



Bike Requirements, Rules & Recommendations



Agenda

- EPIC5 Challenge Intro
- Bike Equipment
- Bike Mechanic Support
- Bike Storage During Event
- Safety & Visibility
- Crew Support on Bike Course
- Bike Rules
- What to Bring
- Bike Questionnaire
- Q&A

What kind of bike, wheels & tires to bring?

- You should bring the bike you are most comfortable on and have been training with.
- Many bring a road bike with aero bars for comfort, but it is really up to you.
- Please bring ONE bike only as there is limited cargo space on the smaller planes.
- There will likely be some wind. Some islands more than others. Most athletes do not use disc wheels at this event.
- We recommend bringing at least one spare wheel. Our event mechanics will not have spare wheels.
- Tires - strongly recommend against tubulars due to very limited repair time if replacement is needed.
- Due to the terrain of Hawaii, there will be some climb and descent.

Bike Mechanic Support



- We will have two experienced bike mechanics who will travel with us.
- Our Bike Mechanics will handle the daily build & breakdowns.
- Our Bike Mechanics will be on the Bike Course throughout to assist with any mechanical failures.
- If you have your own mechanic or someone in your crew who wants to do the build/breakdowns, that's fine. However we do not recommend the athlete take on this responsibility as fatigue will set in by day 3-4-5. Our mechanics will still be available to help as needed.
- There will be a mandatory bike inspection at the Pre-Event Meeting. Please bring bike, helmet & lights, + reflective tape applied.
- Bikes subject to inspection in transition area or any other time by event mechanics.

Bike Storage During Event

Bike storage & transport during the event is the responsibility of the athlete & crew.

If event mechanics are handling the daily build/breakdown, be sure and wait for bike breakdown to be completed at T2. It needs to leave with the crew car unless specific arrangements have been made with the mechanics. In some instances, such as Day 3 Molokai, T2 is at the hotel.

As required by USAT, during the swim & T1, the bike should stay racked with the group, regardless of whether crew or event mechanics are doing the build. Mechanics & staff will provide security.



Most riding will be during daylight hours, but as the week progresses, will go into night.

+ There is always chance of discipline rearrangement if any delayed luggage issues.

Safety & Visibility – Bike Lights

- **Front Headlight** – All bicycles must be equipped with a front headlight visible from 500 feet. The headlight must be turned on at 5pm, one hour before sunset. If the athlete uses a helmet light, the bicycle must still be outfitted with a front headlight. We recommend 500+ lumens. Some roads can be very dark at night with no overhead street lights. It is important that you have a good bike light.
- **Rear Taillight** – All bicycles must be equipped with a rear taillight visible from 500 feet. The taillight on the bicycle must be turned on at 5pm, one hour before sunset. The light may be solid or flashing. Belt clip taillights on the athlete or back of the helmet can be used in addition to the bicycle frame taillight but not in place of a taillight.
- We recommend you bring **two sets of lights**, in case one is broken or damaged. It may be difficult to get a full charge overnight given the limited time in hotel rooms. You may opt to charge in the car, but remember there will be cell phones to charge as well, for both athlete & crew.



Reflective tape will be provided at registration check-in.

Safety & Visibility – Reflective Material

Bicycle Visibility: Safety and night-time visibility is paramount. All bicycles must have reflective tape as follows.

- Seat Stays – at least 0.25 inch wide & 3 inches long
- Fork blades – both sides – at least 0.25 inch wide & 3 inches long
- Crank arms – visible from the rear – at least 0.25 inch wide & 3 inches long
- Back of both pedals or heel of shoes
- Wheels – visible from both sides. 3-4 pieces each at least 1-3 inches long. Reflective material must not be on the braking surface of the rim.

NOTES:

- (1) When placing reflective tape on the wheels, frame, or components, it is suggested to first place a strip of easily removed tape, such as electrical tape, then place the reflective tape.
- (2) Some wheels, frames and components come from the factory with reflective surfaces. In this case, those may be sufficient and additional reflective tape may not be necessary. Our event Bike Mechanics will make that determination during the bike inspection process at the Pre-Race Meeting.

BIKES: REFLECTIVE TAPE PLACEMENT

Wheels

Reflective tape visible from both sides. 3-4 pieces each at least 1-3 inches long. Reflective material must not be on the braking surface of the rim.

Seat Stays

Reflective tape at least 0.25 inch wide & 3 inches long, both sides

NOTES: When placing reflective tape on the wheels, frame, or components, it is suggested to first place a strip of easily removed tape, such as electrical tape (provided in your epic swag bag), then place the reflective tape. Some wheels, frames and components come from the factory with reflective surfaces. In this case, those may be sufficient and additional reflective tape may not be necessary. The Event Mechanic will make this determination during the Inspection.

