

HOODOO 300 OFFICIAL RULES AND REGULATIONS (Updated August 21, 2020)

Attention Riders & Crew: You're responsible for reading and knowing these rules before arriving in St. George.

These rules are meant to ensure safety and competitive fairness as well as to comply with various permit requirements. Any rule violation by rider or crew will result in time penalties or disqualification. Automatic DQ offenses are noted below.

GENERAL RULES

- A. The Event Directors ("Directors") may, at any time, alter these rules or invent new ones. Directors have final say over rules, their interpretation and enforcement. If a rider or crew plans to do something not explicitly covered by these rules, they should inquire in advance.
- B. All riders and crew must download and bring with them to check-in all applicable required documentation, filled out and signed. Documents are available on the Hoodoo 500 website.
- C. Attendance at Check-In (2-5pm Friday) and the Event Meeting (6:15pm Friday) is **mandatory**. Solo entrants must be represented by the rider and at least one crew. Team entrants must be represented by at least two riders or one rider and one crew. –DQ
- D. No animals other than ADA defined service dogs are permitted at rider check-in, at the pre-race meeting, at any Time Station along the route or at the post-event breakfast banquet.
- E. To be declared an Official Finisher entrants in all divisions must complete the course by 10:00am Mountain Daylight Time on Sunday.
- F. Divisional riders start simultaneously (Nomad at 5am; Solo and Tandem at 7am; 2-Person or 2-Tandem Teams at 8am, Mountain Daylight Time). The riders with the fastest total time (including penalties) is the winner of that division.
- G. The clock will not stop for any reason; however, Directors may make time adjustments for extenuating circumstances.
- H. A "contingency" is an unplanned event such as traffic lights, traffic jams, detours, road construction, high winds, storms, or other "acts of God." Directors are not responsible for contingencies and will not issue time adjustments.
- I. Riders or crew may not be naked outside of their support vehicle for any reason. Please use discretion when urinating outside.
- J. No rider or crew may wear clothing or display signs that are in poor taste with respect to style, brevity or inappropriate/offensive graphics or language, or promoting any political agenda or issue.
- K. Every crew must carry at least one cell phone, and provide the number to Directors at check-in.
- L. Safety must be the single most important concern of everyone. In an emergency where human life is in jeopardy, all concern should be directed to the injured. If a rule is violated in an emergency

situation, Directors may make allowances and issue time credits if appropriate.

M. IV fluids, controlled or illegal drugs, prescription stimulants, and alcohol are not permitted. –DQ

N. Riders and crew members must be familiar with and obey all laws of Arizona and Utah, where applicable. A full, legal stop is required at all stop signs and red traffic lights.

O. The rider or team in each division with the fastest total time (including penalties) is the winner. **Note:** Finish times are rounded down *to the minute. Seconds are disregarded.* Accordingly, sprint finishes are highly discouraged and will result in a time penalty if unsportsmanlike conduct occurs at the finish line. In the event of a tie, the most senior rider or the team with the highest combined age will be declared the winner.

P. Trophies are awarded to the fastest male and female in both the Solo and Nomad divisions. For each Solo and Nomad category other than overall (age group, bicycle type, weight division), trophies will be awarded only in categories with at least three riders. The top 2-person team receives an award. If there are more than 3 teams in any particular category (2 or 4 mixed, 2 or 4 women or age groups), the category winners will receive awards. If the overall winner in any division is also the 50+ or 60+ winner, that winner is the overall winner and there will be no age group winner. Same holds true for records. If a 50+ or 60+ time is faster than the previous overall time, that time becomes the record.

BICYCLE REGULATIONS

A. Bicycles must be propelled solely by human force.

B. Any number of bicycles may be used during the event. However, in the fixed gear division, all bicycles must be of the same gearing; and in the recumbent division, the rider must ride only a recumbent bicycle.

