

## **2019 Mount Diablo Challenge Frequently Asked Questions (FAQs)**

### **Where do I go to register the day of the Event?**

Registration opens at 6:30 am at Monte Vista High School - 3131 Stone Valley Rd, Danville, CA 94506 (there is no registration at the Athenian School). Cyclists then ride approximately 2.9 miles to the Athenian School to start the event.

### **How long is the course?**

The route of the event, from the Athenian School to the summit of Mount Diablo, is 11.2 miles with 3,249 feet of elevation. The route will follow South Gate Rd. to Summit Rd. to the summit of the mountain. After completion, riders will be held at the lower summit parking lot until escorted down the mountain.

### **What type of bikes are allowed on the course?**

#### ***Bike Types:***

Road bikes (single or tandem), mountain bikes, fixed-gear, unicycles and outdoor Elliptical bikes are allowed. Class 1 e-bikes are also permissible but are not eligible to compete for prizes or awards. E-bikes will start in non-elite waves. Adults with children in a "tow-behind" are also allowed.

### **How do I create or join a team?**

After you register as an individual Road Bike participant, you have the option to create a team of at least 4 riders. Each team can compete against other teams for the best combined time up the mountain. To make a team during your registration, create a team name under the "Event Questions." Next, indicate whether it is an all-male, an all-female or coed team. Then, choose whether your team is in the "Teams/Club" or the "Friends/Family" category. Finally, tell your friends to look for and join your team when they register. You can have as many team members as you like on your team but only the top 4 finishers' times will be used to determine the "combined time" for your team up the mountain. *Note that the combined time for coed teams will be determined by the time(s) of the first 2 men and the first 2 women on your team to cross the finish line.* You will have the option of starting in the same wave as your team members. If you select this option, you will be placed in the wave that corresponds to the slowest time registered for all of your team members. If you do not select this option, you will be placed in the wave corresponding to your individual estimated time.

### **Is it required that I ride with a Team?**

Nope. You are welcome to ride as an individual.

### **What time does the event start and end?**

#### ***Day of Event Schedule:***

6:30 a.m. –Registration Opens at Monte Vista High School

7:15 a.m. - 7:50 a.m. – Clothing crew packs up the first boxes at the Athenian School to take to the Summit. Cyclists ride over to Athenian School to wait for their wave.

7:45 a.m - 8:00 a.m. – Last MDC Staff leave for the summit with the 2<sup>nd</sup> box pick-up  
(no clothing drops are available after this time)

8:00 - 9:45 a.m. 1<sup>st</sup> Wave begins at 8:00 a.m. Waves will be approximately 40 riders and start in 3-5 minute intervals. Wave assignments are based on estimated finish times. Riders will receive their wave assignment and start time at registration. *Note that if you registered to be part of a team **and asked to ride with your team**, you will be assigned the starting wave based on the slowest member of your team.*

10:00 a.m. The earliest time for the first descent group (pending completion of race by all categorized riders). Groups of 25-35 will descend behind escort vehicles every 10 to 15 minutes. Everyone **MUST** descend South Gate Rd. North Gate Rd. will be closed. **CENTERLINE RULE IS STRICTLY ENFORCED DURING DESCENT. DO NOT PASS ESCORTS!**

Post-race venue opens at Monte Vista High School

12:00 p.m. Finish Line Closes

12:15 p.m. Estimated time of last descent group. All remaining riders must descend. Award Ceremony begins at Monte Vista High School at approximately 12:15 pm.

## **How do I get down the mountain?**

Riders will be descending the mountain while other participants are still ascending. We anticipate the longest wait at the lower summit parking lot to be 45 minutes. All descending riders will be escorted by lead vehicles in groups of 25-35 riders. Under no circumstances will a rider descend unescorted, and riders may not pass the escort. Descending riders **MUST** stay in their lane while descending. The last descending wave will be at approximately 12:15 p.m.

## **What happens the day of the event?**

Everyone arrives and checks in for the event early (registration starts at 6:30 am) at Monte Vista High School located at Stone Valley Road, Danville, CA. Then cyclists ride over to Athenian School on Mt. Diablo Scenic Blvd. to get ready for their wave. Cyclists are grouped by the time they think it will take to finish the climb.

The first wave starts at 8 a.m. and subsequent waves are started every few minutes. The first waves get to ascend using the whole road. Later waves must stay to the right.

