

Please Read This Guide Completely Before the Event

Missouri River Rampage Mountain Bike Race

On behalf of Race Montana, Inc. (www.racemt.com), welcome to Great Falls for the **Missouri River Rampage Mountain Bike Race**. Take a moment and go to our website, www.racemt.com and see what other events we have might interest you. It is our sincere hope that you and your family will enjoy the day in Great Falls. Please note **Northwest Energy** is allowing Cochran Dam to be opened for crossing the Missouri River. Consider taking a mountain bike ride down the South Shore Trail (www.thetrial.org/maps/index.htm) to cross Cochran Dam to the north side trail system.

This guide is designed to answer some of your questions regarding the event.

1. Schedule of Events

a. **Bike Expo, Race Registration and Packet Pick up**

- i. DATE: Saturday August 20th, 2016
- ii. TIME: 10:00 am to 1:00 pm
- iii. **Guided Bike Tour of the South Shore Trail System**
 1. **Start Time:** 7:30 am
 2. **Start Location:** Heritage Park Picnic Area (see instructions below)
- iv. LOCATION:

1. **Heritage Park**

http://www.stateparks.com/giant_springs_heritage_state_park_driving_directions.html (On-line map)

Directions from the West: Take **10th Ave South** going east. Make a left on **9th street**. Continue on 9th approximately two miles. Before crossing the Missouri River, make a right on **River Drive North**. Continue east on **River Drive North** and make a left on **Giant Springs Road**.

Continue on **Giant Springs Road** and make a right into the second driveway to enter **Heritage Picnic Area** (the first right is the entrance into the Fish, Wildlife and Parks Headquarters). Look for the white canopies designating the Bike Expo.

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Directions from the East: Take **10th Ave South** going west. Make a right turn on **57th St. S**. Continue on **57th St. S** until it **becomes River Drive North**. Make a right on **Giant Springs Road**. Continue on **Giant Springs Road** and make a right into the second driveway to enter **Heritage Picnic Area** (the first right is the entrance into the Fish, Wildlife and Parks Headquarters). Look for the white canopies designating the Bike Expo.

b. Overnight Camping in Heritage Park

- i. There will be overnight camping in Heritage Park on Saturday, August 20th, 2016.
- ii. There will be a movie, popcorn and refreshments on Saturday night, August 20th, 2016.
- iii. Contact Montana Fish, Wildlife and Parks, Great Falls, Montana:
 1. 4600 Giant Springs Road
Great Falls, Montana, 59405
(406) 454-5840

c. Race Day

- i. DATE: **Sunday, August 21st, 2016**
- ii. Race Day Registration
 1. Time: 6:30 am to 7:40 am
 2. Location:
 - a. Start / Finish area in the Lewis and Clark Overlook parking lot.
 3. **Race Day Registration Fees:**
 - a. **Adults: \$40**
 - b. **Youth: \$35**
- iii. Pre-race meeting for all athletes
 1. 7:45 am - Start / Finish area

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iv. ADULT RACE START TIMES:

1. Cat 3 - Beginners race (Two laps): **8:00 am**
 - a. **Total distance is 8.7 miles**
 - b. **Course Video:**
 - i. https://www.youtube.com/watch?v=UO_5FaKYmgw&feature=youtu.be
 - c. **Course Map:**
 - i. <http://www.usatf.org/routes/view.asp?rID=555123>
2. Cat 2 - Intermediate race (Three laps): **8:15 am**
 - a. **Total distance is 13.0 miles**
 - b. **Course Video:**
 - i. <http://youtu.be/37nUXnFUkwo>
 - c. **Course Map:**
 - i. <http://www.usatf.org/routes/view.asp?rID=572769>
3. Cat 1 - Advanced race (three laps): **8:30 am**
 - a. **Total distance is 18.6 miles**
 - b. **Course Video:** Pending.
 - c. **Course Map:**
 - i. <http://www.usatf.org/routes/view.asp?rID=572785>

NOTE: All riders must wear a helmet to compete in the event, no exceptions!!

NOTE: Awards will be presented to the top two male and female finishers in each category. There will also be awards to the top male and female Masters (> 50 yr.) winners. The awards ceremony will follow the completion of the youth race.

