

2024 Mid Week MTB Series Racing Rules

The Mid Week MTB Series is a community-focused weekday mountain bike racing series designed to bring riders of all ages and ability levels together in a fun, competitive atmosphere. Our goal is to provide a safe, positive environment for riders to push their limits and improve skills and fitness.

As race organizers, we know we aren't perfect. And we know that sometimes in the intensity of a race, it's easy for riders to make mistakes too. To maintain the most enjoyable but competitive environment, we ask that all racers follow some simple rules, outlined here.

If a circumstance arises where a rule must be added or changed during the season or after this document is originally published, we will use all means of communication to make sure racers are aware of the update.

Conduct and Etiquette:

Mountain biking is a hazardous activity. There are risks from varying terrain and obstacles. Injuries are common. You are racing at your own risk.

It is the racer's responsibility to understand and adhere to all trail rules and rules addressed herein. Questions may be directed to trilby@bikeutah.org or allison@bikeutah.org for clarification.

Racers must adhere to instructions from the race director, trail marshals, volunteers, medical staff, and emergency crews. Failure to respect instructions may result in disqualification.

Anyone riding a bicycle at any venue must wear a helmet at all times. This includes when riding in the parking lot and when pre-riding the course. If you forget your helmet, our sponsors may have a spare for you to wear. Riders will not be allowed to race if they are not wearing helmets.

Treat all Mid Week MTB Series volunteers, sponsors, and staff with respect. Volunteers are giving their time to make your race successful. BE NICE!

Treat all fellow racers with respect. BE NICE!

If you witness a crash or see a rider off their bike, use common courtesy to determine if they are OK. Alert the closest trail marshal, spectator, or volunteer to watch for that rider.

- If a rider is down and seemingly injured, STOP! If the racer cannot remove themselves from the course under their own power, keep them calm and call 911. Ask another rider to alert a course marshal 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!

No dogs! For the safety of riders, safety of pets, and at the request of many venues, leave your dog at home. Also, Little and Big Cottonwood Canyons are watersheds and no dogs are allowed.

No drones! For the safety of riders and spectators, and to abide by a variety of venue regulations, we do not allow anyone to use a drone at Mid Week MTB races without prior written permission from Mid Week MTB, the applicable venue, and any other necessary entity.

Be courteous to the trails and venues. 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.

Do not sand-bag! If you purposely race a category below your ability level for the simple joy of winning, you lose. We encourage racers to excel, but when you start crushing your category and complete the course with times at the top of the category above you, we will ask you to move up. See below for details about category changes.

Obey all trail rules when pre-riding any Mid Week MTB Series course—these courses are open to all users including traffic traveling the opposite direction, hikers, runners, and horses!

Most of our trail systems are always open to the public. Even though we pay venues fees and secure permits to utilize the terrain, our race courses are not closed courses and you may encounter multi-directional, multi-use traffic including (but not limited to) non-racing cyclists, hikers, runners, walkers, dog-walkers, horseback riders, and wildlife. Our trail marshals communicate with these users when they see them, but other users may appear on the trail at any time. Keep your head up. BE NICE! You MUST obey all trail rules, yielding or stopping as is appropriate, or risk being disqualified.

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.

Headphones in both ears 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.

No shortcutting is allowed. It will result in a DNF and you will receive 0 points for the race. Other people see you. It will turn into a thing. Stay on course.

It is the responsibility of the racer attempting to pass to communicate and pass to facilitate a safe racing environment. Slower riders must yield to the faster rider upon communication, but must do so in a quick yet safe manner.

A racer may not bodily interfere or otherwise intentionally impede another racer's progress. Unsportsmanlike behavior and/or the use of profane or abusive language will not be tolerated. Racers violating this rule will be disqualified.

Waivers:

- Each racer must complete the Mid Week MTB Series Waiver ONCE per season.
- Certain venues require a venue-specific waiver to be signed. Each racer must complete this waiver each time the racer participates in a race at that venue.
- Waivers will be available to sign digitally or download and print or fill out with pen on paper.
- Do not start your race without first completing all appropriate waivers.
- Confused? Volunteers at check-in will direct you.

Check-In:

- Only the riders who are registered for the race may race.
 - You may not trade or share your number.
 - Another rider may not take your place in the race for any reason.

Number Plates:

- Each racer must purchase a number plate with the initial race registration of the season.
- Racers will pick up number plates at the first race attended.
- All racers must have their number plate attached to the front of their bike, with the number visible from the front.
- Each racer number plate has chip stickers attached for timing. Do not remove these stickers.
- If you lose or forget your number plate, you must purchase a new plate on-site for \$15, or forgo that evening's race.
 - If you lose or forget your number plate, you cannot borrow someone else's.
 - If you do not purchase a new plate and cannot retrieve your old one, you will be unable to race that event.

