USA CYCLING

MARATHON MOUNTAIN BIKE NATIONAL CHAMPIONSHIPS

MAY • 2019
PALO DURO CANYON • TX

TECHNICAL GUIDE • REV 4.2019

photo by Weldon Weaver
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</table>
WELCOME TO PALO DURO CANYON, TEXAS

Palo Duro Canyon, Keevin and I warmly welcome all athletes, teams and spectators for the 2019 USA Cycling Mountain Bike Marathon National Championship. Voted as the best place to ride in the great state of Texas with 31 miles of the most incredible single track you can imagine ranging from easy, moderate to difficult. Palo Duro is the second largest canyon in the United States and is also home to the nationally known play Texas. Palo Duro Canyon is the home of 24 Hours in the Canyon, the PD 50 trail run and TMBRA Palo Duro Canyon Mountain Bike Marathon. The trail system has a little bit of everything from technical climbing, sweeping corners, creek side flowing trails and punchy climbs. Spring time in the Canyon is a sight behold with the beautiful blooming flowers and cactus. Enjoy the mesquite, juniper, cottonwood and willow trees. Watch for the Hoodoo formations along the trails. Palo Duro Canyon has many forms of wild life including the Texas Long Horn and the Road Runner. We have an average temperature of 80 degrees, perfect for mountain bike racing.

While in the park for nationals stop by and enjoy the Visitor Center located on the Canyon Rim. This rustic native stone building was constructed by the CCC in 1934 and houses a museum and museum store. The store is located in the Visitor Center and features books, potter, jewelry, and educational items pertaining to the Canyon.

You can find more information about Palo Duro Canyon here.

Sincerely,

Karie Mueller and Keevin Sharpe
PALO DURO CANYON

INFORMATION

Hampton Inn and Suites West
6901 I-40 West
Amarillo, Texas 79106
1-806-467-9997

Holiday Inn Express and Suites South
6701 Hollywood Road
Amarillo, Texas 79119
1-888-HOLIDAY

Holiday Inn West Medical Center
8231 Amarillo Boulevard West
Amarillo, Texas 79124
1-888-HOLIDAY

Springhill Suites by Marriott
2301 Cinema Drive
Amarillo, Texas 79124
1-806-381-3400

Tru by Hilton
2202 S. Soncy Road
Amarillo, Texas 79124,
1-806-803-7202

Embassy Suites Down Town
550 S Buchanan Street
Amarillo, Texas, 79101
1-806-803-5500

PALO DURO CANYON WEATHER
Average high/low temperatures for early May: 81° and 52°
Sunrise/Sunset for early May: 6:45 a.m./8:40 p.m.

DRIVING DIRECTIONS
Directions to Palo Duro Canyon from Amarillo, TX:
Proceed to the main gate, keep on the main drive, you will park in the Pioneer Amphitheatre directly across from the Mack Dick Pavillion where registration and the start and finish will be held.

Directions to Palo Duro Canyon from Canyon, TX:
Proceed to the main gate, keep on the main drive, you will park in the Pioneer Amphitheatre directly across from the Mack Dick Pavillion where registration and the start and finish will be held.
EVENT STAFF

USA CYCLING
Tara McCarthy  Director of National Events (Race Director)
Don Losole  Event Services Regional Manager (Registration Manager)
Todd Sowl  Chief Financial Officer
Shane Garman  General Counsel

LOCAL ORGANIZING MULLER COMMITTEE
Karie Mueller  Team ANB Race Host
Keevin Sharpe  Team ANB Race Host

ADDITIONAL EVENT STAFF/SERVICES
Larry Ramona  Socket Events (Stage Manager)
Matthew Smeltzer  Competitive Timing (Timing)
Cory Kaufman  Competitive Timing (Timing)
Eric Slayter  Announcer
Dejan Smaic  Photographer

USA CYCLING OFFICIALS
Jurgen Heise  Chief Referee
Bonnie Sollenberger  Chief Judge
Pamala Thullen  Referee
Lura Popovich  Referee
## EVENT SCHEDULE

