

12 HR MTB RACE



# VICIOUS CYCLE

10.25.25

## **RACE DESCRIPTION:**

Vicious Cycle is designed to test your mettle, your legs, and your stamina. This lap-based relay race challenges teams and individuals to earn as many points as possible within a 12-hour time period (points are awarded based on a combination of mileage and technicality). The race begins Saturday at 7:00am and keeps on rocking until 7:00pm that evening. Enjoy fire pits, food, craft beer, opportunities for special awards, and raffle prizes while cheering on your teammates and fellow competitors.

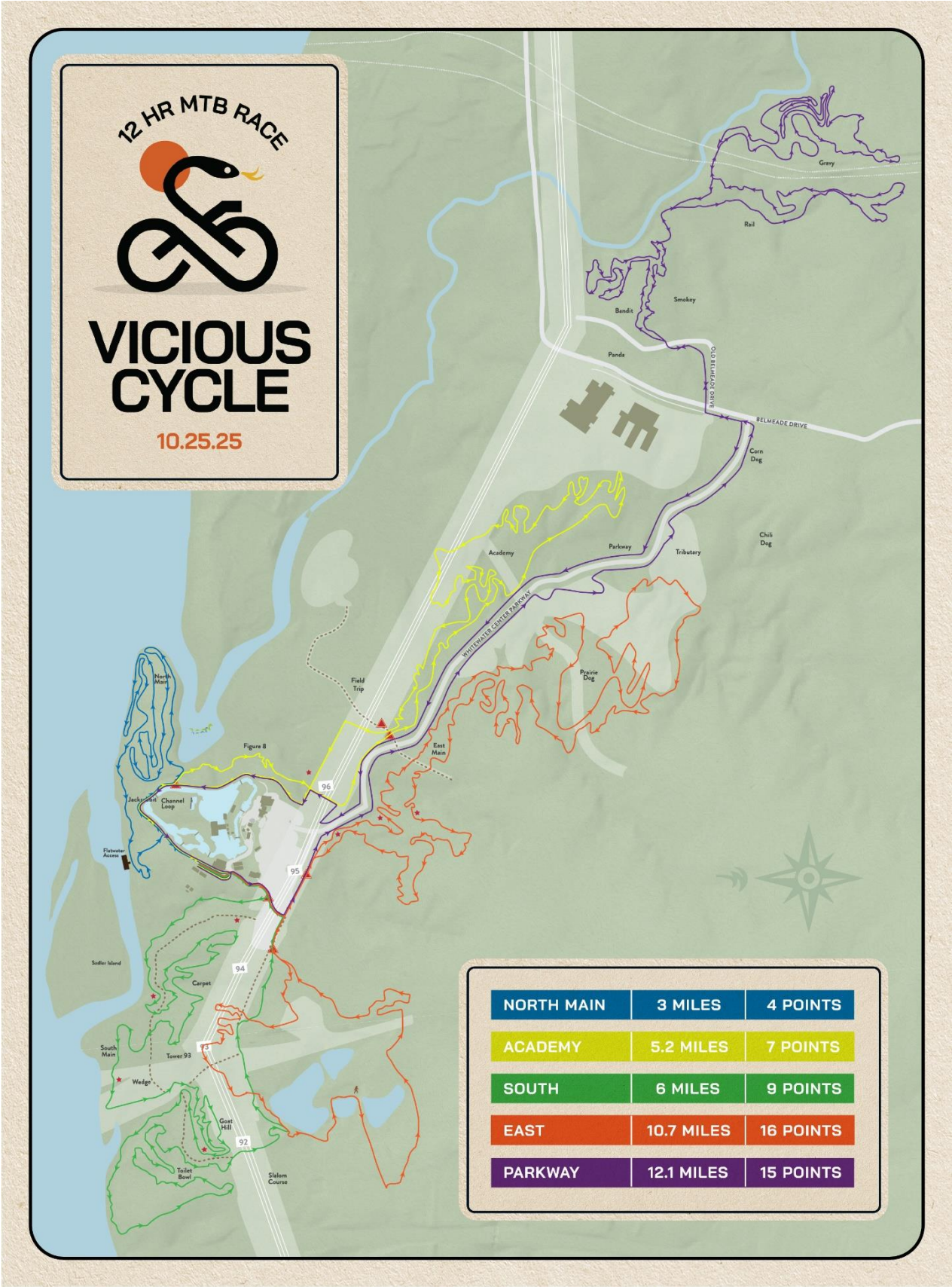
In addition to the 12 hours of racing, each pre-registered participant will also receive a T-shirt, opportunity to purchase a custom Vicious Cycle hoodie, and lunch served at Race HQ.

Note: Race shirts are only guaranteed to those that register by October 13<sup>th</sup>.

