



**MARATHON  
MOUNTAIN BIKE  
NATIONAL CHAMPIONSHIPS**

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ARKADELPHIA, AR

**Iron Mountain Man - May 6, 2018**

**50 Mile MTB Race**

**DeGray Lake, Arkadelphia Arkansas**



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## Overview:

### Welcome:

Welcome to DeGray Lake and Iron Mountain, Arkadelphia Arkansas.

DeGray Lake has deep roots in the endurance racing. Since 1998 this location has and continues to host mountain bike racing, road triathlons, swimming, running events and more.

The Iron Mountain Trail system was initially conceived in late 2000 and is nestled on the eastern shore of DeGray Lake. The process moved along up through 2001. As with many projects on government land, when 9/11 occurred, all work stopped. The project resumed in 2006. Phase one was completed in 2008, phase two in 2012 and phase three in 2015. Phase four is scheduled to start in 2018. Once phase four is complete the system will have over 30 miles of trails. This system was designed by and is purpose built for mountain biking. It is our hope that you enjoy your time on the trail and within our community. It will be our pleasure to extent to ya'll a big helping of Southern hospitality.

### Arkadelphia, Caddo Valley, Hot Spring and Little Rock Arkansas

Welcome to the Ouachita (Wash- sha- ta) Mountains nestled in Southwest AR. This area is home to three (3) IMBA Epic Trails, The Ouachita Trail, The Womble trail and the Vista Trail. This region contains a large section of National Forest Service land, multiple Army Corp lakes and great topography. We are 12-month outdoor recreation haven for deep woods single track, hiking, kayaking, rock climbing and much more. Hot Spring AR boasts Hot Springs National Park. The State capital (Little Rock) has great cultural activities, night life and presidential library. Arkadelphia and Caddo Valley are adjacent to the DeGray Lake and Iron Mountain Trail as well as being home to two Universities and a couple of State Parks. Crater of Diamond State Park is the world's only public diamond mine. You get to keep the diamonds you find. We here are proud to serve as your host for the USA Cycling Marathon Mountain Bike National Championships.

There are a number of hotels, condos and cabins within a 10-minute drive of race site. We have some great local favorites for food and beverage for you pleasure. Welcome to our home!

Fred Phillips  
Director of Operations  
DLT Events



## Technical guide and conditions of participation

This technical guide covers the procedures and information needed to participate in the Iron Mt Man Mountain Bike Race and Tour.

**⚠ Important:** *In case of a conflict between the information presented in this technical guide and any other source (other than an official communiqué from the organization or issued during the event), then the information found in this technical guide shall be taken as correct and final. By participating in this event, you are also agreeing to be bound by this technical guide, the instructions of the race officials the race management organization, and by the rules of USA Cycling.*

### \*\*\*Event Overview

The Iron Mountain Man 50-mile mountain bike race on May 6 is the 2018 USA Cycling Marathon Mountain Bike National Championship and the final race of the 2018 Arkansas Mountain Bike Marathon Series.

## Event Websites

### DLT Multisport Event Webpage and Technical Guide

<http://dltmultisport.com/events/off-road-mtb/iron-mtn-mtb.html>

### USA Cycling MTB Marathon Mountain Bike National Championship Event Webpage

<https://legacy.usacycling.org/2018/marathon-mountain-bike-nationals>

## Sanction and Regulations

This is a USA Cycling sanctioned event. The Pro/open races will be run under UCI rules and UCI scale of penalties will apply. It is incumbent upon the athlete to know and comply with all USAC or UCI rules prior to, during and post event. USAC rules shall apply to Age Group division competitors.

## Additional Rules

1. Riders are requested to discard water bottles and food/energy wrappers in the feed zone or dispose of them after the race in appropriate trash or recycling receptacles.
2. Use of radios and music playback devices are forbidden.
3. Preliminary race results will be posted at the conclusion of the event and will be announced. There will be a 15-minute protest period before the results are finalized. To lodge a protest, riders must contact a USA Cycling official within the 15-minute protest period.
4. Helmets are required for all events, including practicing on the courses and riding at the venue.
5. Any weather-related delays will be posted to the communiqué/results board in the finish area.
6. National Champion Jerseys are not allowed to be worn during the competition.

