



## 2022 SRAM Palos Meltdown Mountain Bike Race

### Racer Handbook

Race Day: Sunday, August 7, 2022

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Welcome to the 2022 SRAM Palos Meltdown Mountain Bike Race! We are very excited to host you all at Chicago's premier mountain bike event. With racing for all ages and abilities, this event draws riders from all over the region. The Meltdown is the chief fundraiser for CAMBr to help build and maintain mountain bike trails in Chicagoland.

Please take a few minutes and read this Racer Handbook in its entirety. It provides all of the details you need to know for a successful race weekend at the 2022 SRAM Palos Meltdown. ***We look forward to seeing you on the starting line!***

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# SRAM Palos Meltdown Mountain Bike Race

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## **SRAM PALOS MELTDOWN RACE SCHEDULE**

**Date:** Sunday, August 7, 2022

**Location:** Pulaski Woods South Grove #1  
9600 Wolf Roads  
Willow Springs, Illinois 60480

### **Race Start Times**

- 8:45am Opening Ceremonies
- 9:00am First Timers & Juniors
- 9:15am Adaptive Mountain Bike (aMTB)
- 10:15am Men's Novice
- 10:50am Women's Novice
- 12:00pm Men's Sport
- 12:20pm Women's Sport
- 1:30pm Kids Race
- 2:00pm Pro/Expert Men
- 2:03pm Pro/Expert Women
- 2:08pm Comp

### **REGISTRATION**

Pre- Registration: Open until 11:59pm on Friday, August 5, 2022 - discounted  
Available at [www.PalosMeltdown.com](http://www.PalosMeltdown.com)

After August 5, 2022: Available at [www.PalosMeltdown.com](http://www.PalosMeltdown.com) - full price  
Limited on-site assistance available Pulaski Woods South Grove #1 pavilion from 8:00am until one hour prior to race start

### **RACE BIB AND T-SHIRT PICK-UP**

#### **Pre-Race Bib Pickup on Saturday, August 6, 2022**

For all racers registered prior to 11:59pm on Friday, August 5, 2022, you will be able to pick-up your bib at Pulaski Woods South Grove #1 pavilion from 12:00pm-3:00pm on Saturday, August 6, 2022. At registration, you will receive your race number with RFID attached. If you ordered a t-shirt, you will also be able to pick it up at this time\*.

If you come to bib pick-up on Saturday, all you need to do on Sunday is show up and race. No standing in a long line or hassle with race day pick-up. Do yourself a favor and pick-up on Saturday!

*\* Please note that while we will make every effort to provide your t-shirt at pick-up, due to exceptional supply chain issues that are out of our control, delivery of shirts may be delayed. In the event that shirts are not delivered by the vendor prior to the race, we will mail shirts to each racer's address on file.*

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## **Race Day bib Pick-Up on Sunday, August 7, 2022**

Race day bib pick-up will open at 8:00am on Sunday, August 7, 2022 at Pulaski Woods South Grove #1 pavilion. Please arrive at packet-pick up a minimum of one hour early to ensure enough time to pick-up your race bib with RFID chip attached. If you ordered a t-shirt, you will also be able to pick it up at this time. *Please note that while we will make every effort to provide your t-shirt at pick-up, due to exceptional supply chain issues that are out of our control, delivery of shirts may be delayed.*

## **DIRECTIONS AND PARKING**

Most of the race activity will be centered around the pavilion and hilltop at:

Pulaski Woods South Grove #1  
9600 Wolf Road  
Willow Springs, Illinois 60480

Please plan to arrive no later than one hour before your race time to allow for parking, packet pickup and staging before the start of your race.

**We are asking that everyone enter Wolf Road from 95<sup>th</sup> Street.** At this intersection, you will be directed by police and flaggers to parking spots. There will be a drop off area at the bottom of the Bull Frog parking lot (at the base of the Grass Hill). There will be no parking in this area, just a drop off (think of an airport drop off). Use this to drop off racers, spectators, coolers, chairs, etc. Once you make your drop off, you will then need to head back up towards Wolf Road to then be flagged to your parking spot.

All parking lots not in use by flaggers will be closed off until needed.

Our overflow/final lot will be Maple Lake East. Those with bikes are asked to ride the single-track trails and pavement (within the preserve) to the race site. *We advise against riding bicycles on 95th Street.*

The Pulaski Woods South Grove #1 lot will be only open to staff, sponsors and press, and a parking pass will be required. Violators will be subject to fines.

