

**2026 CAMBr CHICAGOLAND
RACE SERIES**

RACER HANDBOOK

Welcome to **2026 CAMBr Chicagoland Race Series Powered By SRAM!** We are very excited to host you at this year's events. With racing for all ages and abilities, these events draw riders from all over the region. The Series is the main fundraiser that helps CAMBr build and maintain mountain bike trails in Chicagoland.

Please take a few minutes and read this Racer Handbook in its entirety, as well as all materials on the race website at bikesignup.com/cambr. This handbook is intended to supplement the race website and to provide additional information.

We look forward to seeing you on the starting line!

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RACE DATES AND LOCATIONS

- Raceway Rally - Raceway Woods Forest Preserve, Carpentersville IL - July 26, 2026
- Paul Douglas Pursuit - Paul Douglas Woods, Hoffman Estates IL - August 9, 2026
- Palos Meltdown - Palos Forest Preserves, Willow Springs IL - August 23, 2026

WEBSITE - bikesignup.com/cambr

- Racer registration
- Volunteer registration
- T-shirt orders
- Course maps (posted approximately one week prior to each race)
- Race day schedules
- Directions and parking
- Race results
- Prizes and awards information

RACE PLATE AND T-SHIRT PICK-UP

Pre-Race Pickup (Saturday)

















Pick up your race plate and t-shirt (must order online) on Saturday before each race. Locations and times are posted on the race website.

Race Day Pick-Up (Sunday)

Race day pick-up will open at 7:00am on Sunday, at the race site. Please arrive at packet-pick up a minimum of one hour early to ensure enough time to pick-up your race plate with RFID chip and attach it to your bike. If you ordered a t-shirt, you will also be able to pick it up at this time.

RACE COLOR SCHEME

We will use the following color scheme to differentiate the various categories and courses. Your number plate will have the corresponding colored sticker.

RACEWAY / PALOS	PAUL DOUGLAS WEST	PAUL DOUGLAS EAST
 ADAPTIVE (A-MTB) LONG	 ADAPTIVE	 SOLO 3 HOUR
 ADAPTIVE (A-MTB) SHORT		 SOLO 6 HOUR
 FIRST TIMERS	 FIRST TIMERS	 SOLO 9 HOUR
 NOVICE / JUNIORS	 JUNIORS	 DUO 6 HOUR
 SPORT		
 COMP		 DUO 9 HOUR
 EXPERT		 QUAD 9 HOUR

START LINE CONFIGURATION

Important: Your age group is determined based on your age as of December 31, 2026. For example, if you turn 20 at any time during 2026, you'll be in the 20-29 group - even if you're still 19 on race day.

Men's Novice and Sport races: Due to the size of these categories, racers will go off in waves by age group. Follow instructions at the start line to identify where you should line up. Racers should self-seed within their age group based on how intensely they plan on racing. Get to the front of your group if you intend to podium. Self-seeding helps to reduce the amount of passing out on the course. There will be a time gap of 2 minutes between each age group.

COURSE PRE-RIDES

There are no designated pre-ride hours, but you are welcome to pre-ride the course any time the trails are officially open. The course will not be marked until race weekend, and maps will not be available until the week prior to each race. On race day we will have course marshals along the way, pre-riders and sweepers, and the courses will be marked with a combination of tape, arrows and paint.

If you choose to pre-ride the course, please do so safely and alertly, keeping in mind this is a public forest preserve. We will have volunteer trail workers on the trail all week doing final course touch-ups. You may encounter a variety of other trail users including cyclists, hikers, runners, and equestrians. Forest preserve rules also prohibit speed training. Do not attempt to short-cut the course in any way.

START-FINISH AREA

The start-finish area will be busy with races starting and finishing. Here you will find registration, race plate and t-shirt pickup, and informational tents. Our Sponsors will be there showing off their products, and food vendors will be on site selling food and drinks. Race organizers will also be located close to the start-finish area. A team of medics will be onsite to assist - look for their tent and equipment near the start-finish area. Volunteers will also be running around performing a variety of tasks - look for the *RACE CREW* shirts. Be sure to get over near the start and finish to cheer on the other racers, and don't miss the opening ceremonies. The start-finish is also where you'll find the restrooms and handwashing stations.

Teams, families, and individual riders are encouraged to bring their own tents, chairs, blankets, etc. but please set up away from the start-finish area as we need to keep this space open.

CAMBr prides itself on running a welcoming, family-friendly event. It is expected that all racers, spectators and volunteers will act appropriately and help to maintain the positive atmosphere that accompanies this event. Forest Preserve police officers and/or security will be on-site throughout the event as required by the County.

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Expect typical Chicago weather...in other words, unpredictable. Bring plenty of water, shade, sunscreen, and/or a rain jacket. We may adjust the courses at any time in response to changing weather conditions, for rider safety. In case of extreme heat, storms, or other situations, we may be forced to delay or cancel the event or individual races.

KIDS' RACE

The Kids' Race will take place near the start-finish area. Registration is required and is free. We will utilize age group waves in order to ensure the safety of the racers. Each child will need a waiver completed and signed by the racer's parent or legal guardian, and must adhere to all other race rules including but not limited to the use of properly working bikes, and helmets. Registration is completed on-line via the race website. All racers will receive a race plate for their bike and a small prize after crossing the finish line.

CAMPING

There is limited on-site camping for the Palos Meltdown only. Register via fpdcc.com. No on-site camping is available at Raceway or Paul Douglas.