## Location

### Venue Location

Location: DeGray Lake, Arkadelphia AR.

2.5 miles North on Hwy 7 from Interstate 30 exit 78. Turn left onto Skyline Drive.

**Spillway Trail Head** (The Spillway Area) is roughly 8/10th of mile west of the Intersection of Skyline Dr and Hwy 7. Approximate address 543 Skyline Dr, Arkadelphia, AR 71923.

### 4 State regional location map:



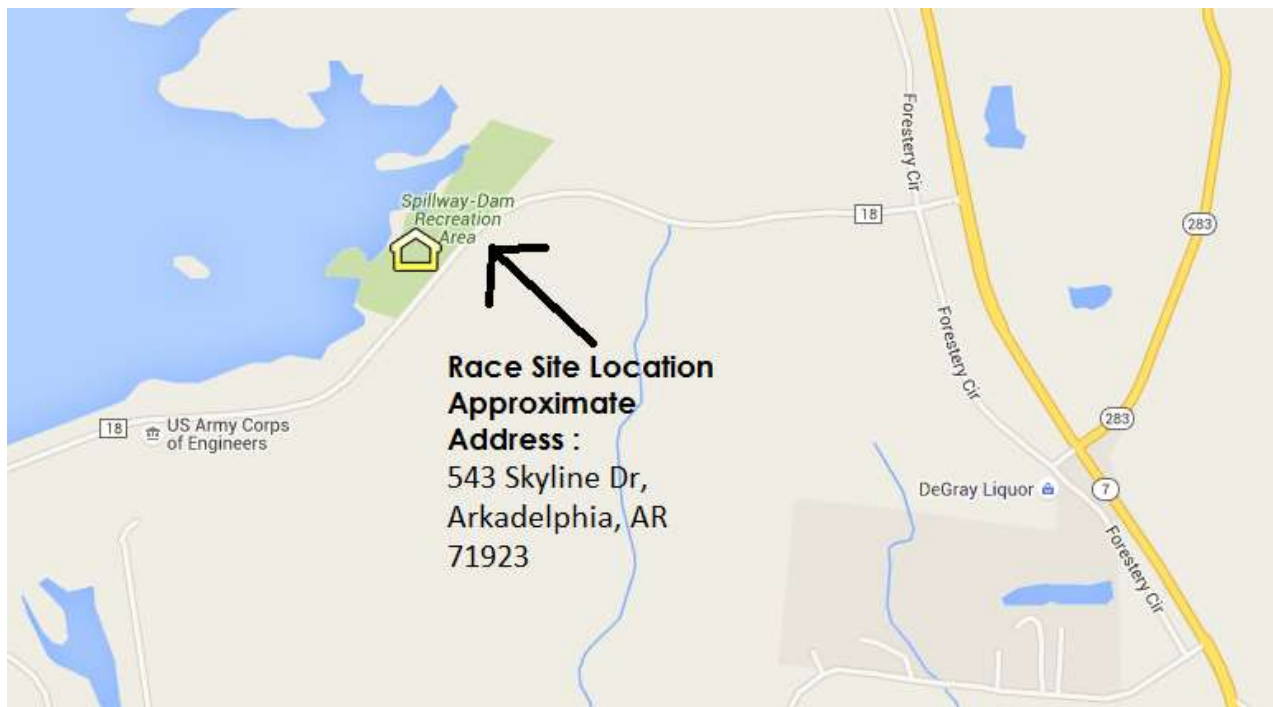
### In State regional map:



Local area location map:



