

HAMPSHIRE 100

PARTICIPANT GUIDE



NOTE:

This document may be updated throughout the pre-event period. Participants are responsible for all information in final version on race day. This document will serve as the source of official information, and supersedes all other published information. Variances from this document may be made on event day, at the discretion of the event director, when event conditions mandate such changes.

UPDATED 1/3/16

TABLE OF CONTENTS

- GENERAL COMMENTS
- RULES OF RACING
- VENUE LOGISTICS
- CAMPING ONSITE
- COURSE GUIDELINES
- COURSE DESCRIPTION
- CUTOFF TIMES AT FEED STATIONS
- VISITOR RESOURCES
- FREQUENTLY ASKED QUESTIONS
- GET INVOLVED

GENERAL COMMENTS

Welcome to the Hampshire 100, offering you the challenge of 50 kilometers, 100 kilometers, or 100 miles on your mountain bike, through the beautiful and varied terrain of Southern New Hampshire. Whether you are a local, or have traveled from afar to take part in this event, we are happy to have you join us.

*There are sure to be moments of terror, bliss, fatigue, exhilaration, distress, and pure joy along the way. In the end, we hope it becomes one of those glorious memories we all seek in life, and you come to appreciate the Hampshire 100 motto---“Live Free & Bike!”
Enjoy the ride.*

- ⌘ Since much of the course exists due to permission of private and restricted public landowners, we cannot allow pre-riding or post-event riding. Riding on restricted access trails on other than race day **will jeopardize this event**. Please, please, please----don't do this.
- ⌘ For the past several years, the event experienced a much better effort by all regarding appropriate disposal of litter on course. Keep up the good work! As a reminder---Whether it is a gel wrapper, ziploc bag, empty water bottle, flattened tube, empty CO2 cartridge, or any other foreign item----**it should NOT be left on the trail**. Please plan to drop off all items at the next aid station. Trash receptacles are located at each of these stops. If you are not planning to dismount at a specific station, you still may drop your items on the ground as you pass through. Volunteers expect this and are happy to pick up and place in trash bag for you. (As opposed to being very, very unhappy to have to walk the entire course, after the event, hoping to remove all litter before a gracious landowner discovers it first and becomes grumpy, instead of gracious!)
- ⌘ For those who may like a pre-ride on local singletrack, including small sections you will also see on race day, Greenfield Trails Association will plan several led rides on Saturday afternoon and evening. These usually are an hour or so in length and may be joined by simply gathering with the group near the venue pavilion when they are announced on Saturday.
- ⌘ Check-in --- All racers are expected to pick up their racer packet on Saturday, August 20th, between the hours of 2 – 9 PM, at the start/finish venue of Oak Park in Greenfield, NH. Participants must pick up their own packets. Photo ID is required. If you are under the age of 18, a parent or legal guardian must also be present. As in the past, there will be an opportunity for Sunday morning pick-up for those that cannot get to the venue on Saturday without undue hardship. **This is packet pick-up only. No new registrations will be allowed on Sunday morning.**

- ⌘ **NOTE: If arriving early Sunday morning, please use caution approaching Oak Park. There will be a 5:30 AM start for the trail runners, and they may be on roadside near the park entrance.**
- ⌘ Come join the Trail Boss for a “trail side chat” on Saturday evening, at approximately 7:30 PM. This informal gathering at the venue pavilion picnic area will give you a chance to speak directly with the person responsible for setting out the course. Feel free to eat your dinner while having your course questions addressed.
- ⌘ DO NOT miss the mandatory riders’ meeting held at 6:15 AM on Sunday. Last minute changes to any previously posted information will be communicated at that time. These could impact the course, start arrangements, your safety, et cetera. You are responsible for all information communicated at this meeting. The meeting will be held near the breakfast area so you may enjoy a bagel, banana, and coffee while you hear the latest.
- ⌘ Complimentary breakfast munchies of juice, coffee, bagels, donuts, oatmeal, fruit, et cetera will be available to race participants on Sunday morning. Service starts as soon as the first pot of coffee is brewed---about 5:00 AM.
- ⌘ A complimentary post-race meal will be served to race participants. Lots of food, including vegetarian options will be offered. Additional concessions will be available for sale throughout Sunday to spectators, family, and friends.
- ⌘ Concessions will also be available for sale Saturday evening. A generous and great tasting pasta meal, including green salad, roll, and perhaps a sweet finish will be available at a really reasonable price on Saturday (\$9?). Other tempting options also offered. Great way to carbo-load.
- ⌘ Race start will be in waves starting at 6:45 AM. All should be on course before 7:00 AM. Please line up with your assigned group.
- Wave #1 - 100 mile competitors (all 4 classes)
 - Wave #2 - 100 kilometer competitors (all classes)
 - Wave #3 - 50 kilometer competitors (all classes, including teams)
- ⌘ There is a posted time limit for this race. The scheduled time limit requires all racers to be off the course by 7:30 PM. No racers should be on course after daylight hours. This is for the safety of all. There will be posted interim cutoff times at each of the feed stations. If any competitor arrives at a feed station after its established closing time, they will **not** be allowed to continue and will be returned to the venue via SAG wagon.