Please reference Google Maps or another site/app for directions to the race site.

## **COURSE**

As always, the 2022 SRAM Palos Meltdown course will include the best single track Palos has to offer. The course will meander itself over rolling hills and around lakes and sloughs. Much of the course is on rolling terrain so riders looking for elevation change will not be disappointed! The course will offer leg stinging climbs and exciting descents. The trails are built for all levels of riding ability. Faster riders will find them much more challenging as obstacles such as ravines and roots become a challenge at speed.

The course maps are published at [palosmeltdown.com](http://palosmeltdown.com) and included in Appendix A.

### START LINE CONFIGURATION

Novice and Sport racers - Your wave numbers will be published on the sticker on your number plate. We will also have signage down at the start line so you should easily be able to identify where you should line up. We will be using the uphill start as we have done for the past couple of years. Within each wave, we are asking riders to **self-seed** themselves in their wave based on how fast you think you will complete the race. If you are really planning to race hard, then position yourself up to the front (within your wave). If it is more of a fun ride and personal challenge, then please place yourself in the middle or towards the back. This is not an exact science, so we are asking everyone to use his or her own good judgment.

If we can get riders to naturally sort themselves out by speed within the waves, there should be fewer passing problems or bottlenecks in the single track. That said, we do ask everyone to be safe and courteous when passing. If you are ready to pass someone, tell the rider in front you want to pass; if someone wants to pass you, please find a good spot and let him or her by. Everyone also needs to be careful on the start, given the larger number of riders going together. After all this is about having a good time and going home in one piece, so please be careful.

The courses for Novice, Sport, Comp and Expert have been designed with extended stretches of wide multitrack at the start and near the end to allow opportunities to pass safely, where it really counts.

Note, for Expert Men, Women, Comp, and First Timers we will continue with the start process we have used in the past since these groups are separate classes and different distances.

The Adaptive course is similar to the First Timers' course in terms of distance but uses two alternative sections of trail to avoid narrow singletrack where an adaptive cycle may get caught or tip over.

### COURSE PRE-RIDES

There are no designated pre-ride hours, but you are more than welcome to pre-ride the course anytime the trails are officially open. You will need to use a course map, as the course is not marked. We mark the trails as late as possible on Saturday in order to prevent the markings from being removed. On race day we will have course marshals on hand to ensure that you don't miss a turn.

We ask that you ride safely and alertly during your pre-rides. We will have trail gnomes on the trail all week doing final course touch-ups. Additionally, not all trail users are participating in Meltdown. You will encounter a variety of other trail users including cyclists, hikers, runners, and horse riders on the trails heading in both directions. You need to remain in control and ride

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safely on any course pre-rides. The race is Sunday and not before. Ride smart and save your legs for when it counts.

### **START-FINISH AREA**

Wondering what you are going to do while you wait for your race to start? Or while you wait to receive your awards? Do not fret! The top of Grass Hill will be busy with races starting and finishing. Our Sponsors will be there showing off their products, and food vendors will be on site selling food and drinks. Please bring cash to purchase tickets which can be exchanged for food items! Race organizers will be based out of the stone pavilion. Emergency assistance will be provided by the Wisconsin MTB Patrol - look for their tent and equipment as well as radio mast. Volunteers will also be running around performing a variety of tasks - look for the navy blue Volunteer shirts. Be sure to get over near the start and finish to cheer on the other racers!

Teams are encouraged to bring their tents and set-up in our Team Tent Area! Look for signs on race morning. We encourage you to bring your own blankets, water and snacks and make a day of it!

Note that there will be no alcohol sales. You may bring your own but please be advised that Cook County Forest Preserve ordinances prohibit glass bottles. It also goes without saying that CAMBr does not condone excessive consumption, or poor behavior. We expect that all racers, spectators and volunteers will act appropriately and help to maintain the positive atmosphere that accompanies this event. Cook County Forest Preserve police officers will be on-site throughout the event.

### **AWARDS/PRIZE PURSE**

Awards will be awarded in the following age group categories in each race classification: 10 and under, 11-13, 14-16, 17-19, 20-29, 30-39, 40-49, 50-59, and 60+.