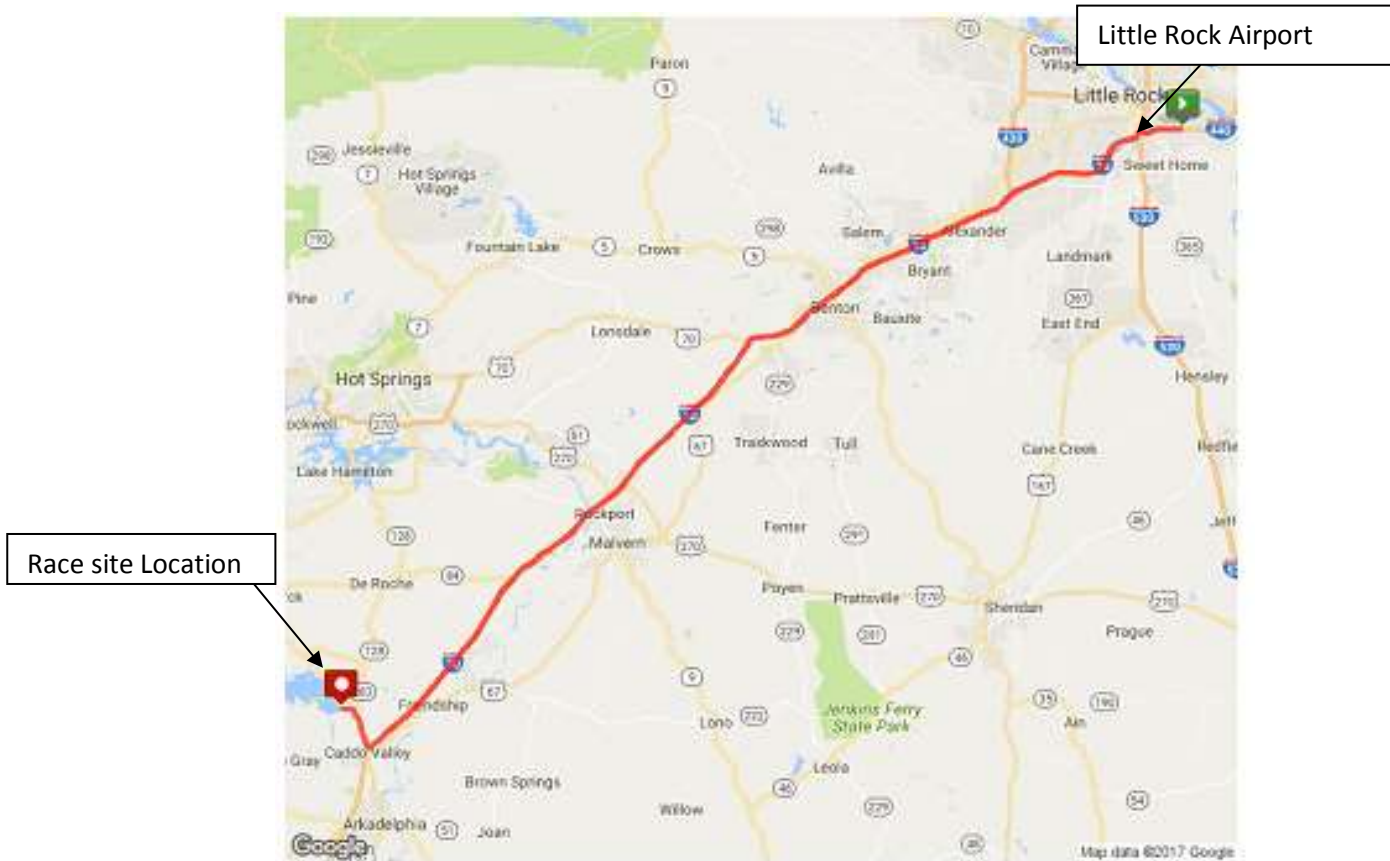
Close up race site location map:



## Nearest airport

### Little Rock National Airport: (LIT)

The Little Rock airport is located roughly 65 mile from the race site. This is roughly a one (1) hour drive.



|          |   |
|----------|---|
| 0.00 mi  | Head west on I-440 W  |
| 2.23 mi  | Take the exit on the left toward I-30 W   |
| 2.41 mi  | Keep right at the fork, follow signs for I-30 W/Hot Springs/Texarkana and merge onto I-30 W<br>Destination will be on the right |
| 3.81 mi  | Head west on I-30 W   |
| 62.76 mi | Take exit 7B to merge onto AR-7 N/Valley St toward Caddo Valley/Hot Springs<br>Destination will be on the right                 |
| 63.12 mi | Head north on AR-7 N/Valley St toward Frost Rd  |
| 65.56 mi | Turn left onto Valley St  |
| 65.63 mi | Continue onto Skyline Dr  |
| 66.28 mi | Destination   |