- ⌘ Preliminary results will be posted at the venue throughout the day. All racers are responsible for checking their results at the venue as to proper class and placement. Once the protest period for each ability level is over, the results become final.

- ⌘ Awards will be made throughout the day, as each ability level completes the course and has been allowed at least a fifteen-minute protest period.

🚲 PRIZING (see posted prizing schedule):

- NUE classes (100 mile option) – Points awarded in the National Endurance Series 100 Mile Championship; cash purse (see sliding scale); merchandise and unique Hampshire 100 medals (see prizing schedule); custom event finisher medals for all finishers
- NUE classes (100 K marathon option) – In addition to the prizing cited below, 100 K competitors will earn points in the National Endurance Series Marathon Championship. 100 K competitor results will be consolidated into 4 categories for this purpose (Open Men, Open Women, Men Master, and Singlespeed).
- Elite classes in 100 kilometer option - Cash purse (see sliding scale); merchandise and unique Hampshire 100 medals (see prizing schedule); custom event finisher medals for all finishers
- All other 100 kilometer classes - Merchandise and unique Hampshire 100 medals to top finishers (see prizing schedule); custom event finisher medals for all finishers
- All 50 kilometer classes - Merchandise and unique Hampshire 100 medals to top finishers (see prizing schedule); custom event finisher medals for all finishers
- Teams - Merchandise and unique Hampshire 100 medals to top finishers (see prizing schedule); custom event finisher medals for all finishers
- Top Finisher in each class - The famous H100 windchimes
- All pre-registrants will also be eligible for random door prizing for various gift certificate and miscellaneous merchandise items. Items distributed at check-in.

RULES OF RACING

- ⌘ Except for any modifications cited in this section, all EFTA Rules of Racing apply. These rules address areas such as required safety equipment (including a helmet!), trail race etiquette, self-sufficiency, and unsportsmanlike conduct. Violations may result in disqualification of the racer.
- ⌘ Racers are not allowed to change wheel sets or bikes during the competition.
- ⌘ Spare parts and supplies may only be used that were either carried on course by the participant, included in normal size drop bags (including items at pit stop row for 100 mile and 100 kilometer competitors), provided by fellow competitors while they are actively on course, or offered by any neutral on course event staff (such as any neutral mechanic stations, feed station volunteers, or sweep riders). In general, the racers are expected to be self-sufficient, and no support crews are allowed for mechanical assistance (including within the team competition.)
- ⌘ Major feed stations will have a self-help mechanics box (bright orange in color). There is no guarantee of what will be available, but you may just luck out and find a pump, tube, multi tool, duct tape, etc. Again---you are expected to be self-sufficient, so these resources should be considered “gifts” that allow you to finish your ride. Tools must be returned to orange tool box after use.
- ⌘ Littering the course is a violation of the EFTA Rules of Racing, as well as being plain disrespectful of the environment and landowners. We are all ambassadors to the sport of mountain biking and trail running. As such, racers are expected to carry out all their own gel wrappers, flattened tubes, etc. These items may be dropped off at the next feed station. The future of the event depends on participants showing the utmost respect for the land they are allowed to travel on.
- ⌘ Only registered racers are allowed to ride the course. Spectators on foot are allowed but must stay off the trail when racers are present.
- ⌘ Due to safety, medical, and logistical concerns, the race director and/or medical personnel reserve the right to stop any participant's race, for any reason, at any time.
- ⌘ With 50 kilometers of trail, there is sure to be lots of room to ride and pass without incident. However, this is a reminder that open trail rules of etiquette will apply regarding interface with others, whether they be fellow cycling competitors, running competitors, recreational hikers, cyclists, horses, wild

animals, or vehicles. You can figure out the obvious appropriate behavior near wild animals or vehicles. For interface with recreational hikers, cyclists, and equestrians, adhere to common elements of trail courtesy. **Participants are not granted any special right-of-way considerations. Please give a courteous and audible signal of your intention to pass.** Pass only when safe. Remember, the person you pass may be the landowner that granted you special permission to use their property.

