

COHUTTA 100/BIG FROG 65 OLD COPPER 30 MTB RACES PARTICIPANT GUIDE 2022



Welcome to the Cohutta 100/Big Frog 65/Old Copper 30 mountain bike races! You are sure to be challenged by the beautiful Blue Ridge Mountains of the Chattahoochee and Cherokee National Forests. Whether you are a local, or have traveled from afar to take part in this event, we are happy to have you join us. There are sure to be moments of bliss, fatigue, exhilaration, distress, and pure joy along the way. In the end, we hope it becomes one of those glorious memories we all seek in life. Enjoy the ride.

DIRECTIONS TO START/FINISH

**OCOEE WHITEWATER CENTER
4400 US-64
COPPERHILL, TN 37317**

The race begins and ends at the Ocoee Whitewater Center. To enter the venue in the morning, you will need to actually drive past the Whitewater Center on US 64 and enter from the far end of the parking lot. It is \$3 per vehicle to park, which you can pay upon arrival at one of the USFS kiosks. Once you park, walk across the bridge and make a left towards the picnic shelter, which is where check-in will be. PLEASE NOTE THERE IS NO OVERNIGHT PARKING AT THE OCOEE WHITEWATER CENTER.

BIKE SHOP SUPPORT

If you would like to ship your bike and have a local shop reassemble and race prep it for you, we have partnered with Cartecay Bikes in Downtown Ellijay. The cost is \$85 for reassembly. Cartecay bikes is around 35 mins from the start/finish, but is likely on your way to the start if you are coming from the Atlanta Airport.

If you plan to take advantage of this, please email ben@cartecaybikes.com and let him know you are sending a bike his way.

Cartecay Bike Shop
493 North Main Street
Ellijay, Georgia 30540
706-635-2453

Tuesday Closed, 11:00 am - 5:00 pm Mon, Wed, Thurs, Fri, Sun, Saturday 10:00 am - 5:00 pm

Ocoee Whitewater Center Layout



SPECTATORS/SUPPORT CREWS

To cut down on traffic along the course we encourage spectators to stay at the Ocoee Whitewater Center to watch the race, however all Aid Stations are accessible by vehicle. Support Crews may only assist at aid station locations. **If you have a support crew, ensure they have all the maps and directions they need to get around BEFORE you arrive at the race.** Race crew will not have time Saturday morning or during Friday check-in to give you detailed directions, so please do your research and plan ahead. Links to basic maps and cue sheets are **on the Courses page of the event website, <http://mountaingoatadventures.com/cohutta/course>**, or you can pick up a detailed USFS map at places like REI or area bike shops. It is recommended that support crews head out shortly after the race begins so they can get to the aid stations in front of the riders so vehicles are not interfering with racers' forward progress or creating a hazard for them.

SCHEDULE OF EVENTS

Friday 4/22/2022

ALL TIMES ARE EASTERN TIME ZONE

- 2:00 pm to 9:00 pm - Race number and t-shirt/swag pickup at Whitewater Center Pavilion - THIS IS MANDATORY FOR 100 MILE AND 65 MILE - NO RACE MORNING PICKUP FOR 100 OR 65 MILE RACE. OLD COPPER 30 RIDERS MAY PICK UP SATURDAY MORNING. The Pavilion is on the opposite side of the river from the Whitewater Center. Park and cross the second bridge (the one furthest from the WWC), turn left and you should see the pavilion at the end of the picnic area.
- 8:00 pm - DROP BAG CUTOFF - The enforced drop-bag deadline is at 8 p.m. at the Whitewater Center pavilion. If you miss the cutoff you will need to carry your drop items or rely on the aid stations for fuel. We will provide you with one-gallon sized ziploc bags or you may pre-pack your own. PLEASE NOTE THAT WE SEND A TON OF SNACKS, RIDE FOOD AND FLUIDS TO OUR AID STATIONS. UNLESS YOU HAVE DIETARY RESTRICTIONS, THERE IS NO NEED TO SEND \$30 WORTH OF RIDE FOOD IN DROP BAGS. DROP BAGS USUALLY COME BACK FROM AID STATIONS

WHEN THE STATION CLOSSES ON SATURDAY NIGHT, SO SEND WORN OUT/DISPOSABLE BOTTLES IF YOU KNOW YOU AREN'T GOING TO WANT TO WAIT AROUND. WE DO NOT SAVE OR SHIP DROP BAG ITEMS.

If you are absolutely unable to make Friday check-in, you MUST:

1. Print off the RACE WAIVER, sign it, AND give it to a friend to deliver to us during check in. Make sure you send your drop bags, as there is no way to deliver them to the Aid Stations on race day.

2. Your friend MUST pick up your race packet with your race number in it and get it to you before the race starts! If you do not have someone deliver the waiver and/or fail to get your number from your friend, you will not be able to race.

- ✓ There is no Friday or Saturday registration or distance changes. All distance changes must be completed by April 18. Transfers must also be completed by April 18.
- ✓ If you have questions or need to speak with the Race Director, please reach out now, as we most likely will not be able to get you a timely answer if you wait until the day before the race.
- ✓ Photo ID may be required to pick up your packet. If you are under the age of 18, a parent or legal guardian must also be present or have sent a signed waiver with the participant under the age of 18.

The Race Accident Waiver is located on the race website – You can print and fill out ahead of time and bring to race to save some time.

<http://mountaingoatadventures.com/forms/2022CBFWaiver.pdf>

Saturday 4/23/2022

ALL TIMES ARE EASTERN TIME ZONE!

- 6:45 am - Pre-race meeting for the Cohutta 100 at the start line
- 7:00 am - Cohutta 100 Race Start with lead out vehicle up US Hwy 64

- 7:45 am - Pre-race meeting for the Big Frog 65 at the start line
- 8:00 am - Big Frog 65 Race Start with lead out vehicle up US Hwy 64

- 6:30 am to 8 am - Number/shirt pickup for Old Copper 30 racers only at Pavilion.
- 8:15 am - Pre-race meeting for the Old Copper 30 at the start line
- 8:30 am - Old Copper 30 Race Start with lead out vehicle up US Hwy 64

- ✓ All racers will need to ensure they ride over the timing mats at the START so we can account for you on the course and to receive an overall finishing time. Your start time begins when the horn is blown, not when you cross over the mats. Disposable timing chips are adhered to the back of your race number which should be mounted to your handlebar. Please do not bend your timing chip, as it may cause it to not read when you finish. Also, make sure your timing chip isn't pulled tight against anything metal when you mount it, as it can interfere with the RFID signal. Chips do not need to be returned after the race.

