

Registration:

Name: _____

Team Name: _____

M _____ F _____ Age _____

Address: _____

City: _____

State: _____ Zip: _____

Email: _____

Phone: _____

T-shirt size: _____

Emergency Contact & Phone #:

Race Classification: (check appropriate box)

Team: Open__ Sport__ Recreational__

Women__ Vet__ Junior__

Solo: Men__ Women__

Where

The race will be held at the Life Development Center's facility at the edge of fabulous Haw Ridge Park near downtown Oak Ridge, Tennessee. Free camping is available at the Life Development Center.

Life Development Center
P.O. Box 570
Clinton Tn 37717

The Life Development Center &
Highland Adventures Guide
Service LLC
present the rd annual

THE 12 HOURS OF THE
HILL OF TRUTH

Mountain Bike Race



11:00AM- 11:00PM
November 3rd, 2000
Haw Ridge Park, Oak Ridge
Tennessee

Who

Teams- Up to 4 people

Open: Any combination of riders, skill levels and gender-racing for the big money

Sport: At least half of team members must be Sport Class riders, no expert/elite or pro racers

Recreational: those wishing to participate at a beginner level, no sport, expert/elite or pro racers

Women: all female teams, up to 4 racers

Vet: All racers 35 years or older

Juniors: All racers 18 years or younger

Solo- All by yourself

Men

Women

Special Events: Kids Races and possible repeat of the infamous Huffy Roast

Cost & Other Info

\$30.00 per racer includes race t-shirt with pre-registration (received no later than October 26th) This race is limited to 200 racers. First come, first served. All racers must register by 8:00AM November 3rd.

All riders must wear a Snell or ANSI approved bicycle helmet at all times during the race, and will be required to sign a waiver form at check in. Make checks payable to: Life Development Center P.O. Box 570 Clinton TN 37717

Phone 1-800-LDC-1123 or (865) 609-8282
email: ldc@icx.net or HAGS2000@excite.com

www.highland-adventures.com

www.achc01.org/ldc/

The Rules

Time:

1. Official start time is 11:00 AM. It will be a mass start.
2. Teams may start at any time after 11:00AM with proper log in.
3. Each team or solo rider will be issued an official race time card. Each officially logged in rider must carry an official race time card on their person while racing. This time card should be presented to an official race timer in the start/finish area upon completion of a lap. If a racer or team loses their time card, they lose credit for all laps marked on that time card. They may start a new time card if they choose.
4. No riders may start laps after 11:00PM.
5. At 11:00PM, racers returning to the start/finish area will receive a log-out time.
6. Race results will be determined by the number of laps each racer or team has completed. In the event of racers or teams having the same number of laps, the racer or team with the earliest log-out time after 11:00PM will be declared the winner.

Laps:

1. Laps begin and end at the official Start/Finish area with official log-in/out.
2. Each lap must be completed by only one rider and must include the entire race course in the official direction.
3. A lap may be ridden or walked.
4. No part of any uncompleted lap will count.
5. In the event of an injury in which the injured rider cannot finish a lap unaided, a registered teammate may carry rider and/or bike to complete the lap.
6. In the event of a mechanical difficulty, the rider must repair his or her own bike and continue or

push/carry the bike for the remainder of the lap, for it to count.

7. Riders who quit in the middle of a lap and come off the course may start over if they wish, but they must start from the beginning. Only laps started and completed without leaving the race course will count.
8. If a rider leaves the race course to report another rider's injury requiring medical attention, that rider may backtrack to where he/she left and continue on that lap.

Maintenance/Repairs:

1. Repairs of any sort may be made by anyone in the staging area only.
2. Once on the course, repairs may only be made by officially logged-in riders using only tools and supplies carried by said riders.
3. The only outside assistance a rider may receive is from other officially logged-in riders. Teammates not officially logged-in may not physically assist with trailside repairs.
4. There are no restrictions on what type of bike riders may use, but the same bicycle must be utilized for the entire lap. No mid-lap bike exchanges allowed.

Lighting:

The course is primarily technical, twisty singletrack trail that is extremely difficult, if not impossible to ride in the dark. A large portion of the race will be at night. Bring lights, good ones. You will need them.

Course Cutting/Cheating:

There will be course marshalls at major trail intersections to prevent mistaken wrong turns. The course will be well marked. We're on the honor system here. If you take a short cut or cheat in any way and we find out about it, you and your team will be disqualified at the race directors' discretion. It's up to you and your sense of fair play to abide by these rules. Just don't cheat, it doesn't help anybody, least of all, you.