

**2024 St. John's Enduro Series**  
**Event Rules & Safety**



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## 1. Series Description

The St. John's Enduro Series is typically a series of mountain bike races in St. John's. There will only race in 2024 with plans to return to a series format in 2025.

Event	Date	Location
Race 1	Sunday, September 8, 2024	East White Hills (St. John's)

## 2. Race License Requirements and Eligibility

The Series is a Bicycle NL sanctioned competitive event, and all competitors must comply with the provincial governing body requirements. Participation in the series is encouraged for all interested persons who meet the following eligibility requirements:

- All participants must hold a valid 2024 Provincial Racing Membership or UCI Racing Membership, as provided by Bicycle NL (General Membership alone is insufficient)
- All participants must be 13 years of age or older on the date of the event
- Participants must be registered with race organizers a minimum of two weeks prior the event
- Any cyclist (regardless of cycling discipline) who has previously been found guilty by any court or regulatory body of any use of or involvement with banned, performance enhancing drugs will not be permitted to compete or take part in any Bicycle NL sanctioned event

## 3. Race Format

Each race will consist of 5 or 6 timed segments called Special Stages. Special Stages are predominantly downhill routes on single-track trail, with a focus on technical riding and endurance. All Special Stages will be part of the established mountain bike trail network in the East White Hills trail system.

Each Special Stage is accessed by an untimed Liaison Stage. The competition begins at the Race Start, and racers will follow the first Liaison Stage to the start point of Special Stage #1. There are additional Liaison Stages between each Special Stage. After the final Special Stage, racers will follow the last Liaison Stage to the Finish of the race.

A Course Plan will be released to participants 5 days prior to each event. The Course Plan will include the following:

- Location of all Special Stages and Liaison Stages
- Location of Race Start and Race Finish
- Designated parking areas

A race schedule including sign-in and start times will be provided with the course plan. An overall time limit will be provided and participants must complete the race within this time limit to receive results.

## 4. Racer Categories

The following categories are open for competitors in the St. John's Enduro Series.

- Men Sport
- Men Expert
- Women
- Under-19 Sport
- Under-19 Expert
- E-Bike

The Under-19 category is based on the age of the participant as of December 31, 2024. Only riders born in the year 2006 or later are eligible for Under-19.

Sport and Expert categories are self-selected. The Sport categories are for beginner/intermediate riders and Expert categories are for advanced riders only. Participants in an Expert category will complete one additional Special Stage that other participants will not complete. This additional Special Stage will be the most technically challenging stage of the race. It is recommended that anyone unsure about selecting Sport or Expert should select the Sport category.

If a participant wishes to enter the series but does not wish to be competitive, you may request that your times and scores are not to be included in race results or overall standings. This request must be made to the race organizers a minimum of one week prior to the date of the event.

## 5. Pricing Structure

Registration for the 2024 SJES will be \$75. Race organizers reserve the right to update registration costs at any time.

## 6. Equipment

### 6.1. Bikes

Racers must provide their own mountain bike. The bike should comply with UCI Cycling Regulations, Part IV – Mountain Bike Rules. Specific bike requirements are listed below:

- Spiked or studded tires are not permitted
- E-bikes are not permitted
- Racers may not use more than one bike for any race event
- Bikes must be in safe working condition
- It is the responsibility of each participant to ensure their bike is in safe working condition
- All bikes used in the series should be capable of handling the terrain of the race course
- Race organizers reserve the right to refuse entry to any racers whose bike does not meet criteria set out above

## 6.2. Helmets & Safety Gear

All racers must wear a helmet throughout the competition. Helmets must be worn during all Special Stages and Liaison Stages, and at any point while riding a bike. Helmets must be approved by one of the following agencies:

- Canadian Standards Association (CSA)
- Snell Memorial Foundation
- American Society for Testing and Materials
- U.S. Consumer Product Safety Commission or American National Standards Institute
- British Standards Institute
- European Committee for Standardisation

Additionally, helmets must be mountain bike-specific (these provide more coverage than road bike helmets) and must be properly fitted. Competitors must wear a helmet purchased within the last three years and will be subject to random inspections carried out by race organizers. If a helmet does not meet these stipulations, the competitor will be ineligible to compete in the event.

Approved full face helmets are recommended, however they are not a mandatory requirement for the St. John's Enduro Series. Additional safety equipment is also recommended but not required. Racers are encouraged to wear gloves, elbow pads, knee pads, and eye-protection.

