

Lonestar Adventure Race - Sprint Rules

- Teams must complete mandatory bike and run courses and collect all mandatory checkpoints on the course within the specified times to be an official finisher.
- Teams must Punch passport at both manned and unmanned checkpoints (CPs) to receive credit for the checkpoint.
- 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 and punching the passport.
- Penalties for rule infractions will be assigned in the form of time penalties, point penalties (deductions), or disqualification. Penalties will be assigned on the course if possible and will be determined by the race director.
- Race officials reserve the right to alter time cut-offs or the course itself to accommodate changing conditions and to ensure that racers are safe.
- Ranking is determined by the highest accumulated check points (minus penalties) and the fastest time (including time penalties).
- All team members must check in together at each CP and TA. If one member needs to quit, they must do so at a 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.
- 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.
- 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.
- Teams must always remain within 100 feet of teammates and within visual contact (unless otherwise specified).
- All racers are expected to be examples of good sportsmanship. Racers must treat fellow racers and race staff with courtesy and respect.
- Teams must assist fellow teams in need of medical attention. In the event of an emergency, call 911, then contact race director.
- Mandatory gear must be carried at all times and may be checked on the course.
- There is no food or gear drop. Racers may not receive outside assistance except from race officials and other registered teams. Teams are responsible for providing all their own food and drink while on the course.
- Only mountain bikes are allowed - road and cyclo cross bikes are not permitted. No motorized or E bikes are allowed. Racers must use the same bike throughout the entire race. In the event of mechanical failures replacement parts can be used but they must be provided by the team, other racers, or an event official. No outside assistance is allowed.
- Bicycle helmets are required at all times during the bicycle portion and must be CPSC, ANSI, or SNELL certified.
- GPS devices that show your position, display maps, distance traveled, etc are prohibited (SPOT trackers and other GPS devices that **record your route on a device to be accessed after the race are allowed**), distance measuring devices such as foot pod accelerometers and pedometers are prohibited (cycle computers and Fitbits are permitted), **use of GPS information during the race is cheating.**
- No radios, other communications or internet access devices (Mobile phones are permitted but must not be turned on during the race except for emergency calls).
- No maps other than those provided by race.
- No firearms.
- No littering. Please practice Leave No Trace!
- All areas of the course are open to the public. Use proper trail etiquette. Bikes yield to hikers.