

2008 Race Rules

General Rules are followed by rules for the 50, 100, 200, and 400 solo events and, finally, the 200 and 400 relay events.
Updated 5/18/2008.

Number Pickup, UMCA Release of Liability Signing,
and Vehicle Inspection will take place at

Kincaid Park Chalet - BIB pickup and sign waiver
9401 West Raspberry Road, Anchorage, Alaska
Thursday ONLY, July 10 from Noon to 2:00 PM and 6:00 PM to 8:00 PM.

Questions regarding
Number Pickup, Annette Cartier at (907) 272-1933 or cartierkservices@gci.net.
Pace Vehicle Inspection, call Jim Mendenhall at (907) 272-0160.

2008 START TIMES

Noon Friday - 400 Solo - Wave #1
3:15 PM Friday - All 400 relays - Wave #2

6:00 AM Saturday - Early Slow Starts, check with timer - Wave #11
6:30 AM Saturday - Early Slow Starts, check with timer - Wave #12
7:00 AM Saturday - All 200 Relays - Wave #3
7:15 AM Saturday - 200 Road Race & tandems - Wave #4
7:30 AM Saturday - 200 solo, nondrafting - Wave #5
10:00 AM Saturday - 100 Road Race & tandems- Alaska STATE CHAMPIONSHIP - Wave #6
10:30 AM Saturday - 100 Solo, nondrafting - Wave #7
10:45 AM Saturday - 50 Road Race & tandems - Wave #8
11:00 AM Saturday - 50 solo - Wave #9
11:15 AM Saturday - 50 Fat Tire Non-drafter, Non-Competitive - Wave #10

Safety Supersedes Competition

Safety must be the single most important concern of everyone connected with the Fireweed. The Fireweed motto is: "Safety first, Fun second, and Success third." In an emergency condition where human life is in jeopardy, all concern should be directed to the injured. If a rule is violated in an emergency situation, the Race Director will make necessary allowances.

Awards

Awards will be given to the 1st, 2nd, and 3rd place men and women finishers in each of the Fireweed events, provided there are at least five contestants in the event. If an event has less than five contestants, the race directors will use their discretion as to how many awards will be given for the event.

Certificates will be given to 1st, 2nd, and 3rd place Men's and Women's age group finishers for the following age groups:
under 12, 13-19, 20-29, 30-39, 40-49, 50-59, 60-69, 70-79, 80-89.

200 & 400 RELAY RIDER RULES

Aero bars are allowed on all relays and teams.

- Number Pickup and UMCA Release of Liability Signing will take place at Kincaid Park Chalet, 9401 West Raspberry Road, Anchorage, Alaska, on Thursday, July 10, from 12:00 PM to 2:00 PM and from 6:00 PM to 8:00 PM. Questions regarding Number Pickup, call Annette Cartier at (907) 272-1933 or email her at cartierkservices@gci.net. Questions regarding Pace Vehicle Inspection, call Jim Mendenhall at (907) 272-0160. Note: to get your number, you must give us "signed" waivers by all of the members of your crew. These waivers may be mailed in ahead of time or you may give them to us when you pick up your number. You may not do this electronically (sorry). No waivers, no number. In order for the Fireweed to be sanctioned by the Ultra Marathon Cycling Association (UMCA), every participant must sign the UMCA Release of Liability.
- Attendance at a Pre-Race Meeting is mandatory. The Relay Riders and at least one member of the Riders' Support Crew must attend one of the Pre-Race Meetings. Attendance is mandatory. Support Crew (vehicle driver) is anyone assisting a Racer. In the last few years, vehicle drivers have posed a threat to the safety of the riders. Pre-Race Meetings will be held at the Kincaid Chalet on Thursday, July 10, at 12:30 PM (noon) and at 7:00 PM. This meeting should not last longer than thirty minutes. DQ
- Race start times for these divisions shall be as follows:
Start times on Friday
3:15 PM - All 400 relays - Wave #2 on Friday
Start times on Saturday
7:00 AM (Saturday) - All 200 RELAYS

- Riders must obey all traffic laws. In addition to a time penalty (TP) or disqualification (DQ), you will be ticketed by the State Troopers for disobeying a traffic law.

