

BIKE COURSE RULES

- Absolutely NO DRAFTING of another bike or any other vehicle is allowed.
- Ride on the right side of your lane unless directed otherwise by race management/officials.
- Keep three bike lengths between yourself and the cyclist in front of you.
- Pass on the left of the cyclist in front, never on the right.
- Complete your pass within 15 seconds.
- If passed, you must drop completely out of the zone, to the rear, before attempting to re-pass.
- All bicycles shall be propelled only by human force and human power. Any violation of this section shall result in disqualification.
- The sole responsibility of knowing and following the prescribed cycling course rests with each participant. No adjustments in times or results shall be made for participants who fail to follow the proper course for any reason whatsoever.
- Athletes must obey all traffic laws while on the cycling course unless otherwise specifically directed by an official, race monitor or designee with actual authority. Failure to do so may result in disqualification.
- No athlete shall endanger himself or another athlete. Athletes who intentionally present a danger to any athlete or who, in the judgment of the Head Referee, appear to present a danger to any athlete may be disqualified.
- A CPSC-approved helmet is required during the entire bike portion including in and out of transition. Athletes riding without an approved helmet or chinstrap not fastened may be disqualified. Alterations to a hard-shell helmet, which affect its integrity, are not allowed.
- Do not litter. Any item that needs to be discarded, including but not limited to water bottles, gel wrappers, energy bar wrappers, broken bike parts, or clothing items, may only be discarded in the trash drop zones at each aid station. Discarding any item outside of the trash drop zones will result in a penalty. Please keep California clean!
- Headphones, headsets which are inserted in or covering the ears are not allowed during any portion of the event