

# 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.

## RULES FOR SUPPORT AND PACE VEHICLES FOR THE 400 SOLO, AND 200 AND 400 RELAY

At least one member of the Racer's Support Crew (vehicle driver) 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.

- A motorized vehicle wider than 78" may never be used to follow the racer. DQ
- The ideal Pace and Support Vehicle are cars, minivans, or SUVs. RVs, Hummers, fifteen passenger vans regardless of their width, and motor homes are not allowed as Support or Pace Vehicles. Relay Teams shall not use any of the above large vehicles to make rider exchanges.
- Follow vehicles may not pull a trailer. DQ
- Motorcycles may be used to support if a racer also has a four-wheeled support vehicle. A racer may be followed at night, 12 PM to 5 AM, by a motorcycle instead of a vehicle.
- We encourage only one support vehicle for solo racers and two support vehicles for four person teams.
  - All support vehicles must obey the traffic laws of the State of Alaska. All support vehicles must have the minimum requirements of property damage and personal injury liability insurance for the State of Alaska. Proof of insurance policies must be submitted to the Race Official at vehicle inspection prior to the race. All support vehicle operators must possess a valid operator's license for the vehicle being operated. DQ

## **PACE VEHICLE EQUIPMENT**

1. One amber (not red) flashing light mounted on the far left (driver side) of the roof visible only from the rear (duct tape the front of the flashing yellow light). The pace vehicle must use the flashing roof light at all times when following the racer. In Anchorage, these lights are available at auto supply stores and RV rental lots. DQ
2. CAUTION BICYCLE AHEAD sign. Available at Rainbow Racing System, [www.rainbowracing.com](http://www.rainbowracing.com), or may be handmade on white adhesive paper or white heavy card stock with red or orange letters 4" - 6" high. DQ
3. Rear reflective equilateral (equal sided) "slow moving vehicle" triangle having a minimum height of 12" with a red or orange reflective border not less than 1.75" in width. Available in Anchorage at Warning Lites, auto parts stores, or RV rental lots. Attach to rear of vehicle if following racer. Remove this sign when not following racer. DQ

## **SUPPORT CREW RULES FOR THE 400 SOLO, AND 200 AND 400 RELAY**

1. The minimum number of support crew members is:
  - (a) 400-mile solo: at least 2; Pace vehicle behind rider 12 PM to 4:30 AM.
  - (b) 400-mile relay, 4 person, 1 vehicle: none required
  - (c) 400-mile relay, 4 person, 2+ vehicles: at least 1 per vehicle
  - (d) 400-mile relay, 2 person: at least 1
  - (e) 200-mile solo: none required
  - (f) 200-mile relay, 4 person: none required
  - (g) 200-mile relay, 2 person: none required

2. There are no restrictions on the maximum number of support crew members.

A Support Crew Person is anyone who actively assists the Rider in any manner on a continuous basis for a given block of time. The Race Director will make the determination as to whether or not such a person is a crew under these rules. The Riders are accountable for the behavior of the Crew. DQ

All Support Crew Members must have signed and agreed to the terms in the UMCA Release of liability. In order for the Fireweed to be sanctioned by the Ultra Marathon Cycling (UMCA), every participant must sign the UMCA Release of Liability. DQ

Riders may add crew at any time during the race provided the new crew member(s) signs the UMCA Release of Liability and immediately notify a Race Official.

One Crew Member will be designated Crew Captain and will speak for the Crew and Rider(s) in reporting problems, suggestions, or other information to Race Officials.

3. A Crew Member may offer assistance to any Rider or Crew at any time.

4. The Pace Vehicle may follow the Rider during the day light hours.

The Pace Vehicle and the Rider(s) shall become a single entity under night riding conditions, and a pace vehicle must be directly behind the Rider(s). Riders shall not proceed beyond the support vehicle lights during the night, even when displaying legal required bike lights. Night riding is defined as the time between 12 midnight and 5:00 AM. 400 mile Riders and the Pace Vehicles must travel together in and out of Valdez. The Riders cannot leave the check-in station in Valdez without the Pace Vehicles being behind the Riders. TP or DQ

5. Traveling alongside a rider for handing off food and supplies to the Rider is NOT permitted. Traveling along side a Rider to exchange information is permitted, limited to 1 minute per exchange and 3 times per hour. TP or DQ

When traveling alongside a rider, the Crew must not interfere with the normal flow of traffic in either direction. Remaining alongside longer than necessary in order to provide the Rider(s) an advantage against prevailing wind is prohibited. TP or DQ

6. To make hand-offs to a Rider, the Pace Vehicle or a Support Vehicle may proceed ahead of the Rider, stop off of the pavement, and use a pedestrian handoff as the rider passes. TP or DQ

7. A moving Rider may safely toss water bottles to the roadside. The Support Crew must pickup discarded water bottles. Riders shall not discard wrappers or litter. TQ or DQ

Parking of vehicles or spectators congregating on the shoulder of the highway is not permitted by the State Troopers. Vehicle parking must be at least thirty feet off the traveled surface of the highway. Whenever possible, support vehicles must park in the paved pull-outs on either side of the road for hand-offs to a Rider and relay exchanges. If a handoff is made from the shoulder of the highway, only the person making the handoff may be in the shoulder. Use caution at all times, particularly when parking and moving back into the roadway. TP or DQ

8. The Pace Vehicle may not impede following traffic. The Pace Vehicle must pull off the road and let traffic pass when five or more vehicles are waiting to pass. If traffic cannot pass the Rider and the Pace Vehicle at night, the Pace Vehicle should signal the Rider of the situation, and they both when it possible (safe) must pull over to allow the traffic to pass. TP or DQ

9. The Pace Vehicle should follow its Rider as far to the right of the lane as possible or on the paved shoulder. TP or DQ

10. Special attention by the Pace Vehicle drivers must be taken in passing situations when one rider overtakes another. The Rider and Pace Vehicle in the lead and getting passed must yield by slowly moving to the right. The following Rider must accelerate and pass on the left. Always yield to the normal flow of traffic. TP or DQ

11. If two riders decide to ride together, only one Pace Vehicle shall follow both Riders, and the other Pace Vehicle shall remain parked on the side of the road or shall drive up ahead and stop. Under no circumstances should two or more Pace Vehicles of different Riders caravan down the road or travel side by side at the speed of the Riders. Both Riders will be penalized. TP or DQ

## **Human Powered Vehicle**

HPVs competing in Fireweed will follow the 400 soloist rules of the Fireweed, modified as suggested by the IHPVA for cross country events.