



RACE TO SUNSET

ENDURANCE MOUNTAIN BIKE FESTIVAL

June 19-20, 2009

Sleepy Hollow Park, Bismarck, ND



Friday, June 19th...

- ✓ Short-track time trial
- ✓ Slow race



Saturday, June 20th...

- ✓ Endurance race (Expert (10 hr) and Sport (5 hr) categories) – Solo or up to 8 riders/team
- ✓ Post-race dinner



LOOK FOR DETAILS AT WWW.NDCYCLING.COM BY APRIL 2009



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DESCRIPTION

RACE TO SUNSET: Endurance Mountain Bike Festival is designed to bring together mountain bikers from near and far for some good ol' North Dakota fun!!! As the state's only endurance mountain bike event, *Race to Sunset* seeks to introduce new mountain bikers to endurance sports through a supportive, upbeat atmosphere, while concurrently attracting some of the best fat-tire athletes in the U.S.

Now in its fifth year, *Race to Sunset* will be organized around two days of riding/racing opportunities. Activities on Friday (June 19th) will 'roll out' with a 'Hot Lap' competition, where participants can test their time trail abilities on 3.2 miles of awesome singletrack. Following the 'Hot Lap', there will be a 'Slow Race' (new for 2009), which allow the trackstanding specialists to strut their stuff by being the last to cross the finish line without putting a foot down. The keystone event (for which the festival is named), will occur Saturday, where solo and team riders will complete as many laps as possible over 5 or 10 hours. All festival events will be held at Sleepy Hollow Exchange Club Park in Bismarck, ND (see attached map). Proceeds from *Race to Sunset* will be applied to support local mountain bike trail projects coordinated by the North Dakota Cycling Federation.

REGISTRATION INFORMATION

A new registration format will be applied in 2009, so please read carefully. Registration for the 10 hr race will be \$35/person, while registration for the 5 hr race will be \$30/person (regardless of team or solo rider status). Registration will include entry into the endurance race/ride on Saturday, as well as the 'Hot Lap' and 'Slow Race' competitions Friday evening (the latter being optional, if desired). There will be awards for the top placing solo riders and teams, as well as plenty of perks, including a 'Race to Sunset' t-shirt, energy drinks and high-carb goodies throughout the day, and a delicious post-race dinner catered by Castillo's *Boli Schack*. This year, participants will have the opportunity to purchase additional meal tickets for family and/or friends. This year's race will have a limit of 150 riders, and the registration deadline is May 29th. **Please note, each participant will need to submit a registration form (see attached).** To facilitate the registration process, *pooled submissions by team are strongly encouraged.*

SCHEDULE

Friday, 6/19 (Early check-in; Hot Lap and Slow Race)

- Rider check-in: 3:00 - 8:00 p.m. (picnic shelter)
- 'Hot Lap'
 - Meeting/Order Assignments: 5:30 - 5:45 p.m. (picnic shelter)
 - First rider out: 6:00 p.m. (subsequent riders out on 1 minute intervals)
 - Lap times will be posted Saturday morning under the 'big tent'.
- 'Slow Race'
 - Meeting: 8:00 p.m. (picnic shelter)
 - Race start: 8:15 p.m.
 - Race end: ???



SCHEDULE (cont'd)

Saturday, 6/19 (Endurance Race/Ride)

Expert Category (10 hr, Solo to 8 person teams)

- Rider check-in: 7:00 – 8:00 a.m. (under the 'big tent')
- Pre-ride meeting: 8:10 – 8:20 a.m.
- Race/Ride start: 8:30 a.m.
- Race/Ride end: 6:30 p.m.
- Dinner and awards ceremony: 7:15 p.m.

Sport Category (5 hr, Solo to 8 person teams)

- Rider check-in: 7:00 a.m. – 1:00 p.m. (under the 'big tent')
- Pre-ride meeting: 1:10 – 1:20 p.m.
- Race/Ride start: 1:30 p.m.
- Race/Ride end: 6:30 p.m.
- Dinner and awards ceremony: 7:15 p.m.

ENDURANCE RACE/RIDE

The endurance race/ride for both Expert and Sport Category riders will begin with a LeMans start, where one member from each team (or solo rider) lines up at the starting line. At the race start, participants will run to their bikes (about 50 yards from the starting line) and then proceed onto the singletrack course.

At the completion of each lap, riders will pass through a 'lap chute' to have their race number and lap time recorded via an electronic chip. Riders participating on a team will pass the 'chip' to another rider in a transition zone just past the lap chute. Each team decides the order and frequency of laps for riders on their team.

Order of placement at the end of the race is determined by the number of laps, then time. Therefore, a team with more laps, regardless of time, wins. If teams have the same number of laps, then the team that took less time wins.

Teams must have a rider out 30 minutes before the end of the race; failure to do so results in a DNF for the team. Therefore, teams that have a rider complete a lap 30 minutes *before* the end of the race must send another rider out. At any time *within* 30 minutes of the end of the race, teams may choose to send another rider out and continue, or officially finish the race. If another rider is sent out within 30 minutes of the end of the race, that rider must finish their lap within 30 minutes or that lap does not count towards the teams' total number of laps.

HOT LAP COMPETITION

Riders interested in testing their time trial abilities are encouraged to participate in the 'Hot Lap' competition Friday evening. Each rider will have one shot to record their fastest time on the 3.2 mile course. Riders will start and finish near the staging area for the endurance race, and will head out on the course spaced in one minute intervals.

SLOW RACE (NEW FOR 2009)

The 'Slow Race' is slated to be a real 'balancing act', where riders will race as slowly as possible toward the finish line. This will be a group race, and will be staged between the picnic shelter and 'big tent' on the paved road. Each rider must maintain forward momentum throughout the race. A foot placed down to avoid a fall equates to disqualification. The last rider to roll through the finish line is the winner.

Who should you contact if you have a question?

Questions may be directed to Mark Liebig (liebig@bis.midco.net; 701-426-8364) or Dennis Kemmesat (dennisk@frontierprecision.com).

Race to Sunset Sponsors



Special thanks to all of our sponsors, volunteers, and racers for making *Race to Sunset* an outstanding event!

Race Location

Sleepy Hollow Exchange Club Park
North 26th Street and Divide Avenue
Bismarck, ND





REGISTRATION FORM

Race to Sunset: Endurance Mountain Bike Festival
June 19-20, 2009
Sleepy Hollow Park, Bismarck, ND

Each participant must submit a registration form. Pooled submissions by team are strongly encouraged. Registration deadline is May 29th. Completed forms should be mailed to NDCF, 2020 Frontier Dr. Bismarck, ND 58504.

PARTICIPANT INFORMATION / RIDING OPTIONS

Name _____

Address _____

City _____ State _____ Zip _____

E-mail address _____

How long do you want to ride for the endurance race? 10 hr / 5 hr

What is your riding option? Team / Solo

If riding with a team, what is your team name? _____

How many riders are there on your team (limit of 8)? _____

Will you participate in the Hot Lap? Yes / No

Will you participate in the Slow Race? Yes / No

Will you be riding a singlespeed? Yes / No

REGISTRATION FEES / ADDITIONAL MEAL TICKETS

Registration Fee: \$ _____

- Expert (10 hr) category (\$35/person)
- Sport (5 hr) category (\$30/person)

Additional meal tickets (\$12/person) . . . _____ x _____ \$12 . = . \$ _____

TOTAL \$ _____

Please make checks payable to **NDCF**.

Note: Each rider must check-in before the endurance race/ride (or Hot Lap and Slow Race competitions, if participating) to sign a waiver and release form.