



## **RACE DESCRIPTION:**

Vicious Cycle is designed to test your mettle, your legs and your stamina. This lap-based relay race challenges teams to earn as many points as possible within a 12-hour time period with points awarded based on a combination of completed mileage and technicality. The race begins Saturday at 7:00am and features fire pits, food, craft beer, special awards and raffle prizes at race HQ while competitors cheer on teammates and other participants.

Every pre-registered participant will also receive a Recover Brands shirt, lunch during the event, access to on-site shower facilities and a curated playlist designed to keep you moving even after your legs have turned to jello.

\*Note: Race shirts are only guaranteed to those that register by October 12<sup>th</sup>.

## **SCHEDULE:**

- Thursday, October 21
  - 5:00pm – 7:00pm: Optional Packet Pick-Up
  - Location: USNWC
  - Note: We encourage riders to participate in early packet pick-up to alleviate race day lines.
- Sunday, October 24
  - 6:00am: Packet pick-up begins at Ridge Pavilion
  - 6:45am: Packet pick-up ends
  - 6:50am: Mandatory pre-race meeting for all participants
  - 7:00am: Vicious Cycle 12 Hour MTB Relay Race begins
  - 7:37am: Projected Sunrise
  - 11:00am – 2:00pm: Lunch begins (included in registration fee; menu coming soon)
  - 6:36 pm: Projected sunset
  - 7:00pm: Vicious Cycle 12 Hour MTB Relay Race ends
  - 7:30pm: Awards

## COURSE MAP:

Coming Soon

## **TEAM FORMAT:**

- Team captains will pick up all bibs for the team. Bibs will not be distributed to the captain without a signed [waiver](#) from each racer. Please complete and submit to your captain before check-in opens.
- Teams may include 2-4 participants. Awards will be based on solo riders, teams of 2 and teams of 3 or 4.
- Teams can bike in any order they prefer, but only one biker from each team will be able to accumulate points at a time.
- Every team must complete each lap at least once during the 12 hour competition window. Each team member must complete at least one lap during the competition.

## **TEAM CAPTAIN:**

All communication between the team and the Whitewater Center Events Team must go through the Team Captain. It is the Team Captain's responsibility to share all information with each team member. The Whitewater Center Events Team can be contacted at [racedirector@whitewater.org](mailto:racedirector@whitewater.org). This will also include race day communications after the pre-race meeting.

## **POINT FORMAT:**

- Team standings will be based on the number of points accumulated throughout the race.
- Points are accumulated by riding any of the various Vicious Cycle race routes.
- Each lap has been assigned a point value based on the distance, elevation and technicality.
- It is each runner's responsibility to punch their team punch card at the check-point(s) for their specific route in order to verify the completion of the route and to receive points for the team.
  - **Failure to punch the card clearly and accurately will result in no points awarded.**
- Reference the [course map](#) for routes, check-points and point values.
- Only laps completed prior to the race cut off time will count.

## **BONUS POINTS/RAFFLES:**

Bonus prizes and awards will be up for grabs throughout the event based on mental and physical challenges possibly including but not limited to:

- Running races
- Bike challenges
- Physical challenges
- Memory-based activities

## **AWARDS:**

Awards will be presented to to the top three competitors in the following four categories: solo riders (male and female), teams of 2, and teams of 3/4

## **RACE HEADQUARTERS:**

Race Headquarters will be at the Ridge Pavilion. This site includes the lap transition zone and will also be the site for lunch on race day. Restrooms and water fountains are available.

## **FOOD & BEVERAGE:**

- Each registered athlete will receive a lunch during the competition.
  - Served from 11am - 2pm
- We understand that certain participants may have specific dietary needs relative to this event. The Whitewater Center is modifying the “no outside food or beverage” policy for registered Vicious Cycle competitors only.
- Per North Carolina law, no outside alcohol is permitted on premises. Any team that violates this law will be **disqualified**.
- The Whitewater Center will be checking team coolers on arrival and at team areas throughout the event.
- Other food and drink options will be available throughout the facility for purchase.
- There will be **NO** be aid stations on the course. Plan to carry what you need for hydration and nutrition.