C. Devices attached to the bicycle or rider designed to reduce wind resistance or increase speed, e.g., airfoils, windscreens, fairings or sails, are prohibited. –DQ

D. All bicycles must be equipped with a functioning braking system on both wheels. A fixed-gear bicycle drivetrain is not considered a braking system. -DQ

RIDER RULES

A. Each rider or team must ride every inch of the course. In the event of a wrong turn, the rider may be driven back to the exact spot where he/she left the course and continue riding from there.

B. At all times while on the bike, riders must wear a properly fastened helmet. –DQ

C. Solo riders must carry on their person the assigned GPS tracking device at all times while cycling. For relay teams, the rider taking his/her turn must carry on his/her person the assigned GPS tracking device and then must hand off the tracker to the next rider during the exchange.

D. A rider may not receive any type of push-off from a person or vehicle.

E. A rider may walk or run as long as they push or carry their bicycle.

F. Circling, meaning riding any portion of the course in the reverse direction, is prohibited. –DQ

G. A rider or crew must notify Directors if they abandon. Riders who abandon may join another rider's crew after notifying Directors.

DRAFTING / SPACING RULES

A. Drafting is prohibited. Riders must maintain a distance of 10 yards from one another, except when passing, or riding alongside one another as described below.

B. Riders may ride alongside one another for a maximum 15 minutes per 24-hour period, but may not draft each other at any time. Example: Rider A rides alongside Rider B for 15 minutes. Rider A and Rider B then cannot ride together until 24 hours pass. However, Rider A may ride with Rider C for 15 minutes, and so on.

C. Riders may not draft any vehicle and must try to maintain a distance of 15 yards from another rider's support vehicle, unless passing.

SUPPORT VEHICLES

A. "Support Vehicle" is a motorized vehicle with at least four wheels. An RV may be used as a Support Vehicle (but is discouraged).

B. "Follow Vehicle" is a properly equipped Support Vehicle, no wider than 82", used to directly follow a rider in hours of darkness, if a rider so desires, and where permitted. Cargo Vans, RVs and Step Vans cannot be used as Follow Vehicles. Follow Vehicles may not pull a trailer.

C. Each rider or team (other than Voyager and Nomad riders) must have at least one Support Vehicle and may have two vehicles, and at least one licensed driver per vehicle.

D. All Support Vehicles must be legally registered and meet the minimum requirements of property damage and personal injury liability insurance for the state of registration. –DQ

E. The rider's or team's name must be visible and legible on all four sides of each vehicle. Lettering should be at least 4-6 inches high.

F. Follow Vehicles must be equipped with the following:

i) At least two amber (not red) flashing lights, visible only from the rear, mounted on the roof at the back of the vehicle on both the left and right. The flashing roof lights must be on at all times when following the rider, and off when not following.

ii) A rear-facing CAUTION BICYCLE AHEAD sign, purchased from Planet Ultra or made with **reflective** 3 to 5 inch lettering.

iii) A standard **reflective** equilateral "slow moving vehicle" triangle (minimum height of 12" with a reflective border not less than 1.5" wide) must be displayed while following directly behind the rider. The triangle *must* be removed or covered when the vehicle is not directly following.

G. Bike racks mounted on the rear of a Follow Vehicle must not obstruct the required signage.

H. Additional spotlights may not be mounted higher than the standard built-in headlights of the Follow Vehicle, except for a pass-off light mounted on the right side, which may be used to light the road when passing off supplies.

SUPPORT CREW RULES

- A. One person shall be the designated crew captain, and will be the spokesperson for the crew and rider(s).
- B. There is no restriction on the maximum number of crew, but at least one licensed driver is required for all vehicles on the course. Relay teams may self-crew, and Solo riders may share crew. Self-crewing relay teams and Solos with a single crew person or shared crew are subject to restrictions below in the section Supporting/Following Your Riders.
- C. All crew must sign and submit the Accident Waiver and Release of Liability prior to the start. A crew person is anyone who actively assists a rider in any manner at any time during the event, including cheering or taking photographs. - DQ
- D. Each rider is responsible for the actions of their crew; and may be penalized or disqualified as a result of crew misconduct.
- E. During hours of darkness, every crew member must wear a reflective vest or sash when outside of their vehicle.
- F. In the spirit of sportsmanship, any crew may offer assistance to any rider or crew at any time. **Caveat:** A crew member or rider *must* report to Directors any assistance given to a Voyager or Nomad regardless of the perceived significance.
- G. Crew members may not run, walk or ride along with, next to, in front of, or behind their rider for any reason (except during water bottle and/or food hand-offs).