Fork Blades

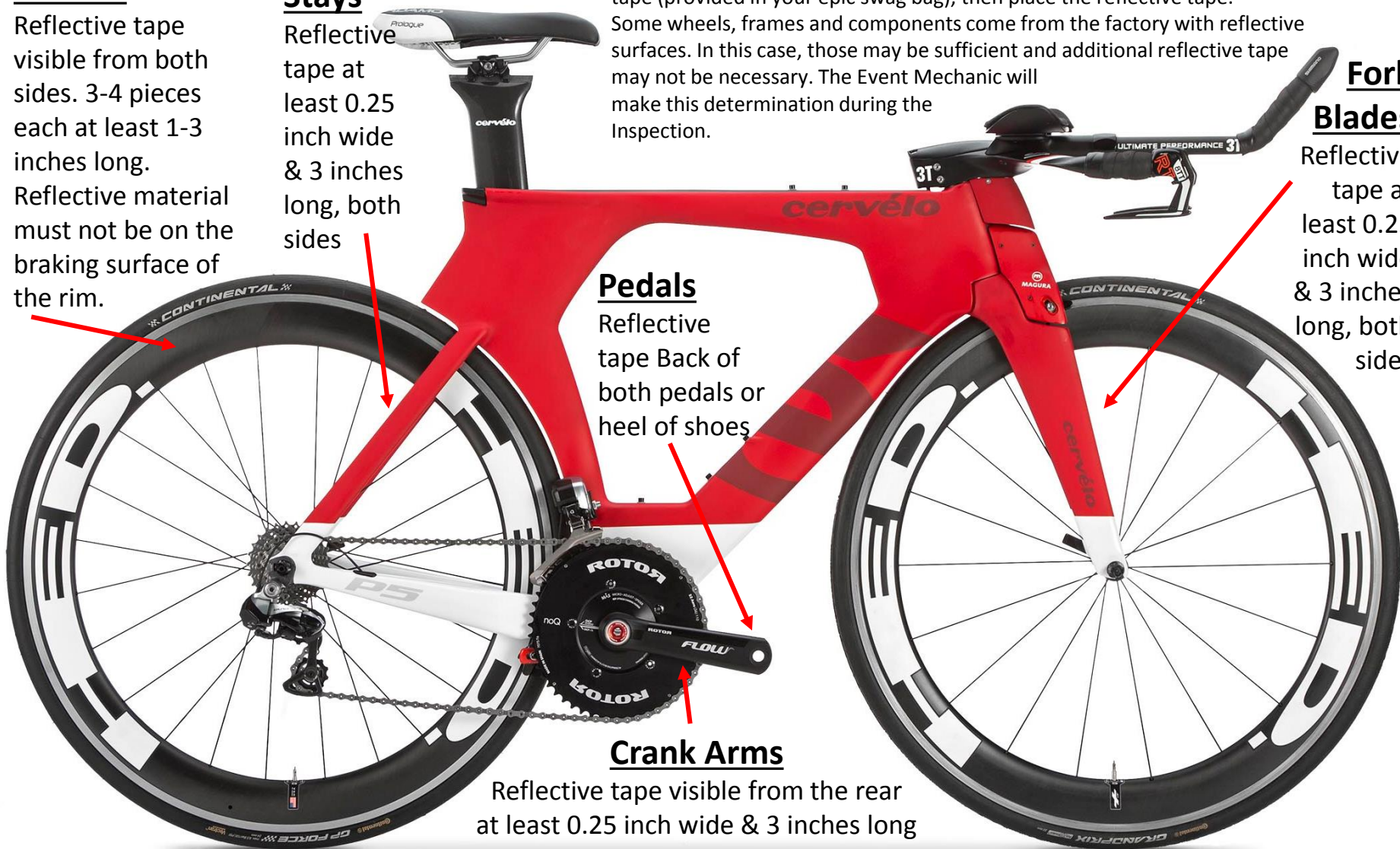
Reflective tape at least 0.25 inch wide & 3 inches long, both sides

Pedals

Reflective tape Back of both pedals or heel of shoes

Crank Arms

Reflective tape visible from the rear at least 0.25 inch wide & 3 inches long



Safety & Visibility – Reflective Material

Athlete & Crew Visibility

- Safety and night-time visibility is high priority. Before the sun goes down, all athletes must have either reflective material on their cycle kit, or wear a reflective safety vest.
- All crew who will be getting out of the vehicle to assist the athlete after the sun goes down must wear a reflective safety vest.
- We will provide reflective safety vests to athletes & crew.





