Everyone knows (or should know) the IMBA trail etiquette guidelines for making mountain biking fun and sustainable. In mountain bike races, however, proper etiquette is a little different. Here is a short explanation of mountain bike race etiquette that may help you enjoy the racing season.

1. **Lapped riders must yield to leaders**. Common sense, no exceptions.

2. **In the event multiple riders are vying for the same position, the leading rider does not have to yield his position to the challenging rider.**   However, a leading rider may not bodily interfere with the intent to impede another rider's progress. (no sticking out your elbows or knees, etc,) Traditional rules of racing apply: The leading rider owns the track. The overtaking rider is responsible for passing. **If you are being lapped, you are not the leading rider**!

   A rider overtaking another with the intent to pass should voice "On Your Left", "On Your Right", or "When you get time" loud enough to be heard by the slower rider. The slower rider should respond loud enough to be heard. ("ok", or "just after this corner… go now!") ****Be aware that if the slower rider does not voice a response loud enough for the encroaching rider to hear, then the slower rider just *challenged* the faster rider!**** If a rider catches another rider and does not voice for a pass- the caught rider may presume the rider behind is comfortable where they are for the time being.

3. **Riders being passed should give as much room to the passer as is safe for their skill level.** Experienced riders pass in single track all of the time, inexperienced riders might be startled the 1ˢᵗ time this happens because it happens so fast. RACE LEADERS will not take the time to ride behind lapped riders until they get to double track to pass. Inexperienced riders should be aware that this will happen, give as much room as is safe, hold their lines and allow the faster rider to make the move.

4. **Riders passing should be aware of the potential for danger if the slower rider has a lesser skill level. Tell the slower rider "it's cool, you're doing good, hold your line, I'm coming around on you right (left)"**

5. **Racers riding a bicycle have the right of way over racers pushing bicycles**.
   Persons pushing their bikes MUST stay out of the way of riders. When practical, racers pushing should stay on the least rideable portion of the path when being passed. A racer pushing or

carrying their bicycle can overtake a racer riding their bicycle, provided they do not interfere with the rider's progress. If getting off to walk an obstacle- rider MUST get off of the trail BEFORE dismounting if upcoming riders are not dismounting.

6. **If you break a chain or have a mechanical failure, get out of the other racers way _immediately_. Do NOT sit in the middle of the trail spinning your crank for crying out loud!**

7. **If you fail to negotiate an obstacle or hill, get out of the other racers way _immediately._** Do not stop at the top of a hill or at the very end of an obstacle if it will cause the riders behind you to bottle up.

8. **Riders are expected not to slow at the end of obstacles or at hill tops in order to cause a loss of momentum to the riders behind."**

9. **In the event a rider crashes in front of you:**
    a. You may go around if you can do so safely.

10. **In the event a rider is injured:**
    a. You should ask if they need immediate assistance and give it if you are able. Yes it's a race, but we're mountain bikers, not A-holes.
    b. Do not encourage them to move (even if they are laying in the trail blocking ALL traffic) Do not restrain them if they try to move under their own power.
    c. The 1st responder is immediately in charge of every aspect of the situation, and all other riders MUST obey, whether they are told not to go around or to help by giving assistance.

11. **A rider in need of a tool miles from the trail head WILL give it back when they catch up to you on the trail, or, failing that, will turn it in at the awards tent, or, will forever be remembered as a "prolly a roadie".**