

# TORCA FIVER SERIES – RACE INFORMATION

## Dates and Schedule

Race #1 – June 13, 2024 – Flathead Flatout. Registration at the Hub.

- Onsite payment & check-in – 5:45 to 6:00 pm
- Participant briefing – 6:00 pm
- Departure time – 6:15 pm Lemans start from the Hub parking lot
- Results / social – 8:00 pm (approx.) @ the Hub

Race #2 – July 11, 2024 – Shangri-La. Registration at Spring Creek Parking Lot.

- Onsite payment & check-in – 5:45 to 6:00 pm
- Participant briefing – 6:00 pm
- Departure time – 6:05 pm from Spring Creek parking lot
- Racing start @ Lichen/SGL Junction – 6:35 pm to 7:30 pm (approx.)
- Results / social – 7:45 pm (approx.) @ Spring Creek parking lot

Race #2 – August 8, 2024 – Lucky 7 & Packhorse Copper Mountain

- Onsite payment/check-in – 5:00 to 5:15 pm - ends 12:00 pm August, 8
- Participant briefing – 5:15 pm
- Departure time – 5:30 pm from parking lot
- Racing start @ TBD – 6:00 pm to 7:30 pm (approx.)
- Results / social – 7:45 pm (approx.) @ Copper parking lot

## Course Information

- The courses will be difficult and will occur on intermediate to advanced trails. Participants must review the trail difficulty prior to participating and should ride only within their own abilities.
- Courses may not be marked and it is the participant's responsibility to know the route. Trail information will be released one day before through TORCA's social media and info will be available at registration.
- The start/finish areas will have timing personnel and will be marked with flagging tape. Other intersections/junctions/trail features/hazards may not be marked.
- There will be no support on trail for participants. Participants must be fully self-sufficient and prepared for any and all conditions or situations on the course.
- Cell service is not available in all areas on the Terrace trail network. It is the participant's responsibility to carry appropriate communication devices.

## Race Information/Rules

- One run only permitted during the specified time.
- Timing will be done manually by TORCA representatives using Webscorer app or stopwatches.
- This is an enduro race – climbing/access to the race stage is not timed, only the specified course will be timed. Race segments may include some climbing/pedaling.

- Participants must climb to the designated course by their own means within the specified cutoff times.
- Participants will be started 30 to 60 seconds apart. Participants must self-seed in the lineup to minimize passing (e.g. line up with other riders of similar speed/ability).
- Participants must stay on the designated trails. No shortcutting or riding off the designated trails. If shortcutting is observed during the race, riders may be disqualified or results may be nullified for the event.

### Protective Equipment

- Participants MUST wear a suitable helmet in good condition.
- Other protective equipment such as knee pads, elbow pads, gloves, eye protection, and body protection is strongly recommended.

### Emergency Action Plan

Riders are strongly encouraged to ride within their abilities and avoid incidents/injuries. However, if an incident does occur, the Emergency Action Plan is as follows. Level 1 first aid kits will be available at the end of the course and at least 1 level 1 first aid trained person will be onsite.

If a rider encounters a crashed/injured rider on the course:

- Stop immediately to assess/assist the injured rider.
- Assess the type and severity of injury as per the major/minor injury procedures below and act accordingly.
- Stop the next rider and ask them to ride to the next marshal on course to report in incident.
- The next marshal will communicate with event organizers to respond appropriately.

### Major Injury

Major injuries are classified as injuries that require the participant to leave the event for any reason, require medical assistance to egress from the mountain, and/or are life-threatening.

1. Call 911 or activate emergency satellite messaging device immediately.
2. Start lifesaving first aid if adequately trained.
3. After activating 911 or emergency satellite messaging device, seek help from another rider or course marshal.
4. Call or have another person call the event organizers (Tyler Wilkes – 250-641-1370 or Aleksa Havelaar 778-320-1854).
5. Remain on scene until further help arrives.

### Minor Injury

Minor injuries are classified as injuries that may require the participant to leave the event, require minor first aid, or stable injuries that do not require outside medical assistance to egress from the mountain (e.g. injured rider can walk down in stable condition).

1. Have the next rider head to the next course marshal to notify them of the injury.
2. Call the event organizers (Tyler Wilkes – 250-641-1370 or Aleksa Havelaar 778-320-1854).
3. Stay with the injured rider as long as needed and assist with minor first aid (if trained) and/or egress from the trail.

