CHICO RACING

PRE-RACE PACKAGE

www.chicoracing.com

Pre-Race Package

24 Hours of Summer Solstice

The 24 Hours of Summer Solstice has become part of a select group of premier mountain bike events in North America thanks in a large part to the sponsors, staff, volunteers, venue, and participants who come together to make this a positive event! We are always looking to increase the quality of our events and are pleased to be back at Albion Hills annually. Read the race regulations and feel free to steer your administrative questions to Chico Racing at **adam@chicoracing.com**, while information regarding the race course or site specific requests can be obtained from Sean at **sean@superflyracing.com**.

It is the responsibility of the Team Captain to distribute this package to all your team mates and make sure that they understand the rules and regulations.

Adam Ruppel, Race Director

Sean Ruppel, Course Director

Event Schedule

Event Schedule

FRIDAY

2:00 pm	Teams can start moving into their campsites
5:00 pm – 9:00 pm	Registration (team captains can pick up their race packages at the chalet)

SATURDAY

8:00 am – 11:00 am	Late Registration (team captains can pick up their race packages at the chalet)
10:00 am	Volunteer Meeting
11:00 am	Team Captain's Meeting
12:00 pm	Race Start
3:00 pm	Registration for Shimano Youth Series Race at the chalet
4:00 pm	Shimano Youth Series Race (11 & under free) (4:00 6 & under, 4:20 7–8 , 4:40 9–11)

SUNDAY

10:00 am	Chico's Mud Bog
11:00 am	Freezie Chug Fest
12:00 pm	Riders complete their final laps
2:00 pm	Awards and remaining draw prizes issued

**Schedule subject to some change. Check out the website prior to each event

CAMPSITES

CAMPSITE SELECTION:

Campsites will be allocated on a first come, first served basis and will be updated when the event sells out on the Chico website. This way, problems can be fixed well ahead of time and anyone not getting a campsite of their choice cannot com-plain as they did not get their packages in early enough. Teams hoping to be alongside one another will have to be more pro-active and register around the same time in order to receive this benefit. Please understand the difficulty in allocating campsites and understand that this system is designed to benefit teams that are especially well organized.

CAMPING FOR SOLO AND TAG TEAM:

Solo riders – first come, first serve at their own location.
Tag Team – two teams per site

There are a number of variables we must consider before allotting your team's site:

- Who do you want to camp beside?
- Are you a 6-10 person team needing the larger campsite?
- Do you have a large motorhome? If so, you should look for a space alongside a roadway.
- Do you have a serviced site? Did you register early enough to purchase one.
- When did your team register?
- Did your team get us the Campsite Request Form prior to the deadline at the top of the form?

Other variables that can create potential problems:
Due to the increased popularity of this event more and more teams are bringing lavish set-ups including motorhomes. Although most sites can accommodate these large rigs, it is often difficult to get them into these sites once the pathways are congested and neighbours have moved in. It is therefore important to state if you have a large motorhome or trailer exceeding 20 or 25 feet, and try to pick sites that are closer to access points and major roadways. As with other campers, those with larger trailers should be proactive and show up earlier on Friday to get their equipment set up.

The earlier your team registers the better your chance for the site of your dreams! The camping at the 24 Hours of Summer Solstice is the best out of any 24 hour mountain bike event in Canada.

CATEGORIES

6-10 PERSON TEAMS

6-10 Person Mixed (minimum 3 women minimum) or a regular 6-10 Person Team. If you are paying individually for the team you must register at least 8 people to be considered paid in full.

FIVE PERSON

In the 5 person open age group categories, all combinations of ages, abilities and sexes are allowed. If you have two or more females on your team then you may enter the 5 Person Mixed Division. The age group your team competes with is determined automatically based on the combined ages of all of your team members.

Should you have 2 or more females on your team you have the option of racing in our mixed team division.

FOUR PERSON AND FOUR PERSON NO NIGHT

Four person No-Night Teams can not leave back on the course after 7:30 pm, we will re-start the No-Night Teams under the archway at 6:00 am on Sunday morning.

2 PERSON TAG-TEAM

This popular category can be done with two males or a mix. Often husbands will ride with their wives or kids with parents making this a very family oriented category.