## **Base Camp/Pit Area:**

- Set up begins at 6:00am on Friday after check-in/
- All team gear must fit inside an assigned area that is approximately 10'x10'.
- Teams are not permitted to build their own campfires.
- Generators are not permitted at pit areas.
- Dogs are allowed at campsites. Please note that dogs must be kept on a 6-ft leash at all times. Event Staff reserves the right to deduct points or disqualify teams that are not able to control dogs if they negatively impact the event or other guests.
- No vehicles or trailers will be allowed in this area.
- Limited bike racks will be provided at Race HQ.
- No tents larger than 10x10 are permitted. Pop-up tents must be staked at all times.

### **COURSE MARKINGS:**

It is every rider's responsibility to become familiar with their route before departure. Each individual route will have different color markings. Please see course map for details.

### **LIGHTING/FIRST AID:**

- All Vicious Cycle participants are required to use an operating bike light before sunrise (tentatively 7:37am) and sunset (tentatively 6:36pm).
- Failure to comply may result in team disqualification.
- We recommend that each team bring a first aid kit with basic first aid materials. If an emergency is encountered where additional medical support is needed, participants are encouraged to call 911 before notifying Event Staff.

### **What to bring:**

- Change of clothes including extra pairs of socks
- Back-up shoes
- Rain jacket and warm layers
- Headlamp (and spare batteries/charger)
- Basic first aid kit
- Snacks, bars, Gu, or other fuel
- Water bottle, hydration pack, or hydration carrying option of your choice
- Towel, Soap/Shampoo (Locker room and shower facilities available on site)
- If you wish to purchase alcohol you must provide a Driver's License or other appropriate form of ID.

- Cash/Credit card for additional food/beer throughout the event

## **GENERAL RACE RULES:**

Whitewater Center Events Team and Race Officials reserve the right to remove any rider/team from the course that is deemed necessary for their safety and the safety of all others. All participants must adhere to the following rules:

- A USNWC waiver and liability release must be completed by each participant. Please complete and submit to your team captain before check-in opens.
- It is each rider's responsibility to be knowledgeable and familiar with the rules.
- Bike plate must always be visible on the handlebars of the bike during the event.
- Punch card must be carried by the "active" rider. Think of this as the baton for your relay team.
- All courses must be completed in their entirety in order to score points.
- We recommend using a GPS device, bike computer or GPS watch as a secondary means of verifying lap completion in the event of any discrepancy.
- Anyone caught cheating will be automatically disqualified along with the rest of their team.
- No littering. Trash receptacles are available throughout the facility. If you or any of your team members abandon anything (e.g., drink cups, gel packets, clothes, etc.) on the race course or your campsite, your team may be disqualified.
- No smoking or vaping is allowed on USNWC property.
- Only attempt to pass another rider when it is safe for both you and the other rider to do so.
- No motorized vehicles or E-bikes are permitted in the competition.
- Any individual or team caught violating any of these rules will be automatically disqualified.

## **ADDITIONAL INFORMATION:**

- Interested in volunteering? Please contact the Race Director at [racedirector@whitewater.org](mailto:racedirector@whitewater.org)
- Whitewater Race Series Refund and Transfer Policy:
- Race Registration is non-refundable
- A 100% registration transfer must be requested 2 months (or more) in advance of race day via [racedirector@whitewater.org](mailto:racedirector@whitewater.org)

- A 50% registration transfer must be requested 1 month (or more) in advance of race day via [racedirector@whitewater.org](mailto:racedirector@whitewater.org)
- Registration transfers are only applicable to the same race the following year
- All participants must sign the USNWC waiver before participating
- Trails will be open to other runners, hikers and bikers
- Headphones, iPods, MP3 players, etc. are strongly discouraged for the safety of all participants
- No pets allowed on the course
- Participants must be present to accept awards. Awards will not be mailed.
- Event will proceed rain or shine unless conditions are deemed unsafe by the Race Director.
- All guests are required to pay a \$6 parking fee at the USNWC. Annual parking passes are available for \$60
- The USNWC does not conduct trail rescues in the event of an emergency. Participants are encouraged to call 911 before notifying event staff if an emergency is encountered.