



Race Across the West

Start : Noon PDT, June 17th, 2009, Oceanside Pier, Oceanside, CA
Finish: Taos, New Mexico Cut-Offs Solo 92 hours, Teams 68 hours
Over 1,000 miles of single-stage racing.



Information for racers and crew.



The **Race Across the West, RAW**, is an extremely demanding race which requires responsible preparation and an intense competitive spirit. To gain the most from your race experience, you must plan ahead. Whether or not this is your first time in a race of this nature, seek out guidance from experienced racers and execute a “test run” with your full crew before the race. RAW is truly an epic undertaking and to compete or even complete the race you need to be PREPARED.

Safety for racers, crew, RAW staff and race officials is your first priority, after that, go as fast as you can!

This document offers basic information regarding logistics, race requirements, guidelines and “how-to” for a safe and successful completion of the Race Across the West. This document is intended to provide a general overview and should not be used as your sole

source of information in developing your race strategy.

Contents	
Race Divisions	2
Time Cutoffs	3
What's Included	5
Fees and Refunds	7
Race Route	8
Preparing for RAW	10



Race Across the West Race Divisions

- Race Divisions are a combination of Racer Category, Age, Gender and Bike Type.
- Racer Categories are:
 - Solo Racers – one Racer racing the entire distance
 - 2-Person Team – two Racers sharing the entire distance
 - 4-Person Team – up to four Racers sharing the entire distance
 - Tandems are considered one ‘Racer’. One tandem would be in the Solo Tandem category, two tandems would be in the 2-Person Tandem Team category, etc.
- Age Categories are; Under 50, 50-59, 60-69, 70-74, 75+
- Racing Age is the age each Racer will turn during the year of the race
- Teams: Age is the average racing age of all Team members.
- Gender Categories are; Men, Women, and Mixed (indicates there are at least one male and one female member on a team).
- Bike Type Categories are; Upright Single, Tandem, Human Powered Vehicles/Recumbents.
(Please note that all members of a Team must ride the same bike type)
- Fixed Gear: New for 2009 is a Fixed Gear category for Race across the West. (Please be sure to review Section 820 of the Rules regarding Fixed Gear bicycles)



Fixed Gear participants will be limited to the following divisions:

- Solo Men – Under 50, 50+
- Solo Women – Under 50, 50+
- 2-Person Teams – Under 50, 50+ (no gender breakdowns)
- 4-Person Teams – Under 50, 50+ (no gender breakdowns)
- Open Division - The Open Division is a limited 4-Person division for Racer combinations beyond those listed above. Invitations to participate

in the Open Division are at the discretion of the Race Director and Race Management. A Team or Racer may petition the Race Director for inclusion in the Open Division. The circumstances of the request must fall within the infrastructure currently in place. If a Racer in the Open Division requires additional resources, e.g. officiating, an extra entry fee may be imposed. Racers in the Open Division are not eligible for prize money or records. There is no placing of Racers in the Open Division; finish status simply means finished.

- Qualifying: There are no qualification requirements for the Race Across the West.

Time Cutoffs:

The following are time cutoffs for the race:

- Race Time: RAW travels across 2 time zones. During the race, the official time for reporting and tracking racers, will be that of the US Eastern Time Zone, Eastern Daylight Time (EDT) in military time. (Same as for RAAM)
- Start Times: Times listed are Pacific Daylight Time which is local time in Oceanside, CA.
Add 3 hours for Race Time/Eastern Daylight Time.
- Wednesday, June 17, 2009 12:00pm – All Soloists and Teams.
- Time Allowance: Every Race Division has a time allowance; racers must finish within the allowed time to be considered an official finisher.

Solos – 92 hours (3 days 20 hours) Sunday June 21,
2009 11:00am EDT (8:00am PDT)

Teams – 68 Hours (2 days 20 hours) Saturday June
20, 2009 11:00am EDT (8:00am PDT)

- Intermediate Checkpoint Times: There are no intermediate cut-off checkpoints in the Race Across the West but racers must report in at all Time Stations on the course.