SUPPORTING / FOLLOWING YOUR RIDER

- A. Vehicles may follow riders during hours of darkness only; except for self-crewing 2-person teams, which may never follow. Daytime following is a DQ offense, as it is specifically forbidden by UDOT.
- B. Following is prohibited at all times in the “Special Ride Zones” noted in these rules and/or in the Official Hoodoo Route Book. Vehicle-to-rider handoffs during daylight are prohibited. During daylight, only leapfrog support is allowed. While providing leap-frog support, vehicles must travel at or near the speed limit and may never travel alongside a rider.
- C. A Support Vehicle must always park with all four wheels completely off the roadway.
- D. At the rider's discretion, a properly outfitted vehicle may follow at night if not in a “Special Ride Zone.” Night is defined as between 8:15pm and 6:45am. When following a rider, the Follow Vehicle must be positioned as far to the right as conditions allow so that drivers approaching from behind may see past the Follow Vehicle.
- E. If two or more riders share a crew, the Support Vehicle must pull over in one spot and wait for all riders to pass. A Support Vehicle may not double back on the route for reasons other than a

medical or mechanical emergency which renders a rider unable to proceed. A time penalty or DQ will affect all riders sharing the crew.

F. Support Vehicles may not travel closer than 20 yards in front of any rider, day or night. If a rider is approaching from behind expecting to pass, the vehicle of the rider being passed must pull over and allow the approaching rider to pass.

G. Under no circumstances may more than one vehicle follow behind a rider. If two riders choose to ride together (for up to 15 minutes), only one rider's crew may follow both riders. The other must temporarily pull over. Both riders will be penalized if two crews are "caravanning."

H. During hours of darkness, support vehicles may briefly travel alongside a rider for the purpose of passing along food, beverage, or information.

I. A support vehicle may not create any advantages for a rider by breaking the force of the wind to the front or side.

J. Communication with a rider may be accomplished with a two-way radio, but not by a public address system or other loudspeaker. No sound amplification is allowed. -DQ

K. If traffic cannot pass the rider and Follow Vehicle safely, the vehicle must pull over as quickly as possible and allow traffic to pass.

L. Support vehicles must dim their front headlights for oncoming traffic. Lights must also be dimmed when following within 300 feet behind another vehicle, or when another vehicle passes.

RIDING AT NIGHT

A. All bicycles ridden at night, accompanied by a Follow Vehicle, must be equipped with a headlight, *attached to the bicycle*, and at least one taillight (two are better), also *attached to the bicycle*, which must be ON at all times during hours of darkness. Both front and rear lights must be visible from 500 feet. -DQ

B. All bicycles ridden at night, not accompanied by a Follow Vehicle, must be equipped with at least two independent lighting systems, at least one of which is attached to the bicycle, and at least two taillights, which must be ON at all times during hours of darkness. All front and rear lights must be visible from 500 feet. -DQ

C. All bicycles must have reflective material facing all four directions (meaning reflectors, or reflective tape on crank arms, seat stays and fork). -DQ (Hint: When using reflective tape, to avoid damage to paint, put electrical tape on first, and place the reflective tape on top.)

D. When riding at night, riders must wear a reflective vest or sash and reflective ankle bands, and must have reflective tape or dots on all four sides of their helmet.

SPECIAL RIDE ZONES

A. Riders begin under neutral conditions, escorted by a pace rider or vehicle that may not be passed. The escort will pull off and signal the start after ***all riders*** have made the left turn onto Washington Dam Road (about mile 9).