### FRIDAY • MAY 10

<table>
<thead>
<tr>
<th>Time</th>
<th>Event</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>12:00 p.m. - 5:00 p.m.</td>
<td>Registration/Packet Pick-Up</td>
<td>Palo Duro Canyon Mack Dick Group Pavilion State Hwy Park Rd 5 Canyon, TX 79015</td>
</tr>
<tr>
<td>1:00 p.m. - 5:00 p.m.</td>
<td>Course Preview</td>
<td>Mack Dick Group Pavilion</td>
</tr>
<tr>
<td>5:30 p.m.</td>
<td>Racer Meeting</td>
<td>Mack Dick Group Pavilion</td>
</tr>
</tbody>
</table>

### SATURDAY • MAY 11

<table>
<thead>
<tr>
<th>Time</th>
<th>Event</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>8:15 a.m. - 9:30 a.m.</td>
<td>Registration/Packet Pick-Up</td>
<td>Mack Dick Group Pavilion</td>
</tr>
<tr>
<td>10:00 a.m.</td>
<td>19+ Elite/Open Men</td>
<td>Mack Dick Group Pavilion</td>
</tr>
<tr>
<td>10:02 a.m.</td>
<td>19+ Elite/Open Women</td>
<td>Mack Dick Group Pavilion</td>
</tr>
<tr>
<td>10:05 a.m.</td>
<td>19-29 Men</td>
<td>Mack Dick Group Pavilion</td>
</tr>
<tr>
<td>10:07 a.m.</td>
<td>30-34 Men</td>
<td>Mack Dick Group Pavilion</td>
</tr>
<tr>
<td>10:09 a.m.</td>
<td>Single Speed Men</td>
<td>Mack Dick Group Pavilion</td>
</tr>
<tr>
<td>10:11 a.m.</td>
<td>45-49 Men</td>
<td>Mack Dick Group Pavilion</td>
</tr>
<tr>
<td>10:13 a.m.</td>
<td>35-39 Men</td>
<td>Mack Dick Group Pavilion</td>
</tr>
<tr>
<td>10:15 a.m.</td>
<td>40-44 Men</td>
<td>Mack Dick Group Pavilion</td>
</tr>
<tr>
<td>10:21 a.m.</td>
<td>50-54 Men, 17-18 Men</td>
<td>Mack Dick Group Pavilion</td>
</tr>
<tr>
<td>10:22 a.m.</td>
<td>55-59 Men</td>
<td>Mack Dick Group Pavilion</td>
</tr>
<tr>
<td>10:24 a.m.</td>
<td>60-64 Men, 40-44 Women</td>
<td>Mack Dick Group Pavilion</td>
</tr>
<tr>
<td>10:26 a.m.</td>
<td>45-49, 35-39 &amp; 19-29 Women</td>
<td>Mack Dick Group Pavilion</td>
</tr>
<tr>
<td>10:28 a.m.</td>
<td>65-69 Men, 17-18, 30-34 Women</td>
<td>Mack Dick Group Pavilion</td>
</tr>
<tr>
<td>10:30 a.m.</td>
<td>Single Speed Women, 50-54, 55-59 Women</td>
<td>Mack Dick Group Pavilion</td>
</tr>
<tr>
<td>10:32 a.m.</td>
<td>60+ Women, 70+ Men</td>
<td>Pioneer Amphitheatre</td>
</tr>
</tbody>
</table>

**Awards**
EVENT INFORMATION

REGISTRATION INFO
Online Registration - March 14, 2019 at 10:00 a.m. MT
Amateurs $110
Elite/Open $130

Price Increase - April 11, 2019 at 11:59 p.m. PT
Amateurs $120
Elite/Open $150

Onsite registration
Amateurs $150
Elite/Open $170

Online registration for the event will close on Monday, May 6, 2019 at 11:59 p.m. PT.

STATE PARK FEES
Palo Duro Canyon is a Texas State Park and generates revenue to offset their expenses by charging a per person entrance fee of $8 per day for those 13 years and older, children 12 and under are free. If you have a Texas State Parks Pass you will be able to enter without paying the daily entrance fee. Camping and overnight fees are not included in the fees mentioned above.