- Time Extensions: There are No Time Extensions in the Race Across the West.



- Finishing Status: To be considered an official RAW Finisher, a racer must finish within the time allowed for their division (exclusive of penalties) and Still be eligible to race (not disqualified).
- All others who cross the finish line beyond the time allowed are not given a finish time and will have the status of DNF (did not finish).
- Time Considerations

Staggered start time credits are calculated at finish of race. Time accumulated via penalties are excluded from the time allowance and will be added after the finish time is known. An official finish time may exceed the allowed time when penalties are added.

In the event of a sprint to the finish, the front point of the front wheel of the lead Racer determines finishing positions as it crosses the plane of the finish line, as in traditional bicycle racing. If a pace line of Racers on the same Team are converging upon a finish line, the front Racer determines the finishing order.

- Winners

The Racer who is an official RAW Finisher with the lowest accumulated time in each Race Division will be declared the winner of that Race Division. The lowest accumulated time will take into account penalties, credits, and staggered start time.

- Continuation

Riders may continue riding after being officially disqualified, but upon such disqualification, they are not officially part of the race. Race Officials, Race Headquarters and Time Stations will not record the progress of these riders. Riders will be listed in the results for the last mileage they officially completed. If a rider continues riding, all race logos and insignia must be removed from support vehicles.



What Is Included in Your Entry Fee?



RAAM and RAW requires a year-around organizational effort. In addition to the tangible items each registered Racer receives, we also provide the following:

- A thoroughly researched race route.
- A headquarters staffed by 10-15 operators/officials, around the clock for 1 week.
- Festive Start & Finish-line activities and hospitality.
- Over 15 Race Officials to maintain the integrity of the race.
- Contact with local law-enforcement officials

to ensure racers safety along the route.

- Race Across the West Race Supplies

Each Solo and Team in the Race Across the west will receive the following items:

A specified number of Finish Banquet tickets are included in your registration fee:

Solo and 2-Person Team – 4 tickets / 4-Person Teams – 6 tickets (Additional tickets may be purchased)

- UMCA Membership

Every Racer will receive a one-year membership in the Ultra Marathon Cycling Association (UMCA). You will receive 6 issues of Ultra Cycling magazine including the Race Program and post-race coverage.

- Route Books

The RAAM/RAW route is carefully researched and recorded. The official Route Book includes about 150 pages of maps and detailed landmarks and directions. It also contains information on Time Stations and race rules.

- Solo Racers receive 2 Route Books • 2 & 4 Person Teams receive 3 Route Books (Additional Route Books are available at the online store or with your registration)
- Each Solo and Team will receive 2 sets of this Signage Kit for 2 support vehicles.
- 2 reflective “CAUTION BICYCLES AHEAD” signs for the back of the support vehicle.
- 8 personalized Racer number signs for all sides of the support vehicle.
- 2 “RACE ACROSS AMERICA” windshield sign.
- 4 “Race Coverage” signs for the sides of the vehicles.
- Each Solo and Team will receive 2 orange safety flags.
- Each Solo and Team will receive enough reflective tape for 2 bikes per Racer.



- PLEASE NOTE: Racers need to bring their own D.O.T. (Approved reflective triangles for the rear of their pace vehicles). If you have more than 2 Support Vehicles, you MUST purchase one Vehicle Signage Kit for each vehicle.
- Awards
- Every official finisher will receive a Finisher's medallion and an exclusive RAW Finisher's jersey.
- Preparation Materials

The GEAR book (official race book) will have critical information about the race, the route, Start logistics, vehicle setup guide, and Finish-line logistics. This year we are replacing the Forms Packet with the Registration Binder to help you stay organized with Start paperwork and inspection forms.

This material is augmented on the web by an extensive collection of articles and information about preparations and how to manage the race: sleep management considerations and strategies, race strategies, vehicle setup, and more.