At the top, there is a mini-celebration with food and beverages to replenish after the climb. Then cyclists descend in groups behind escort vehicles and ride over to Monte Vista High School for a grand celebration with lots of delicious food, drink, music, goodies and awards plus vendors with cool gear! Invite the family to join you there for the festivities!

## **Is there any food or drink available during the event?**

Coffee, water, energy bars and other snacks are available at the race start and at the summit finish. Water is available on route.

Non-alcoholic beverages and soft drinks will be available for purchase at the event venue at Monte Vista High School. Food will also be available for purchase in the food truck area.

## **Are there any SAG Vehicles the day of the event?**

SAG vehicles will be available to assist with minor mechanical problems. Any rider that cannot continue to the top will be asked to wait for a descending wave. Riders must not descend unescorted. If a rider is unable to descend safely due to mechanical or other problems, he/she must wait for a SAG vehicle to take them to the parking area at Monte Vista High School.

## **Can I drop my trainer or a jacket at the start?**

### ***Trainers and Personal Belongings:***

Trainers may be dropped off at the Athenian school, no earlier than 6 a.m. You will be asked to drop off the trainer at the corner of Diablo Rd. & Mount Diablo Scenic Blvd. You will be re-directed to turn around and head back to Monte Vista High School to park. We are not responsible for your personal belongings.

At Athenian School, there will be two “sweats” check areas:

- 1) For items that stay at Athenian: Items are to be placed on the tarp by the Soccer Field. This sweat check is for items staying down at Athenian! There will be a volunteer in that area until about 1p.m. We are not responsible for your personal belongings.
- 2) For Items that go up to the Summit prior to start of race: Boxes will be by the start line (on the street). These boxes will be driven up the mountain prior to the start of the race. Your belongings will be waiting for you at the Lower Summit parking lot. You **MUST** have your items in the boxes **no later than 7:45 a.m.** to guarantee they make it to the lower parking lot area before the cyclists start the race. We are not responsible for personal belongings

## **What are the safety rules for the Mt. Diablo Challenge?**

**IMPORTANT! RIDERS WILL BE DESCENDING WHILE OTHERS ARE STILL ASCENDING.**

- Categorized riders (in initial waves) will be allowed to use the entire road on the ascent, but must adhere to centerline rule during descent. They will be held at the summit until all categorized riders have completed the event (est. max of 30-45 minutes)
- Non-categorized riders (in later waves) **MUST** adhere to centerline rule during ascent and descent.

Descending riders will be escorted down the mountain. **DO NOT PASS** the escort. Descending speed will not exceed posted speed limit. A rear escort will prevent riders from dropping back in order to “catch the rabbit”.

- o Helmets are mandatory
- o Earbuds or headphones of any kind are prohibited
- o Waves with categorized riders (see event schedule below) may use entire road on ascent
- o Waves with non-categorized riders (see event schedule below) **MUST** adhere to centerline rule. Failure to adhere to this rule will cause immediate disqualification and removal from the course.
- o **ALL** riders must adhere to centerline rule on the descent

o DO NOT PASS escorts

## Can I cut through Diablo Country Club to get to the start?

DO NOT cut through the Diablo Community. You must stay on Diablo Road/Mount Diablo Scenic Blvd both to and from the event.

## What prizes will be awarded?

There are 16 age categories in addition to the overall winners, King and Queen of the Mountain and Oldest and Youngest Man and Woman! The full list of prize categories is listed below.

### *MDC Awards & Prizes:*

- Overall Podium Winners: o Men  
1<sup>st</sup> place 2<sup>nd</sup> place 3<sup>rd</sup> place
- Overall Podium Winners: o Women  
1<sup>st</sup> place 2<sup>nd</sup> place 3<sup>rd</sup> place

King of the Mountain (fastest man)

Queen of the Mountain (fastest women)

Special Recognition – 1<sup>st</sup>place for the following age groups, men and women:

11-13	14-15	16-17	18-24	25-29	30-34	35-39	40-44
45-49	50-54	55-59	60-64	65-69	70-74	75-79	80+

- Youngest Rider (must finish course): o Boy  
o Girl
- Oldest Rider (must finish course): o Man  
o Women
- Traditional “One-Hour Finisher” T-Shirts
  - o Men – All male riders that finish in 1 hour or less (1:00:00)
  - o Women - 15-minute bonus. All female riders that finish in 1 hour 15 minutes or less (1:15:00)
- - o Fastest Man and Woman wearing full Hammer kit (jersey & shorts)
- Prizes for the fastest three teams will also be awarded.