## 6.3. Clothing and Footwear

Racers must wear weather-appropriate clothing suitable for mountain bike riding. No open-toed shoes or sandals are permitted. Race organizers reserve the right to refuse entry to any racers whose clothing or footwear is deemed unsuitable for racing. Extra clothing is recommended as racers may begin to cool down after racing and weather conditions can vary.

## 6.4. Timing System

The Zone 4 timing system to be used for the series. Each participant will be issued a timing card and attached wristband upon sign-in on race day. The wristband and timing card must be worn on the racer's left arm or be mounted on the bicycle throughout the competition. At the start and finish of each Special Stage there will be a clearly marked mat on the ground. Racers must completely cross the mat with their timing card in order to record a time for the Special Stage. Times will be automatically detected as riders cross the mat. A demonstration of the timing system will be provided to all participants prior to the start of the race.

## 6.5. Other Equipment

Each racer must be self-sufficient during the entire duration of the competition (food or equipment stashes are not permitted). Personal responsibility and self-sufficiency are important aspects of enduro racing and riders are encouraged to carry adequate equipment for operating on the trails of the race course. Each rider should remember that they are solely responsible for themselves.

It is strongly recommended that all competitors carry:

- Waterproof jacket
- Innertubes / puncture repair kit / pump
- Multi-tool
- Basic first aid kit
- Course Plan (to be provided prior to the race)
- Food and fluids
- Emergency contact information supplied by organizer
- Whistle

Action cameras and GPS tracking devices are permitted if they are secured and approved by race organizers. Competitors may carry equipment in a backpack or securely mount equipment on their bike.

## 7. Course Marking & Signage

Race courses will be marked to direct competitors during the event. The start and finish points of each Special Stage will be clearly indicated with a sign and timing system sensors. At any point in the course where there is a fork in the trail or an alternate route, the correct riding direction will be identified by ribbon tape, signage, or a course marshal as appropriate.

Special Stage signs will display “START” or “S” at the beginning and “FINISH” or “F” at the end. Other course signs will include arrows pointing in the direction of travel. When ribbon tape is used, it will be placed so that competitors are directed along the course without crossing any tape. Racers may not cut under, around, or through ribbon tape during competition.

## 8. Race Rules

The following race rules must be followed throughout the competition.

### 8.1. Pre-Race

- Riding of the race course for practice purposes may only take place on the day prior to the race or on the morning of the race (prior to the sign-in time indicated on the race schedule)
- Any riding of the race course prior to the date of the race is not considered part of the St. John’s Enduro Series
- Walking of the race course may take place at any time before the date of the race and after the Course Plan is released
- To be eligible for the event, racers must be registered a minimum of 2 weeks in advance
- To be eligible for the event, racers must arrive at the Race Start to sign-in during the time slot listed on the schedule provided
- Race does not begin until announced by organizers at Race Start

## 8.2. During Race

- Racers leave from Race Start to begin the first Liaison Stage
- Different start times may be assigned for each racer category depending on participant numbers
- Racers must follow all Liaison Stages and Special Stages in the order and direction indicated on the Course Plan
- Each Special Stage is individual start only
- Participants must wait a minimum of 30 seconds after the previous racer before beginning a Special Stage (racers may use their own discretion to allow additional time)
- Racers must stay on the established trail through all Special Stages and Liaison Stages
- Re-starting a Special Stage is not permitted for any reason

## 8.3. Post-Race

- All participants must travel to the Race Finish and sign out with organizers after completing the final Liaison Stage
- Racers must arrive at Race Finish prior to end time indicated on the schedule for results to count
- Timing card and wristband must be returned to designated collection point upon sign-out in order to receive results

## 9. Scoring and Points

Racers will have a time result from each Special Stage completed during the event. The recorded times for each Special Stage will be added up to give a cumulative race time for each participant. Each racer will be assigned a rank based on these cumulative times. The racer with the lowest cumulative time will be ranked first, second lowest time will be ranked second, and so on.

If a racer does not complete a Special Stage because they were providing injury/emergency assistance, they will be assigned a time result based on their average placement result in other Special Stages (as determined by race organizers). If a racer does not complete a Special Stage for any reason other than providing injury/emergency assistance, they will be assigned a result of DNF (did not finish) for the overall race. Independent sets of rankings will be determined for each of the categories outlined in Section 4. Points are assigned to racers based on their race rank as follows:

Race Rank	Points Awarded
1	25
2	22
3	20
4	18
5	17
6	16
7	15
8	14
9	13
10	12

Race Rank	Points Awarded
11	11
12	10
13	9
14	8
15	7
16	6
17	5
18	4
19+	3
DNF	0

## 9.1. Winners & Tie-Breakers

After each race event, results will be tabulated, and race winners will be announced. Winners include first, second, and third place finishers in each of the race categories, based on points awarded.