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v. ADULT RACE START LOCATION:

1. Lewis and Clark Overlook

Directions from the West: Take 10th Ave South going east. Make a left on **9th street**. Continue on 9th approximately two miles. Before crossing the Missouri River, make a right on **River Drive North**. Continue east on **River Drive North** and make a left on **Giant Springs Road**.

Continue on **Giant Springs Road** and pass under the train trestle. After passing under the trestle, drive up the hill and turn left into the second entrance (**the Lewis and Clark Overlook**). If the lot is full, continue up the hill until the road veers right. You can park anywhere along the road. The race will start in the **Lewis and Clark Overlook** parking lot.

Directions from the East: Take 10th Ave South going west. Make a right turn on **57th St. S**. Continue on **57th St. S** until it becomes **River Drive North**. Continue on **River Drive North** and make a right on **Giant Springs Road**. Continue on **Giant Springs Road** and pass under the train trestle. After passing under the trestle, drive up the hill and turn left into the second entrance (**the Lewis and Clark Overlook**). If the lot is full, continue up the hill until the road veers right. You can park anywhere along the road. The race will start in the **Lewis and Clark Overlook** parking lot.

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vi. YOUTH RACE (18 and under)

1. RACE START TIME:

- a. **To follow the Adult Advanced Race (Cat 1).**
- b. Pre-race meeting for all athletes:
 - i. 10 minutes prior to the start of the event.
- c. **Awards will be presented to the top two male and female finishers. The awards ceremony will follow the race.**

2. Youth Race Course (2 laps):

- a. **Total distance is 2.4 miles**
- b. **Course Video:**
 - i. <https://www.youtube.com/watch?v=noSTnKE0lkM&feature=youtu.be>
- c. **Course Map:**
 - i. www.usatf.org/routes/view.asp?rID=554548

3. LOCATION:

a. **Lewis and Clark Overlook**

Directions from the West: Take 10th Ave South going east. Make a left on **9th street**. Continue on 9th approximately two miles. Before crossing the Missouri River, make a right on **River Drive North**. Continue east on **River Drive North** and make a left on **Giant Springs Road**. Continue on **Giant Springs Road** and pass under the train trestle. After passing under the trestle, drive up the hill and turn left into the second entrance (**the Lewis and Clark Overlook**). If the lot is full, continue up the hill until the road veers right. You can park anywhere along the road. The race will start in the **Lewis and Clark Overlook** parking lot.

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Clark Overlook). If the lot is full, continue up the hill until the road veers right. You can park anywhere along the road. The race will start in the **Lewis and Clark Overlook** parking lot.

4. YOUTH RACE SPECIFICS:

- a. Race will begin in the Lewis and Clark Overlook parking lot.
- b. Riders will then be directed onto the single track adjacent to the Rivers Edge Trail, directly east of the parking lot.
- c. Riders will initially follow the adult course, but will be directed back up the paved portion of the Rivers Edge Trail.
- d. The course will be clearly marked. There will also be a number of course marshals directing the riders.
- e. Riders will be required to make two laps of the course.
- f. **All riders must wear a helmet to compete in the event, no exceptions!!**

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2. Race Rules and Regulations – All race categories

- a. All riders will be required to wear a helmet. Riders cannot compete without a helmet.
- b. You will not be allowed to use music devices during the race. Riders need to be able to hear what is going on around them at all times.
- c. Place your race number on the front of your bike where it is visible to race officials. Zip ties will be provided.
- d. All riders will need to carry their own repair equipment while on the course.
- e. Although water and sports drink will be available at the Start / Finish area, riders will need to carry their own fluids and snacks on the course.
- f. Passing slower riders:
 - i. Please notify the rider you are coming up on them and you intend to pass.
 - ii. If possible, pass slower riders at times where the course will allow space for both riders to ride safely.
 - iii. In some cases depending on where the pass is taking place the slower rider should move off the course (move off to the right if possible) to allow the faster rider to pass.

MISSOURI RIVER



RAMPAGE

MTB RACE

Great Falls, Montana