## Accommodations:

There are multiple lodging opportunities within five (5) miles of the race site:

At exit 78 of the I30:

- Holiday Inn Express: [More Info](#)
- Hampton Inn: [More Info](#)
- Comfort Inn: [More Info](#)
- Econo Lodge: [More Info](#)
- Best Western: [More Info](#)
- Days Inn: [More Info](#)
- Super 8: [More Info](#)

The DeGray Lake State Park Lodge:

- [State Park Lodge](#): On its own island off the north shore of DeGray Lake, the lodge at DeGray Lake Resort State Park is centrally located within the park and offers guests sweeping views of the lake in a comfortable atmosphere. Just minutes from the lodge and the park campgrounds are the wide variety of outdoor activities offered at DeGray Lake Resort State Park. Experience the adventure and outdoor fun of an Arkansas state park combined with the amenities of a first-class resort.

Iron Mountain Lodge and Marina:

- Lake side condo's with in steps of the mountain bike trail. [More Info](#)

## Local Transportation:

If you are flying in, use a rental vehicle to get to and from the venue.

## Climate / Weather

In early May, the average daily low is in the upper 50's and the highs are in the upper 70's to Low 80's. The chance of rain at this time of year is low to moderate.

## Registration information:

### Registration:

Advance registration for all events is available online via the USA Cycling's online registration system.

- **Online registration closes for [The Iron Mt Man on 5/4/2017 at 4:00am](#)**
- In person registration is also possible during the packet pick up times listed within the event schedule.
- All requests for change of racing category must be received prior to 11:00am Central time on May third to be honored.





**Racing Licenses / ID Requirements.**

- Whether registering online or in person, all participants must pick up their own race packet. No exceptions.
- Each participant must present a valid photo ID as well as either a valid annual USAC license or will be required to purchase a one day/annual license. All participants in the National Championship categories must have an annual license.
- Only the individual registered is allowed to pick their race packet.
- This event has a no refund policy

**Eligibility and race categories:**

**Iron Mountain Man 50-mile mountain bike race:**

Eligibility: This event is open to all individuals with a minimum age or 17\* as of 12/31/18

1. Riders must be United States citizens or permanent residents. Proof of citizenship or residency is required and riders may be asked to show proof at race registration (copy of birth certificate or passport).
2. Riders must have a current USA Cycling annual license. Riders wishing to pre-register online must have a current license at the time of registration.
3. Riders shall compete in their 'official' racing age-group. A rider's official racing age is December 31 of 2018.

**Riders must show photo ID and USA Cycling racing license to pick up race numbers.**

**Only the participant can pick up race numbers—your teammate/friend/manager cannot pick it up for you.**

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**USA Cycling Marathon Mountain Bike National Championship  
awardable Racing Classes.**

| Men          |       | Women           |       |
|--------------|-------|-----------------|-------|
| Pro/Open 19+ | 50-54 | Pro / Open 17+* | 50-54 |
| Single Speed | 55-59 | Single Speed    | 55-59 |
| 17-18        | 60-64 | 19-29           | 60-69 |
| 19-29        | 65-69 | 30-34           | 70+   |
| 30-34        | 70-74 | 35-39           |       |
| 35-39        | 75-79 | 40-44           |       |
| 40-44        | 80+   | 40-49           |       |
| 45-49        |       |                 |       |

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## Call-up order for the USA Cycling Marathon Mountain Bike National Championship Race

| Call-up Procedures |                                                                                                          |                                                                                        |
|--------------------|----------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------|
| Category           | Total Call-up                                                                                            | Order of Priority                                                                      |
| Pro (Elite)/ Open  | UCI rankings                                                                                             | UCI Marathon Series Rankings, UCI XCO Rankings*, USAC Rankings                         |
| Amateurs           | Top five riders from 2017 event. Second line will be those in the top 5 for the Arkansas Marathon Series | Top 5 from last year (including riders who have "aged up" to a different age category) |

Per UCI rules, Pro riders who do not preregister *may* lose their starting spot regardless of their ranking and may be started at the back.