- Awards will be presented near the finish line when the top 5 finishers in each class have crossed the finish line. Handmade Awards for all Podium Finishers.
 - ✓ Top 5 Open Men in the Cohutta 100 is: \$400/300/200/100/100
 - ✓ Top 5 Open Women in the Cohutta 100 is: \$400/300/200/100/100
 - ✓ Top 3 Masters 50+ in the Cohutta 100 is: \$250/175/125
 - ✓ Top 3 Open Singlespeed in the Cohutta 100 is: \$250/175/125

- ✓ Top 5 Open Men in the Big Frog 65 is: \$300/200/150/100/100
- ✓ Top 5 Open Women in the Big Frog 65 is: \$300/200/150/100/100
- ✓ Top 3 Masters 50+ in the Big Frog 65 is: \$200/150/100
- ✓ Top 3 Open Singlespeed in the Big Frog 65 is: \$200/150/100

- ✓ Top 3 in Open Men, Open Women, Masters 50+, and Open Singlespeed in the Old Copper 30 will receive prizes from our sponsors. All other categories in the 100, 65, and 30 that were not mentioned above will receive prizes from our sponsors.

- 12:00 pm to 8 pm - Post-race meal available at the finish line. – We will be utilizing a meal list this year so there will not be meal tickets. This should make life easier for you all since all you'll need to remember after the ride is your name.
 - ✓ If you would like to order an additional meal for spectators, family, and friends, you will need to pre-pay and reserve a meal no later than April 16th. We are having bagged lunches from Rum Cake Lady delivered so we will not be able to accommodate on-site meal purchases. Extra Meals are \$15.

OCCOE WHITEWATER CENTER AREA LODGING

The Ducktown Copper Inn is conveniently located within 5 miles of the Ocoee Whitewater Center and offers a solid deal for a simple stay. After purchasing the hotel April 2018, the new owners (Jerry and Marsha Hauck) have renovated rooms, added new mattresses and linens to create a comfortable place to rest. There is also a pavilion area with a charcoal grill and fire pit to enjoy and share stories of your adventures. There are 4 rooms with a king bed, and the rest have 2 queen beds. All rooms have a microwave, small refrigerator, A/C and WiFi. All rooms are accessible by stairwells only. For both cyclists and runners that are racing there will be a continental breakfast included on their race day. You can book now by visiting www.theducktowncopperinn.com or call 423-496-5541. Please note in the message box if you want a continental breakfast online or let them know when you call.

Please note overnight parking is not permitted at the Ocoee Whitewater Center. I know it has been done in the past...but it has never been allowed so the USFS has formally requested our participants use one of the many area campgrounds instead.

The nearest camp ground is the Thunder Rock Campground. Thunder Rock Campground is located 1.8 miles northwest of the Ocoee Whitewater Center, just behind TVA Ocoee Powerhouse Number 3. Nestled alongside the Ocoee River, this facility provides 37 regular campsites and one group campsite. Sites are first come-first served and camping is an additional fee that can be paid at the USFS kiosk at the campground or you can RESERVE YOUR SITE ONLINE. <https://www.recreation.gov/camping/campgrounds/251938> There are bathrooms and showers here, but no hookups.

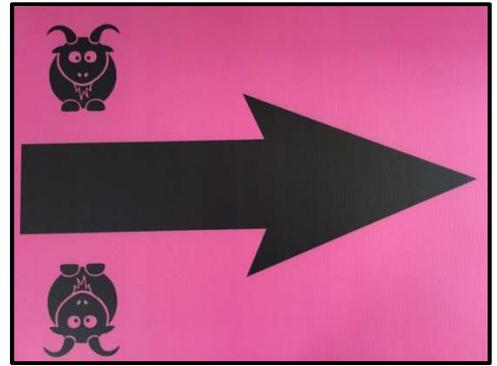
If you are bringing an RV and want full hookups, the Parksville Lake Campground is a few more miles west on US 64. You can RESERVE YOUR SITE ONLINE <https://www.recreation.gov/camping/campgrounds/251438> for Parksville Lake.

Another hotel option 5 minutes from the Ocoee Whitewater Center is The Ocoee Inn.

If you have a large group coming from out of town, there are a variety of AirBnB or VRBO homes that end up being good deals when split among a group. Search near "Ducktown, TN", "McCaysville, GA", or "Copper Hill, TN" when you visit those websites.

COURSE GUIDELINES/MARKINGS

- ✓ The course itself will be marked primarily by black arrows on a pink background. We utilize both 8.5"x11" laminated paper placards and 18"x 24" plastic signs. PINK ribbon will be used in addition to the arrows for both reassurance and as a back-up in case arrows are removed by other trail users.
- ✓ In comparison to prior years, you will probably see WAY MORE course markings as I'd rather overdo signage than not have enough.
- ✓ If in doubt, look for pink tape at intersections and go towards the pink tape. Each intersection will have 2-3 pieces of tape hanging or tied around a tree in the vicinity **IN THE DIRECTION THAT YOU WANT TO GO.**
- ✓ Rest assured that the event staff & volunteers work very hard to ensure you have a good trail to follow. Approximately 150 course signs are used. Additional natural trail indicators and barriers are used frequently and should be obvious. The course is open to the public during the race so we are not able to block or tape off some trails or road ways. That being said, look for course markings at any intersections before blazing off down the trail in the wrong direction. "Do not Enter" signs will be placed in areas where the penalty for misdirection is severe.
- ✓ There will be a course marking official out on course in front of the race, patrolling the forest road sections and replacing any signage as needed. If you see any major intersections that do not have arrow signs or you see signs on the ground or knocked over, please let the next aid station know so they can relay that info to the course marking official.
- ✓ Ultimately, no matter how many steps are taken to mark the course, it is the rider's responsibility to stay on course. If you stray, you must use the given resources, such as GPX data, cue sheet and map, to return on course at the point at which you erred. Doing otherwise results in a non-finish. One of the best hints for staying on course is to keep looking for the pink ribbons. The ribbons are the least likely course markers to get removed. Download the GPX files. If you are low tech, take the map and directions with you – paper weighs next to nothing.
- ✓ Links to Maps, cue sheets, and GPX Files can be found here on the event website: <http://mountaingoatadventures.com/cohutta/course>
- ✓ Finally, this is your strong reminder that it is the rider's responsibility to cover the course in a safe manner. Please ride within your ability level, know and heed all warning markings, and do not rely solely on warning markers as the only indication of dangerous terrain. Course conditions change throughout race day, racer ability levels are varied, and there is a limit to the effectiveness of adding another warning marker to a long course. Be aware---Just because you can go fast, does not necessarily mean that you should.



