may even swap bikes with their teammates. Cannibalizing bicycle parts is OK in this event. What is not allowed, however, is to switch riders' part way through a lap. Any team caught doing this to quicken their laps will be disqualified.
15. Water and food may be supplied to any racer by anyone, anywhere on the course.
16. Slower riders should attempt to yield to faster riders when it is safe to do so. Faster riders should be politely loud when preparing to pass, giving a warning of "passing on your left" or "passing on your right". It is the responsibility of the faster rider to overtake other riders safely. **This is a FUN event for all ages and abilities!**
17. A rider must not physically interfere or intend to impede another rider's progress. Dangerous riding, use of abusive language and any unsportsmanlike behavior will be taken seriously. The penalty imposed is at the discretion of the race director and depends on the severity of the act. We should all contribute to make this a fun, spirited event.
18. Short cutting the course by any racer will result in disqualification of the team. Any rider exiting the course for any reason is responsible for getting back on at the exact same spot on the course. This largely pertains to riders exiting the course to relieve themselves or fix a technical problem.
19. Only riders officially entered in the event may ride on the race course prior to the event. Registered riders may only ride the course during the event if they are competing (no pre-riding during race time). Only 1 rider from a team is permitted on the race course during the race.
20. Protests can only be made by team captains. Protests will be made in writing and delivered to the race director or acting race director any time during or after the end of the race, up to 15 minutes after the posting of the final results.
21. The race director or course officials reserve the right to disqualify riders or teams for dangerous riding, fatigue (danger to yourselves or others), not wearing a helmet and anything else that may jeopardize the safe operation of this event. There are to be no earbud headphones to be worn while on course!
22. If any part of the course throughout the event becomes particularly treacherous or marking materials are altered during the event, look for a race official or marshall to address the problem.
23. Federal, provincial and local laws and ordinances will be abided to at all times.