When passing situations occur among fellow competitors, including running competitors, the same elements of trail courtesy must be followed. The lead competitor does not have to yield his or her position to an approaching challenger. It is the responsibility of the challenger to reasonably and courteously announce and safely pass the front competitor. However, a racer may not bodily interfere, with the intent to impede another racer's progress. Failure to follow these competitive rules of the trail can cause unnecessary safety issues, and therefore violations will be taken seriously. Such violations may result in public admonishment, race disqualification, or event banishment.

- ⌘ In consideration of significant and numerous safety issues, the use of electronic music players, radio communication devices, cell phones, and similar items is prohibited for mounted riders on course. Devices may be used while rider is dismounted and off the direct travel path of fellow competitors and vehicular traffic. (The preceding prohibition does not apply to usage of routine bicycle computers or GPS systems.)

EFTA RULES OF RACING

(extracts from membership handbook)

5.0 Equipment Requirements

- 5.1 Every rider, while on bicycle at each event, shall wear a protective, securely fastened helmet meeting the standards of the American National Standards Institute (ANSI).
- 5.2 Footgear shall be fully enclosed.
- 5.3 All bicycles shall have at least two brakes that are in good working order.
- 5.4 Bar ends and handlebar extensions shall be plugged and shall not have any sharp or jagged edges.
- 5.5 Eye protection is strongly recommended.

6.0 Racing Regulations

- 6.1 Racers shall complete the entire event, and complete it on the same bicycle upon which the event was begun.
- 6.2 All repairs during the event shall be performed by the individual racer and/or fellow competitors only. No other outside help or assistance is permitted.
- 6.3 All spare parts and tools shall be carried by the participants, while on course. Cannibalizing other bikes or obtaining spare parts from a pit area or the like is not permitted.
- 6.4 Water shall be available to anyone from anyone at any point along the course as long as rider safety is not threatened. The event will provide a neutral water zone for any race exceeding 60 minutes in length. Official water zones must be accessible and publicized before each race.
- 6.5 Racers riding bikes have the right of way over racers walking bikes. When practical, racers walking bikes should stay on the least rideable section of the course when being passed. A racer walking or carrying his/her bike can overtake a racer riding as long as they do not interfere with the other racer's progress.
- 6.6 Lapped riders must yield to leaders. Leaders should verbalize the command "track" when overtaking another. It is the responsibility of the challenging rider to overtake safely. You must yield to the passing rider on the first command.
- 6.7 In the event two racers are vying for position, the leading racer does not have to yield his/her position to the challenger. However, a racer may not bodily interfere, with the intent to impede another racer's progress. Traditional rules of racing apply: the leading racer owns the track.
- 6.8 Shortcutting and/or cutting trail switchbacks shall result in disqualification.
- 6.9 Unsportsmanlike behavior and/or the use of profane language are grounds for warning, relegation, disqualification or recommended membership suspension. The penalty imposed shall be determined by the race official or race director.
- 6.10 All local laws, rules and ordinances shall be observed during the participation in any event.
- 6.11 A racer may be suspended from EFTA for up to two years for damaging or destroying public and/or private property.
- 6.12 Practicing racers may not interfere in any way with racers competing in the event.
- 6.13 The use of electronic music players, radio communication devices, cell phones, and similar items is prohibited for mounted riders at any EFTA sanctioned event. Devices may be used while rider is dismounted and off the direct travel path of fellow competitors. (The preceding prohibition does not apply to usage of routine bicycle computers or GPS systems.)