### UCI Points

Per UCI rule 4.2.004 all XCM events are considered as Class 3 XC events and UCI points are awarded accordingly. These UCI points will count towards "UCI Mountain Bike Cross-Country Ranking".

| UCI Distribution of Points – Pro/Open Male & Female |                     |
|-----------------------------------------------------|---------------------|
| Placing                                             | UCI Points Awarded* |
| 1 <sup>st</sup>                                     | 10                  |
| 2 <sup>nd</sup>                                     | 6                   |
| 3 <sup>rd</sup>                                     | 4                   |
| 4 <sup>th</sup>                                     | 2                   |
| 5 <sup>th</sup>                                     | 1                   |

### Registration Fees:

| Iron Mt 50 - USAC Mt Bike Marathon National Championship May 6, 2018 - No race day registration allowed |                                        |                                                     |
|---------------------------------------------------------------------------------------------------------|----------------------------------------|-----------------------------------------------------|
| Pricing Dates                                                                                           | All Pro / Open Athletes: Male / Female | Age Group Divisions / Single Speeders Male / Female |
| thru 4/9 at 11:59pm                                                                                     | \$120                                  | \$99                                                |
| 4/10 thru 5/4 at 4:00pm                                                                                 | \$140                                  | \$110                                               |
| Onsite in person registration 5/4 and 5/5                                                               | \$160                                  | \$140                                               |

\* Additional registration information:

- May 6, 2018. No race day registration will be permitted for the marathon mountain bike race.
- Championship category participants must hold a valid USAC annual license
- See below schedule for onsite registration and packet pick up times.

Pre-registration will be available at [www.usacycling.org](http://www.usacycling.org). Log into your online account and from your "My USA Cycling" page, follow the link to register for the 2018 USA Cycling Marathon Mountain Bike National Championships. All in person registration and packet pick-up will be at race site. Riders may pick up his or her race packet no later than 30 minutes prior to the first race start.



**In person registration and packet pick up times. All In person registration and packet pick up will be at race site.**

| <b>Date</b> | <b>Time</b>     | <b>Type</b>                               | <b>Group</b> |
|-------------|-----------------|-------------------------------------------|--------------|
| May 5       | Noon - 6:00pm   | In person registration and packet pick up | All Riders   |
| May 6       | 6:00am – 7:30am | In person registration and packet pick up | All Riders   |

- All riders must pick up their own packet in person.
- You must present your valid USA Cycling license & government issued picture ID at pick-up.
- You may not pick up someone else’s packet for them.
- Minors must have their parent or court-appointed LEGAL guardian (not coach) sign their release form.

Important Note: What’s the difference between packet pick-up and registration? Registration is when you sign up to do a race and pay the entry fee. Packet pick-up is when you sign your waivers and receive your bib number.

**Note: Plates must be displayed on bikes at all times during open practice time and racing**

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|                          |   |
|--------------------------|---|
| <b>Weekend Schedule:</b> |   |
| <b>Friday 5/4/18</b>     |   |
| Noon - 7:00pm            | Course open for pre riding  |
| <b>Saturday 5/5/18</b>   |   |
| Noon - 6:00pm            | Packet pick up and onsite registration opens <a href="#">[Location MAP]</a>                                     |
| Noon                     | Vendor village opens <a href="#">[Location MAP]</a>   |
| 9:00am - 7:00pm          | Course open for pre riding  |
| 6:00pm                   | Pre-race briefing <a href="#">[Location MAP]</a>  |
| <b>Sunday 5/6/18</b>     |   |
| 6:00am – 7:30am          | Packet pick up. No race day registration. <a href="#">[Location MAP]</a>  |
| 8:00am                   | First wave - Pro men/open   |
| 2:00pm                   | Podium ceremonies for pro men/ pro women - Age group podium ceremonies to follow <a href="#">[Location MAP]</a> |

**USA Cycling Officials panel for this event:**

**Racers should direct their questions as follows:**

- Regarding sporting aspects (Chief Referee)
- Regarding results (Chief Judge)
- Questions during the race (officials at the Feed Zone).