Crew Support to the Athlete

A crew vehicle is primarily responsible for providing the athlete with food and drink, change of clothes, navigation and protection from motorists in certain situations. In order to avoid being a hazard on the roads, all vehicle crews should have an understanding of how to support an athlete. There are **two ways** to support an athlete:

- 1. PRIMARY METHOD:** By playing **leap frog** with the athlete, for example driving ahead 5-10 miles, stopping and offering support as a pedestrian, then repeating the process.
 - Use this method during day-time traffic, when following directly behind creates a bigger danger for motorists trying to pass, for example narrow two-lane winding roads where passing is difficult, or when three or more vehicles are stacking up behind and there doesn't look like the road ahead will provide an opportunity for passing.
 - When driving on the roadway, always travel the speed of traffic, not the speed of the athlete. Use turn indicators and arm signals at least 200 FEET prior to stopping or turning. Signaling your intent with your left arm is useful in addition to signaling with your lights.
 - When parked or stopped, always display your emergency flashers.
 - When parking or stopping, do so completely OFF the roadway to the right of the white line, and make sure the athlete has enough room to pass without having to ease out into traffic.
 - Park or stop on the right side of the roadway. Select a safe spot that will allow enough room for the vehicle.
 - Avoid stopping on downgrades because the athlete is moving too fast for a hand-off.
 - All hand-offs should be done as a pedestrian and not out of the window of the vehicle.
 - The athlete may opt to throw empty bike water bottles, etc. on the side of the roadway next to the vehicle before the hand-off is made. Please pick up all litter.
 - Any goof-ups with traffic reflect badly on the athlete ahead, and our group. For example, if you zoom out into traffic in front of another motorist, that motorist could possibly take anger out on the athlete ahead by a nasty remark, horns, throwing debris, spitting, or even easing a athlete toward the shoulder. Please show the other motorists respect at all times.

Crew Support to the Athlete - continued

2. Direct Follow. Following directly behind the athlete, at the speed of the athlete, and giving support from a moving vehicle. **MUCH LESS COMMON**, should seldom be used with exception of quiet, deserted areas.

- This method is typically used at night on roads where there is not a lot of light or traffic.
- Follow at a distance that will allow you to stop if the athlete falls.
- Always display your emergency flashers
- Always check your rear view mirrors on a continual basis for traffic to the rear. Be able to identify a motorist that is not responding to your flashing lights.
- The athlete should ride as far to the right as is reasonable, given the road conditions when being followed.
- Prior to a hand-off, make sure traffic to the rear is clear. Carry out the hand-off as quickly as possible. If traffic comes during the hand-off, carry out the hand-off, but make sure traffic responds to your presence.
- If the athlete flats, pull off to the right as far as possible. The athlete should get off the roadway and stay far enough from the vehicle as not to be hit by the crew vehicle should the crew vehicle be hit from the rear. If there is no place for the crew vehicle to safely stop, then drive ahead to the first possible stopping place. The athlete should wait for the crew to come back.
- DO NOT DO DIRECT FOLLOW IF THERE IS TRAFFIC or other cars in the are.
- If the police stop the crew vehicle, for whatever reason, be courteous & deal in a manner you see fit and reasonable. Pace vehicles will generally be permitted providing a greater hazard isn't being created. Police departments interpret direct following differently. The bottom line is safety to all traffic. We will alert the police departments of our event so they are aware.
- All additional support vehicles must drive at the speed of traffic. Caravanning is absolutely prohibited, under all road conditions, day or night. Caravanning is when two or more vehicles follow directly behind an athlete. This makes passing difficult. Additional vehicles should play leap frog, or just drive up the road 5 to 10 miles and wait.
- Use low beam lights when traffic is approaching from the front. Any additional headlights should be shut off. They can be blinding to approaching motorists.

Bike Rules



- All participants, both athletes & crew vehicles, must obey all applicable traffic laws.
- A full, legal stop is always required at all stop signs & at all red traffic lights.
- Athletes should not cross a solid yellow center line for any reason.
- Athletes and crew must not impede traffic. If one or more motorists are backed up behind a support vehicle, that support vehicle must pull over as soon as possible to allow other motor vehicles to pass.
- Athletes must follow the prescribed course. In the event of a routing error, e.g., wrong turn, the racer may be driven back to the exact original spot where he/she left the course and continue riding from that location. Cutting the course is a violation and going outside the course is a safety issue.
- Cycling helmet must be properly worn and fastened by the athlete at all times when on the bike.
- Since EPIC5 uses public roads, it is impossible to control traffic or get road closures. Never risk human safety. Athletes and crew must "size up" every road situation and decide how best to proceed or not to proceed. Use common sense and think safety first!
- It is critical that drivers rotate & take naps to get enough sleep. If all a driver become too sleepy, he or she must relinquish the driving responsibility. If no one is awake enough to drive, the athlete must stop until a crew member has obtained adequate sleep.
- If you see another athlete or crew behaving in an unsafe or unsporting manner, please say something to that crew and to a race official.
- All athletes, crew and staff must display courtesy, good taste, decorum, and sportsmanship at all times.
- Devices attached to the bicycle or racer designed solely to reduce wind resistance or increase speed, e.g., air foils or sails, are prohibited.
- For your safety and the safety of other athletes and road users, headphones / ear buds / earpieces in ears may not be used at any time while cycling. Listening to music is particularly discouraged.