•Official Race Merchandise

- RAW T-shirt
- Water bottle
- RAW sticker
- 2 bicycle license plates
- 2 RAAM patches for clothing
- 4 Helmet stickers



In addition to Official RAAM merchandise supplied with your registration, the following additional supplies are available for purchase:

- Route Books
- Reflective tape
- Finish Banquet Tickets
- Orange flags
- Media Signage Kits
- Vehicle Signage Kits

•Additional shopping services are available near by. Essentially every service and product you could require is available within a short drive from Oceanside, CA.

• The nearest major airport, San Diego International Airport is located 40 miles away

Race Across the West Registration, Payment, Refund, and Late Fee Policies



- Registrations must be complete by March 1, 2009; otherwise a \$300 late fee will be assessed. Unless otherwise specified, all material must be completed online in the RAAM Records System (RRS). Your RAW official record is considered complete when the following documents and details are finished and submitted:

- Racer information (birth date, address, etc.)
- Racer biography
- Photo of Racer that meets photo guidelines
- Primary Contact for Racer or Team
- Crew Chief for Racer or Team
- Media Contacts
- List of charities that you are raising money for with contact info (if applicable)

- Signed Racer Agreement, Waiver, and UMCA Waiver
- For Teams, every Racer must have completed all material above.
- For Teams who register a Team Member after March 1, 2009, the new Team Member will have two weeks to complete the online application and submit all paperwork.

7

2009 Race Across the West Registration opens January 1st, 2009

at www.raceacrossamerica.org

Registration Fees	Until March 1 st , 2009	Until May 10, 2009
Soloists	\$995	\$1,295
2 Person Teams	\$1495	\$1,795
4 Person Teams	\$2295	\$2,595

- Registration

Any registrations after March 1, 2009, will have a two week period to complete and submit all paperwork. No new registrations will be accepted after Sunday May 10, 2009 but teams may still add or change racers.

- Racer and Team Name Changes

After March 1, 2009, any Team Name Changes will incur a \$500 charge added to the entry fee and must be paid within 2 weeks.

After March 1, 2009, any Racer Changes on a Team will incur a \$250 charge added to the entry fee and must be paid within 2 weeks.



- **Payment, Discounts, and Late Fees**
Full payment of the entry fee is due at time of entry. Racers will not be allowed to start until all fees are paid.

- **Refunds and Rollovers**

Before March 1, 2009

The non-refundable processing fee for Solo entries is \$300 before March 1, 2009.

The non-refundable processing fee for Team entries is \$500 before March 1, 2009.

You may switch divisions with a \$300 fee for Solo Entries, \$500 fee for Team Entries.

You may rollover your entry for one year to the 2010 race if you are unable to race in 2009 for substantial reasons. If you do not race in 2010, you forfeit your entry fee.

After March 1, 2009

No Refunds are made after March 1, 2009, except in extraordinary circumstances. You may still switch divisions for a \$500 fee.

You may rollover your entry for one year to the 2010 race if you are unable to race in 2009 for substantial reason. The rollover fee is \$500. In addition, you must pay the difference between the 2009 try Fee and 2010 Entry Fee. If you do not race in 2010, you forfeit your entry fee.

Race Route

The “fun” thing about RAW is that it can be argued that it is the “toughest” part of the world’s toughest bicycle race. Fifty miles into the race, you have not only climbed over a half a mile, you most likely have felt the mercury climb 30 or more degrees. We call that “your warm up”.