A tie may occur at an individual race if two racers have the same cumulative time across all Special Stages. If this occurs, both racers will be assigned the same race rank and awarded the same number of points. For example, if two racers tie for second place at a race, then they will both be awarded 2 points. The next finisher will be considered fourth place and will be assigned 4 points.

At the conclusion of the series (after Race #2), series results will be added up for all racers. Overall series winners will be determined based on the lowest points earned at each individual race event.

Participants must compete in both events to be included in final series standings. Series winners will also include first, second, and third place finishers in each race category. The first-place finisher in each race category will be declared the 2023 St. John's Enduro Series Champion. If two racers tie in points for the overall series, the racer with the faster cumulative time across both events will be the winner.

## 10. Safety Rules

The following safety rules must be followed throughout the competition. Please refer to the COVID-19 guidelines below (Section 11) for rules and policies related to COVID-19.

- Racers should be confident of their ability to ride technical trail features in the East White Hills trail network
- Helmets must be worn by all participants throughout the competition (See Section 5.2)
- No participant is permitted to enter a race if they are under the influence of drugs or alcohol
- Safety services will be provided the Canadian Ski Patrol
  - All participants must follow any instructions given by members of the first aid teams
- Any racer in need of medical assistance should contact race organizers immediately (using emergency contact information provided on Course Plan)
  - Racers may alternatively contact course marshals or first aid team members if they are nearby (refer to emergency procedure in Section 10)
- Headphones, earbuds, or other noise cancelling equipment is strictly prohibited during any race
- When passing a racer ahead, participants must call out to them in advance and declare intentions to pass
  - Participants should allow enough time between Special Stage starts to prevent passing (see Section 8.2)
- No participant is permitted to stop on or obstruct a Special Stage at any point
- If stopping on a Special Stage is unavoidable, racers are required to move over off the trail and maintain a clear path of travel for other racers
- A volunteer will act as a Race Sweep, and follow behind final racers to ensure the safety and whereabouts of all participants
- Communication between race organizers, course marshals, and first aid providers will be ongoing using radios and cell phones
- Course marshals shall be required to keep count of racers who pass their location



## 10.1. Rendering of Assistance

It is expected that competitors of the St. John's Enduro Series will participate in a way that places the safety of riders above other considerations. No competitor should ever feel penalized or discouraged from stopping to assist an injured person. Any participant who comes across an injured racer must stop to render assistance, unless directly indicated by the injured racer that they do not require assistance. They should instruct the next rider to pass to notify race officials of the incident, location, and perceived severity. More detailed emergency procedures are provided in Section 11.

## 10.2. Spectator and Public Safety

Due to the high-speed nature of a mountain bike race, there is a risk of serious injury in the event of a collision between a racer and a spectator or member of the public. To prevent such a collision from occurring, the following rules and policies will be enforced.

- Spectators (including photographers) may not access any Special Stage during the competition
- Spectator areas will be as designated by race organizers, and spectators should remain in these areas to safely watch the competition
- Alternative spectator locations may be reviewed and approved by race organizers prior to the event
- Course marshals will be stationed at the start and finish of Special Stages, and locations where members of the public may access the race course
- Race organizers will limit (but cannot completely prevent) public access to the race course during the competition
- Signage and tape will be installed prior to the date of the race to inform the public of the event and limit access to the race course
- Racers must always watch for and yield to members of the public

The Course Plan will also be made available to any spectators on race day.

## 10.3. Weather

The St. John's Enduro Series is scheduled to proceed in any weather, unless weather conditions are determined to risk the safety of participants and organizers. Race organizers reserve the right to cancel or postpone a race event due to hazardous weather conditions.

The following weather conditions on any race date will result in the event being delayed and reassessed:

- Thunder and lightning
- Severe winds (as decided by race organizers)
- Severe precipitation (as decided by race organizers)

In the event of any of the conditions listed above, the race start will be delayed until conditions subside for a minimum of 30 minutes. If any of these conditions start during the race, the competition will be immediately stopped. Racers will be directed by course marshals and race organizers to the nearest point of shelter, and the race will be reassessed in 30 minutes. If any event is delayed by 90 minutes or more, the competition will be cancelled.

The following weather conditions on any race date will result in automatic cancellation of the event:

- Forest fire in the vicinity of the race course
- Hurricane

If a race is cancelled due to hazardous weather conditions, participants will not be given a refund of registration fees (organizers have non-refundable upfront costs). The possibility of a rescheduled race will be examined by organizers after a cancellation.

