

Indian Lake to Inlet ~ BFC Safety Talk & Official's Instructions

Staging (mass start)

1st group: Tandem, Cyclocross & Expert racers

----- 10' space

2nd group: Sport racers

----- 10' space

3rd group: Beginner & Junior racers

- You have 40 miles to race, give each other room here at the start! We don't want any pile-ups.
- From Byron Park the race route heads N on Rt. 28. There is two-way traffic so keep right!
- At 3 miles the race route turns left on to Cedar River Road after the cemetery.
- Water stations are posted at 6, 11 and 16.5 miles for the first half of the race.
- At 11.8 miles the pavement ends with a hill that's slightly soft but the road is generally solid.
- At 16.5 miles the race route turns right just before the Cedar River gate. LISTEN UP!
- The next 10 miles of road has not had seasonal maintenance and is in rough shape!
- This will be your last water station for almost 10 miles so stock up if you need it! DEC will have rangers in the area but they probably won't have water with them.
- As you enter the Moose River Recreation Area you will see consecutive signs with 3-down arrows. If you're not careful the next 8 miles could be VERY DANGEROUS! There are literally too many hazards to mark - ruts, holes, woops and washouts everywhere. Be cautious!
- There is also a very narrow bridge crossing Cellar Brook - only 1 bike wide. You must fall in line SINGLE FILE to cross safely. Be considerate of others and do NOT cut off other racers!
- DEC will be out in this area and is authorized to disqualify any racer that is overly aggressive or inconsiderate of safety and causes harm to others by such actions.
- Remember - EMS is miles & miles away and there are no radio communications in the Plains.
- We cannot stress strongly enough the importance of patience through this 8-mile stretch! Everyone must exercise caution to get through safely.
- A little ways past the Sly Pond trailhead you will encounter a culvert that has popped right up on the road. You must go around it to the right or left but again it's only 1 bike wide!
- There will be a water station at this culvert. That's as far in as we can get a vehicle from Inlet.
- After the culvert, the road then has some ruts for about a mile but they should seem easy after what you've just been through.
- The road then smooths out and is very fast. Hazards are marked with paint, tape and down arrow signs. There may now be two-way traffic again so keep right!
- After a 3-mile flat stretch the race route turns right at the Otter Brook intersection where there will be a water station.
- After about 5 miles the race route again turns right at Red River. This is the last water station before the finish line.
- You will then begin a gradual climb followed by some long fast downhills. LISTEN UP!!!
- You will see signs with 2-down arrows indicating that these are dangerous descents.
- Immediately following this is a sign with 3-down arrows indicating a very dangerous descent. This hill is not only loose but has some woops that could be dangerous if you're not careful.
- Control your speed on these downhills or you may find your self wrapped around a tree.
- You will exit the MRRA at the Limekiln gate and turn right, going up & over Limekiln Hill. This road will have traffic so keep right!

- At the bottom of Limekiln Hill you turn left into Murdock Trucking & you're at 1 mile to go. This is your last chance to race for position as you continue straight back between the buildings.
- The race route then turns slightly right and goes up a loose gravelly hill and a few hundred yards up this road you will turn right into the woods and begin the singletrack. The trail is in good shape but there are roots, rocks, a soft spot and some slick spots – so be careful!
- There is a half-mile downhill and the bottom section has been recently rebuilt so it may be a little soft or loose. At the end of the downhill the trail hits pavement in Fern Park and turns immediately left to the finish line.
- Anyone crossing the finish line without a helmet will be disqualified.
- The timing chips we are using this year are disposable and do not have to be returned.

Final Notes:

- Throw all your water bottles straight down on the road, NOT off to the side!
- A Sweeper Crew follows the race with a truck & trailer for bikes & riders that can't continue.
- If you DNF report to the scoring station with your bib number and tell them you did not finish. We must account for every single racer.
- Have fun & be safe!

The finish line and awards ceremony are at Fern Park, just off South Shore Road in Inlet.