COURSE INFORMATION
Staging will begin 10 minutes prior to each race start. Call-ups will be conducted based on the information in the rules and eligibility section. The tech/feed zone will be located at the Mack Dick Pavillion and at the Lighthouse trailhead down the road from the start/finish. If your support is heading to Lighthouse you can park on the side of the road, please do not park in the grass. This will only be available before riders head out on their start lap, we want to ensure that everyone has the opportunity to get out there and race. Technical assistance in the tech/feed zone will be allowed for all competitors. There will be a time cut at the Mesquite Camp Area beyond the halfway point of lap two. Riders who have not passed that location by 4:00 p.m. will be pulled and will not be allowed to proceed for safety reasons. Laps will run through the finish line at the Mack Dick Pavillion. See maps for details. Plates must be displayed on bikes at all times while on course.

OFFICIAL EVENT WEBSITE
www.usacycling.org/events/national-championships/2019-marathon-mtb

USA CYCLING RULE BOOK
www.usacycling.org/search?q=rulebook
https://ridewithgps.com/events/74902-2019-usa-cycling-marathon-mountain-bike-
TRANSPORTATION & PARKING
General Parking: General parking will be at the Pioneer Amphitheatre across from the Mack Dick Pavillion.

AWARDS
All awards ceremonies will be held at the Pioneer Amphitheatre. Reference the area map on page 15 for details. The awards stage is indicated by a medal icon. Refer to the event schedule for times. Times are subject to change.

CALL-UPS
Elite/Open (19+/Pro) • Defending national champion, UCI XCO rankings, USAC rankings
Juniors, 19-29, Masters, Singlespeed • Defending national champion, aged-up national champion, previous year age group podium, then the next 15 highest ranked registered rider per USAC rankings.

RIDER MEETING
While not mandatory, athletes and coaches are encouraged to attend the rider meeting. Important race-day information will be given at this meeting including possible course updates, important notes, and time for questions at the end. The rider meeting will be held at the Dick Mack Pavillion.

MEDICAL
Petsar Medical Team will be providing medical support for all races. The nearest hospital is the Northwest Texas Healthcare System located at 1501 Coulter St. in Amarillo, TX which is 29 miles from Palo Duro Canyon.

NEUTRAL SUPPORT
Shimano will be providing neutral support outside of competition throughout the event and will be located near the courses outside of the Mack Dick Pavillion.

RESULTS
Results will be posted outside of the Mack Dick Pavillion. The protest period is 15 minutes after posting, after which time they become FINAL. Final results will be posted to the USA Cycling website.

RADIOS
While riding in training or competitions, riders may not use radios, telephones, or other communication devices. No earpieces may be worn. Audio playback devices are forbidden.

NUMBER PLATES
Riders must display number plates at all times on all courses for practice and racing.

EQUIPMENT
All riders are required to wear a securely buckled helmet when on a bike, per rule 1J1.
SEVERE WEATHER GUIDELINE

When looking at weather conditions, the safety of the athletes, spectators, staff, and volunteers is the utmost priority. While often providing an additional challenge, adverse weather in its extremes may result in hypothermia, heat exhaustion or other dangerous conditions. In preparation for the upcoming Marathon Mountain Bike National Championships in Palo Duro Canyon, TX and a cross section of key constituents have created the following plan to help mitigate any weather-related risks while respecting the unique racing conditions of the sport.

In the case of severe weather, the following group would be empaneled to make decisions regarding the conduct of the race(s):

- Race Director: Tara McCarthy
- Local Organizing Committee: Karie Mueller & Keevin Sharp
- Palo Duro Canyon Manager: Joseph Allen
- Chief Referee: Jurgen Heise
- Medical Lead: Danny Johnson
- Athlete: TBD

Other staff and experts may be included and consulted based on the specific conditions.

CONVENING THE PANEL

This panel would be immediately convened under the following circumstances:

- A NOAA special weather statement is issued for the race venue.
- Severe cold/heat and/or wind anticipated within 72 hours.
- Freezing rain, heavy snow or other threatening precipitation is forecast.
- Other atmospheric conditions that could affect the health and welfare of athletes, spectators, staff, and volunteers.
- Road conditions, travel and transportation to and from the venue, poses danger to volunteers, staff, spectators, or athletes.

Any member of the panel would also be empowered to request that the group convene based on conditions outside of those mentioned above.

