

## **Sleep When You're Dead Race Rules**

1. Be nice. All racers are expected to be examples of good sportsmanship to other racers, staff & volunteers and recreational users.
2. Be helpful. Teams must assist fellow teams in need of medical attention.  
PENALTY: Penalties will be assessed for non assistance based on the infraction.
3. Stick Together. Teams must always remain within 100 meters and within visual & verbal contact at all times. Splitting up out here is EXTREMELY unsafe, not to mention cheating. PENALTY: Up to Disqualification.
4. All team members must check in together at each manned CP and TA. If one member must leave the course, they must do so at a manned CP or TA and notify race management. If a team leaves a teammate out on the course that team will be immediately disqualified and not allowed to continue unofficially. Incomplete teams may continue unranked. A single person must join with another team who commits to staying with that new racer. Incomplete or single racers must carry the mandatory team gear. Exception: solo racers who have received permission to be solo by race director.
5. Maps, Passports, Rules and Instructions must be carried the entire race.  
PENALTY: For lost map, rules or course instructions -- none. Lost passport – only credit for CP's which are punched on passport (if passport is found). If a team loses a passport and is able to provide a photo and detailed description of each checkpoint, at the discretion of the race director, team may be allowed credit for the checkpoint
6. Teams must manually punch passport in correct space at each CP. PENALTY: Failure to punch - team will not receive credit for that CP.
7. Teams that mistakenly punch the passport in the wrong box must designate the mistake on the passport clearly in order to receive credit. If unclear, you run the risk of not receiving credit for the punch.
8. Teams that miss a CP will be ranked after teams that obtain all CPs provided that all CPs are in the correct spot. Missing a CP is defined as not going to a CP. Being short coursed is the same as missing a CP for the CPs that team does not acquire due to short coursing.

9. If a CP is missing, take a picture or video to demonstrate your location.
10. Final rankings will be as follows: A. Teams will be ranked by number of CPs acquired. B. Teams will be ranked by fastest time.
11. Race officials reserve the right to alter time cut-offs or the course itself to accommodate changing conditions and to ensure that teams finish on time. If your team is re-routed or there are other course changes, teams must sign the check-in sheet to acknowledge they understand the course change.
12. Mandatory gear must be carried at all times and will be checked on the course. PENALTY: 2 hours for each piece of missing gear.
13. Use of GPS or phone or similar device to assist with navigation is considered cheating and will result in disqualification.
14. CPSC certified Bicycle helmets are required at all times during the bicycle. PENALTY: For not wearing bike helmet – Disqualification
15. Racers must follow Rules of Travel as outlined in Course Instructions. Where no specific path is designated, teams select their path between CPs. When instructions designate a specific route, teams must follow that path. PENALTY: For travel on forbidden roads or violating Rules of Travel first offense 4 hours / 2nd offense - Disqualification
16. Front and rear bike lights must be on at all times after dark. Glow sticks may be used to replace a malfunctioning rear light.
17. Race officials may provide water at some CP's or TA's. There is no food / gear drop unless specified by race officials. Teams may receive assistance from any registered team in the race. Teams may receive assistance from any unplanned source that would be available to any other team in the competition (for example stores, bike shops, faucets on the side of a building). Teams may receive assistance from the general public, defined as unplanned assistance from people who have no connection or affiliation with the race or a competitor in the race (for example assistance in the form of mechanical help, food, water, bike parts, directions would all be acceptable). Teams may not receive assistance from spectators or friends who are viewing the event, event staff or from support persons on the course outside of TAs. PENALTY: 1hr-disqualification depending on degree of infraction

18. NO LITTERING! Leave no trace! PENALTY: 4 hrs per infraction.

19. No fires unless absolutely necessary for safety/survival. If a fire is necessary, keep it small, confined by a rock ring and extinguish it completely upon leaving. Wildfires are real here.

20. Use of cellular phone or tracker is for emergencies or verification of safety only. No other use is allowed. PENALTY: Up to Disqualification

21. Race officials reserve the right to remove a team from the course for health, safety or other reasons, at the discretion of race officials and medical personnel.

22. Any team withdrawing from the race must notify a "live" person by checking in with a CP or TA volunteer or by calling the race director. Failing to notify race officials will result in that team being responsible for all search and rescue expenses.

23. Any protest must be filed in writing within one hour of the team's finish and will be reviewed by the Race Committee.

24. Accepting first aid (other than IV) from a medic is permitted within TA's, Bike Drops, or Bike Pick Up areas. IV's at a TA or calls for first aid outside of the aid station or bike drop/pick up areas will result in an unranked finish.

25. All teams must be checked in at the finish line by the race cut-off time stated on the rules of travel. Teams will lose 1 CP for each 5 minutes after the race cutoff. Teams may skip CP's (except designated mandatory CP's) at any time during the race. Teams may take any route to the finish line as long as their route does not travel on forbidden roads or through forbidden areas.