## 10.4. Riding on Roadways

Riding on roadways with motor vehicle traffic may be required in some locations during the Race. In any location where riding on roadways is required, the following precautions shall be taken.

- Race Courses are designed to minimize riding on roadways wherever possible
- No Special Stage shall include any section of roadway
- Course marshals shall be stationed wherever participants enter roadways to provide direction and safety precautions
- “Race in Progress” sign and pylons shall be placed at any location where participants enter roadways to notify drivers
- All participants must adhere to the rules of the Highway Traffic Act for Newfoundland and Labrador at all times (<https://assembly.nl.ca/Legislation/sr/statutes/h03.htm>), specifically:
  - Participants shall not ride on a sidewalk
  - Participants shall ride as near as possible to right hand edge of roadway
  - Participants shall not ride abreast of another person who is riding a bicycle upon a roadway
  - Participants shall wear a bicycle helmet that complies with the regulations and shall have the chin strap of the helmet securely fastened under the chin
  - Participants shall keep at least 1 hand on the handlebars
  - Participants shall not ride other than upon or astride a regular seat of the bicycle
  - Participants shall not use the bicycle to carry more persons at one time than the number for which it is designed and equipped
  - Participants shall not carry on the bicycle an object of a kind which is of a size, weight or shape or so placed that it may interfere with the proper operation or control of the bicycle
  - Participants shall not ride a bicycle on a highway where signs prohibit its use
  - Participants shall not ride a bicycle on a roadway where there is a usable path intended for the use of bicycles adjacent to the roadway.
- If riding on roadways is required, the appropriate municipality will be notified a minimum of 2 weeks in advance of the race
- If riding on a highway is required, the RCMP will be notified a minimum of 2 weeks in advance and requested to provide a presence on the highway during the race

## 11. Covid-19 Guidelines

Covid-19 restrictions were lifted in Newfoundland and Labrador in 2022. The following guidelines have been developed based on provincial regulations and recommendations.

- All participants and volunteers are required to complete a Covid-19 self-assessment on the day of each race and prior to engaging in any SJES activities
- Anyone experiencing symptoms of Covid-19 will not be permitted to participate in or attend any SJES event
- Masks or face coverings are not required
- 2 m physical distancing is recommended at all times
- Sign-in will be contactless with no paper forms or cash transactions (registration and payment must be completed online in advance of the race)
- Participants are permitted to travel to St. John's to attend an SJES event, provided that they adhere to all applicable travel regulations and restrictions
- There is a limit of 150 registered participants per race
- There are no gathering size limits for any SJES event
- Spectators are encouraged to watch from designated spectator areas which will be identified on the course plan (to be issued a minimum of 5 days prior to each race)
- No food or drink will be provided at any race event except sealed water bottles (participants should bring their own food/water supply for the duration of the race)
- Hand sanitizer and trash containers will be made available at the race start location
- All equipment provided to participants (i.e. timing cards) will be sanitized prior to distribution
- No equipment is to be shared between participants, including bicycles, safety equipment, or tools
- If new Covid-19 restrictions are imposed prior to any St. John's Enduro Series event, the SJES team shall either submit revised COVID-19 guidelines (to be approved by Bicycle NL and insurance providers a minimum of 2 weeks prior to the race) or cancel the event
- These guidelines do not guarantee or claim to guarantee to stop the spread of COVID-19

## 12. Emergency Procedures

In the event of an accident or emergency, the appropriate procedure outlined below should be followed. If any accident or emergency occurs as a result of unsafe course conditions, race organizers should be contacted immediately, and the event will be stopped until hazards are removed.

### 12.1. Racer involved in Accident or Emergency with no Witnesses

1. Ensure scene is safe from risk of further injuries
2. If accident is minor and racer is uninjured, participant may resume race
3. If first aid attention is required, remain in place and use cell phone to contact emergency number provided on Course Plan
4. If possible, flip bike upside down and move off of trail
5. If racer does not have a cell phone or incident occurs in area without cell phone service, wait until additional people arrive
  - a. Race format ensures any person injured on course will be quickly identified by other racers, race organizers, course marshals, spectators, or members of the first aid team
6. Once additional people arrive to site of accident or emergency, follow appropriate procedure as described below