Common Course Markings

- ✓ Course marking arrow signs – large black arrow on pink background, either left, right, or straight ahead as shown above. Pink signs are always for bike traffic and denote the course.
- ✓ Caution Bike Race in Progress signs to alert oncoming traffic that there will be bikes on the road. All roads and trail are open to public during the event, so always be aware and yield as needed. There will be some vehicle traffic on the gravel and paved road sections. Stay on the right hand side of the road. Do not cut the corners on ANY road sections.
- ✓ Do Not Enter/Wrong Way signs
- ✓ Custom Signs/Banners for specific race distances
- ✓ Pink Flagging Tape

COURSE MAPS – GPS OR PAPER MAPS ARE REQUIRED FOR 65/ 100 MILE COURSES!

All course maps, GPX files, and Cue Sheets are available for download on the event website for all race distances. Print out the maps and cue sheets ahead of time, make sure you can load the GPX file ahead of time. Be prepared and you should have no issues following the course.

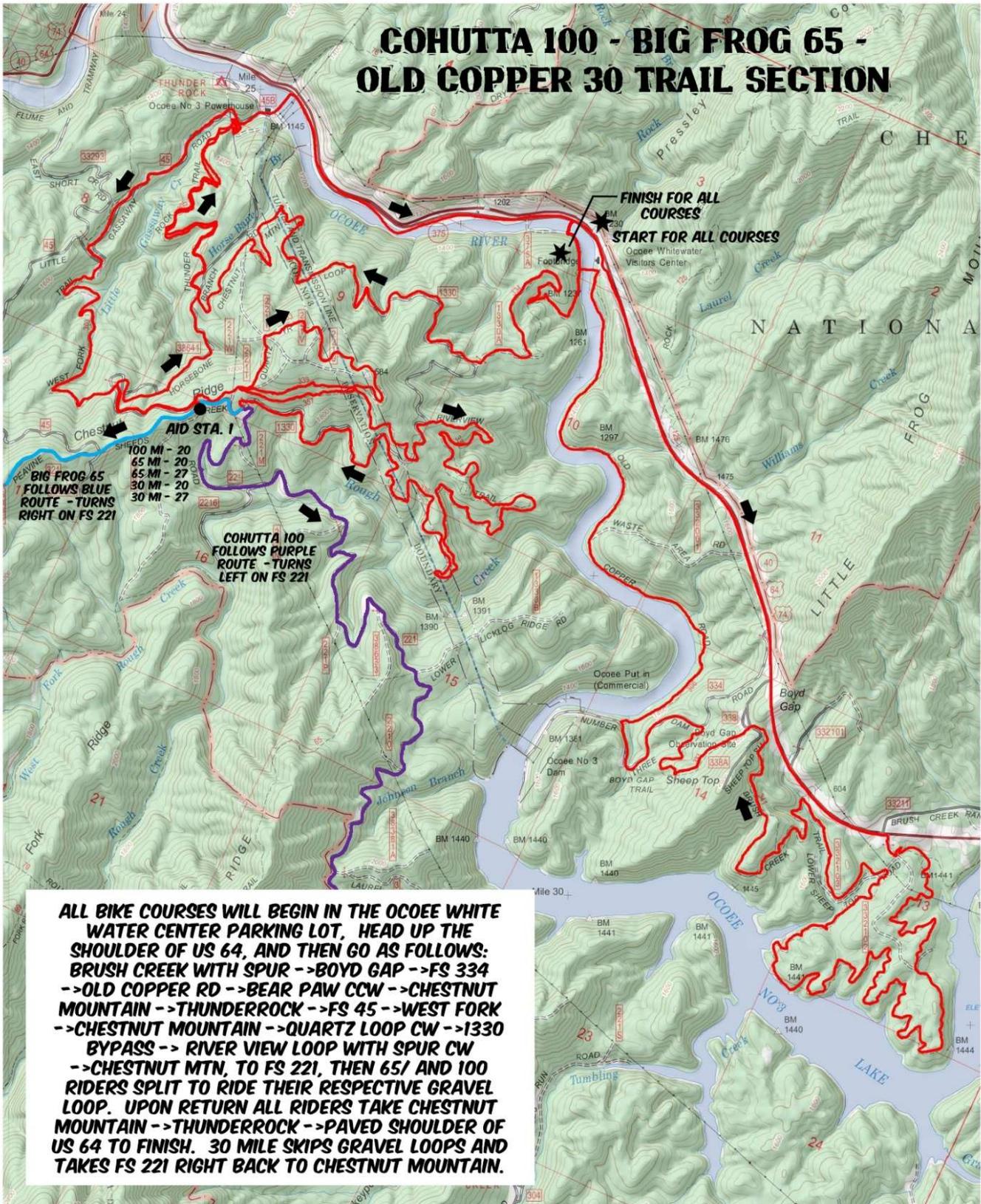
<http://mountangoatadventures.com/cohutta/course>

GPS IS REQUIRED FOR THE BIG FROG 65 AND COHUTTA 100. THIS IS FOR YOUR SAFETY AND TO ENSURE YOUR RACE IS NOT AFFECTED BY SOME IDIOT WHO THINKS MOVING A COURSE SIGN IS FUNNY.

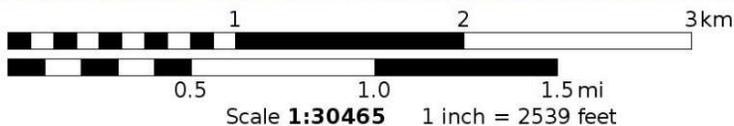
YES, WE PUT OUT TONS OF SIGNS, BUT SOMETIMES THEY GET MOVED DURING THE RACE OR MAYBE YOU JUST HAVE YOUR HEAD DOWN AND MISS A TURN...

