



## **Arctic Bicycle Club**

### **Anchorage to Seward 2010- Rules of the Road:**

- Sign the Release form at the race start
- All cyclists & drivers must attend the pre-race meeting at 8:30am at Chain Reaction Cycles.
- Food/drink support from vehicles is allowed ONLY at the end of each leg (at the designated exchange points).
- Mechanical support from vehicles is allowed at any point provided all traffic laws are obeyed and the shoulder is kept clear for other riders. Support vehicles may not follow riders. Receiving a wheel change between exchange points will result in a 10 minute time penalty. Riders must self report such wheelchange time penalties to the race director upon arriving at the finish.
- FOLLOW CARS ARE PROHIBITED, SO RIDERS ARE EXPECTED TO HAVE THE EQUIPMENT AND KNOWLEDGE NEEDED TO REPAIR FLAT TIRES.
- For the start, riders may be arranged with faster riders/teams going first on 30 second intervals.
- No drafting competitors. Stay back 30 feet or safely pass competitors within 30 seconds. Team members may draft each other.
- A team may change riders at any point in the event of a major mechanical problem (excluding flats) or other emergency. Otherwise, a team may change riders only at the end of each leg. More than one rider per team may ride at a time.
- No rolling starts. New riders must wait with one foot on the ground until their teammate has passed. No tag is required.
- No disc wheels.
- TT/aero bars are allowed. Use with caution!
- Helmets are required for all riders and bright colored clothing is encouraged.
- Riders must stay on or just to the right of the white line and preferably as far to the right on the shoulder as possible.
- Each team member must ride at least one leg.
- All riders must clearly display their bike number on the bike or jersey.
- Report rule violations or unsafe cycling/driving to race officials.
- Time penalties or disqualifications will be imposed.
- Times will be recorded up to 8 hours. After that, record your own time and inform the race director you have finished.
- If you scratch, call the race director at 230-2913. Immediately. Number to be given out on race day at pre-race meeting.
- RIDERS WILL BE RESPONSIBLE FOR ARRANGING THEIR OWN TRANSPORTATION BACK TO ANCHORAGE!!!!
- Have fun, race hard, be safe!