- B. All support vehicles must enter the course by driving north on Interstate 15, exiting Green Springs Drive (Exit 10) and following instructions in the Hoodoo Book. Support and/or rider exchanges may begin at mile 9, which is .1 miles after the left turn onto Washington Dam Road. No support vehicle may stop on the route or provide any support before Mile 9. - Mandatory 1-hour time penalty.
- C. Support vehicles must not stop, and no rider exchanges are allowed on the course beginning at mile 11.9 (the left turn onto SR-7 / Southern Parkway) until beyond mile 15.3. - Mandatory 1-hour time penalty.
- D. Support vehicles must not stop, and no rider exchanges are allowed on the course beginning at mile 26 (the right turn onto SR-59 in Hurricane) until beyond the top of the climb at approximately mile 28.5. - Mandatory 1-hour time penalty.
- E. Support vehicles shall not follow, but must provide leap-frog support only, from Time Station #4 at Shivwits Gas Station, until the turn onto Dixie Drive (at the McDonald's). -Mandatory 1-hour time penalty.
- F. Rider support ends at the corner of Sunset and Dixie Drive (at the McDonald's). All support vehicles *must* proceed directly to the finish line to wait for their rider. -DQ
- H. There are no relay team rider exchanges after Time Station #4, Shivwits Gas Station. Team members who wish to race to the finish together must leave Time Station 4 together. -DQ

TEAM DIVISION RULES

The Hoodoo 300 Rules above apply to team riders, in addition to the following:

- A. Each team must enter with two riders, but only one must finish. Substitutions are allowed to the team roster up until 5pm the night before the race.
- B. There is no requirement as to how many miles each team member must ride.
- C. One or both riders may cycle at any time. If both teammates are on the course together, they must ride single file and stay within three feet of one another. Exception: Only one rider may start. There are no exchanges or additions until riders join their support vehicles at the first support zone.
- D. When performing rider exchanges, the incoming rider must overlap wheels with the rider heading out and exchange the GPS tracker. Exception: If a team rider makes a wrong turn, another team rider may begin riding at the point where the wrong turn was made.
- E. Riders may make a rolling exchange at cycling speed and momentarily ride side by side. Riders may not push each other or assist acceleration in any way. The retiring rider must pull off the road and wait to be picked up; and *must not circle back to a waiting vehicle*. -DQ
- F. If one team is about to pass another, the team being passed must yield right of way and both teams must resume 10-yard splits.
- G. Relay teams may self-crew provided that each team member is a licensed driver, over the age of 18.

NOMAD DIVISION RULES

The Nomad Division is limited to 50 riders on a first-come basis.

The Hoodoo 300 Rules above apply to Nomads, except for those related to support crews and vehicles, in addition to the following:

- A. Riders must read, understand, accept all terms, sign and return to Directors the Nomad Waiver Letter before starting. No Nomad rider will be allowed to start without returning the Waiver and complying with any new rules included therein.
- B. The bicycle intended for use must be presented for inspection during check-in Friday.
- C. Riders must be completely self-sufficient. Absent an emergency situation, riders may not ask for or accept assistance from anyone. Penalties for violation of this rule are cumulative, as follows: 1st offense - 1 hour; 2nd offense - 2 hours; 3rd offense - DQ.
- D. At each time station, or at the Finish Line, riders must report to an Official that assistance was accepted. Failure to do so will result in an automatic DQ.
- E. Riders must carry with them at all times the following items: Photo identification, jacket, leg coverings, cell phone (although there is no service in many areas), space blanket or bivvy sack.
- F. Riders are encouraged to use the drop bag service to deliver bags up the course to the two manned time stations at Kanab and Panguitch. Bags are limited to 10" x 20" and 10 lbs total. All bags must be dropped off in the designated area by 7pm Friday. No bags will be accepted Saturday morning.
- G. Riders may not in advance leave any items along the course for retrieval during the event. -DQ
- H. In the spirit of this Division and to ensure an even playing field, riders may not have any person out on the course for any reason other than to pick them up after they've abandoned. Riders may not have any person meet them at Time Stations for any reason. -DQ