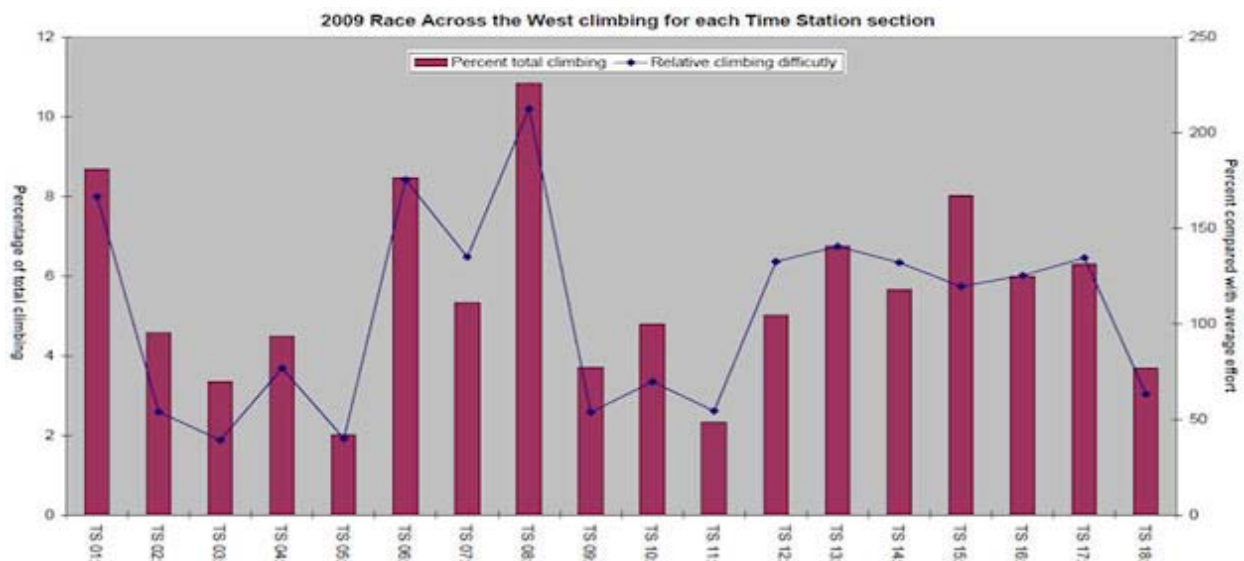


Time Station	TS mi	Mile	Elev.
01: Lake Henshaw, CA	54.7	54.7	2757.0
02: Brawley, CA	88.6	143.3	-101.7
03: Blythe, CA	89.6	232.9	269.0
04: Salome, AZ	61.1	293.9	1864.0
05: Congress, AZ	52.6	346.5	3049.7
06: Prescott, AZ	50.4	396.9	5458.8
07: Cottonwood, AZ	41.2	438.2	3346.8
08: Flagstaff, AZ	53.3	491.4	6840.1
09: Tuba City, AZ	72.0	563.4	4825.1
10: Kayenta, AZ	71.8	635.2	5712.8
11: Mexican Hat, UT	44.6	679.8	4181.0
12: Montezuma Creek, UT	39.6	719.4	4462.2
13: Cortez, CO	50.1	769.6	6166.4
14: Durango, CO	44.7	814.3	6474.9
15: Pagosa Springs, CO	70.1	884.4	7619.1
16: Chama, NM	50.1	934.5	7782.0
17: Antonito, CO	49.0	983.5	7900.4
18: Taos, NM	60.9	1044.4	6975.2

When you arrive in Congress, AZ you will be faced with the climbs to Prescott, AZ, which can be modestly described as brutal. Try not to arrive there at mid day unless you like it extreme. At nearly three times the distance of RAW, RAAM has well earned its distinction as the world's toughest bicycle race. In RAW, because you "only" have 1,000 + miles to race, some might be tempted to go faster, exert more energy sooner, a tactic that might give you an advantage, but last year's winner, Paul Carpenter of Chicago, IL, warns against this temptation. Being the Department Chair for Kinesiology and Physical Education at the Northern Illinois University, Mr. Carpenter knew what he was doing.

The stage is set to once again conquer the West; -and the scenery is spectacular. From the Pacific Shores, of Oceanside California to

deserts, over mountains and through California, Arizona, Utah, Colorado and New Mexico, each state, offering their own natural beauty. It is a difficult, demanding and unforgiving course; after all, it is the "toughest part of the toughest bicycle race in the world".