## What charities will benefit from the Mt. Diablo Challenge proceeds?

- **Mount Diablo Interpretive Association:**

The Mount Diablo Interpretive Association supports interpretive activities at Mount Diablo State Park. The association helps park staff with interpreting the park to more than one million visitors each year. Through funding an array of educational programs, the association fosters appreciation for, and the enlightened use of, Mount Diablo State Park. MDIA is proud to have played a major part in raising funds for the construction of the Museum atop the summit of Mt. Diablo and the development and operation of the Mitchell Canyon Interpretive Center.

- There may be other East Bay charities that receive proceeds from the MDC.

## How much does it cost to register?

Adults: \$60 + \$5.10 reg. fee

Juniors: (17 years and under) \$30 + \$3.30 reg. fee Tandem: \$90 + \$6.90 reg. fee (any combination of riders) Day of registration: (Adults & Juniors) \$75; Tandems \$105

## Limits on Registration:

Registration is capped at 1,000 riders.

## Where should I park the day of the event?

Parking:

Participants must park at Monte Vista High School, 3131 Stone Valley Rd., Danville, CA 94526. After registering, riders will ride their bike from Monte Vista High School to the start at the Athenian School, a distance of approximately 2.9 miles. There is no registration at the Athenian School start.

## Will there be photographs?

Yes, there is a photographer and the plan is to have a finish line photo of every participant.

By participating in our event you are providing consent & permission to giving irrevocable consent and permission to Valley Spokesmen and their respective successors and assigns, sponsors, licensees, and affiliates, for the following and without expectation of compensation or other remuneration:

A) To film, photograph, tape or otherwise record a video or audio

B) Use your name, image and visual or audio recordings (regardless of the medium in which your name, image or statement appear, including audio recordings, video recordings, photographs, electronic images and the like from the Internet via social media sites), original materials created by you in connection with the Event;

C) To use, reproduce, publish, exhibit, distribute and transmit, in perpetuity, the Materials, in whole or in part, in any print, broadcast or electronic media not now or hereafter developed, including the Internet and social media, (1) for education and awareness campaigns, fundraising, in connection with the

promotion of Valley Spokesmen or programs and/or for any other legitimate purpose, (ii) to create composite or computer- manipulated materials from the Materials (iii) without compensation.

D) Valley Spokesmen will not share your personal contact information to any third party outside of registration purposes

## **How will I know that I registered?**

### ***Registration:***

- **Confirmation** - If you register online, you will receive a confirmation email. Registration by mail is not available.

### **Can I get a refund or transfer my registration to someone else?**

- **Transfers** - Registration fee is non-refundable and non-transferrable
- **Refunds** – There are no refunds

### **Is the registration fee tax-deductible?**

- The registration fee is not tax deductible and is not considered a donation to any of the beneficiaries.

## **Are there any rules I should know about?**

### ***Responsibility:***

Riders must wear bicycle helmets at all times while on their bicycles. Riders are responsible to ensure that their bicycles are in superb mechanical condition.

Riders should carry a spare tube, patch kit, pump, a water bottle, money & identification.

Please be courteous to other road users. Though Mt. Diablo State Park (MDSP) will be closed to the public, there will be authorized vehicles/motorcycles on the road between the start/finish areas and at the expo area.

During the descent, cyclists **MUST** stay to the right side of the road as there may be cyclists still ascending the climb, and/or authorized vehicles/motorcycles will be on the road.

North Gate entrance to the park will be closed during the entire event, including on the descent ride.

## **Can my friends and family come watch the ride?**

### ***Spectators:***

For safety reasons, spectators may not take vehicles on the mountain. The only access to watch the race is by trail. **NO PEDESTRIANS WILL BE ALLOWED ON THE ROADS.**

## **Who are the event sponsors?**

Premier Sponsor: Bay Area Bicycle Law

Prize Donors: Hammer Nutrition, 6Fifteen Cyclery, Livermore Cyclery, Sports Basement; Eden Bicycles, Jakroo

## **How do you time the ride?**

### ***Timing Chip:***

Each rider will receive a timing chip. Instructions on how to attach the chip will be in the registration packet.

## **How do I volunteer for the Mt. Diablo Challenge?**

Terrific! We appreciate and need many volunteers. If you would like to volunteer to help with the Mount Diablo Challenge, please contact [email: volunteer@mtdiablochallenge.org](mailto:volunteer@mtdiablochallenge.org).

## **If I have a question that I do not see answered by the FAQs who do I contact?**

Please contact the Director at: [director@mtdiablochallenge.org](mailto:director@mtdiablochallenge.org)