ALL GPX FILES ARE AVAILABLE AT THE ABOVE LINK. DOWNLOAD THEM AND LOAD ONTO YOUR DEVICE WELL BEFORE THE RACE AND MAKE SURE YOU KNOW HOW TO USE THEM AND VIEW THEM ON YOUR DEVICE. DO NOT WAIT UNTIL YOU GET TO THE RACE. PLEASE BE PREPARED, YOU ARE ULTIMATELY RESPONSIBLE FOR STAYING ON COURSE.

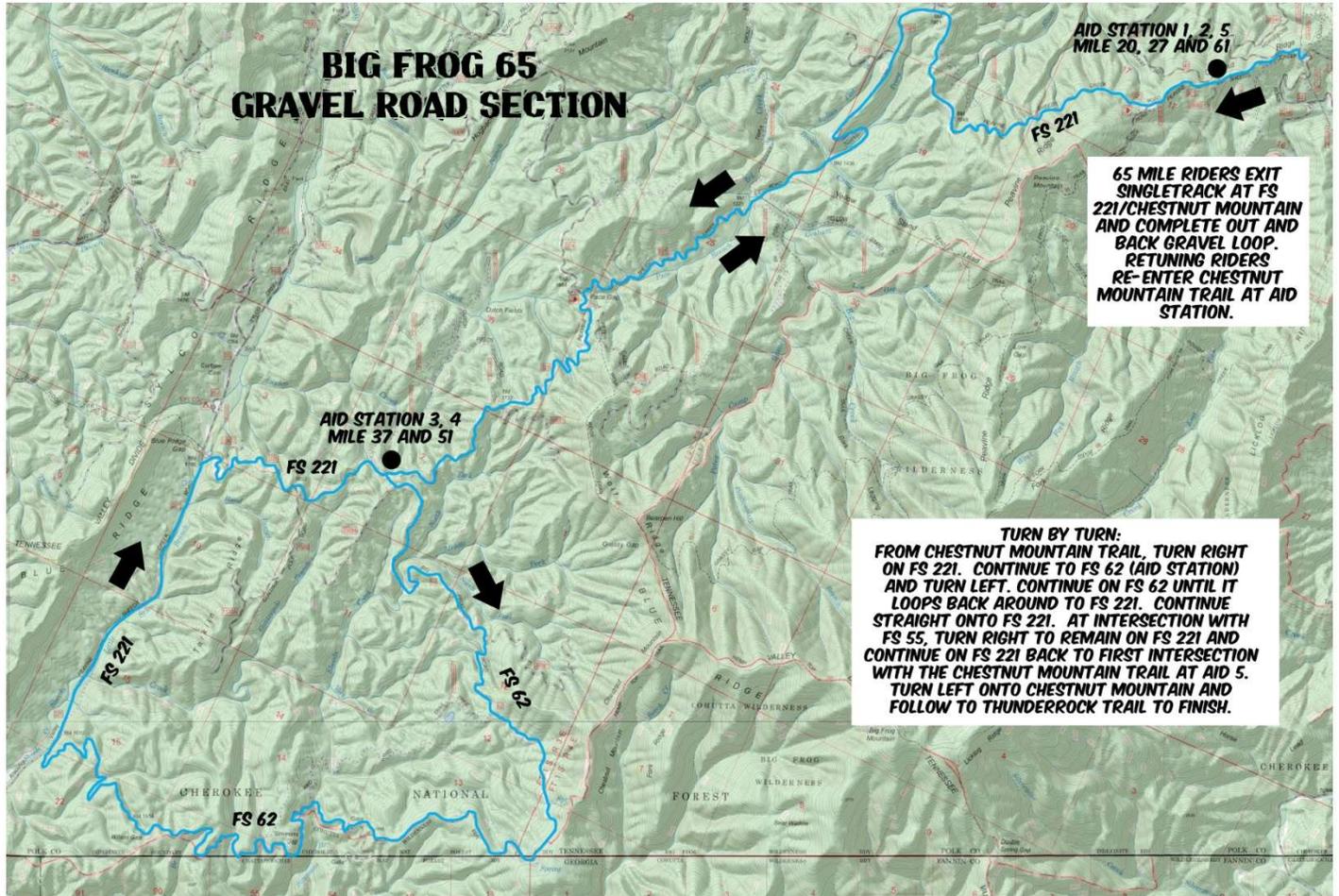
SINGLETRACK MAP FOR ALL COURSES



Mercator Projection
WGS84
USNG Zone 16SGD
CalTopo



BIG FROG 65 GRAVEL ROAD SECTION MAP



**AID STATION 1, 2, 5
MILE 20, 27 AND 61**

**65 MILE RIDERS EXIT
SINGLETRACK AT FS
221/CHESTNUT MOUNTAIN
AND COMPLETE OUT AND
BACK GRAVEL LOOP.
RETURNING RIDERS
RE-ENTER CHESTNUT
MOUNTAIN TRAIL AT AID
STATION.**