Preparing for RAW

RAW is the newest challenge of ultra marathon bicycle racing in the United States. Running concurrently with the Race Across America (RAAM), it requires the same logistical considerations, but with a shorter distance, the numbers simply come out smaller. It is recommended that you also read the material on the RAAM website under Resources-Guidelines to help you prepare as it also applies to RAW. This document will help define those aspects of planning and strategy which are different from RAAM.

- Support Crew



Most RAAM efforts have support crews of 8 to 12 people. For RAW, a large support crew would be 6 people while 4 is sufficient for most racers.

RAW crew members should be able to make a time commitment of about one week for racing and have some time to help organize and structure the race plan and logistics. Race week consists of, 1-2 days in Oceanside getting ready, passing inspections, attending racer and crew

meetings and other functions, 2-4 days of racing, and then 1-2 days to get home. For adventure oriented individuals, RAW provides an excellent opportunity to experience it all in a small time frame.

Crew members should always keep in mind why they are where they are. For every three minute your racer(s) are off their bike(s), the rest of the racers have gained 1 mile on your position. Like football is a "game of inches", RAW, is a race of minutes.

- Support Vehicle Logistics



For a solo racer, 1 or 2 support vehicles are adequate, for teams, 2 support vehicles are probably adequate. Once your race is over, it is conceivable to drive back to Oceanside California. This creates an opportunity to return rental vehicles to the same place you picked them up and avoid one-way drop off fees that many companies charge. Purchasing airline tickets is easier because you can get round-trip tickets in and out of southern California versus multiple one-way fares.

The alternative is to drive to a major airport from Taos to drop off rental vehicles and board flights. The three closest are Santé Fe (1 hour), Albuquerque (2 hours), and Denver (6 hours).

Depending on costs and logistics, you may consider Phoenix or Denver as your jumping off point. Fly into one of those cities, rent your

vehicles and then drive to the start. You may even be able to drive the route to see what it's like. Once you finish, it's a shorter trip to Phoenix or Denver then back to southern California and you still get one location for vehicle rentals and round-trip airline tickets.

- 4-Person Teams

A 4-Person Race Across the West team has a unique opportunity. With 4 people it is possible to crew for yourself and to do the race with just one vehicle. This can streamline your logistics and budget considerably.

- RVs and Sleeping

In the Race Across the West, your sleep strategy will be different. Solos will typically finish in 70-85 hours which is perhaps 2-3 big sleep breaks. Most teams will finish in 48-60 hours which is doable by just sleeping in support vehicles.

Two options to consider for sleep plans are an RV or book hotel rooms at one of the major towns en route. The major towns include Prescott at mile 395, Flagstaff at mile 483, Cortez at mile 761, Durango at mile 806 and Pagosa Springs at mile 876. You may also search for hotels

between Flagstaff and Cortez. An RV is clearly beneficial on RAAM and some of those same benefits apply to RAW. The cost and burden may not be worth it for RAW, especially for teams.

The RAAM website has an article under Resources-Guidelines to help you lay out your budget.

- Supplies

Gather the supplies that will make you feel comfortable racing, pack intelligently, consider all variable conditions, and while it is important not to overload your vehicles, keep in mind that it is much better to have a few extra items, than to be short a few. You should essentially be self-sufficient with the exception of crew food. A food and beverage cooler in each vehicle is an economical, healthier way to feed your crew. Something is always on hand and it reduces the non-racing distractions.

Be prepared, racing 1,000 miles will continually challenge you.

- Finishing

Finally, once you get to Taos, consider staying a day or two and enjoy Taos itself. Taos has a thriving arts community and a beautiful surrounding geography. Depending on where you have placed in the RAW field, those still finishing would appreciate your support as they cross the finish line. Some RAAM racers will be coming through Taos at that time as well. Stick around and cheer on your fellow racers.

- Further Information

Please consult, www.raceacrossamerica.org and other racers and crew for more information. If you need help or advice feel free to contact: raw09@raceacrossamerica.org

Please train hard, plan smart, race fast but most of all, race SAFELY!