ACTIONS

The following actions may be taken based on the forecast and conditions:

- No direct action/monitor situation
- Modification of the course
- Change of start times (e.g. later starts when warmer or precipitation has stopped)
- Combining of classes and categories
- Shortening of individual races
- Change of start date
- Cancellation In addition to the above actions affecting race participants, the following actions may be considered in relation to spectators, staff and volunteers:
• Increased medical staffing
• Warming/cooling areas provided
• Decrease in shift times/exposure

These lists are not exhaustive, and may be used in combination or separately on different days or at different times.

COMMUNICATIONS PLAN
Status updates, and if needed revised schedules, will be communicated to the affected parties through a variety of methods:

• An e-mail update will be sent directly to registered athletes/participants by USA Cycling
• USA Cycling will utilize its social media platforms to provide outreach to spectators and volunteers
• Venue announcements will be used in the case of on-site modifications and notifications, using public address system, posted materials at registration and results board, and at the information desk located in the village
• Credentialed media will be provided with updates through USA Cycling communications staff

ANTI-DOPING

UNITED STATES ANTI-DOPING AGENCY
The United States Anti-Doping Agency is the independent anti-doping agency for the Olympic Movement in the United States. USADA is dedicated to eliminating doping in sport, preserving the well-being of sport, and ensuring the health of athletes through drug testing, research initiatives, and educational programs.

SELECTION OF RIDERS FOR DOPING CONTROL
By registering to compete at this event you have consented to be subject to drug testing and adhere to the penalties associated with an anti-doping rules violation. Noncompliance or refusing to be tested will result in the same penalties as a doping violation. For more detailed information concerning USADA protocol and banned substances, please visit the USADA website at www.usantidoping.org. All athletes should check the results board once they complete their race. If athletes are selected for testing, numbers of selected riders will be posted on the results board next to the results. Anti-doping can be found in Expedition Station.
BikeFlights.com’s bicycle shipping service makes travelling with a bicycle convenient, reliable and affordable for cyclists of all types. Join the thousands of cyclists who have used BikeFlights.com to make their bike travel easier and cheaper since 2009. USA Cycling Members save $10 on their first shipment each year by booking through their USA Cycling Member Benefits Portal.

USA Cycling members receive a 20% discount on Premium Personal Edition memberships. Coaches also qualify for discounted rates on TrainingPeaks Professional Edition and a portion of your sale helps support USA Cycling programs.

To receive your discount, enter promo code: 20USAC19 at checkout.

USA Cycling members save 40% on purchases of any item on kttape.com. KT TAPE is an elastic sports and fitness tape designed for muscle, ligament and tendon pain relief and support. KT TAPE is lightweight, comfortable to wear, and can be used for hundreds of common injuries. Use the Promotion Code TEAMUSAC at kttape.com to find a product that will help you train longer and finish stronger. Purchases are also eligible for FREE Shipping.

Athletes equipped with Solos Smart Glasses can begin to tap into their full training potential by utilizing Solos’s innovative technology and aerodynamic smart glass design. As a special offer to USA Cycling members, SOLOS Smart Glasses is proud to offer a $100 off discount to USAC members when using the promo code USA+SOLOS at checkout.

USA Cycling members can fuel with nutrition from Science in Sport with 20% off purchases from scienceinsport.com. SiS are pioneers of innovative sports nutrition and in 2016 fuelled over 30 Olympic medals.

Use promotion code USACMEMBER19 for 20% off.

AMP Human Performance PR Lotion is clinically proven to neutralize acid in your muscles with bicarb. PR Lotion’s proprietary delivery system gets acid-buffering sodium bicarbonate directly into the muscles to improve performance and reduce recovery time. USA Cycling members receive a 10% discount by using the code USACmember.
RULES & REGULATIONS

This document contains qualification requirements for the 2019 USA Cycling Marathon Mountain Bike National Championship.

***Individuals attempting to pre-ride the course prior to the event or scheduled practice day(s) or times, if any, may encounter hazards including incomplete course construction or obstructions. The course may also cross private property. **Athletes pre-riding the course do so entirely at their own risk.***

USA CYCLING MARATHON MOUNTAIN BIKE NATIONAL CHAMPIONSHIPS

The USA Cycling Marathon Mountain Bike National Championships will determine the United States National Champions in the following age classes: Junior (17-18), 19-29, Masters (30+), and Elite/Open (19+/Pro) as indicated below.

