

# 28<sup>th</sup> ANNUAL NATIONAL 24-HOUR CHALLENGE

June 19-20, 2010

Both You and your Crew must read and understand *all* of the following information, (5 pages). It is intended to answer questions you may have about the N24HC, as well as rules that can affect your recorded mileage.

## SCHEDULE

Thornapple Kellogg MIDDLE School, 10375 Green Lake Rd, Middleville, Michigan  
T-K Schools require ABSOLUTELY NO PETS on the school grounds.

### FRIDAY

12:00 Noon	School Parking Lots open to N24HC
05:00:00 PM	School building opens to N24HC
5:30 pm - 9:00 pm	Rider Number Pick-up & Sponsors Product Display
5:00 pm - 8:00 pm	Dinner in Middle School cafeteria
10:00:00 PM	Lights Out in Middle School gym

### SATURDAY

06:00:00 AM	School Parking Lots open to N24HC
6:00 am - 7:30 am	Late Rider Number Pick-up
6:00 am - 8:30 am	Breakfast in Middle School cafeteria
07:30:00 AM	Crew Meeting in front of Middle School entrance
8:00 am SHARP	START of N24HC
06:08:00 PM	Loop #1 Closes
07:15:00 PM	Loop #2 Closes - Loop #3 Opens
08:00:00 PM	Checkpoint #5 Closes
09:30:00 PM	Day mileage portion of Rider Number Tag surrendered
11:00:00 PM	Day Mileage Posted
12:00 Midnight	Day Mileage becomes FINAL

### SUNDAY

8:00 am SHARP	FINISH of N24HC
08:15:00 AM	Rider Number Tag surrendered at the scoring table
08:15:00 AM	Caledonia McDonald's Rider Breakfast (free)
08:30:00 AM	Drawing for Door Prizes
09:00:00 AM	Awards Ceremony

## Rules and Instructions - January 1, 2010

### SAFETY

- The N24HC is held on OPEN ROADS - SHARED WITH MOTOR VEHICLE TRAFFIC.
- ALL RIDERS SHALL OBEY THE MICHIGAN VEHICLE CODE AS IT PERTAINS TO BICYCLES AND BICYCLING.

### EQUIPMENT

- Each Rider is responsible for the condition and adequacy of his or her equipment.
- Whenever riding a bicycle, each rider shall wear a protective, securely fastened helmet that satisfies the bicycle safety standard of ANSI/Snell/ASTM/CSA or CPSC.
- Bicycles shall NOT be equipped with fairings.
- The use of AERO BARS – and “drafting” - ARE allowed in the N24HC; but there are some situations when use of the aero position is not appropriate, including - but not limited to - riding in a group. We expect each rider to use good judgment in determining when it is safe to use the aero position.
- Headphones, including ear buds, shall **NOT** be used when riding.
- Cell phones shall **NOT** be used when riding. If you must receive or place a call, get OFF the pavement and OFF your bike.
- The N24HC reserves the right to disqualify riders who present a danger to themselves or others.

### LIGHTING

- While riding at night, bicycles shall be equipped with a white headlight and a red taillight. Both shall be visible from a distance of 500 feet. The headlight must be constant burning, but the taillight may blink . (Be sure you have enough batteries to last through the night)!
- The N24HC reserves the right to determine the adequacy of any lighting system and to disqualify riders on that basis alone.

### CLOTHING AND NUMBERS

- Riders shall not ride shirtless.
- The Rider Number Tag shall be worn on an Entrant's back, above the waist, on the outermost layer of clothing.
- Recumbent Riders and Riders using Camelbacks shall wear their Rider Number Tag in such a manner that Officials have quick, easy access.
- Helmet Numbers - issued by the N24HC - shall be worn and be clearly visible.

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### FOOD

- Bananas, apples and oranges, provided by FAMILY FARE SUPER MARKETS, as well as water are supplied at each Checkpoint. Additional food is the responsibility of each Rider.
- The Middleville Rotary Club will be hosting a spaghetti dinner Friday evening in the TKMS cafeteria (\$6 with registration).
- United Methodist Church will have an all-you-can-eat Pancake Breakfast on Saturday, 6:00 am - 8:30 am, (\$6 with registration).
- United Methodist Church will have ice, beverages, hot and cold food concession on-site 12:00 noon Saturday to 3:00am Sunday.
- Caledonia McDonald's will provide a free breakfast for Riders on Sunday, 8:15 am in the TKMS cafeteria.

### PARKING

There is only one parking lot at the T-K Middle School. The Middle School Lot, (entrance on Green Lake Rd), is restricted to small cars, vans or pickup trucks ONLY. No Large vehicles or vehicles with trailers are allowed in the MIDDLE School parking lot - even to unload.

There are 3 parking lots east of the Middle School. *The T-K High School West Lot (closest to our venue) is completely closed again this year due to construction.* The Page Elementary School West Lot and the adjacent South Lot at T-K High School (entrances off Bender Rd) are available for both general and RV parking. There is a quarter-mile walk around the football stadium to the Middle School from these lots.

Participants coming to the N24HC are asked NOT to arrive before 12 noon or after 10:00 pm on Friday.