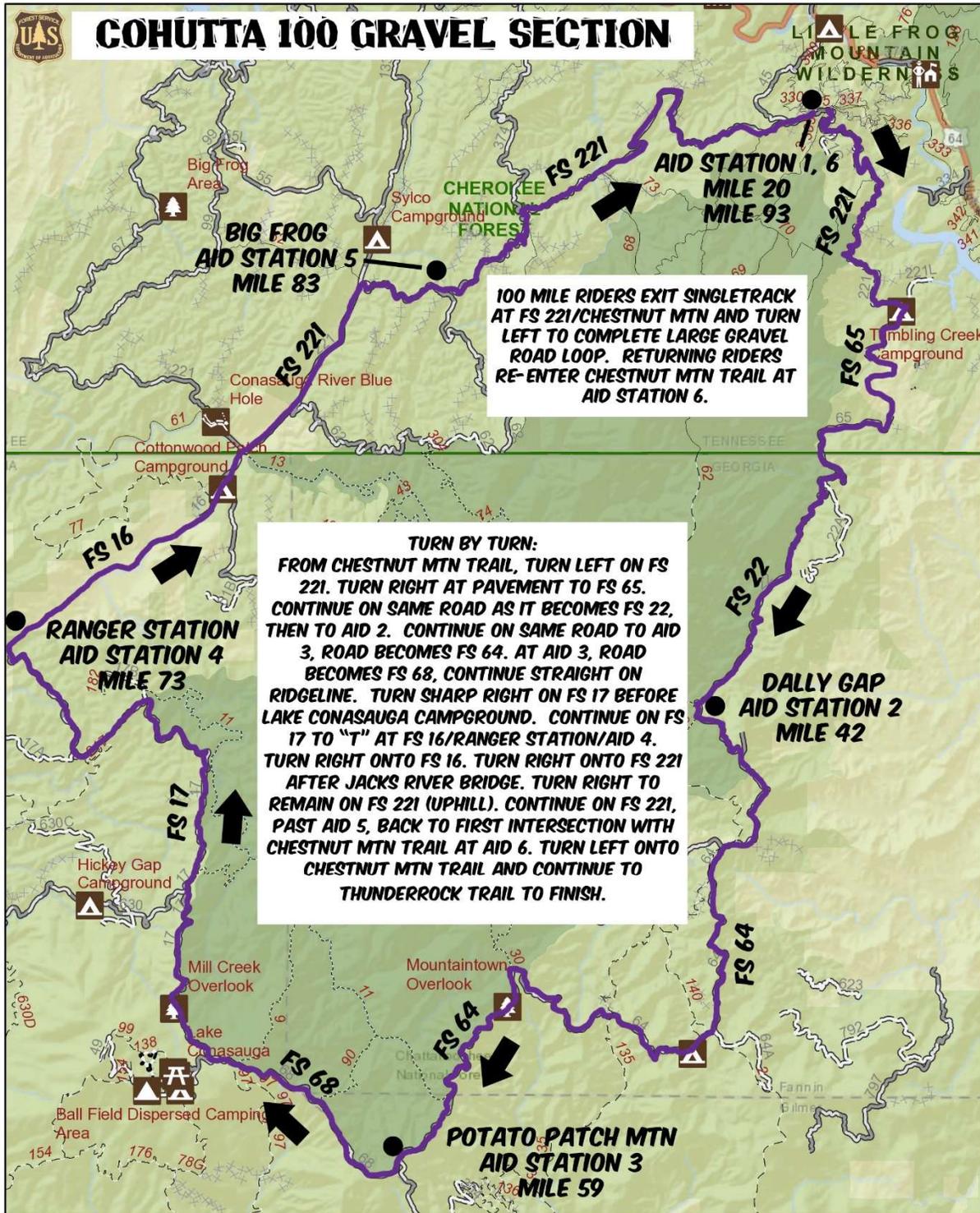
**AID STATION 3, 4
MILE 37 AND 51**

**TURN BY TURN:
FROM CHESTNUT MOUNTAIN TRAIL, TURN RIGHT
ON FS 221. CONTINUE TO FS 62 (AID STATION)
AND TURN LEFT. CONTINUE ON FS 62 UNTIL IT
LOOPS BACK AROUND TO FS 221. CONTINUE
STRAIGHT ONTO FS 221. AT INTERSECTION WITH
FS 55, TURN RIGHT TO REMAIN ON FS 221 AND
CONTINUE ON FS 221 BACK TO FIRST INTERSECTION
WITH THE CHESTNUT MOUNTAIN TRAIL AT AID 5.
TURN LEFT ONTO CHESTNUT MOUNTAIN AND
FOLLOW TO THUNDERROCK TRAIL TO FINISH.**

Mercator Projection
WGS84
USNG Zone 16SGD
CalTopo



COHUTTA 100 GRAVEL ROAD SECTION MAP



Refer to the official motor vehicle use map (MVUM) before making travel plans. Other important information about this map is located on page two of this document.

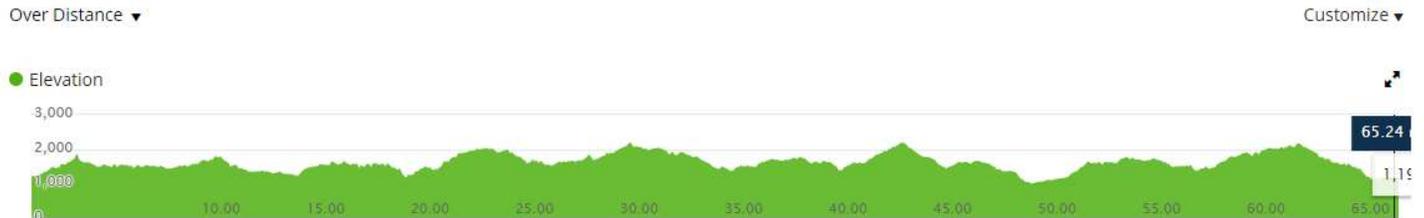
ELEVATION PROFILES

Pro Tip: You can mark aid station/crew locations and cut these out and take with you during the race.

OLD COPPER 30



BIG FROG 65



COHUTTA 100



AID STATION DETAILS, MILEAGE, AND CUT-OFF TIMES

- PLEASE NOTE THAT WE SEND A TON OF SNACKS, RIDE FOOD AND FLUIDS TO OUR AID STATIONS. UNLESS YOU HAVE DIETARY RESTRICTIONS, THERE IS NO NEED TO SEND \$30 WORTH OF RIDE FOOD IN DROP BAGS. DROP BAGS USUALLY COME BACK FROM AID STATIONS WHEN THE STATION CLOSSES ON SATURDAY NIGHT, SO SEND WORN OUT/DISPOSABLE BOTTLES IF YOU KNOW YOU AREN'T GOING TO WANT TO WAIT AROUND. WE DO NOT SAVE OR SHIP DROP BAG ITEMS.

Cohutta 100

Race course includes 6 Aid stations. **Drop bags can be sent to aid stations 1, 3, 5 & 6.** See the maps on Courses page for aid station locations. Our Aid Stations are well stocked with fresh water and snacks, but be sure to carry with you the hydration and nutrition you require according to your training and health needs. Each racer is allowed three (3) one gallon drop bags – basically one drop bag per location where drops are allowed.