SOLO RIDERS

Solo categories are broken into male and female categories. What more can we say, they're a little crazy and everybody loves them.

OTHER:

* Do not exceed the number of people registered on your team,

or substitute riders mid-race, as that will be grounds for disqualification.

For more information about the categories please refer to the registration form.

OVERALL FORMAT:

The events will take place from 12 pm Saturday until 12 pm Sunday (noon to noon). All categories will compete for awards. At noon, as the last riders make their final rounds, half the draw prizes will be awarded, with the remainder given out with the awards at 1 pm, after all the results are tabulated.

The race will start on Saturday at 12 pm sharp for all teams.

ELECTRONIC TIMING SYSTEM

All team members will be issued individual team plate numbers and each team will be issued an electronic time card (baton). This transmitter will track your teams by passing the baton over a reader located in the timing tent. Each card will have your own team's identity tag and these should not be lost. The transition area is accessible by team members only and team plate numbers must be worn at all times during the event.

GENERAL RULES

Race Director – Adam Ruppel
Course Director – Sean Ruppel
Timing Coordinator – Allan Hawley

1. Each team is advised to supply one volunteer to be available to donate a minimum of 3-5 hours of their time to help assist in the timing tent, 2 road crossings, or feed zone or with registration (we have hired ski patrol to provide safety out on the trails). Please supply the name, and phone number of a potential volunteer on the Team Registration Form. There will be a pre-race volunteer meeting 10 am Saturday morning to coordinate the place, time, and activity required for the event. The sign up sheet for the volunteer shift schedule will be available at registration Friday night and Saturday morning. Volunteers will get a 24 Hour T-Shirt when they show up for their shift, incentive prizes or gifts, and the satisfaction of making these events better!

2. Each team will designate a team captain and assistant-captain. Team captains will represent the team in all communications before, during and after the event. The assistant-captain can represent the team during the event if the captain is unavailable. Only team captains and assistant-captains may attend the pre race meeting at 11:00 am Saturday.

3. The team captain must attend the pre race meeting at 11:00 am sharp, at the start line, on Saturday morning.

4. 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, as our timing system does not keep track of individuals. Any team caught doing this in order to quicken their laps will be disqualified. This applies to all but tag-teams, because the location of their campsites may require that they switch away from the timing tent.

5. Water and food may be supplied to any racer by anyone, anywhere on the course. Water and a happy cheer will be available at a feed zone located halfway through the course.

6. Lapped riders should yield to leaders or faster riders. Faster riders should be very loud when preparing to pass any racer “passing on your left,” “passing on your right,” or “track left” “track right” should be used. It is the responsibility of the overcoming rider to overtake other riders safely. Riders being lapped must yield on the first command when it is safe to do so.

7. A rider must not physically interfere or intend to impede another rider’s progress.

8. Short cutting the course by any logged-in racer will result in disqualification of the team.

8.5. 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 solo riders who will be routinely checked, but also for riders exiting the course to relieve themselves or fix a technical problem.

GENERAL RULES

9. 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.

10. Federal, provincial and local laws and ordinances will be abided to at all times.

11. Only riders officially entered in the event may practice 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).

12. 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 after the end of the race, up to 15 minutes after the posting of the final results.

13. The race director has the final say in any and all rulings.

14. The race director or course officials reserve the right to disqualify riders or even 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.

15. It is advised for solo riders to have someone taking care of them at all times. Solo riders should not to drive home alone upon completion of the 24 Hours of Summer Solstice. Any rider in fatigue should not operate a vehicle. You have the option of camping at Albion Hills for Sunday night at an additional campsite charge.

16. If any part of the course throughout the event becomes particularly treacherous or marking materials are tampered with during the event, look for a race official, Sean, or Adam, and they will address the problem immediately.

17. Only 1 rider from any team is permitted on the race course during the race.

LIGHTING AND NIGHT RIDING:

18. As for lighting requirements for the night riding, racers must have a primary light source with a power of at least 10 watts. In addition, each rider must carry a secondary or backup light source in the form of a penlight or a flashlight or an extra lighting system. All riders must also have a flashing rear red light. This is the absolute minimum standard, but we recommend that you have two light systems - one on the bars, and one on the helmet as the best set up.