Youth Racers:

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

Courses:

- Maps and courses are always subject to change, even on race day. Always follow flags and trail marshal instructions.
- Maps posted on-site on race day will reflect the most updated distances, stages, and or laps.
- Course guidelines per category are posted on the website.

Refunds, Transfers, Season Pass Policies:

- Whatever the reason you are unable to race, we do not issue refunds for individual races. We may be able to transfer your entry to a future race, however there will be no transfers allowed on-site. This will be determined on a case by case basis (not applicable for season passes).
- We can only issue a season pass refund if the race season has not yet started. As we are a non-profit organization, we may withhold a percentage of the total refund based on card processing fees, which we would make you aware of before issuing the refund.

Rider Assistance:

- The spirit of the Mid Week MTB Series is one of friendly competition. We want each racer to finish each race, and we provide a support network to make that happen.
 - Trail marshals may provide direction at tricky intersections, ensure public trail users are aware of racers present, and are the race directors' eye on the course for injuries, weather issues, or other problems that may arise during the race.
 - Sweeps ensure that all racers have returned to the base area safely and provide encouragement, medical assistance, or mechanical assistance to racers who would

- o otherwise be stuck far from the start/finish area.
 - o We work together to create a network of communication to increase the safety of our racers.
- Trail marshals and sweeps may be equipped with the basic tools needed to fix a minor mechanical issue. Though racers should not assume that a volunteer has the tools or know-how to help them, volunteers are allowed to help, and racers are allowed to ask. We would much rather see a racer finish than wait until 10pm for them to hike back to the base area.
 - o A racer will not be disqualified for utilizing such services, if the racer completes the entire race course without shortcuts within the allotted time frame (ie, Mini Enduro or lapping XC courses).
- Mid Week MTB Series may have a Wrench'n Sponsor at a race as neutral support to all racers. Though they are not expected to rebuild your suspension on site, this sponsor can provide mechanical services to any racer at any point in time.
 - o A racer will not be disqualified for utilizing such services, if the racer completes the entire race course without shortcuts within the allotted time frame (ie, Mini Enduro or lapping XC courses).
- A racer may determine that the answer to a mechanical issue is waiting at the car.
 - o A racer will not be disqualified for utilizing such services, if the racer completes the entire race course without shortcuts within the allotted time frame (ie, Mini Enduro or lapping XC courses).
- At risk of disqualification, a racer MAY NOT:
 - o Endanger another racer, volunteers, spectators, or member of the public to fix a mechanical or obtain assistance.
 - o Shortcut a course to obtain assistance and then attempt to finish. The racer must return to the place where he or she left the course and then complete the full course in order to finish.
 - o Stash tools, food, water, or other items out on the course to utilize during the race.

Timing Concerns or Errors:

- If, while on-site, you believe your time was not properly recorded, please patiently consult a timing official or the race director immediately. We utilize checks and balances to ensure your place and time were recorded.
- If you crashed and your number plate fell off or got lost during the race, the chip timing won't pick you up. Be sure to let a timing official or race director know immediately after you finish.
- Mostly, don't panic. We can always work it out!
- If after finishing, you ride past the timing equipment with your number plate on, the latest recorded time will become your finish time.
 - o To prevent an incorrect finish time, do not return to the finish line with your number plate.
 - Drop your bike in an out-of-the way place and walk carefully back to the finish line if you have questions for the race director or volunteers.
 - Put your number plate in your car after you finish your race if you plan to return to the course to cheer for friends, cool down, or pedal some extra miles.
- If your finish time is affected by you returning to the finish line with your number, you cannot ask for your time to be reverted. Strava records, Go-Pros, and other recording devices are irrelevant to this matter.

Results:

- Even with the type of timing system we employ, 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.
- Results for all Mid Week MTB Series races will be tabulated and distributed via website, email, and social media on the day following the event.
- Racers have until that Friday at 9am to notify the race director of mistakes or discrepancies.
- At 9am on Friday, the week's results will be considered final and Season Points will be assigned and posted.
- See the "Disputes" section below for more information about results issues.

Changing Categories:

- Category standards and definitions are listed on the website. We understand that new and returning racers may pick the wrong category for their first race. We also hope that 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 ask that you consider moving up. Congratulations! You're slaying it.
- Similarly, if you sign up for a category that leaves you struggling, we'd rather have you move down and enjoy the evening than finish in the dark.
- You accrue season points within your category. If you change categories, your former points stay with your former category. You'll start accruing new points in your new category.
- Category changes can be made before race day or on site. Note that if you are a Mini Enduro racer and you change categories on site, you will maintain your assigned start time for that race.
- You CANNOT change categories after the race starts. Registration and the race director must have a record of your category change BEFORE you roll off of the starting line.
- Unless you are showing insane amounts of progression, each racers is allowed ONE category change per discipline per season.