Aid 1 - 20 miles DROP BAGS HERE

Aid 2 - 42 miles (Cutoff to reach this point is 1:30 pm)

Aid 3 - 59 miles – Potatopatch Mtn DROP BAGS HERE

Aid 4 - 73 miles

Aid 5 - 83 miles (Also the “Big Frog” Aid Station) DROP BAGS HERE

Aid 6 (same as Aid 1) - 93 miles DROP BAGS HERE

There is a cutoff at Aid #2, of 1:30 pm. Based on past results, we are trying to maintain a max finish time of 13 hours so riders are not caught in the dark and volunteers can return before dark. If you arrive at Aid #2 (42 miles) after 1:30 pm, your number plate will be marked with an “X” and you will be asked to return to the finish via a shortened course. If you do not follow instructions and go “rogue” you are on your own and aid stations may not be available when you arrive there. Aid 2 is also where you should make the go/no-go decision if you are feeling like you cannot complete the gravel road loop on the 100 mile course. The logistics of rescue/pickup from Aid 3 are pretty terrible, so if you aren’t feeling it on race day, turning around at Aid 2 and backtracking on the road is the easiest/quickest way back to the Ocoee Whitewater Center.

Big Frog 65

The race has two multiple pass aid stations for a total of 5 aid stops and drop bags are allowed at all Aid Stations on the 65 mile course. See the maps on Courses page for aid station locations. Our Aid Stations are well stocked with fresh water and snacks, but be sure to carry with you the hydration and nutrition you require according to your training and health needs. Each racer is allowed two (2) one gallon drop bags – one per location.

Aid 1 - 20 miles DROP BAGS HERE

Aid 2 (same as Aid 1) - 27 miles DROP BAGS HERE

Aid 3 - 37 miles DROP BAGS HERE

Aid 4 - 51 miles DROP BAGS HERE

Aid 5 (same as Aid 1) - 61 miles DROP BAGS HERE

Old Copper 30

The race has one aid station that riders will pass twice. Our Aid Stations are well stocked with fresh water and snacks, but be sure to carry with you the hydration and nutrition you require according to your training and health needs. Each racer is allowed one (1) one gallon drop bag.

Aid 1 - 20 miles DROP BAGS HERE

Aid 2 (same as Aid 1) - 27 miles DROP BAGS HERE

Typical Aid Station Fuel: Water, Hammer HEED, drop bags, soda, Hammer Gel, granola bars, Rice Krispy Treats, fig bars, Cookies, Bananas, pretzels, Endurolytes, Uncrustables, pickles, applesauce packs. Most of what we offer at aid stations now is individually wrapped to cut down on germ spread. Aid Station #2 and #4 on the Cohutta 100 will likely have less options than the others since not many riders stop at those locations.

- ✓ We strive to provide you all with a good variety of energy foods however, if your race performance is dependent on having something very particular available, PUT IT IN YOUR DROP BAG. If you are particular about your brand of soda, flavor of gels, ratio of peanut butter to jelly on your sandwich, etc, please put these items in your drop bag.
- ✓ We will have Ziploc bags and Sharpies available at check-in. We will write your number big and neat on the bags so you can retrieve them quickly and get in and out quickly. If you want to add funky tape or other markings, that is up to you.
- ✓ Drop bags will be spread out, in numerical order of race plate number, as written on the bags. Any illegible or unmarked bags will be placed at the end of the line of the marked bags. You will be responsible for retrieving your own bag and placing it in the “Done” bin at the end of the row of bags once you are finished with it. Volunteers are trying to minimize then number of things they need to touch so they can keep their hands clean and not cross-contaminate from one gooey drop bag to the next.

- ✓ You can send a small Camelbak in lieu of a drop bag, but mark it with your number if you want it in the line of numbered drop bags.
- ✓ Drop bags need to be in the designated bins by 8 pm on Friday night in order to be transported to the aid stations. Bins will be located under the pavilion in the check-in area. Look for signs designating Aid Station numbers in front of the bins.
- ✓ Due to the spread out nature of the aid stations, drop bags will likely not be back to the finish line before you finish the race. We send back bags early with volunteers if we can, but the bulk of the bags tend to come back when the aid station closes. If you aren't sticking around after the race, don't send your nice bottles or \$30 worth of Skratch chews as we do not mail abandoned drop bag items. Drop bags will be available at the pavilion until 9 PM on Saturday night. We will not leave them out overnight as there is too much bear activity in the area. Bags will be laid out again Sunday morning from 9 am to 12 noon. If you do not pick up your items, the bags will get broken down before we leave. Bottles and wrapped food items get donated/recycled, tubes and such go in the "Free" box for subsequent year races.
- ✓ Basic mechanical support will be available at Aid Station #1 (all distances), Cohutta 100 Aid Station #3, and Big Frog Aid Station #3 and #4/Cohutta 100 Aid Station #5. We will have a "free box" at each of these locations in the event you end up needing a second tube or CO2 cartridge. There are a very limited number of these items and they are varied sizes, so carry what you need with you, and only rely on the free box if you end up using your tube/CO2s and get into a bind.
- ✓ **DO NOT DROP ANY WATER BOTTLES OR GEL WRAPPERS ON COURSE**, except in the trash cans at the Aid Stations. Doing so will jeopardize such resources being offered in the future and if we see you do it, we will disqualify you.
- ✓ No outside assistance is allowed expect at the official Aid Station locations.
- ✓ **If you are short coursed or DNF, please check in at the timing tent when you return to the start finish so we do not go out looking for you or have an incorrect finish time for you. A simple text of "Race #, DNF and Safe" to 770-653-4614 is adequate if you are in a hurry.**

100 MI AID STATION MILEAGES/CUTOFFS:

Aid 1 - 20 miles DROP BAGS HERE
 Aid 2 - 42 miles (Cutoff to reach this point is 1:30 pm)
 Aid 3 - 59 miles – Potatopatch Mtn
 DROP BAGS HERE
 Aid 4 - 73 miles
 Aid 5 - 83 miles (Also the "Big Frog" Aid Station)
 DROP BAGS HERE
 Aid 6 (same as Aid 1) - 93 miles DROP BAGS HERE

65 MILE AID STATION MILEAGES

Aid 1 - 20 miles DROP BAGS HERE
 Aid 2 (same as Aid 1) - 27 miles DROP BAGS HERE
 Aid 3 - 37 miles DROP BAGS HERE
 Aid 4 - 51 miles DROP BAGS HERE
 Aid 5 (same as Aid 1) - 61 miles DROP BAGS HERE



CUT THESE OUT AND TAPE THEM TO YOUR TOP TUBE!!

