



200-Mile Rules

(Updated January 2020)

1. Drafting is allowed.
2. Start will be a mass start.
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 50-60 miles apart. Aid stations will have appropriate food and drinks (water, electrolyte drink, salty snacks, fruit, etc.). 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 vehicles carrying persons providing support of any kind are allowed on the 200-mile course at any location at any time. This includes nutritional, mechanical, emotional, or motivational support (including taking photos). Support persons may meet their rider at Aid Station #2 ONLY by taking an alternate route that does not follow the course (driving directions provided). Support persons found anywhere on the course (except Aid Station #2) will cause a time penalty to be assessed to the rider each time they are found. There will be limited SAG support to shuttle racers back to the starting line, should they be unable to complete the course.
7. Bicycles must be equipped with a white front light and a red rear light, and they both must be mounted to the bicycle. They may be flashing or solid. Both the front light and the rear light must be visible from 500 feet at all times when in use. The red rear light must be on anytime the rider is on the road both day and night. The white front light must be on anytime the rider is on the road during the nighttime hours between 7:00 pm and 8:00 am. These times may be extended should conditions warrant. It is highly recommended that riders wear reflective clothing.
8. Safety standard approved cycling helmet in good condition must be worn at all times (ANSI, Snell, ASTM, CSA, CPSC, CEN).
9. Riders must obey all applicable traffic laws. Riders must not impede the flow of normal vehicular traffic.
10. If a rider decides to abandon the race, rider must notify the race director.

11. Violating these rules will result in a time penalty being issued to the rider. Each violation will result in a 15-minute time penalty. The third penalty will result in disqualification.
12. The time limit for the race is 17 hours.
13. These rules will apply to all RAAM Cycling Challenge series events. The Race Director reserves the right to modify rules as required and are the final authority with respect to the interpretation of all rules.