ABSOLUTELY NO PETS (per Thornapple Kellogg Public Schools). See Accommodations List for local Kennels. Call ahead to make arrangements.

### CAMPING

Outdoor tenting or indoor floor space in the gym is available Friday and Saturday night. No Rider(s) or Crew(s) shall have a tent larger than 10' X 20'. Please do NOT arrive before 12:00 noon or after 10:00 pm on Friday.

### RESTROOMS & SHOWERS

Restrooms and showers are available at Thornapple Kellogg MIDDLE School. Portajons are available at each Checkpoint.

## GENERAL INSTRUCTIONS

The N24HC is an individual, 'Personal Best', athletic event. It is neither a catered tour nor a fund-raiser of any sort.

All entrants are expected to have their bicycle and equipment in good working order BEFORE the ride and be able to make all on-road repairs themselves. Local bike shops provide repair services AT Checkpoints 1, 2, 3, and 4 (*not* at Checkpoint 5).

The N24HC provides a Broom Wagon that follows the last rider on Loop One. Riders who are unable to

## Rules and Instructions - January 1, 2010

maintain a 12.5 mph average on Loop One must surrender their Rider Number Tag to the Broom Wagon Official. Riders shall receive credit for all miles up to that point, but are done riding the N24HC.

All Riders shall ride Loop One, (121.6 miles), first - only once - and in its entirety, in order to ride Loop Two. All Riders shall be off Loop One by 6:33 pm. After each Rider completes Loop One, CHECKPOINT OFFICIALS shall remove the Loop 1 portion of the Rider Number Tag.

Next, all riders shall ride Loop Two, (23.7 miles) - at least once - and in its entirety, in order to ride Loop Three. All Riders shall be off Loop Two by 9:00pm. After each Rider is done riding Loop Two - and before starting out on Loop Three - it is EACH RIDER'S RESPONSIBILITY to surrender the Loop 2 portion of the Rider Number Tag to the Checkpoint 4 Officials. *Riders who fail to turn in the Loop 2 portion of the Number Tag by 9:30pm, Saturday evening, may not receive full credit for their Loop 1 & 2 mileage.*

Mileage credit will be given only for full circuits of Loop Three, (5.5 miles), completed by 8:00am Sunday morning.

When finished riding the N24HC, it is EACH RIDER'S RESPONSIBILITY to surrender his or her Rider Number Tag to the Results Official in the Middle School. *Riders who fail to surrender their Number Tag to the Results Official in the T-K Middle School by 8:15am on Sunday morning, may not receive credit for their Loop 3 mileage.*

Riders may not change class during the event.

Entrants riding with unregistered riders are subject to disqualification.

A Written Rider Log must accompany any challenge to Official Mileage. (A Rider Log is included in each Rider's Number Packet).

Crews and Crew vehicles may meet their Riders at Checkpoints 1, 2, 3 & 4 ONLY. Crews and Crew vehicles may NOT meet their Riders at Checkpoint 5 or anywhere between Checkpoints. Crew maps indicating alternate routes are included in the Rider Number Packet. BE SURE YOU SHARE THIS INFORMATION, RIDER LOG, AND CREW MAPS WITH YOUR CREW.

No smoking or tobacco products, alcoholic beverages or illegal drugs are permitted at any time on school property by anyone. (per Thornapple Kellogg Public Schools).

No glass containers.

Children are welcome but must be under the direct supervision of an adult at all times.

ABSOLUTELY NO PETS. See Accommodations List for local Kennels. Call ahead to make arrangements.

**Rules and Instructions - January 1, 2010**

**CHECKPOINT PROCEDURE**

Riders shall stop at each Checkpoint and have their Rider Number Tag punched for validation.

Checkpoint 4 - Thornapple-Kellogg Middle School - is common to all three Loops.

Each Checkpoint has an Officials area. Crews shall NOT meet or service their Riders in the Officials area.

Checkpoints 1 through 4 have a Feed Zone where Crews and Riders may meet. Space in each Feed Zone is limited. Please limit Crew personnel in the Feed Zone. Riders may be disqualified based on the misconduct of their Crew.

**CREW INSTRUCTIONS**

Riders are not required to have a Crew. We strongly suggest, however, that those riding at night have a Crew.

Crew vehicles may meet their Riders at Checkpoints 1, 2, 3, and 4 ONLY. For Rider safety, Crews may NOT meet Riders at Checkpoint 5, nor at any point along the Riders' route between Checkpoints. Maps of Barry County and maps showing alternative routes to each Checkpoint will be available at the Middle School.

Brief Crew Meeting at 7:30am, Saturday morning – in front of MIDDLE School entrance.

Crew members are encouraged to assist their Rider by keeping a Log – a written account of when their Rider arrives at each Checkpoint. (A Rider Log Sheet is included in every Rider's Number Package). A written Rider Log must accompany any challenge to Official Mileage

“No smoking or tobacco products, alcoholic beverages or illegal drugs permitted at any time on any school property by anyone.” (per T-K Public Schools).

No glass containers.

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Address any questions to:

NATIONAL 24-HOUR CHALLENGE

[www.n24hc.org](http://www.n24hc.org)

[N24HC@charter.net](mailto:N24HC@charter.net)

(616) 656-0275