7.0 Protests

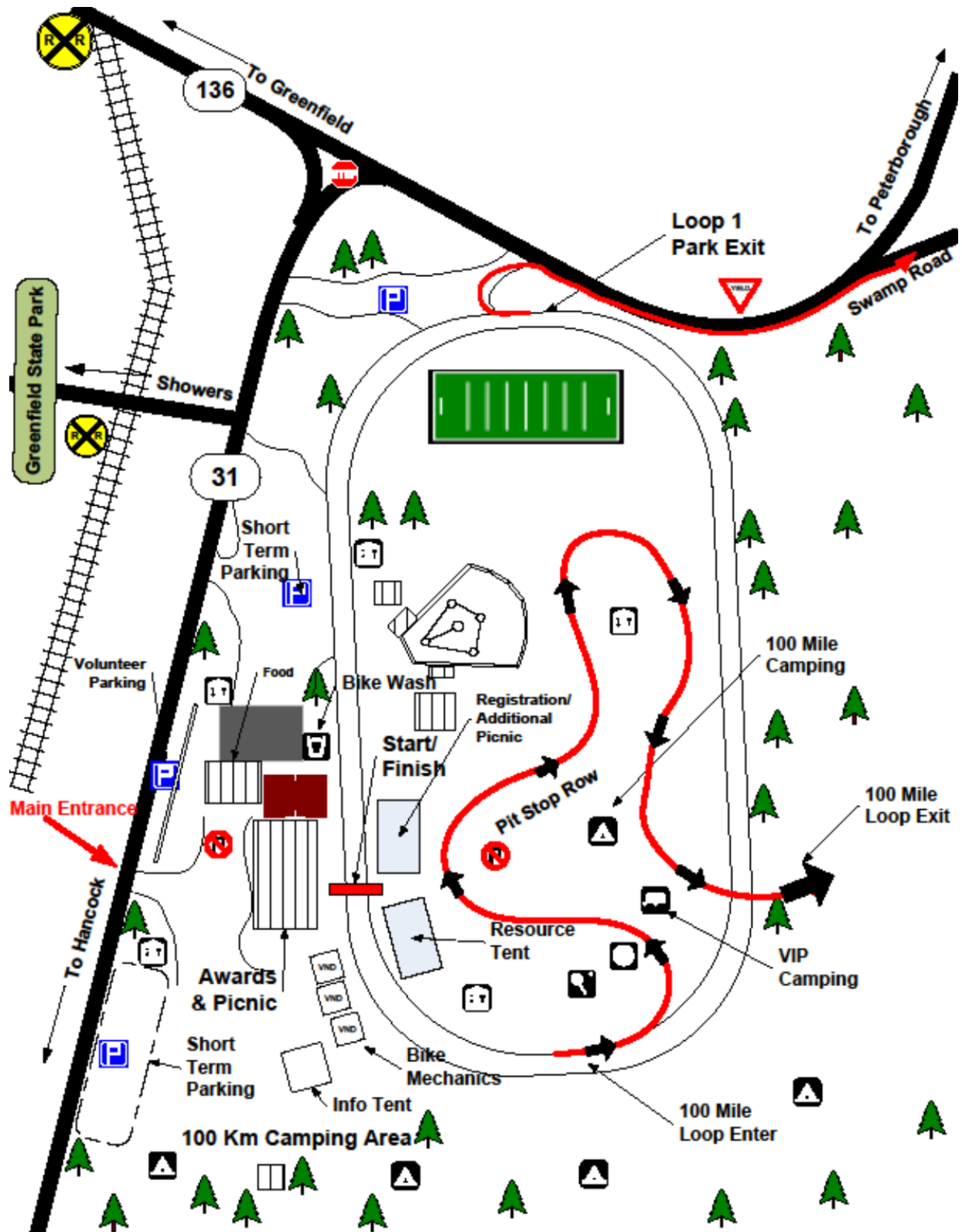
- 7.1 Protests can be made by any registered race participant or EFTA member. The participant shall file the protest in writing with the race official, or the race director in the absence of a race official. The protest period is immediately following the race and up to 15 minutes following the posting of the complete results for his/her class.
- 7.2 An EFTA official (or race director in the absence of an official) will be permitted to make the final decision regarding an occurrence at an event not addressed in the EFTA Handbook. If the race official can not make a suitable decision for a given protest, the Competition Committee will be called to session and their decision will be final.
- 7.3 All result inquires, including placement and class considerations, must be made at the venue during the protest period. Once the protest period is over, results become final.

VENUE LOGISTICS

- ⌘ A map of Oak Park follows this page. This illustrates the layout of venue for start/finish, registration, eating, camping, etc.
- ⌘ Oak Park is a full recycling venue. Therefore, there will be a designated drop off area for all trash. Volunteers will sort and dispose of all items in accordance with current local recycling and disposal requirements. This means that there will be very few standard trash receptacles. You should plan to bring all items to be disposed to the identified sorting area, or pack it up yourself and carry away with you at departure. In NO circumstances should it be left simply lying on the ground of this lovely town park!
- ⌘ Shower passes will be available for use by all participants at the State Park across the street on Sunday afternoon. Instructions on procedures for shower use will be posted at the venue and included with the pass in participant packets.

