



GNC ULTIMATE MOUNTAIN CHALLENGE

RULES AND REGULATIONS

Date: Saturday, June 6th – Sunday, June 7th

Location: Vail Village, CO.

HOW TO ENTER: The GNC Ultimate Mountain Challenge is a test of athletic skill, power and endurance where athletes will push through some of the most demanding races. Athletes will compete in four separate races taking place over two days. At the end of the competition, the ultimate man, women and team will be awarded.

There is NO day-of registration for this race. All interested athletes must pre-register on the event website @ www.tevamountaingames.com. Athletes may also register on-site at the registration area on Friday, June 5th. Organizers will not be responsible for incomplete, lost, or misdirected registrations or for registrations not received for any reason, including, without limitation, failure or malfunction of any communications network or equipment or computer software or hardware.

* Please note:

- Athletes must compete as an individual **OR** on a team. Athletes may **NOT** compete in both divisions.
- All athletes, even those pre-registering on-line must sign liability and release waivers when checking in to receive their number.
- All athletes must check in on Friday, June 5th from 4:30pm – 7:00pm.
- All athletes must be present at check in to receive their number. Numbers will **NOT** be given to friends, coaches, team or family members.
- Start times for the Down River race will be determined by date of registration. Due to the quick turn around in time between events, early registrations will be awarded with early start times.
- Due to lack of parking at the put in, all athletes will be shuttled to the start line the morning of the race by Timberline Tours. All kayaks must be brought to the athlete registration / check-in on Friday, June 5th between 4:00pm & 7:00pm. Boats will be measured, placed in the event truck and delivered to the starting line by 7:00am the morning of the race.
 - The shuttle van will pick people up at the top deck of the Vail Village parking structure in front of the Vail Information booth. The shuttle will run from 7:00am – 8:10am. The shuttle will not be available after this time and it is the athlete's responsibility to get to the start line if they miss the shuttle.

REGISTRATION FEE:

Pre-register (on-line only): \$150

RACE CATEGORIES:

Pro – Man, Woman, or Team

Amateur – Man, Woman or Team

PRIZES:

Pro Man	1 st - \$2000	2 nd - \$1000	3 rd - \$500
Pro Woman	1 st - \$2000	2 nd - \$1000	3 rd - \$500

Pro Team 1st - \$2000 2nd - \$1000 3rd - \$500

* Co-ed teams in the Pro division finishing in the top 3 will be awarded an additional \$1,000

** Organizers reserve the right to change/alter these prizes

RACE RULES

- 1) Athletes must compete as an individual or on a team. Athletes may **NOT** compete in both divisions.
- 2) The race is open to professional and amateur athletes
- 3) Athletes competing in the Ultimate Mountain Challenge (UMC) are eligible for prizes within each specific race. This means, if a UMC athlete finishes second in the road bike race, they will collect the prizes for second place in the road bike race. Please see each race for specifics on prizes.

INDIVIDUALS:

- 1) One athlete will compete in the Ultimate Mountain Challenge four (4) races: Downriver Sprint, SoBe Cross Country, Lärabar 10k Spring Runoff and Road Bike Hill Climb.
- 2) Athletes will compete in the highest ranking division in the downriver, 10k and road bike race. Mountain bike division will be determined by race category the athlete or team signed up for.
- 3) See the schedule and race rules for each race to determine estimated start times.
 - Downriver Sprint – Open Division, June 6th @ 8:30am
 - Cross Country
 - Professional Division, June 6th @ 11:45am (race in M/W Pro Wave)
 - Amateur Division, June 6th @ 3:45pm (race in M/W Sport Wave)
 - 10k Trail Run – Open Division, June 7th @ 8:30am
 - Road Bike – Open Division, June 7th @ 10:30am
 - Open division start is anticipated for 11:30am. Please check registration for exact start time
- 4) Athletes will be given four separate bibs / number plates specific for each race. This number must be worn during all four competitions. If a bib / number is lost, the competitor will be disqualified.
- 5) Following each race, athletes' times will be collected and added together. At the conclusion of the event, the athlete with the fastest combined time will be awarded the winner.
- 6) If an athlete is disqualified or does not finish a race, they will receive a time with a penalty. This time will be the last place finisher's time plus 30 minutes.

TEAM RULES:

- 1) Teams must have a minimum of two (2) members and must not exceed four (4) members
- 2) Teams may enter only one team member per event.
- 3) Teams will determine which team member will compete in each event prior to registering for the event. Team members competing in each individual event must be identified on registration forms.
- 4) Team members will compete in the highest ranking division in the downriver, 10k and road bike race. Mountain bike division will be determined by race category the team signs up for.
- 5) See the schedule and rules for each race to determine estimated start times.
 - Downriver Sprint – Open Division, June 6th @ 8:30am
 - Cross Country
 - Professional Division, June 6th @ 11:45am (race in M/W Pro Wave)
 - Amateur Division, June 6th @ 3:45pm (race in M/W Sport Wave)
 - 10k Trail Run – Open Division, June 7th @ 8:30am
 - Road Bike – Open Division, June 7th @ 10:30am
 - Open division start is anticipated for 11:30am. Please check registration for exact start time

6) Teams will be given four separate bibs / number plates specific for each race. This number must be worn by the team member participating in each individual race. If a bib / number is lost, the team will be disqualified.