Dig Days:

- The Mid Week MTB Series and Bike Utah care about our cycling community, our trails, and our impact. We will notify you of dig days opportunities, where you can volunteer your time to show your love for the trails and the sport—and gain additional series points.
- You will be awarded 50 points for each dig day you attend.
- The maximum number of points you can earn toward your season standing is 150.
- When you volunteer at a dig 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!
- Dates and locations will be posted on our website, via email, and on social media.
- You cannot pass your dig days points on to another rider, and 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 Dig Day points applied to your overall series points.
- If you are participating in both XC and Mini Enduro races, you may choose which series your dig day points apply to.
- You may earn up to 150 points per discipline.
- Email the race director to have points applied AFTER you complete your dig day work.

Prizes:

- Sponsors provide all prizes for post-race giveaways and year end opportunity drawings. Please acknowledge and thank sponsors when you win (and even when you don't!).
- At the end of each night of racing, after the final rider crosses the finish line, we host a free giveaway for sponsor-donated prizes. All racers and volunteers receive one entry into the giveaway.
- You must be present to win, you must have raced that night's main event (even if you didn't finish), or you must have volunteered at that night's race.

Season Finale Races and Opportunity Drawings:

- At or after the last race for each discipline, we will host a year-end get-together (hopefully with food trucks and maybe with entertainment) and an opportunity drawing. Details for the get-together and opportunity drawing will be announced as soon as details are finalized (sometime before mid-season).

Overall Series Prizes:

- 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 dig days points earned.
- XC points and Mini Enduro points are accrued separately, and prizes will be awarded separately.

Dispute Process:

Whether disputes are over improper conduct from another racer, confusion over directions given by a volunteer, timing discrepancies, results, or another issue, your first course of action is to contact the race director and explain the problem. On-site is best, or email if the issue occurs after leaving the venue.

Penalties:

The race director will determine the severity of a rules infraction and determine the proper course of action.

- One-time mistakes will normally result in a disqualification, in order to maintain fairness to other racers. This results in 0 season points issued for that race, but no other penalty.
- Infractions that could/did result in damage to the venue or damage to Mid Week MTB Series' relationship with the venue, intentional physical harm to another person, or other severe outcomes will result in that racer being ineligible to race for one or more future races, without refund.

Free Kids' Races:

Free Kids' Races are offered at some of our race venues. This will be communicated on the specific race information page on our website.

- It is mandatory that parents fill out a registration form and sign a waiver for kids to race.
- It is mandatory that all participants must wear a helmet and closed-toe shoes.
- Kids must be ~10 years old or younger and not participating in the main XC event.
- Parents may accompany their child through the race if needed.
- The kids' race is not timed, but the overall time kids spend on the course will not exceed 15 minutes.

MINI ENDURO-SPECIFIC RULES

- **Women's Mini Enduro** races follow all Mini Enduro rules and guidelines and will accrue series points (if more than two races are held in a season) for the Women's Mini Enduro Series only.

Start times:

- In order to give 200+ racers a chance to race to their potential, we assign a specific Stage 1 start time to each racer.
- Start times are posted in advance of the event and are considered final at 5pm the night before the race.
- Start times are also posted at check-in.
 - It is each racer's responsibility to arrive at the Stage 1 start BEFORE their assigned start time in order to start on time.
 - Volunteers will help line up racers, and starters record the actual start time.
 - We start youth and beginner riders first since it takes them longer to complete the stages and they will be racing on courses in the best condition. Pros go last because they are skilled enough to handle the obstacles that emerge on courses later in the evening.
 - If you miss your start time, you may be asked to wait until the final racer has departed before you start.
 - Sometimes there are racers who do not show up to race. Volunteers may allow you to start on a missing rider's time, but there is no guarantee.
 - Riders who miss a start time must also be able to complete both stages before sunset, and therefore may be restricted from starting due to daylight.
 - Long story short, DON'T MISS YOUR START TIME
- Stage maps indicate the approximate time it may take to ride from the base area to the Stage 1 start. These times are approximate and don't account for lollygagging or tomfoolery on the way up the hill.

Racer Intervals:

- There are set intervals between racers and between classes. These intervals are to reduce congestion on the course and give all racers an equal shot at a clear course.
 - You may not start before your start time during an interval.
 - Starting early may receive a penalty in addition to your time for the early start
 - Riding down the course during an interval can result in disqualification.

Transfers:

- 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.

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

Place	Points
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