The traffic laws are rules in effect at all times:

- Riders should ride as far to the right as possible. TP or DQ
- When a shoulder of the highway is maintained in good condition, an operator of a bicycle shall use the shoulder. TP or DQ
- Riders shall give way to the right as far as practicable to a motor vehicle proceeding in the same direction when the driver of the motor vehicle gives an audible signal. TP or DQ
- Racers shall not ride more than two (2) abreast. Riders riding two abreast may not impede traffic. TP or DQ
- A Rider must wear an ANSI approved helmet at all times. The helmet must be properly fastened and not just sitting atop the head. DQ
- If a Rider abandons, he/she is responsible for notifying a Race Official, which may be accomplished by telling a Race Official on the Course or at Sheep Mountain Lodge or by calling (907) 332-3395. Riders who abandon are responsible to find their own transportation back to the start.
- If an Aid Station is open, any Relay Rider may use the Aid Station. However, Fireweed Relay Riders should plan to be self-supported. Especially, the Fireweed 400 Rider should bring the food and drink that he/she intends to use because aid stations are not open Friday.

- Riders shall conduct all "private" matters out-of-sight and off the paved highway, but they shall not use private driveways along the highway for this purpose. Last year, we had complaints from property owners that Riders had urinated and defecated in their driveways.
- A Rider may toss a water bottle to the roadside provided this is done safely, and a person in a Support Vehicle or at an Aid Station is available to pick up the water bottle. At no time shall a Rider discard wrappers on the highway. TP or DQ
- Bicycles ridden at night (midnight to 5:00 a.m.) by the 400 mile Relay Team Riders must be equipped with a front light visible and operating from 100 meters (300ft.) and steady-state (not-blinking) rear red light or incandescent red light visible from 150 meters (500ft.). TP or DQ
- All 400 mile Relay Team Riders must wear reflective vests at night (midnight to 5:00 a.m.). Reflective vests are recommended for 200-mile Riders, but are not required.
- Course Closer: The 200-mile course will close Saturday at 12:00 PM. SAG SUPPORT: At 11:00 PM, a Race Official van will begin sweeping the course to pick up Riders unable to finish by 12:00 AM (Midnight).
- Any 200 Rider (and 200 Relay Team) who has not passed Tiekel River Lodge by 9:00 PM must stop at Tiekel River Lodge. The Course Sweeper will come to Tiekel River Lodge to pick up the Riders at Tiekel River Lodge.
- 400 Relay Riders and their pace vehicles must travel as a single unit under night riding conditions (midnight to 5:00 a.m.). Riders and their pace vehicles must travel together in and out of Valdez, and Riders shall not depart the check-in station in Valdez without the pace vehicles following the Riders.

- One, two, three, or four riders may cycle at any time. Drafting is permitted within the same team, but not between rival teams. However, a temporary ban on drafting could be imposed by the Troopers or Race Officials if the team of riders creates undue traffic problems that could be remedied by having only one rider on the road.
- There are no requirements as to how much time or how many miles each person can ride.
- If a team member gets hurt or cannot ride, no substitutions are allowed. Only one rider has to finish. This means that the rest of the riders can drop out.
- A Team Relay Rider may proceed on foot along the Fireweed route as long as the bicycle is present (carried, dragged, or pushed). A Team Relay Rider separated from his bicycle may not proceed along the race route, but may travel backward by any means along the route. TP or DQ
- Riders may not receive any type of push-off from another person or vehicle. TP or DQ
- In a rider exchange, the new Relay Rider must overlap wheels with the Relay Rider, he/she is replacing. Relay Riders may make a rolling exchange at cycling speed and ride side by side. The new Relay Rider then accelerates to begin their riding section while the old Relay Rider stops.

Rival Relay Riders may ride side by side to greet each other for a maximum of 2 minutes. TP or DQ

- Race Officials will be stationed along the course at the aid stations and/or will patrol the course in marked vehicles.
- Penalty for violation of the rules is either a Time Penalty (TP) or Disqualification (DQ). Time penalties for traffic law violations and/or rule violations will be added to the racer's overall time at the finish line. 1st offense - 15 minutes; 2nd offense - 30 minutes; 3rd offense - DQ. Race Officials will administer penalties at the time of the infraction. A warning does not have to be given before a penalty can be assessed. Penalties for rule violations will be imposed to the entire Relay Team, not just to the persons responsible.

* Support and Pace Vehicles

1. A Support Vehicle is defined as a motorized vehicle with two or more wheels which is used to transport people and/or equipment necessary for use by a competitor.
2. All Support Vehicles must be properly registered and carry at least the minimum insurance required by law by the state of registration.
3. All Support Vehicle operators must possess a valid driver's license appropriate for the vehicle being operated.
4. If motorcycles or motor-driven cycles are used as Support Vehicles, appropriate legal helmets must be worn at all times by the driver and any passengers, regardless of state or local regulations. Bicycle helmets are not legal when riding a motorcycle. Motorcycle operators must have motorcycle endorsements (i.e., special licenses), as required by the State of Alaska. See Rules for Support Vehicles for the 400 Solo and 200 and 400 Relay.
5. At least one member of the Racer's Support Crew (vehicle driver) must attend one of the Pre-Race Meetings.