### 12.2. Member of First Aid Team Witnesses an Accident or Emergency

1. Ensure scene is safe from risk of further injuries
2. First aid team to organize appropriate emergency response
3. If necessary, first aid team shall contact emergency medical services (EMS)
4. First aid team shall alert race organizer of incident and advise if competition should be stopped
5. If incident occurs on a Special Stage, organizers shall immediately contact course marshals to stop additional racers from proceeding until scene is clear and safe of hazards
6. If required, first aid team shall move injured person by appropriate transport method
7. First aid team to provide treatment to injured person or arrange pickup by EMS
8. Location of pickup to be determined by first aid team and race organizers if necessary

### 12.3. Racer Witnesses an Accident or Emergency

2. Ensure scene is safe from risk of further injuries
3. Racers must stop and assist other participants in event of an accident or emergency
4. If victim indicates they do not require assistance (or victim is already being treated by others), the witness racer may proceed through course
5. Immediately use cell phone to contact emergency number provided on Course Plan if victim has not already done so
6. If cell phone communication is not possible:
  - a. Do not leave injured person unattended – at least one witness/responder should stay with injured person
  - b. Once a second person has arrived at the site of incident, send one to notify course nearest marshal, race organizer, or first aid team of the incident, location, and severity
7. If racer is trained in first aid, they may begin tending to victim prior to arrival of first aid team

8. First aid team will be notified and will travel to location of incident
9. First aid team shall proceed as per Section 11.2

#### 12.4. Course Marshal or Spectator Witnesses an Accident or Emergency

1. Ensure scene is safe from risk of further injuries
2. Immediately use cell phone to contact emergency number provided on Course Plan if victim has not already done so
3. If cell phone communication is not possible:
  - a. Use radio communication if available
  - b. Do not leave injured person unattended – at least one witness/responder should stay with injured person
  - c. Once two or more people have arrived at site of incident, send one to notify course nearest marshal, race organizer, or first aid team
4. If witness is trained in first aid, they may begin tending to victim prior to arrival of first aid team
5. First aid team will be notified and will travel to location of incident
6. First aid team shall proceed as per Section 11.2

#### 12.5. Race Sweep Witnesses an Accident or Emergency

1. Ensure scene is safe from risk of further injuries
2. Immediately use cell phone to contact emergency number provided on Course Plan if victim has not already done so
3. If cell phone communication is not possible, use radio to contact first aid team directly
4. Race Sweep will be trained in first aid and may begin tending to victim prior to arrival of first aid team
5. First aid team will be notified and will travel to location of incident
6. First aid team shall proceed as per Section 11.2

#### 12.6. Missing Person

The following procedure should be followed by any racer or volunteer who notices a missing person.

1. Contact emergency number provided on Course Plan to notify race organizers of missing person
2. If cell phone communication is not possible, contact nearest course marshal, race organizer, or first aid team member
3. First aid team shall be notified and will travel to racer/volunteer who noted missing person
4. Racer/volunteer shall provide a detailed description of the missing person to first aid team, and the time/location of last sighting
5. First aid team shall use radio to alert Race Sweep of missing person and provide description
6. If last known location is ahead of Race Sweep's current location, Race Sweep shall continue through course while looking for missing person
7. If missing person has provided personal contact number upon registration, race organizers will attempt to call and locate
8. If the last known location is behind the Race Sweep, first aid team shall communicate with course marshals located closest to missing person's last known location

9. Course marshals shall count racers who pass each location, so if missing person is a racer then their last location may be narrowed down
10. First aid team shall investigate vicinity of last known location for signs of missing person
11. Race organizers shall maintain discussion with course marshals and racers to determine if anyone knows there whereabouts of the missing person
12. First aid team and race organizers shall continue search efforts until listed end time of race
13. If the missing person cannot be located after due diligent attempts by first aid team and race organizers, EMS shall be contacted to take over search
14. Any further searches will be organized by EMS

### 13. Environmental Rules

The following environmental rules shall be enforced throughout the Series.

- Absolutely no disposal of garbage on any race course
  - There will be a garbage can and recycle bin at the Race Start for waste disposal
- No disposable goggle tear offs are permitted
- The disposal of food on the trail is strictly prohibited
- Do not feed or attempt to touch wildlife on the race course
- No unauthorized modification of the race course is permitted

### 14. Penalties

Penalties may be applied to any racer who violates any of the rules outlined in this document, at the discretion of the race organizers.

The following violations will result in automatic time penalties or disqualification:

- Course cutting
- Obstruction of other racers
- Interfering with another racers' equipment
- Missed race start
- Illegal technical assistance
- Using more than one bike during a race
- Riding without a helmet
- Littering
- Altering race course without approval
- Failing to yield to members of the public

Penalties will be determined by race organizers on a case-by-case basis.