VENUE AT OAK PARK – FOREST RD, GREENFIELD, NH

(Note: Map not updated for current year course exits)



CAMPING ONSITE

For those who take advantage of the complimentary camping at the venue, please note---

- ☾ The complimentary campsites currently are only available for Saturday night at Oak Park. No camping is allowed at the venue except for this one night. If additional nights are required, they must be obtained at another location in the area, such as Greenfield State Park across the street.
- ☾ Campsites will be assigned starting at 2 PM on Saturday
- ☾ All campsites are within site of the start/finish line
- ☾ 100 mile and 100 kilometer participants will receive preference for sites bordering immediately alongside the course at the start of the second lap (pit stop row)
- ☾ No pets
- ☾ No alcoholic beverages allowed
- ☾ Quiet time starts at 10 PM – strictly enforced
- ☾ No individual campfires allowed
- ☾ Camping allowed only for Saturday night
- ☾ Shower passes will be available for use at the State Park on Sunday
- ☾ Campsites may remain in place until after completion of the event. No need to pack it up at 6 AM before the start of the race.
- ☾ Please follow posted guidelines for trash disposal. NO littering allowed
- ☾ Port-a-potties available – use them, not the woods, please
- ☾ Water available from spigot
- ☾ No RV waste or electric hookups available
- ☾ Concessions will be available for sale on Saturday evening and throughout Sunday
- ☾ This is a town park, so there is a play area for children
- ☾ There is a state park, with a swimming beach, directly across the street. Family and friends may wish to visit (while you sweat and toil on the course). Fee is charged by the state.

COURSE GUIDELINES

Course Markings

Each rider will receive a course map and course route sheet at check-in. The route sheet will have turn-by-turn instructions. It also will identify the locations of the full aid stations, and the self-serve water stops. Provided route sheets and maps are for use only on race day.

The course itself will be marked primarily by black arrows, W's, and X's on bright orange paper. (You may also see arrows on bright green paper. These are runner-specific arrows, and will sometimes be on the same course as your orange arrows. Remember---bikers follow orange!). Markings will be further discussed later in this section, as well as at the rider meeting on Sunday morning.

Many course crossings and turns will also have a white rectangular mileage marker posted. These markers can help significantly on race day, if things go wrong. Missed a turn----mileage marker can help you identify where you are on your route sheet. Need a sag wagon----citing a nearby mileage marker can help us locate you. Course arrowing has disappeared----the mileage marker can serve as a confirmation that you are on course and following the route sheet correctly.

Be aware that the event volunteers work very hard to ensure you have a good trail to follow. Approximately 600 course arrows are used. Additional natural trail indicators and barriers are used frequently and should be obvious. On race day, a safety marshal on motorcycle rides the course, just in advance of the lead group. Significant tasks for this marshal include making sure the course is clear and is well marked.

Ultimately, no matter how many steps are taken to mark the course, it is the rider's responsibility to stay on course. If they stray, they must use their given resources, such as route sheet and map, to return on course at the point at which they erred. Doing otherwise results in a non-finish. One of the best hints for staying on course----keep looking for the orange trail markings. They will be at approximately eye level while on bike.

Finally, this is your strong reminder that it is the rider's responsibility to cover the course in a safe manner. Please ride within your ability level, know and heed all warning markings, and do not rely solely on warning markers as the only indication of dangerous terrain. Course conditions change throughout race day, racer ability levels are varied, and there is a limit to the effectiveness of adding another warning marker to a long course. Be aware---Just because you can go fast, does not necessarily mean that you should.

Common Course Markings



DIRECTIONAL ARROW
Indicates course direction.



CONFIRMING ARROW
Single vertical arrow shows direction of route.
May be tilted to indicate direction of bends in trail.



DANGER MARKER
Warns of dangerous terrain or obstacles ahead. Up to three markers may be used to indicate the severity of the danger. One marker = caution, two markers = extreme caution, three markers = stopping may be required.



WRONG WAY MARKER
Used to warn riders they have missed a turn.
Placed where riders will see them after they have missed the correct turn.