19. Racers entering the course after 7:30 pm Saturday and before 6:00 am Sunday must be able to show that both their primary and secondary light sources are in good working order. , riders are required to ride with lights burning. Riding with lights off to save batteries is dangerous and will result in disqualification. After sunrise lights may be turned off and removed from the bicycle.

19.5 Make sure you have practiced night riding prior to the race and you have made sure that all your lighting equipment is in good shape.

20. Each team member should own his/her own lighting system and battery pack.

20.5 It is the responsibility of riders to insure that they have proper lighting on the race course at all times. We will not provide light systems, spare batteries, or assistance for riders caught without a working lighting system. It is the rider's responsibility to have a working lighting system, and a backup, but if a rider is caught without a working lighting system they may bail out at select martial stations along course and get a ride back to the start/finish.

Lighting Systems:

21. Chico Note: The best light systems are helmet mounted because the beam can be directed where you want to go. Bicycle mounted versions only light where your bicycle is presently going!!! A combination of both systems is the best possible option and you will have spare light. You can never have too much light!

22. Shimano is bringing their tech support to the 24 Hours of Summer Solstice. Normally reserved for World Cups, Shimano's experts are the best in the business. Technical support is limited to Shimano products, warranty items, and tuning. Shimano will not be selling parts on site. Solo riders will receive priority technical support from Shimano.

22.5. Additional repairs are available at the Cycle Life retail outlet, as well as everything else you'll need for a safe, smooth event

TIMING TENT:

23. The main timing tent consists of four computers on a network and two transmitters that will read your electronic time card / baton.

24. Once on the course, a rider must complete his or her lap. Substitutions or restarts can only be made at the main timing tent and you must collect a new electronic time card / baton.

25. The 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 registration person for their team (must show team bib number) ... once a cancellation has been made it cannot be changed. Cancellations should only be made by the team captain or co-captain.

26. 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. If a rider is unable to complete their lap, the timing tent will post their plate number on a cancelled lap board.

26.5 Please confirm your team's category one the first set of results are posted. You have until 2:30 pm to change your category if it is correct.

27. Should your team lose an electronic time card (baton) a replacement will be issued to your team at the timing tent. A one lap penalty for the loss of an electronic time card/ baton will be applied to your team at the discretion of the race director. The penalty for losing the baton is severe and you will owe a $50 fee to Chico Racing.

28. The electronic time card (baton) must be returned to the timing tent upon the completion of the event as there will be a $50 charge for not returning them.

29. Teams or solo riders are allowed to leave the timing tent for a break, or leave the race permanently, however they must leave their electronic time card / baton with the timing officials in the timing tent. Once they return to the race they must first pick up their electronic time card (baton) from the timing officials and get back into the event.

30. 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: John does the first 2 laps, Sarah does 1 lap, Michelle does 3 laps, Sarah does 1 lap, Michelle does 1 lap, John does 1 lap, Michael does 5 laps.

THE FINISH:

31. Each team's finishing place will be determined by the number of laps the team completed and the order of finish within the team's last lap. For example a team that has completed 22 laps with a finish time of 12:29 pm would beat a team that completed 22 laps, finishing at 12:37 pm and a team that completed 23 laps, finishing at 12:50 pm would beat them both.

    The race ends at 12 pm on Sunday, meaning that no riders are allowed to start their final lap after that time. Anyone starting a lap before 12 pm will have their lap counted. Waiting for the last riders to make it before exactly 12 pm is the exciting climax of the event, and shouldn't be missed. We will not disqualify teams for stopping before 12 pm, and encourage teams to put out their quickest riders going up to 12 pm to ensure the race doesn't go on too long. Riders have until 1:00 pm to complete their final lap.

STARTING PROCEDURE:

32. The race will begin at 12 pm on Saturday. It is a standard mass start on mountain bikes, so line up early for the best possible position. Remember, a fast start is of little importance as you have 24 hours to make up the difference! Fast starters are long forgotten if they burn-out before the end, so remember the lessons learned from our good friends the tortoise and the hare!

GENERAL RULES

INSURANCE RULES:

33. Waivers must be completed and handed in at the chalet prior to racing. These waivers must be read and completed by members of your team, and anyone not completing a waiver will be disqualified. These waivers are also available on www.chicoracing.com. This insurance will not assist you with any benefits in the event of injury or death. It is your responsibility to have your own personal insurance to cover lost income, disability, or death.