**Chief Referee** Tobin Behling  
**Chief Judge** Vince Cucco  
**Referee** George Longoria  
**Referee** Mike Owens

## Event operations

### USA Cycling Marathon Mountain Bike National Championship Course: May 6, 2018

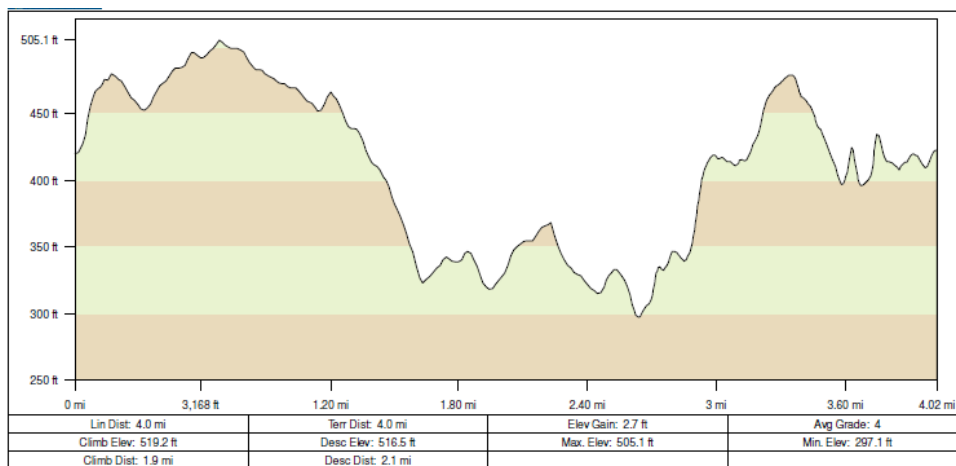
This 50-mile race will consist of a four (4) mile start loop followed by two (2) full laps of a 23-mile course.

#### Marathon Start loop

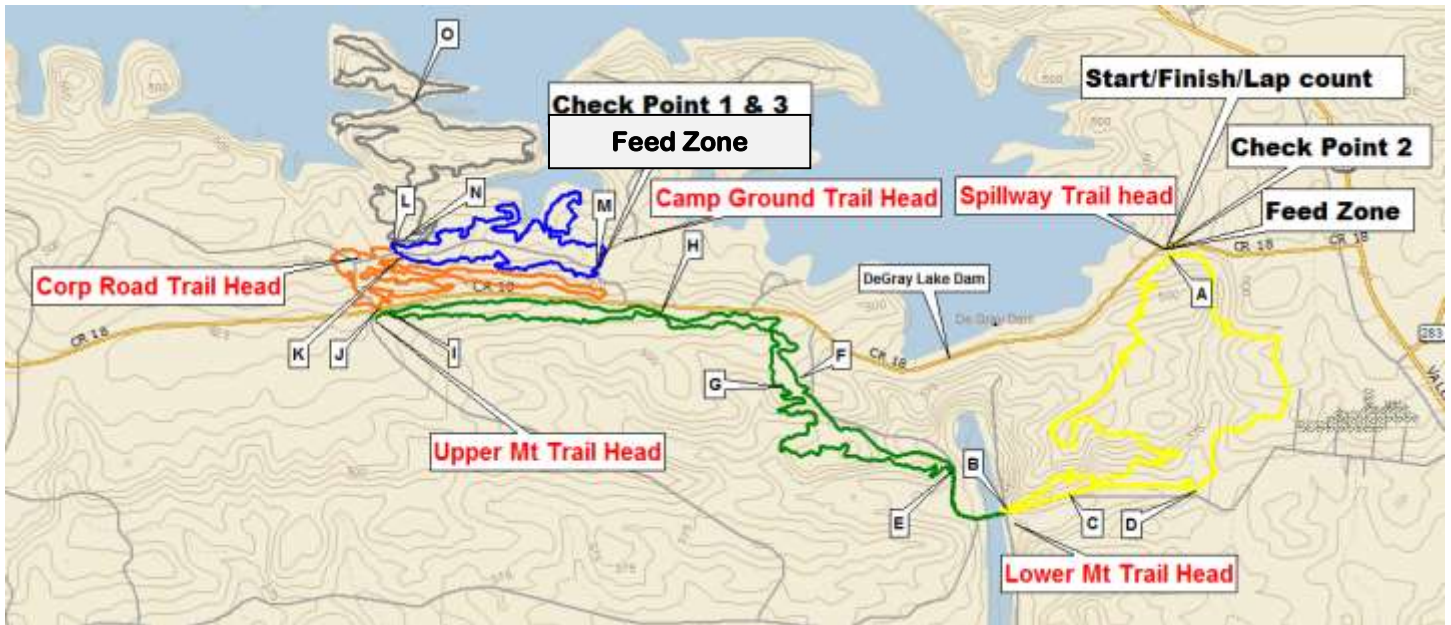
- The staging and start area is in the Spillway Area.