<table>
<thead>
<tr>
<th>CLASSES</th>
<th>Male</th>
<th>Female</th>
</tr>
</thead>
<tbody>
<tr>
<td>Elite/Open (19+/Pro)</td>
<td>Elite/Open (19+/Pro)</td>
<td></td>
</tr>
<tr>
<td>Junior 17-18</td>
<td>Junior 17-18</td>
<td></td>
</tr>
<tr>
<td>19-29 (Amateur)</td>
<td>19-29 (Amateur)</td>
<td></td>
</tr>
<tr>
<td>Masters 30-34</td>
<td>Masters 30-34</td>
<td>Masters 35-39</td>
</tr>
<tr>
<td>Masters 35-39</td>
<td>Masters 35-39</td>
<td>Masters 40-44</td>
</tr>
<tr>
<td>Masters 40-44</td>
<td>Masters 45-49</td>
<td>Masters 50-59</td>
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<tr>
<td>Masters 45-49</td>
<td>Masters 50-59</td>
<td>Masters 60-69</td>
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<tr>
<td>Masters 50-59</td>
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<td>Masters 70-79</td>
</tr>
<tr>
<td>Masters 60-69</td>
<td>Masters 70-79</td>
<td>Masters 80-89</td>
</tr>
<tr>
<td>Masters 70-79</td>
<td>Masters 80-89</td>
<td>Singlespeed</td>
</tr>
<tr>
<td>Masters 80-89</td>
<td>Singlespeed</td>
<td></td>
</tr>
</tbody>
</table>

LICENSING/ CITIZENSHIP/RESIDENCY – REQUIREMENTS

**Junior 17-18, Elite/Open (19+/Pro):** Must be a United States citizen and
• Have a current USA Cycling International License or equivalent license from a recognized National Federation, with a USA racing nationality and a UCI ID or
• USA Cycling Domestic Annual License with a UCI ID*.

**19-29 (Amateur), Masters and Singlespeed:** Must be a United States citizen or Permanent Resident and
• Have a current USA Cycling International License or equivalent license from a recognized National Federation, with a USA racing nationality indicated with a UCI ID or
• USA Cycling Domestic Annual License with a UCI ID*
*UCI ID: To compete in a USA Cycling National Championship, riders must have their date of birth, gender and citizenship/permanent resident status verified. Having verified this information, a free UCI ID is issued. If a UCI ID is not currently displayed on your license, log into your USA Cycling “My Account” and look for this in your profile link. If these items are not listed or are incorrect, please do the following:

Create a copy of your birth certificate or passport and permanent resident status (green card) as it applies, and mail, email or fax (719-434-4300) it to USA Cycling.

A UCI ID is your lifelong, internationally unique, identity number to confirm your racing status and maintain your privacy in internationally published registration and results documents.

### QUALIFICATION GUIDELINES AND RULES

#### COMPETITION RACING AGE

Riders will compete in their respective age-group based on their official racing age as of December 31, 2019.

#### PRO RIDERS – MASTERS AGE GROUPS

Pro riders must participate as a Pro/Elite and may not participate in age group championship events

#### CALL-UP PROCEDURES

<table>
<thead>
<tr>
<th>Racing Class</th>
<th>Total Number &amp; Order of Priority</th>
</tr>
</thead>
<tbody>
<tr>
<td>Elite/Open (19+/Pro)</td>
<td>Defending national champion, UCI XCO rankings, USAC rankings</td>
</tr>
<tr>
<td>Juniors, 19-29, Masters, Singlespeed</td>
<td>Defending national champion, aged-up national champion, previous year age group podium, then the next 15 highest ranked registered rider per USAC rankings.</td>
</tr>
</tbody>
</table>

#### SINGLE SPEED BIKE RESTRICTIONS

Singlespeed is any type of bicycle possessing only one rear cog and one front chain ring. There is no means of altering the gear ratio in any way for the duration of the race. “Blocked out” gears are not allowed at the national championships.