HELMETS:

34. Certified bicycle helmets must be worn when riding at all times during the event weekend. Helmets are not only mandatory while cycling on the race course but also in the areas of the campground and roadways within the park. Those not in compliance will be subject to instant disqualification. We also recommend gloves and eyewear for your protection.

FINAL PAYMENTS

* Teams must be paid in full 3 months prior the event.

35. In the event of bad weather, big rains, hurricanes, tornadoes, war, floods, famines, high winds, alien invasions, or anything that makes it dangerous for participants and/or dangerous for staff and volunteers Chico Inc. may need to cancel the event or postpone it with weather delays. We will NOT offer refunds, or rain cheques, due to circumstances beyond our control and events can not be postponed to future weekends. By registering for this event you must understand that these kinds of “Acts of God” may happen and we can not offer refunds.

CAMPGROUND RULES

CAMPGROUND RULES:

A) The Albion Hills campground permits alcohol on your campsite only. Alcohol is not permitted in any vehicle or public area including, but not necessarily limited to, roadways, walkways, public buildings or common areas. 24 Hour racing and the overuse of alcohol do not mix. An undetermined Brewery will have a licensed area to quench your thirst and enjoy the melodious tunes of the house band.

B) Do not alter your campsite in any way unless there is no firepit. Firepits can be made on sites not already containing firepits but must be small and easily covered at the events' conclusion. The easiest way is to use a shovel, remove a circular piece of sod, then replace it at the events' end. We are very fortunate to have this privilege, so please be as courteous as possible and help make for easier clean-up. You MUST purchase firewood from the campground store, and can't bring your own firewood as to limit the spread of the Asian Long Horned Beetle epidemic. There will be no exceptions to this rule.

C) If you must bring your dog or pet keep them on a leash or chained up at all times on your site. You must clean up after your pet, so bring a pooper scooper (pets are not allowed in any of the buildings on-site). Your animal is your responsibility!

D) A limited number of vehicles will be allowed on your campsite depending on its size. Parking for additional cars off of the campground is available and encouraged. For 2008 vehicles will not be permitted on any of the laneways within the park. Vehicles parked haphazardly throughout roadways make traveling for emergency and event vehicles difficult. People that do not comply with this rule will have their vehicles towed at the owner's expense!

E) Campsites can use inverters or quiet generators, if you have a loud generator we might ask you to turn it off at night. Crawdaddy Creek is our official generator area, but other areas may use them if they are respectful of neighbours.

F) If you wish to play tunes on your campsite be courteous, do not play them at night, keep them at a reasonable level, and don't play any crap that your neighbors will not appreciate. Best to bring headphones so your heavy music doesn't distress everyone else. We reserve the right to limit excess noise. Quiet times are strictly enforced from 11pm – 7am on Friday and Saturday nights. If you have any problems with noisy campers please notify the Campground Store or a TRCA about the nuisance.

G) Your team's campsite will be determined before your arrival at Albion Hills. All campsites are of great quality; flat, close to the amenities and relatively close to the race site. These are real campsites with plenty of shade. Please advise us on your form if you would like a location close or beside another team and we will do our best to accommodate you. Campsites are determined based on your booking time – we give priority to sponsors and teams that have booked early.

CAMPGROUND RULES

H) Please notify us if you are bringing a motorhome prior the event on the Campsite Request Form so we can consider it when allocating campsites. If possible we would also like you to provide a detail of its size.

I) Do not nail, tie or otherwise affix anything to any tree.

J) Site holders are responsible for visitors to their site.

K) Camping is included at no additional cost to riders and support crew for the Friday and Saturday evenings. Camping on Sunday evening is an additional cost of approximately $25 per site.

L) Notice to all teams: Team entries do not include spectator or team support admission fees.

M) Bring your swimming suits as there is a splashpad in the park.

N) Rivers run through Albion Hills campgrounds so please keep your children in sight at all times.

O) Use caution and care when driving through the campgrounds as there are lots of cyclists, kids, and pedestrians.