RACE RULES

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

Race Rules

1. Only registered racers may compete in the race. 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, other than properly-positioned colored stickers that may be supplied by race organizers. Racers may not remove colored stickers applied by race staff until after their race is over. Numbers are not transferable.
2. Each racer must register using their full legal name (first and last), and correct date of birth. Pseudonyms are not permitted.
3. 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. Competitors must wear proper riding attire, including shirt, shorts, and fully enclosed shoes during competition. Eye protection and gloves are strongly recommended. CAMBr reserves the right to prevent any racer from racing with clothing/safety gear (including helmets) that appear unsafe. However, CAMBr is not responsible for ensuring that all protective equipment (including helmets) is safe and trail-ready, or that all racers wear appropriate protective equipment.
4. 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.

5. 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.
6. 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 should be completed off the trail and must not impede other racers. Racers are responsible for safely completing the course; there will be no assistance provided, except in the case of an emergency.
7. Racers may finish the race by riding, pushing, or carrying a bike that is mechanically impaired, as long as the 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. A racer may be required by course sweepers to exit the course in order to allow the next race to proceed without undue interference, in the event that the racer is taking an undue length of time to complete their race.
8. 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.
9. Pre-riding the course on Race Day after 8:30 am is not permitted. ALL non-race traffic must clear the course by 8:30 am.
10. Hand-ups and feeding are permitted; however, interference with another racer during a hand-up is grounds for disqualification. No littering of the race course or preserve is permitted, including gel packets, food wrappers or drink bottles.
11. Lapped racers must yield the trail immediately to faster racers lapping them. Lapped racers may continue to ride and complete their race, except as stipulated in rule 7.
12. 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 minimal accommodation from the rider being passed.
13. Racers must ride with courtesy at all times. Unsportsmanlike conduct, use of profanity or flagrant discourtesies directed toward another racer, race worker, or spectator, may be grounds for disqualification from the race. Racers failing to heed instruction of medical personnel or course marshals attending to an injured rider may be disqualified.
14. 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 Forest Preserve District 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, Forest Preserve requirements, or other unforeseen circumstances under which the change is deemed necessary by the race organizers.

15. 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, the race will be rerouted as deemed necessary, including the use of asphalt, gravel, and/or grass. If weather conditions present a perceived danger to the safety of racers or spectators, the race may be canceled. We are unable to reschedule, due to the scope of planning an event of this scale.
16. 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.
17. 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.
18. Falsification of registration information will result in disqualification of the racer.
19. 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.
20. All racers will observe Forest Preserve District rules and regulations, including (but not limited to): No riding off trail, not entering or remaining in the Forest Preserve outside preserve hours, no glass bottles on Forest Preserve land, no littering, only park where permitted.
21. CAMBr reserves the right to modify or delete any Rules at any time as deemed in the best interest of the race, or its participants.
22. The sale or display 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. Forest Preserve ordinances prohibit, among other things, the posting of "for sale" signage on vehicles.
23. 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. This rule is not intended to prevent an Adaptive rider from participating in the category of their choice.

Paul Douglas Pursuit - Special Rules for Endurance and Relay Events

The following definitions and rules are in addition to the published rules applicable to all races in the Series.

Each Event shall end at the stated End Time. Any lap in progress at the End Time shall not be counted towards a Solo rider or Team's total laps.

Solo - A single individual races for the duration of their respective Event.

Duo Open - Any combination of two (2) riders race as a Team.

Duo Mixed - One man and one woman race as a Team.

Quad Open - Any combination of four (4) riders race as a Team.

Quad Mixed - A Team of four (4) rider consisting of not more than three (3) men, and at least one (1) woman.

Each Team shall name a Captain. The Captain shall familiarize themselves with the race course and all race rules, and shall ensure that their team members are also familiar with the course and rules. The Captain shall be present at the starting point ten minutes prior to the Start Time of their Team's Event for reminders and final instructions.

No individual shall be substituted for any registered participant. The original individual rider registered for the solo race, or group of riders registered as a Team, shall complete the entire Event.

Duo/Quad - No rider shall complete more than one lap in excess of any other member of their Team, except in the case of a rider being unable to complete their Event. In such cases, a rider deemed unable to complete their Event shall be evaluated by on-site medics, and shall not re-enter the Event.

Placement shall be in the following order, starting with the First Place Solo rider or Team in each Event and Participation Category:

- The Solo rider or Team that completes the most full laps before the End Time of their respective Event, followed by the Solo rider or Team that completes the next highest number of full laps.
- In the event that two Solo Riders, or two Teams, complete the same number of laps before the End Time of their respective Event, the Solo rider or Team that completed their final lap earliest shall be placed higher than the other.

Each racer shall be responsible for their race plate, equipped with an RFID tag. Racers shall take due care to avoid accidentally triggering the timing pads at the start-finish area and on the course.

A single monetary prize shall be awarded to the first, second, and third-placed Solo rider and Team in each Participation Category, in each Event. Winning teams shall be responsible for the division of a monetary prize among the members of the team. For purposes of clarity, a total of not more than thirty-six (36) separate monetary prizes shall be awarded.

A medal or equivalent non-monetary prize shall be awarded to the first, second, and third-placed man and woman Solo rider in each Participation Category and Event, and to each member of each first, second, and third-placed Team in each Participation Category and event.

Rule Enforcement Procedures

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. Video evidence will also be considered, if available.
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.