



## **200-Mile Rules**

(Updated December 8, 2017)

1. Drafting is allowed.
2. Start will be either “mass” or “wave”.
3. Course is not marked. Participants must navigate for themselves. In order to be an official finisher participants must ride the entire course within the allotted time.
4. All riders must obey all applicable traffic laws.
5. There will be three aid stations – each approximately 50 miles apart. Aid stations will have appropriate food and drinks. Riders must sign in at aid station #2. Drop bags are also allowed at aid station #2 (bags may be dropped off at check-in).
6. No support vehicles or those cheering racers will be allowed on the 200-mile course. If needed, support crews may meet their rider at Aid Station #2 only (alternate driving directions will be provided).
7. Bicycles must be equipped with front and rear lights. Lights must be visible from 500 feet. Lights may be solid or flashing. Front light must be on at night (prior to 7 am and after 7 pm). Rear light must be on at all times.
8. Approved cycling helmet must be worn at all times.
9. Riders must obey all applicable traffic laws. Riders should not impede the flow of normal vehicular traffic.
10. If a rider decides to abandon the race, rider must notify the race director.
11. Violations of these rules will result in the issuance of time penalties. Each violation will result in a 15-minute time penalty. The third penalty will result in disqualification.
12. These rules will apply to all RAAM Cycling Challenge series events. However, circumstances may dictate individual events have somewhat differing and/or additional rules. Event directors may modify rules as required and are the final authority with respect to the interpretation of all rules.