P) All activities in a Conservation Area are subject to federal and provincial law, including Ontario Regulation 119, and the related operating policies of Toronto and Region Conservation. Please note that these campground rules are not a complete summary of the regulations or the operation policies of the Toronto and Region Conservation or Chico Racing.

Q) Public washbasins or water outlets may not be used for washing laundry or dishes. Grey water must be disposed of at a sewage station.

R) All garbage and/or recyclable materials must be disposed of in appropriate container(s) provided.

S) Campsites must be kept clean at all times.

T) Pets must be kept on a leash, quiet and under control. Pets must not be left unattended.

U) No excessive noise at any time.

V) Toronto and Conservation Area cannot be responsible for lost or stolen articles. Do not leave valuables unattended. Secure your campsite if you plan to leave it unattended for any length of time.

CAMPGROUND RULES

MOVE IN TIMES:
2:00 pm – 10:00 pm Friday
7:00 am – 10:30 am Saturday
*Please note – At peak times the lineup may be long, so show up with plenty of time to spare, and avoid arriving at 2:00 in the morning as it will be difficult to locate your team-mates. There will be no one manning the gate after later Friday evening, but there will be a campsite list at the gate.

EVENT CHECK LIST:

- Camping supplies – tent, sleeping bag, bed roll, tarp, seats, lights, coolers, stove, warm clothing.
- Water containers – water available on site, good to have your own for your camping area.
- Bicycle and supplies – pump, spare tubes, clothing, extra parts, repair stand, tools.
- Lighting systems – preferably enough batteries to get the team through the evening, spare bulbs, rear flashing light, extension cords for hookup, chargers, secondary lighting system, penlight or flashlight (secondary lighting systems recommended).
- Food – energy replacement drink, any special foods, fruit, stuff to get you through the weekend. BBQ food, pasta, breakfast and other stuff will be available on site during the weekend at a reasonable cost. See our menu in the back of this guide.
- Hygiene supplies – toothbrush, toothpaste, towels, soap, extra socks, jerseys, cycling shorts, garbage bag and minor first aid supplies.
- Cash – For food services.
- Paperwork – Race package for team mates to refer to, waivers completed (some will be available on site).
- Clothing – Some nights get quite chilly at Albion and night temperatures in the single digits are common. Warm clothing for before, or after, your ride should be included on your list.

*There is also a campground store on site where firewood, ice, drinks, and snacks are available. The chalet will have food services running the duration of the event with a menu included in this guide.

CHICO TIP: Drink plenty of fluids and stay away from caffeine, and alcohol as they will dehydrate you. Practice eating foods that sit well with you, provide balanced carbohydrates, protein, and fats. Limit your intake of simple sugars, stretch, warm-up before your laps.

PRE-RIDE:

Albion is open during the week and on weekends for a nominal park entry fee.

Courses will be marked for pre-riding the weekend prior the event day giving your team mates 7 days to see the course in its entirety. Riding the black trail at Albion will take you through most of the singletrack at Albion and give riders a good idea about the race course.

The entire course will be ready as of the prior weekend for both events, and can be pre-viewed at the weekly Tuesday Night Series* at race pace.

*Also check out the weekly race series at Albion Hills at 7:00 pm every Tuesday Night!

EVENT INFORMATION

EVENT COURSE:

The event course is about 17 km long and it will take anywhere from 50 minutes for the very fastest riders to over 2 hours for the slowest riders. The course is an intermediate level and is doable for most riders with singletrack experience, with lots of passing and some fast open sections as well as some very fun singletrack sections. We've purposely built the course with all rider levels in mind and if you can't ride a section you are free to dismount and walk it.

SHIMANO YOUTH SERIES RACE – 4:00 pm **6 & Under, 4:20 pm 7-8 years, 4:40 pm 9-11 years (age as of Dec 31 of that year)**

KIDS RACE - Free 11 and under.
Bring the kids along for the Shimano Youth Event free to those 11 and under. Please note that kids must wear a Snell approved bicycle helmet properly fitted, and have their parents complete a waiver on their behalf.