The following awards will be awarded:

- Top 3 Overall in each race classification.
- Top 3 in each Age Group in each race classification. Participants in the Fat Bike and Single Speed categories will be eligible for age group awards.
- Top 3 Overall Clydesdales (Sport race only).
- Top 3 Overall Fat Bikers in each race classification.
- Top 3 Overall Single Speeders in each race classification.
- Top Team in Men's, Women's and Mixes (Sport race only).
- Top 3 places in Men's & Women's Pro/Expert Class will receive cash payouts.

Each Race Classification will have their own awards ceremony immediately following the publication of final results for that classification.

**Prize Purse - Sponsored by Richard's Bicycles / RBikes.com (Palos Heights, IL)**

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Expert Races (M/W): 1st Place \$300, 2nd Place \$200, 3rd Place \$100    Comp Race: 1st Place \$120, 2nd Place \$80, 3rd Place \$40    Sport Races (M/W): 1st Place \$60, 2nd Place \$40, 3rd Place \$30

### RESULTS

Results will be available at on this website:

<https://runsignup.com/Race/PalosMeltdown/Page/RaceResults>

### KIDS' RACE

The Kids' Race is perfect for your little ones to get in on the Palos Meltdown action. The Kid's Race will take place at 1:30pm in the grass field just north of (across the road from) the Pavilion near the start-finish area. The course will be about 0.25 miles long and take place in the grass. We will utilize wave/age groups starts in order to ensure the safety of the racers.

There is no fee for the Kid's Race. However, if you wish to make a voluntary donation to CAMBr, we will greatly appreciate it.

Each child will need a waiver completed and signed by the racer's parent or legal guardian. Registration/waiver sign-in will open approximately 12:00pm prior to the start of the race at the race location. Look for the sign and table!

#### **Kid's Race Schedule**

12:00 pm-1:30pm	Waiver Signing/Registration Open
1:30pm	Race Start

All racers will receive a race bib for their bike and a prize after crossing the finish line.

### CAMPING

Camping for the 2022 Palos meltdown will be on-site at Camp Bullfrog, subject to availability. Please visit the following site to make reservations:

<https://anc.apm.activecommunities.com/fpdcc/reservation/search?locale=en-US&eventTypeId=18>

### RULES

Rules & Guidelines are designed to provide consistency among categories, and to encourage a safe, fair, and enjoyable racing experience for all Racers and Spectators.

#### **Race Rules**

1. Only registered racers may compete in the Palos Meltdown. Official Race Number plate must be displayed on the front of your bike. No racer shall cut, fold, mutilate, apply stickers or alter in any way their number plate. Numbers are not transferable.

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2. All racers must wear a properly secured helmet, complying with DOT or CPSC Standards at all times during competition as well as pre-riding or warming up on the course. Further, Cook County Forest Preserve regulations require all riders 14 and under to wear a helmet (whether racing or just riding around). Competitors must wear proper riding attire, including shirt, shorts, and fully enclosed shoes during competition. Proper eye protection is strongly recommended. CAMBr reserves the right to prevent any Racer from racing with clothing/safety gear (including helmets) that appears unsafe. However, CAMBr is not responsible for ensuring that all protective equipment (including helmets) is safe and trail-ready.
3. Each racer is responsible for having their bike in good operating condition including but not limited to: two fully functional brakes, plugged handlebar ends, NO hazardous attachments including kickstands (reflectors are permitted), adjusted hubs and headset, true wheels, and a sound frame (no cracks, bends or dents). Racers must start and finish with the same bike throughout any single event. CAMBr reserves the right to prevent any Racer from racing with a bike that appears unsafe. However, CAMBr is not responsible for ensuring that all bikes are safe and trail-ready.
4. Racers may not wear, or use on their bike, headphones, personal listening devices, publicly audible sound devices, or anything that interferes with their own, or other Racers', awareness of their surroundings or other Racers.
5. All racers must be self-sufficient. The individual racers must perform all repairs during the race. The racers must carry tools and spare parts used in a repair. No off-course assistance is allowed. Repairs may be conducted on the side of the racecourse (off-trail) as long as safety to other riders is not jeopardized. Racers are responsible for safely completing the course; there will be no assistance provided, except in the case of an emergency.
6. Racers may finish the Race by riding, pushing, or carrying a bike that is mechanically impaired, as long as Racer finishes all laps and has not short cut any of the course. A racer riding a bike has the right of way over one pushing a bike. A Racer pushing a bike must make every effort to yield the fastest most rideable part of the trail to Racers on their bikes.
7. Deviations from the marked course will result in disqualification unless the competitor re-enters the course at the point of exit. A competitor that leaves the marked course is deemed to have retired from the race and will be scored as DQ or DNF.
8. Pre-riding the race course on Race Day after 8:30 am is not permitted. ALL non-race traffic must clear the course by 8:30 am. Trails will be CLOSED to any and all non-race related traffic for the entirety of race day.
9. Hand-ups and feeding are permitted; however, interference with another Racer during a hand-up is grounds for disqualification. No littering of the Racecourse permitted, including gel packets, food wrappers or drink bottles.
10. Lapped Racers must yield the trail immediately to faster Racers lapping them. Lapped Racers may continue to ride and complete their Race.
11. It is the responsibility of an overtaking rider to pass safely. No racer is expected to stop their race to allow other racers to pass. However, no rider shall intentionally impede the progress of another rider. A rider should make his/her presence known before