NOMADS CONJOINED DIVISION RULES

The Hoodoo 300 Rules above apply to Nomads Conjoined, except for those related to support crews and vehicles, in addition to the following:

- A. Conjoined Nomads are literally joined at the hip, and must ride together for the duration of the event in a paceline or side by side, or within a maximum separation of 10 feet. The only exception to the 10-foot rule is during the steep and curvy descent on Highway 14 towards Cedar City. Each rider may descend at their own pace; but must rejoin in the flats to continue together.
- B. Conjoined Nomads must crossing the finish line together. If one rider DNFs, so must the other. If one rider receives a DQ penalty, the other rider is also DQ'd.

RACE OFFICIALS AND TIME STATIONS

A. Officials will be stationed along the route at select Time Stations, and will also travel the course in marked or covert vehicles. Riders and crew are expected to treat Officials respectfully and must

comply with any instructions given by Officials.

B. Any Official may give a time penalty or DQ a rider on the spot; or may report the violation to Directors who may assess the penalty or DQ the rider at a later time.

C. Officials are instructed to keep interaction with crew and riders to a minimum; and cannot give aid or favor to any rider. Officials will only reveal riders' positions and arrival times at Time Stations, if known. Officials are not responsible for the reporting of inaccurate information.

D. Time Stations are located in designated places along the course, as noted in the Official Route. Some Time Stations will be manned and some will not. All riders or their crews are required to check in at every Time Station. At manned Time Stations a rider or crew must report to the Official. At unmanned Time Stations a rider or crew must contact Headquarters via text, and report the rider or relay team name, the Time Station number, and the time the rider arrived at the Time Station. Headquarters must be contacted within 15 minutes of a rider passing an unmanned Time Station. Exception: A rider or crew must *immediately call (not text)* Headquarters when their rider(s) pass Time Station #4 at Shivwits gas station; where rider support ends.

E. Crews will be given any messages, including notification of penalties or DQ, either from Officials at Time Stations, when they call Headquarters and/or via live Facebook or Twitter posts.

TIME PENALTIES

A. Non-DQ rule violations will result in the following cumulative time penalties, which will be added to the rider's or team's total time at the finish line: 1st offense- 15 minutes (unless the specific violation mandates more); 2nd offense- ½ hour; 3rd offense- 1 hour; 4th offense- DQ

B. Ignorance of the rules is never an excuse. Each year, to prove that you've read them, we've asked each rider or team to bring with them to check-in an envelope containing a minimum \$5 donation to the official charity of the event. This year, we're making a small change.

It has been our pleasure for over twenty years to serve the ultra community. We've committed ourselves to creating endurance events for a very special and exclusive audience of committed athletes- YOU! We've been blessed to make *a modest living* doing what we love to do; and hopefully bring joy and a sense of personal accomplishment into your lives.

With the support of amazing Planet Ultra people, we've been for the most part, able to weather the COVID-19 storm with our virtual doubles, mileage challenges and jersey sales. But we've not hosted an actual event since February; and unfortunately, it looks like the events we postponed to September/October will also be cancelled due to California's tough restrictions.

So this year's envelope will benefit Planet Ultra. Include a note letting us know what Planet Ultra and Hoodoo 500 means to you, or a monetary gift, as you wish. NO pressure. But we need an envelope as evidence that you read the rules. – Mandatory 15-min time penalty for failure to turn in an envelope.

C. Upon observing a rider or crew's violation of a traffic law or event rule, an Official may either issue a time penalty or a DQ to the crew, whose responsibility it is to inform the rider, or report the penalty or disqualification to the next Time Station or to Directors, where the penalty will be posted.

D. Riders or crew who observe another rider or crew violating the law or these rules are

encouraged to immediately say something to the rider or crew, and also report the violation to an Official. Officials may, but are not required to, impose penalties based solely on verbal reports of cheating. Photos or videos of violations will more likely result in a penalty or DQ being imposed.

CONCLUSION: If you have any questions, please contact us. If you don't ask, we assume that the rules are clear and you will be held accountable in accordance with them.