HAMMER NUTRITION RACE DAY FUELING TIPS

Hammer Nutrition endurance fuels will be on the course at the 2022 Cohutta 100/Big Frog 65/Old Copper 30 Bike Races!

Hammer's been supplying athletes with natural products free of added sugars, artificial colors, flavors, chemicals, and preservatives for over 30 years.

Your body needs to run at peak capacity so you can get your best result during the event. Do you have your nutrition, hydration, and fueling needs locked down? Follow these 5 tips to avoid sending an SOS during the event:



Tip #1 Hydration: Replenish, don't replace! Keep fluid intake below 25 oz./hr during exercise. FIND OUT HOW MUCH <https://www.hammernutrition.com/knowledge/getting-started/1-hydration>

Tip #2 Caloric Intake: Stay fueled, but not overwhelmed, by consuming 120-180 calories/hr. ARE CARBS BEST? <https://www.hammernutrition.com/knowledge/getting-started/2-caloric-intake>

Tip #3 Electrolytes: You need an array of vitamins and minerals, not just salt, to finish strong. WHAT DO YOU NEED? <https://www.hammernutrition.com/knowledge/getting-started/3-electrolytes>

Tip #4 Pre-Event Fueling: Don't tax your system with a meal within 3 hours of start time. BUT WHAT IF YOU'RE HUNGRY? <https://www.hammernutrition.com/knowledge/getting-started/4-pre-exercise-fueling>

Tip #5 Recovery: Refuel your tank with 60 minutes of finishing a workout. ARE CARBS OR PROTEINS BETTER? <https://www.hammernutrition.com/knowledge/getting-started/5-recovery>

WELCOME CHAINBUSTER RACING!



The Cohutta 100/Big Frog 65/Old Copper 30 is a huge undertaking, which is why we have brought Dawn and Jason of Chainbuster Racing on board to help us with this event. The Chainbuster Crew puts on awesome events in the Southeast and will help us ensure you have a fantastic weekend while you are here.

SAFETY ISSUES AND EMERGENCIES

- ✓ Yellow Jackets and Hornets - Wasps and hornets may be active in Georgia this time of year and they like to make their nests in the ground, sometimes only inches from the trail. A couple of riders passing through may not disturb them, however, with 400+ riders out on course, the chances of a nest being disturbed are pretty high. I recommend that **EVERYONE** carry Benadryl or other anti-histamine with them just in case. We will have it at aid stations, but it may be over an hour before you reach an aid station. If you are allergic, pack any meds you may need and please be prepared.
- ✓ There is no shuttle service for battered, tired or injured riders. If you have a life threatening emergency, we have an EMS crew who can extract you and take you to the hospital. If you have a non-life threatening condition and/or just want to quit, you can either call a friend or family member to pick you up or wait for the aid station crew to return and see if they can give you a ride. **AID STATION CREWS CANNOT LEAVE MID-RACE TO GIVE YOU A RIDE BACK TO THE START.** Your best bet if you just want to quit is to backtrack on the road or find a ride back with a spectator who is returning to the Start/Finish.
- ✓ Course sweeps, both on bike and in a vehicle will follow the racers, ensuring no participants are left on the course, however they stay behind the **LAST** rider, so they will not make a quick exit.
- ✓ The entire course is open to the public during the event and the IMBA rules of yielding to hikers and horses apply. There will also be vehicle traffic on the forest roads. Be aware and stay on the far right side of the road. Do not cut to the inside on corners, as vehicles will not be able to see you. Always stay under control so you can safely stop if a vehicle approaches unexpectedly. There will be two way bike traffic on the section of gravel road that leads to the Big Frog Loop. Stay to the right at all times.
- ✓ If you cannot finish the course, **DO NOT PACK UP AND LEAVE WITH YOUR FRIENDS OR FAMILY!** We need to account for all racers by the end of the day, so **ALWAYS NOTIFY THE TIMING STAFF AT THE FINISH IF YOU ARE NOT COMPLETING THE RACE.** Please do not let us spend the night searching for you and calling/worrying your loved ones if you decide not to finish the race. You can simply text "Race #, DNF and safe" to 770-653-4614 if you are in a hurry.
- ✓ Each aid station will have a self-serve first aid kit for minor cuts/scrapes. If you, or another rider, need professional medical attention, let the aid station crew know and they will call our EMS team to stabilize and transport you. If there is no one else present to call in medical professionals, please call 911 and they will dispatch our EMS crew or another nearby team. It will be important to know, as closely as possible, what course mile you are located at.
- ✓ If you spot another rider that you believe will need assistance (due to either injury or bike issues), please text the race director, Lisa Randall (770-653-4614) or report in to the next course marshal/aid station. It is extremely helpful in these cases to have the potentially disabled rider's race number and brief description of the issue. Occasionally we will receive report of a rider needing assistance, but cannot locate them. Without a race number, they cannot be tracked down and accounted for.

CANCELLATIONS/SELLING YOUR ENTRY

No Transfers or Selling Entries after 4/18- NO EXCEPTIONS. No category or distance changes after 4/18.

Once your registration is processed, there are no refunds. ENTRIES DO NOT TRANSFER YEAR TO YEAR NOR DO THEY TRANSFER TO OTHER MOUNTAIN GOAT ADVENTURES EVENTS. If you get hurt or need to bail at the last minute, it's a crappy situation, but we held a spot for you and still need to pay our vendors and the expenses associated with you planning to race regardless of whether or not you are able to attend. To help you out with this, you may sell your entry to someone in the SAME EVENT without any transfer fees until April 18. You are responsible for finding someone to buy your entry as well as arranging payment with that person. Once you have all that squared away, please email lisa@mountaingoatadventures.com with the name and email of the person buying your entry, and I will send them a link to register. The person buying your entry will receive whichever shirt size you originally ordered unless we have other sizes still available.