## **SCHEDULE:**

- Friday, October 24<sup>th</sup>
  - 5:00pm – 7:00pm Packet Pick-Up
  - Location – Dickson Conference Center
  - Note: We encourage riders to participate in early packet pick-up to alleviate race day lines. The parking fee is waived for any biker who picks up their packet on Friday.
- Saturday, October 25<sup>th</sup>
  - 6:00am – Packet pick-up begins at Ridge Pavilion
  - 6:45am – Mandatory pre-race meeting for all participants
  - 7:00am – Vicious Cycle 12 Hour MTB Relay Race begins
  - 11:00am – Lunch begins (included in registration fee)
  - 1:00pm – Lunch ends
  - 7:00pm – Vicious Cycle 12 Hour MTB Relay Race ends

COURSE MAP:



## TEAM FORMAT:

- Team captains will pick up all bibs for his/her team. Bib will not be given to your captain without a signed hardcopy of your [wavier](#) by each team member.
- Teams may include 2-4 participants, though award breakdowns will be based on solo bikers and teams of 2 and teams of 3-4.
- Teams can bike in any order they prefer, but only one biker from each team will be able to accumulate points for lap completion at a time.
- Team members are not required to bike the same number of laps, though each member must complete at least one. Plan and strategize accordingly.
- Each team must complete each route at least once during the 12 hour competition window.

## TEAM CAPTAIN:

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

## POINT FORMAT:

- Team standings will be decided throughout the race based on the number of points accumulated.
- Points are accumulated by riding any of the various Vicious Cycle Race routes.
- Each lap has been assigned a point value related to the distance, elevation, and technicality of that lap.
- It is each runner's responsibility to punch their team's card at the checkpoint(s) for their specific route in order to verify the completion of the route and to receive points for the team.
  - **Failure to mark your card clearly and accurately will result in no points awarded.**
- See [course map](#) for routes, start/finish line, point values, and distances
- Only laps completed prior to the 12hr cut off time will count. Ex: No points are awarded for a biker who starts a route at 6:30pm and finishes at 7:02pm on Saturday.

## AWARDS:

In addition to the random competitions and raffles throughout the 12 hours of racing, we will also present awards to the top three solo riders (male and female), teams of 2, and teams of 3-4

## RACE HEADQUARTERS:

Race Headquarters will be at the Ridge Pavilion which has restrooms and a water fountain as well as the lap transition zone for all teams. The Ridge Pavilion is the location in which the included lunch will be served from 11:00am to 1:00pm.



## **FOOD & BEVERAGE:**

- Each registered athlete will receive a lunch during the competition window.
  - Served from 11am-1pm
- We understand that certain participants may have specific dietary needs relative to this event so Whitewater is modifying the “no outside food or beverage” policy for registered Vicious Cycle competitors only.
- However, per North Carolina ABC regulations, no outside alcohol is permitted on premises and any team that violates this regulation will be **disqualified**.
- Whitewater will be checking team coolers at check in and campsites/pit areas throughout the event.
- Other food and drink options will be available throughout the facility for purchase.
- Since this is a lap-based race, there will **NOT** be aid stations on the course. Plan to carry what you need for on course hydration and nutrition.

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

- Set up begins at 6:00am on Saturday after you have checked in
- Teams are not permitted to build their own campfires.
- Generators will not be permitted.
- Teams will clear all their belongings and persons by 8:30pm on Saturday, October 25th.
- No vehicles or trailers will be allowed in this area.
- Limited bike racks will be provided in race headquarters.
- No tents larger than 10X10 are permitted.

## **COURSE MARKINGS:**

It is each rider's primary responsibility to become familiar with their route before departure. This is especially important during the night hours. Each individual route will have different color markings. Please see course map for details.

## **LIGHTING/FIRST AID:**

- For everyone's safety, all Vicious Cycle participants are required to use an operating bike light before sunrise and sunset.
- Failure to comply could 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. Please note Whitewater cannot perform trail rescues.

## **What to bring:**

- Change of clothes including extra pairs of socks
- Back-up shoes/camp shoes
- Rain jacket and warm layers
- Headlamp (and spare batteries/charger)
- Basic first aid kit (per team)
- Snacks, bars, Gu, or other fuel
- Water bottle, hydration pack, or hydration carrying option of your choice
- If you wish to purchase alcohol you must provide a Driver's License or other approved form of ID.
- Cash/Credit card for additional food/beer throughout the event

## **GENERAL RACE RULES:**

USNWC 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 [Whitewater 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 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 on the trails or at the race headquarters. 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 your team may be disqualified.
- No smoking or vaping is allowed on Whitewater 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 allowed throughout the event to accumulate points.
- Any individual or team caught violating any of these rules will be automatically disqualified.

#### **ADDITIONAL INFORMATION:**

- Interested in volunteering? Please contact the Events Team at [events@whitewater.org](mailto:events@whitewater.org).
- Trails will be open to other runners, hikers and bikers.
- Headphones, iPods, MP3 players, etc are strongly discouraged for the safety of all participants.
- Remain attentive and courteous at all times.
- 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 Events Team.
- All guests are required to pay a \$12 parking fee at the parking booth unless guest has an annual parking pass.
- Whitewater does not conduct trail rescues in the event of an emergency. Participants are encouraged to call 911 THEN notify event staff if an emergency is encountered.