Complete Waiver and Get a Sticker for the Number Plate

Team captains will pick up their team's race package and number plates within the allocated registration time period. Once the individual rider has completed a waiver they will then receive a sticker to place on their number plate verifying their status as a registered rider. Riders that appear to race after 11:00 am on Saturday will be directed to the timing tent to receive a sticker for their number plate. All riders must have a sticker on their number plate verifying they are registered and waived to race.

EVENT INFORMATION

Registration, waiver check and race kit pick up times for both events are as follows:
Friday, 5:00 pm – 9:00 pm
Saturday, 8:00 am – 11:00 am

Waivers must be read, understood, and completed on site. A copy of our generic waiver can be found at www.chicoracing.com. Waivers will be available on site for those who might have forgotten them.

Massage therapists will be available on site. More information may be available on our website at www.chicoracing.com

CHECK OUT OUR EXPO AREA!

Last years' riders were pumped about the expo area. Riders were greeted at both events with the opportunity to buy anything they needed, as well as get on the spot mechanical service. Our expo area also includes massage therapy, visits from drink companies, and many other surprises.

SHIMANO TECH SUPPORT:

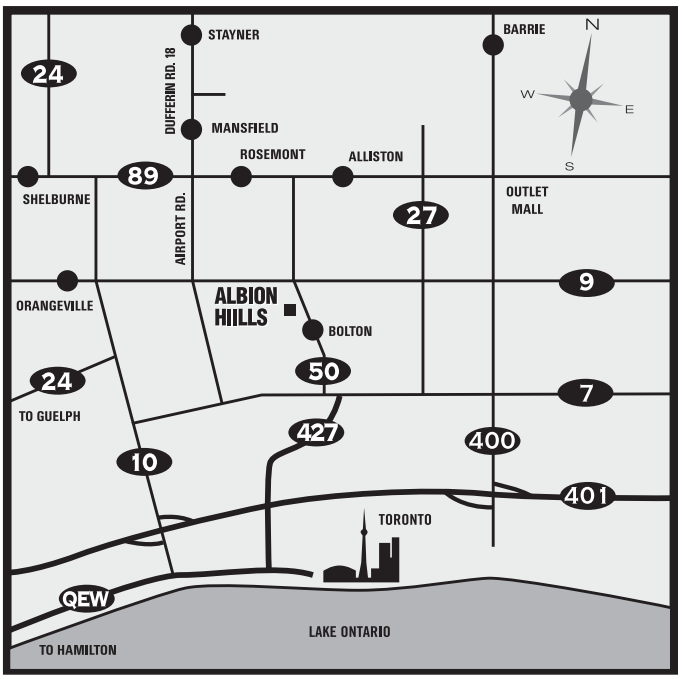
The fantastic Shimano Tech Support crew will be working on Shimano equipment only. Please understand that they will not be operating 24 hours, the service is free but they will not be supplying or retailing parts (purchase at Cycle Life) and solo riders will be given preferential treatment. Mechanics will also be available via Cycle Life for a fee.

CAUTION

24 hour mountain bike racing is an endurance test and regardless of the size of your team, their experience, or fitness…fatigue can set in! We strongly suggest taking precautions in case you are too tired to drive home. Spend an extra night to sleep over at Albion Hills, or have someone to share the drive with you.

If you are driving home on the highway while under fatigue you are endangering yourself and others. It is also against the law.

Albion Hills Conservation Area is located 12km North of Bolton on Hwy#50.



RACE SYNOPSIS

RACE PACKAGE SYNOPSIS:

- Make sure this package is available for your other team mates to read over before the event.
- Pre-ride the event course the week prior the event if possible.
- Make sure your team mates have adequate lighting systems and have practiced night riding prior to the event.
- If you have a specific campsite request please complete the Campsite Request Form.
- Have fun and be safe as that is what this event is all about!

24 hours of Summer Solstice ** **Subject to change

BBQ UNDER THE TENT

Chicken Breast on a Bun
6 oz Beef Burgers
Pasta Salads
Assortment of Fresh Garnishes

Pork Sausage on a Bun
Jumbo Hotdogs
Cold Beverages

CHALET MENU

Breakfast
McChico
Breakfast “egg ham cheese” Muffin

Many other Snacks and assorted beverages will be available in the chalet

Look for an undetermined brewery to set up an Adult beverages concession and provide live entertainment at the main chalet.

Food Services provided by Scarlett House Catering