RULES OF RACING

1. The race route is open to hikers, bikers and horses. Please yield the trail according to the IMBA rules of engagement:
 - ✓ **Yield Appropriately:** Do your utmost to let your fellow trail users know you're coming — a friendly greeting or bell ring are good methods. Try to anticipate other trail users as you ride around corners. Bicyclists should yield to ALL other nonmotorized trail users.
 - ✓ Bicyclists traveling downhill should YIELD to ones headed uphill.
 - ✓ In general, strive to make each pass a safe and courteous one.
 - ✓ If you encounter horses while on any singletrack trail, you MUST DISMOUNT, announce your presence to the horseback rider and ask them if you can WALK past. Do not ride up high speed behind a horse (on trail OR road), hit your brakes, skid your tire, etc. – as this can spook a horse resulting in the horseback rider being thrown or the horse kicking you.
2. Please limit your music devices to one ear bud so you can hear riders wishing to pass or in need of assistance.
3. The race director reserves the right to shorten the race or alter the course if weather conditions become unsafe. The times for each racer will be recorded at the designated finish line and the race will not be restarted.
4. E-bikes/pedal assisted bikes are not allowed in the Cohutta 100/Big Frog 65/Old Copper 30.

NUE Series Rules that apply to all distances within this event.

- Racers are responsible for knowing and following the rules of each series event. Many of the following rules are common among all the participating series events.
- Only one bike allowed (no back up bike). Racers may do any repairs to their bike with items they have with them and major repairs may be made at designated aid stations with the assistance of team crew or family. Any parts on the bike may be replaced but the bike must be the same bike you started the race with.
- Racers must complete at least four races to qualify for series recognition and awards. After 4 races, all racers who complete more than four races will have their lowest score(s) dropped so that only the best four races will be figured into the standings giving racers an opportunity to improve their scores during the season before the final race. Series results will be available after each event at nuemtb.com
- NUE Points will be calculated as follows: Racers will receive one point for 1st place, 2 points for second place, 3 points for third place etc. Lowest points wins! In the event of a tie: Racers must compete head to

head in the final NUE series event to break the ties. Note: Although it is not mandatory to compete in the final race to be eligible for series awards, it is mandatory to complete the final event to break ties. Ties will NOT be broken by evaluating finish times! If any racers with tied scores fail to complete the final NUE Series event, the tie will stand. If one racer completes the final event, that racer will be scored ahead of the other tied racer.

- At many races with loops, racers may only leave the race course (perhaps to go to their car or the restroom) at the start finish area only and must check in and out with a race official.
- At all races, if a racer finds they are off course (whether by their own mistake or even sabotaged course markings) they MUST return to the point where they got off course and continue FROM THAT POINT. It is always the responsibility of each racer to watch the course for turns and carry any maps or directional material provided at each race. Any racer that is proven to have been off course without returning to the original spot they went off course will be disqualified.
- Aid can be given by anyone at any of the races but only at designated aid stations that allow Crew Access. Anyone, other than registered racers who provide outside assistance to a racer outside of designated aid stations or crew access locations will result in disqualification of the racer.
- Singlespeed bikes must be single speed (no flip flop hubs with 2nd gearing option).
- Cut off times may be created to avoid night rescues and to allow the race to be over by dark. Check with each race venue for posted cutoff times.
- Spectators may watch anywhere along the course but are asked to not ride the course during the race. Any spectator riding along with a racer, as support, is not allowed and will disqualify the racer.
- DNF... If you drop out of the race, you must notify a race official. Everyone needs to be accounted for!
- Please do not litter! Used gel packs are the worst to clean up. Leave no trace. Littering of any kind is strictly prohibited during the race. You will be disqualified if there is a report that a racer is not respecting this rule.
- The land we share at many of these races include State and National Forest Land. It is imperative that we show them we can hold events like these while being good stewards of our trails. Please pocket your gels, bars, baggies, bottles, tubes, etc. DO NOT THROW ANYTHING ON THE GROUND! Pack it in, pack it out!
- Each participating race director is responsible for the results of their own event(s). In the event of a protest, Racers must appeal to the race director of the particular event to file a protest. The National Series will not be responsible for resolving individual protests for participating events and the race director's decision will be final.
- For the sake of the integrity of the National Series, No participating Race Director of the National Series will have the right to alter race times for any reason! This includes deducting or adding time to a racer for any reason. A racer's time must be based solely on actual time. The racer either completed the entire course or is DSQ'd for not completing the entire course. This rule will insure that the results of the national series will be based strictly on finish times and the series will not be decided by a ruling by any participating race director.

NUE SERIES DOPING POLICY: Level Playing Field for ALL Racers

Racers who are under suspension for doping are not eligible for NUE Series points. Racers who are accused but not convicted or suspended for doping are allowed to compete until a ruling is announced. If a racer is convicted of doping during the season, all NUE Series points for the current season will be forfeited and the racer will not be eligible for series awards or recognition. Once NUE Series standings are final, they are final. NUE Series reserves the right to test racers for doping.

Equipment Requirements

1. Every rider, while on bicycle at each event, shall wear a protective, securely fastened helmet meeting the standards of the American National Standards Institute (ANSI).
2. Footgear shall be fully enclosed.

3. All bicycles shall have at least two brakes that are in good working order.
4. Eye protection is strongly recommended.

Racing Regulations

1. Racers shall complete the entire event, and complete it on the same bicycle upon which the event was begun.
2. All repairs during the event shall be performed by the individual racer and/or fellow competitors and/or aid station volunteers or mechanics. No outside assistance is allowed.
4. Racers riding bikes have the right of way over racers walking bikes. When practical, racers walking bikes should stay on the least rideable section of the course when being passed. A racer walking or carrying his/her bike can overtake a racer riding as long as they do not interfere with the other racer's progress.
5. Lapped riders must yield to leaders. Leaders should verbalize the command "track" when overtaking another. It is the responsibility of the challenging rider to overtake safely. You must yield to the passing rider on the first command.
6. In the event two racers are vying for position, the leading racer does not have to yield his/her position to the challenger. However, a racer may not bodily interfere, with the intent to impede another racer's progress. Traditional rules of racing apply: the leading racer owns the track.
7. Shortcutting and/or cutting trail switchbacks shall result in disqualification.
8. Unsportsmanlike behavior (towards another rider or event volunteers) and/or the use of profane language are grounds for warning, relegation, or disqualification. The penalty imposed shall be determined by the race official or race director.
9. All local laws, rules and ordinances shall be observed during the participation in any event.

Protests

1. Protests can be made by any registered race participant or race staff. The participant shall file the protest in person to the race director. The protest period is immediately following the race and up to 15 minutes following the posting of the results for his/her class.
2. The race director will be permitted to make the final decision regarding an occurrence at an event not addressed in this set of rules.
3. All results inquires, including placement and class considerations, must be made at the venue during the protest period. Once the protest period is over, results become final.