Start loop elevation profile:



Single track course map: Two (2) laps of the course required.



Single Track elevation profile:



\* **Important:** Course distances have been measured with GPS, but have not been certified .

\* **Important:** All applicable USA Cycling/UCI rules will be enforced.

Participants must cover the prescribed course in its entirety. It is the participant's responsibility to know the course. Any violation of this section, even if no advantage is gained, may result in a penalty or disqualification.



**Start Area.**

- USA Cycling Marathon Mountain Bike National Championship - May 6, 2018
- Start area will be located at the Spillway Area.
- There will be a four (4) mile start loop that all racers will do prior to entering into the beginning of the first full lap .
- Once riders are released for the start line they are racing. There is not neutral start area.

**Riders Start Times:**

- Below are the scheduled start time for the USA Cycling Marathon Mountain Bike National Championship.
- Race management reserves the right to adjust the start due to factors it considers relevant.



**MARATHON  
MOUNTAIN BIKE  
NATIONAL CHAMPIONSHIPS**  
ARKADELPHIA, AR

| Sunday May 7, 2017 - all Items here at race site |                          |
|--|--------------------------|
| 6:00am - 7:30am                                  | Packet pick-up opens     |
| 8:00am   | Pro Men / Open 19+       |
| 8:05am   | Pro Women / Open 19+     |
| 8:09am   | Men 17-18, 19-29,        |
| 8:12am   | Men 30-34                |
| 8:15am   | Men 35-39                |
| 8:18am   | Single Speed Men         |
| 8:21am   | Men 40-44                |
| 8:24am   | Men 45-49                |
| 8:27am   | Men 50-54, 55-59         |
| 8:30am   | Men 60-64. 65-69, 70+    |
| 8:33am   | Single Speed Women       |
| 8:36am   | Women 17-18, 19-29,      |
| 8:39am   | Women 30-39, 40-49       |
| 8:42am   | Women 50-54, 55-59, 60+, |



**Course cut off times for marathon:**

Those individuals not completing the check points within the stated time will not be allowed to continue on the course. Riders not making these cut off time will be directed off the course by race officials and will be listed as DNF on the results.

| <b>Section</b>                             | <b>Close time</b>                                 |
|--|---|
| <b>Check Point 2 - 28 miles (Spillway)</b> | <b>3 hours 45 minutes from start of last wave</b> |
| <b>Check Point 3 - 38 miles (Corp Rd)</b>  | <b>5 hours 30 minutes from start of last wave</b> |

**Feed Zones**

- **Feed Zones**
  - Feed zones will be located at point "A" and point "M".
  - For those wanting "drop bags" transported to Point "M". There will be a "Drop Bag" drop off location near the start line. The transport vehicle will depart from this area at 7:45am Central time on race morning. Only bags at the official drop off location by this time will be transported.
  - The feed zones at point "A" and "M" will be stocked for self-service with water and sports drink.





**Podium Ceremony / Awards info**

- It is requested those achieving a podium position stay for the awards presentation.
- Awards location will be in adjacent to the finish line.
- Pro / Open 19+ podium ceremony will commence at 2:00pm on May 6, 2018
- Age group podium ceremony will follow.

**USA Cycling Marathon Mountain Bike National Championship Awards**

**Pro / Open 19+  
Prize Purse - \$4,000**

|   | Men | Women |
|---|-----|-------|
| 1 | 600 | 600   |
| 2 | 500 | 500   |
| 3 | 400 | 400   |
| 4 | 300 | 300   |
| 5 | 200 | 200   |

Additional pro national championship awards - 3 Deep Male/Female

\*PLEASE NOTE—all riders winning prize money will be asked to fill out a W-9 before issuing checks.