USA Triathlon Rules

USAT is the governing body of triathlon rules & regulations in the United States. Since EPIC5 is sanctioned & insured by USAT, we must adhere to the rules which are set in place primarily for safety. Key rules to remember:

- **Forward Progress.** Participants shall not make any forward progress unaccompanied by their bicycle. If a bicycle is rendered inoperable, a participant may proceed on the cycling course, running or walking, while pushing or carrying the bicycle, so long as the bicycle is pushed or carried in a manner not to obstruct or impede the progress of other participants. Any violation of this section shall result in disqualification.
- **Traffic Laws.** All participants must obey all traffic laws while on the cycling course unless otherwise specifically directed by a USA Triathlon official, race monitor or designee with actual authority. Unless otherwise directed in accordance with the preceding sentence, all participants shall come to a complete stop when required by a traffic sign or traffic control device and shall not proceed through any intersection unless such intersection is clear of oncoming traffic. In no case shall a cyclist cross a solid yellow line indicating a no passing zone. Any violation of this Section shall result in disqualification or a variable time
- **Endangerment.** No cyclist shall endanger himself or another participant. Any cyclist, who intentionally presents a danger to any participant or who, in the judgment of the Course Marshal, appears to present a danger to any participant shall be disqualified.
- **Helmets.** All participants shall wear a protective head cover, undamaged and unaltered, which meets or exceeds the safety standards of the Consumer Product Safety Commission (CPSC), and which is clearly labeled by the manufacturer as satisfying such standards.
- **Chin Strap Violations.** The helmet must be fastened before the participant first mounts the bicycle, at all times when the participant is on the bicycle, and must not be unfastened until the participant has dismounted.

What To Bring



- One (1) bike with bike box.

NOTE: Hard case boxes are recommended. This is a recent change as directed by Hawaiian Airlines. Our experience is that if you bring a soft shell, they will still accept it.

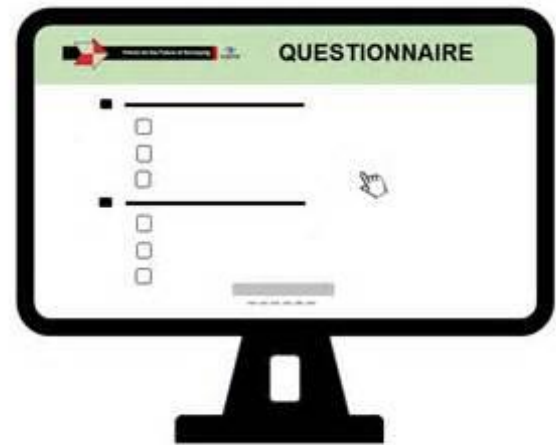
- Spare set of wheels (recommend at least 1 wheel)
- Spare tires (recommend 2)
- Spare tubes (recommend minimum 5)
- Tools for fixing a flat – our mechanics will have, but may take some time to get to you
- Bike pump – highly recommended. CO2 cartridges are not permitted on flights.
- Extra chain & chain lube (recommended)
- Two (2) sets of front/rear bike lights, 500 lumens for front.
Recommend a spare battery pack if 700+ lumens as the lights may die quickly.

- Di2 charger if your bike has electronic shifting
- Bike computer or GPS watch
- Helmet, shoes, socks, glasses, gloves, chamois cream, etc.
- Bike mirror (suggested but not required)
- Arm coolers (recommended)
- Jersey, bib, shorts (recommend 2-5 sets).
- Bike bottles (recommend 6 minimum for easy swap out.)
- Rain jacket or poncho (recommended. We will provide an event wind jacket)
- Reflective apparel, if you have it

Bike Questionnaire

In an effort to help our bike mechanics be prepared to support you, a section of the final questionnaire will have some bike questions:

- What type of bike are you bringing? (make/model)
- What type of wheels will you use?
- Are you bringing spare wheels?
If yes, please describe
- What type and size tires?
- How many spare tires will you bring?
- What type of tubes?
- How many spare tubes will you bring?
- Is your bike 10 or 11 speed?
- Is there someone in your crew who will handle your build/breakdowns or will you utilize our mechanics?





Questions?

MOST OF ALL.... HAVE FUN, ADMIRE THE SCENERY & ENJOY THE JOURNEY!