overtaking a slower rider. Especially in the single track, await a response from the rider being overtaken that it is safe to pass. A rider passing another is expected to do so in a manner that requires the least accommodation from the rider being passed.

12. Racers must ride with courtesy at all times. Unsportsmanlike conduct, use of profanity or flagrant discourtesy directed toward another Racer, Race worker, or spectator, is grounds for disqualification from the Race. Racers failing to heed instruction of medical personnel or course marshals attending to an injured rider will be disqualified.
13. Race courses comprise a variety of loops of single track, multi-track, and grass. Course routes and mileage are subject to change based on factors including but not limited to trail conditions, weather conditions, racer injury, and Cook County Forest Preserve requirements. CAMBr reserves the right to change the mileage, modify the race course, or delay or suspend the Race, because of weather conditions, trail conditions, Racer injury, Cook County Forest Preserve requirements, or other unforeseen circumstances under which the change is deemed necessary by the race organizers.
14. **No refunds issued due to weather, trail conditions, or for any other reason. Your registration fee is gratefully considered a donation to CAMBr's mission to further trail development. Every effort will be made to run the race, rain or shine. If singletrack is deemed too wet to ride by the race organizers, Race will be run on multi-track and grass. If weather conditions present a danger to the safety of racers or spectators, the race may be canceled. We will make reasonable efforts to reschedule, but the scope of planning an event of this scale unfortunately will make that difficult.**
15. CAMBr reserves the right to add, delete or combine classes, or age groups, depending on racer turnout, or for any reason deemed necessary by the race organizers.
16. Race results provided by timing service are final, subject only to Race Official review. Any protest must be registered with a Race Official within 15 minutes of the final racer crossing the finish line.
17. Falsification of registration information will result in disqualification of the Racer.
18. A protest of the results, the conduct of a Racer, or any other Race-related matter, must be reported or filed with a Race Official or CAMBr Race Committee Member within 15 minutes after completion of the Event, or posting of the results or a ruling. All results are final as of the awards presentation, unless any technical error is later discovered.
19. All Racers will observe Cook County Forest Preserve District rules and regulations, including (but not limited to): No riding off trail, no presence in Forest Preserve before sunrise or after sunset, no glass bottles on Forest Preserve land, no littering, only park where permitted, always yield the trail to hikers and horses (as stated previously, trails will be CLOSED to non-race traffic on race day).
20. CAMBr reserves the right to modify or delete any Rules as deemed in the best interest of the Race, or its participants.
21. The sale or display at the Meltdown Race of merchandise, product or signs for promotional purposes (including banners, tents, and anything not permanently attached to a Racer's vehicle), is only permitted by confirmed Race sponsors, or with the permission of CAMBr or its Race Committee. Cook County Forest Preserve ordinances prohibit, among other things, the posting of "for sale" signage on vehicles.

22. No E-Bikes, other than adaptive cycles which are restricted to those with a mobility impairment who are participating in the Adaptive MTB (aMTB) race. With the exception of the aMTB race, anyone riding an e-bike will be subject to disqualification. Further, Cook County Forest Preserve ordinances prohibit the use of e-bikes on singletrack trails.

### **Rule Enforcement Procedure**

Because officials are unable to witness the majority of rule infractions that may occur and because every participant is entitled to due process, there is a Protest Procedure in place for a racer to request a rule enforcement leading to a penalty for another racer.