7) Following each race, team's times will be collected and added to together. At the conclusion of the event, the team with the fastest combined time will be awarded the winner.

8) If an athlete is disqualified or does not finish a race, they will receive a time with a penalty. This time will be the last place finisher's time plus 30 minutes.

DOWN RIVER SPRINT RACE RULES

The race section is a three (3) mile stretch of river that has several Class II and III rapids that will require intermediate paddling skills. You should be able to paddle your kayak in a straight line and be able to make quick adjustments to avoid obstacles. You must be a competent swimmer and we strongly recommend practice runs before race day.

EQUIPMENT:

1) Boat length: 12' or smaller. Due to the unique put-in location, all kayaks must be given to event staff at registration on Friday, June 5th between 4:30pm – 7:00pm. There is no parking available at the put-in. Please take the shuttle or arrange for a friend to drop you off. Shuttle information above.

2) Required Gear: Life Jacket (Coast Guard approved Type III), helmet, protective footwear, dry-top or paddling jacket or wetsuit.

3) Plastic whitewater boats only.

4) Recommended Gear – Gore Creek is an extremely cold, fast-flowing Class III creek. For less experienced boaters in duckies and sit-on tops, we recommend a 3mm wetsuit (Farmer John or Shorty) and Dry-Top or Paddling Jacket. Wetsuits will be available for rental at registration on Friday, June 5th from 4:30pm – 7:00pm.

5) For additional information on the stretch of river, Alpine Quest Sports has a wealth of knowledge. They can be reached at 970-926-3867.

COMPETITION:

1) The race start line / put-in is located in East Vail on Aspen Lane. Due to the unique location, there is no parking at this location. The finish line is three (3) miles downstream at the Covered Bridge in Vail Village.

2) The race is a time trial format. Women will compete first followed by the men. Athletes will begin the race in one (1) minute intervals and starting positions will be determined by registration date. At the check-in, athletes will sign waivers and go through a gear check. Special requests for start times will not be accepted. Athletes must adhere to the start position he/she is given.

3) Athletes must start in the designated starting spot. Their boats will be held by the race starter. The race starter will give each athlete a 30 second warning, 10 second warning and begin the start countdown at five (5). At "go", athletes will be released onto to race course. Finish times will be recorded when the athletes cross the finish line.

DIRECTIONS TO PUT-IN: From Vail Village: head east on South Frontage Road about three (3) miles. Take right on Aspen Lane. This road is located right before you go under the highway. Put-in is located at end of Aspen Lane.

MOUNTAIN BIKE CHAMPIONSHIP RACE RULES

COMPETITION:

1) All racers will start and finish the race in the same location at the base of Golden Peak. Racers will be sent out within their division start time divided up by men and women. See schedule for race times of divisions. Start positions will not be pre-determined and it is up to the athlete to get into desired location.

2) Athletes will race on the course set up by race directors. Total length of the course will be approximately 5.6 miles and quantity of loops performed will be determined by race division. Along the course, athletes will have to ride on all types of terrain ranging from forest service access dirt roads to single track. This is a classic Colorado course with plenty of ascending and descending sections.

3) Quantity of loops to be performed:

- Pro Men – 4 Laps
- Pro Women – 3 Laps
- Sport Men – 2 Laps
- Sport Women – 2 Laps
- UMC Pro divisions – Will race with corresponding M/W pro division
- UMC Amateur divisions – Will race with corresponding M/W Sport division

4) When performing a loop, athletes will be directed through a lap lane. When athletes come into the finish line, they must go through the finish lane crossing the finish line. Athletes finishing on the “loop side” will not be recognized as finished. Only when athletes cross over the finish line will their time be stopped and recorded

5) The course will be marked prior to the race and it is recommended to ride the course prior to race day. Signs will be set up to direct the course and marshals will be placed in tricky areas. It is the athlete’s responsibility to follow the signs and stay on the course. If a rider goes off course, they will be disqualified. Course signs for the XC MTB race will be white signs with blue arrows. Please be aware other course may be marked for other events. Other events will use different colored signs and arrows. Remember blue arrows....blue for bike.

6) No tripping, shoving or horseplay will be tolerated and any athlete participating in foul play will be pulled from the course and disqualified.

7) In the event there is a all women’s team (pro or amateur) or Co-Ed team (pro or amateur) where a female is racing in the MTB race their time will be averaged up to the corresponding men’s lap totals to ensure a fair time is recorded for totaling purposes. Example team #1 is made up of Adam and Jennifer. Jennifer is racing the MTB leg of the UMC – Pro Team Division. Jennifer races with the pro women wave and is required to do three laps. Team #2 is made up of Scott and Nick. Nick is racing the MTB leg of the UMC – Pro Team Division. Nick races with the pro men’s wave and is required to do four laps. For scoring purposes Jennifer’s time averaged over three laps and extrapolated into a four lap time to keep scoring fair with Nick’s time.