**National Championship Awards:**

| <b>Men</b>                       | <b>Women</b>                     |
|----------------------------------|----------------------------------|
| Pro/Open 19+<br>Single Speed 19+ | Pro/Open 19+<br>Single Speed 19+ |
| 17-18                            | 17-18                            |
| 19-29                            | 19-29                            |
| 30-34                            | 30-34                            |
| 35-39                            | 35-39                            |
| 40-44                            | 40-44                            |
| 45-49                            | 45-49                            |
| 50-54                            | 50-54                            |
| 55-59                            | 55-59                            |
| 60-64                            | 60-69                            |
| 65-59                            | 70+                              |
| 70-74                            |                                  |
| 75-79                            |                                  |
| 80+                              |                                  |

**Timing and results - Marathon**

Event timing and results will be provided by Atomic Timing. Results are scheduled to be posted on [www.AtomicTiming.com](http://www.AtomicTiming.com) within 24 after the completion of the event.

**Parking**

- Parking on event day will be adjacent to the start and finish area.
- There is no parking Fee.
- Parking is first come first serve on race day.



## Emergency information

In case of emergency (security risk, fire, accident or Injury outside of competition), assistance can be reached by calling 911 from any mobile phone or payphone,

On competition days at the venue, emergency first aid is provided for event participants. First aid will be available adjacent to the finish area for all. Additionally, medical support will be available during competition across the length of the course. Please be advised, medical assistance will need to be dispatched from their base station on the trail during competition and will arrive as soon as possible. The more information we are provided the faster help can arrive.

## Nearest Hospital

### **Baptist Health - Arkadelphia**

3050 Twin Rivers Dr  
Arkadelphia, AR 71923  
Phone:(870) 245-2622

## Shipping your Bike to the event:

- Chain Wheel will accept your shipment, assemble and disassemble and repack your bike.
- Contact them directly for details.

### **Chain Wheel**

Colony West Shopping Center  
10300 N Rodney Parham Rd  
Little Rock, AR 72227  
PH: (501) 224-7651

## Anti-Doping

USADA may be present. Riders are required to watch for rider number listings at the finish of their race for the riders chosen to be tested. If USADA will be present numbers will be posted at the results board by USADA.

## Onsite mechanical and sag support:

Mechanical support is scheduled to be onsite on competition days. However, you should plan to have your bike in top mechanical shape prior to arriving. There is always a chance that the mechanic may have vehicle problems on his way to the site and not be there. If available, they will be able to handle minor repairs onsite prior to the events.

***\*Important: Each athlete should be prepared to repair your own bike during competition.***

The event will have a **sag support** vehicle on the course. Please note this is a courtesy service. Once notified it may take a period of time for the sag vehicle to get to your location. Please make your way to the next check point. Notify the individuals there and they will call it in. Please note: Those that still able should make their own way back the start finish area via the paved roads shown on the course map.



### **Bike Wash Station:**

A bike wash station will be located adjacent to the restroom building in the Spillway paved parking area.

### **Organization contact info:**

Should you need assistance or further information concerning the event please contact us as follows.

Email inquires during the time frame Starting on April 29 through May 7 may have delayed responses.

You are asked to first review this guide as your answer will most likely be found within. If it is a crisis situation during the above period please call. We will be at race site, and cell coverage can be spotty.

#### Race Director

- Fred Phillips
  - Tel 870 403 2790
  - Email: [DLTEvents@gmail.com](mailto:DLTEvents@gmail.com)

#### Assistant Race Director

- Tim Scott
  - Email: [DLTEvents@gmail.com](mailto:DLTEvents@gmail.com)

#### Registration issues

- Rose Phillips
  - Tel 870 403 1379
  - Email: [RAPhillips94@yahoo.com](mailto:RAPhillips94@yahoo.com)

#### USA Cycling Representative

- Tara McCarthy—National Events Manager
  - Tel 719 287 4282
  - Email: [tmccarthy@usacycling.org](mailto:tmccarthy@usacycling.org)

**⚠ Important:** *In case of a conflict between the information presented in this technical guide and any other source (other than an official communiqué from the organization or issued during the event), then the information found in this technical guide shall be taken as correct and final. By participating in this event, you are also agreeing to be bound by this technical guide, the instructions of the race officials the race management organization, and by the rules of USA Cycling.*