1. Within 15 minutes of the final racer crossing the finish line in each Race Classification, an individual who is certain a rule infraction has occurred should report to an official or Race Committee member.
2. The racer should locate witness(es) to support his or her claim and have them available for questioning by the official.
3. The official will work to locate the offending racer.
4. Both the protester's and alleged offending racer's recollections along with witness testimony will be heard and the official will render a judgment and/or rule explanation along with any warranted penalty.

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THANK YOU TO OUR SPONSORS!

The SRAM logo is displayed in a bold, italicized, red sans-serif font.

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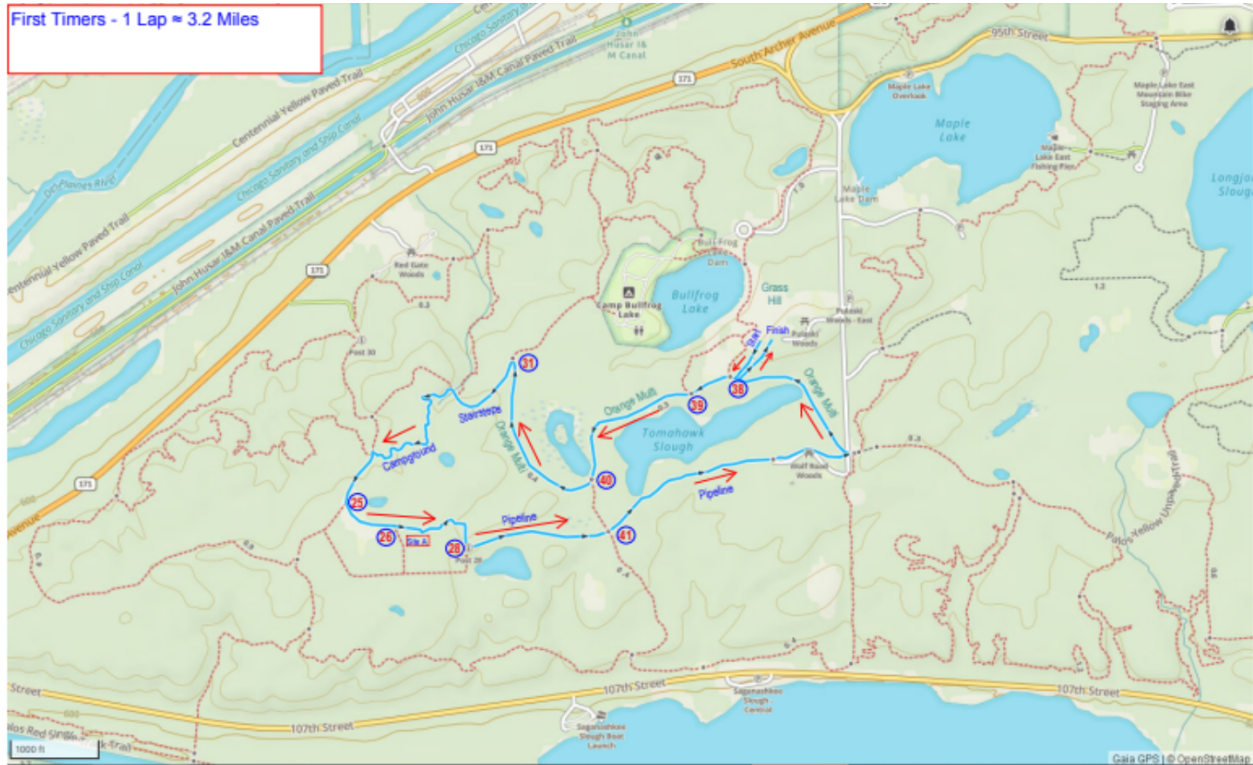
AND A SPECIAL THANK YOU TO THE COOK COUNTY FOREST PRESERVE DISTRICT



### APPENDIX A - COURSE MAPS

# SRAM Palos Meltdown Mountain Bike Race

## FIRST TIMERS (3.2 miles)





# SRAM Palos Meltdown Mountain Bike Race

## NOVICE (8.0 Miles)



# SRAM Palos Meltdown Mountain Bike Race

## SPORT (12.0 Miles)



## SRAM Palos Meltdown Mountain Bike Race

COMP/EXPERT (2 laps - Men's Comp and Women's Expert / 3 laps - Men's Exp.)