DIRECTIONS TO START LINE: Park in the Vail Village parking structure. Upon exiting the structure, take a left or head east to the eastern most exit of the structure on Vail Valley Drive (across the street from the Vail Mountain Lodge & Spa). Head south on Vail Valley Drive about ¼ mile. Start line will be on the right behind the Golden Peak Lodge / Children’s Ski School building.

10K SPRING RUN-OFF RACE RULES

COMPETITION:

1) All racers will start and finish the race in the same location on Gore Creek Drive and Bridge Street in Vail Village. Racers will be sent out in one mass start. Start positions will not be pre-determined and it is up to the athlete to get into desired location.

2) Athletes will race on the course set up by race directors. Total length of the race will be 10k. Along the course, athletes will have to run on all types of terrain ranging from asphalt to forest service access dirt roads to single track.

3) No tripping, shoving or horseplay will be tolerated and any athlete participating in foul play will be pulled from the course and disqualified.

DIRECTIONS TO START LINE: Park in the Vail Village parking structure. Go to Bridge Street (center of the Parking Structure). Head south up Bridge Street. Start line on Bridge Street and Gore Creek Drive.

ROAD BIKE HILL CLIME RACE RULES

COMPETITION:

1) Athletes must enter the race start area from Vail Valley Drive (east end of the Vail Village parking structure). Do not attempt to enter the start area through the Covered Bridge of East Meadow Drive. This area will be extremely busy with sponsor booths and guest to the event.

2) Racers will be sent out in (30) second intervals with open divisions starting in (1) minute intervals. Start times will be determined according to category, how many people are in your category and the date when registered. Division start order: Women 45+, Women 35+, Junior Men, Junior Women, Beginner Women, Men 55+, Men 45+, Beginner Men, Open women, Masters Men 35+, Open Men.

* Please note: registration will close at 9:30am on Sunday, June 8th. All athletes racing must check in prior to 9:30am Sunday, June 8th.

3) UMC riders (pro and amateur) will race in the open division.

4) Final start times will be posted at the start area entrance and registration by approximately 10:00am, June 8th. Athletes are responsible to know their own start time and check-in to the start area at least 15 minutes prior to their start time. Athletes missing their start times will not be given a re-start time and registration fees will not be returned.

5) The course is open to traffic so be aware of vehicles at all times for safety.

6) Post-race awards will be held on the International Bridge in Vail Village at 3:30pm. Athletes must be present to receive cash and prizes.

7) No tripping, shoving or horseplay will be tolerated and any athlete participating in foul play will be pulled from the course and disqualified.

DIRECTIONS TO START LINE: Park in the Vail Village parking structure. Upon exiting the structure go to the center of the structure / Covered Bridge. Start line is directly outside the center entrance to the parking structure.

Additional Rules and Information

ATHLETE ELIGIBILITY: The competition is open to all interested athletes regardless of state and/or country of residency. Competitors who are under the age of 18 must register with a parent or legal guardian. Competitors must be able to attend all scheduled events. Athletes will be required to provide all their own equipment. Further, athletes must abide by all applicable federal, state and local laws and regulations during their participation in the Teva Mountain Games®.

PARTICIPATION: Athletes agree to be bound by these Official Rules and all decisions of Organizers. Organizers reserve the right to disqualify any persons found tampering with, or otherwise abusing, any aspect of the competition as solely determined by Organizers.

DISPUTE RESOLUTION: Organizers will appoint judges and the decision of those judges will be final. There will be no review of scoring / timing even with the presence of TV cameras. Disputes with Organizers and/or appointed judges will result in disqualification of that athlete.

RESERVATION OF RIGHTS: Organizers reserve the right to disqualify any athlete for any reason, including, without limitation, acting in an unsafe, unsportsmanlike or disruptive manner and/or with intent to intimidate, threaten or harass, or harm another person. All decisions with respect to the disqualification of an athlete shall be made by Organizers and/or appointed judges. Failure to comply with any term or condition of these Official Rules may result in an athlete's disqualification and the forfeiture of his/her interest in any prize. Organizers reserve the right to amend these Official Rules at any time in its sole discretion, and athletes shall have no recourse for any such changes or for any failure (whether inadvertent or otherwise) by Organizers to follow the stated rules. In the event that the competition is canceled prior to the completion of the final event, no prizes will be awarded. If the Tournament is cancelled prior to June 1st, 2008 for any reason, athletes will be reimbursed only for his/her entry fee. Athletes will not be otherwise compensated for any costs or expenses associated with their participation in the competition.

ORGANIZERS: The 2009 Teva Mountain Games® will be organized and produced by staff and contractors hired from and by Untraditional Marketing. The decisions of Organizers regarding the selection and elimination of athletes, the selection of finalists and winners, and the production and administration of Teva Mountain Games® related events, and all other aspects of the event, shall be final and binding in all respects. Organizers will not be responsible for typographical, printing or other inadvertent errors in these Official Rules or in other materials relating to the event.