Safety Issues

- ⌘ Course sweeps will follow the racers, ensuring no participants are left on the course.
- ⌘ SAG wagons will be circulating throughout the day. If you discover you need one, flag one down, or let a volunteer at a feed station or crossing call one in for you.
- ⌘ If you cannot finish the course, **DO NOT JUST PACK UP AND LEAVE WITH YOUR FRIENDS OR FAMILY!** We need to account for all racers by the end of the day, so **ALWAYS LET A RACE OFFICIAL KNOW IF YOU ARE NOT GOING TO FINISH.** This can be done by telling a feed station volunteer, a SAG driver, a course marshal, the timer, or an official at the venue your name and race number.
Repeat---please let us know if you do not finish the course. We do not want to have to assume you are lost in the dark and we need to call in emergency search parties.
- ⌘ Each feed station will have a self-serve first aid kit, if you have need for light medical supplies. If you, or another rider, need professional medical attention, there are several ways to let us assist. If there is not already an event volunteer present to call in medical professionals, please call one of the emergency numbers that will be listed on your course route sheet. It will be important to know, as closely as possible, what course mile you are located at. We will handle it from there.

If you spot another rider that you believe will need assistance (due to either injury or bike issues), please call us or report in to the next course marshal. It is extremely helpful in these cases to have the potentially disabled rider's race number and brief description of the issue. Occasionally we will receive report of a rider needing assistance, but cannot locate them. Without a race number, they cannot be tracked down. On past occasions, riders in question had corrected the issue themselves and rode on. And we continued to search for someone not there.

Rules Of The Road And Course Marshals

- ⌘ This course travels brief sections of, and intersects with, many public roads (although some could be rightfully questioned as to how vehicles could pass on them!) Over the 50 kilometer loop, there are approximately 20 intersections. These roads will **NOT be closed to vehicular traffic** during the event; therefore **normal rules of the road will apply**. There will be course marshals and police officers to assist at many road crossings and intersections. Let them help you cross safely. You must follow their

directives. If no marshal is present, cross with caution and **adherence to all traffic laws**.

- ⌘ There will be marshals noting racer numbers and order of passing at certain checkpoints.

Feed/Aid Stations

- ⌘ Full feed stations, staffed by volunteers, will be positioned at approximate 10-mile intervals. Locations will be indicated on the route sheet in blue highlight. Planned approximate locations include one at 10 miles, one at 20 miles, and a third one at the venue as “Pit Stop Row” for competitors continuing on for a second or third lap. Items provided at these locations will always include water, HEED sport drink, and a varied assortment of other items, such as bananas, grapes, watermelon, Hammer gels, peanut butter & jelly sandwiches, chips, pretzels, fig newtons, cookies, trail mix, peanut M&Ms, and other snack foods. No one has ever claimed to go hungry on course.
- ⌘ In-between the full feed stations, you will find strategically placed self-serve water stops. Locations will be indicated on the route sheet by light green highlight. These stops are intended to provide emergency provisions of water and an energy gel or such. They are stocked once, and many may not be accessible for re-supply during the event. In the event of a very warm day, attempts will be made to re-stock critical self-serve stations
- ⌘ Besides the official feed stations, a rider may take food and fluids from any source at any time. However, any transfers of such on course must be done in a manner that does not hinder the progress of other competitors.

Drop Bags

- ⌘ Drop bags of items you shed along the way are okay. Drop bags of excess clothes/items will be received at any aid station, and will be transported back to the venue. BUT--- it is your responsibility to pick them up at the start/finish venue. No mailings or shipments will be made of items left behind at the end of the day. Nor will we be responsible for any lost items. We recommend you carry a pre-labeled plastic bag for use in drop offs during the day.
- ⌘ There will be delivery of drop bags to feed stations on the course. The two manned feed stations on course will receive pre-bagged items by racers (At estimated course mileage of 10 and 20 miles of each lap. The 100 kilometer and 100 milers will also have an opportunity for an additional drop bag area just beyond the lap point (mile 34) on Pit Stop Row at the venue (Oak Park).

In addition to a manned neutral feed station on Pit Stop Row, there will be the opportunity for the competitors to also place their own replenishments on this stretch as a personal aid station stop.

- ⌘ Clearly marked boxes will be set up at check-in to receive any racer drop bags. All bags will need to be in the boxes by 6:00 AM on Sunday morning. These bags will be delivered race day to the designated feed station for racer use.
- ⌘ Drop bags should generally be no larger than a gallon size Ziploc bag, and should be clearly marked with the racer's number.
- ⌘ Drop bag procedures at the designated feed stations:
 - The feed station volunteers will empty the large transport box of all drop bags
 - The drop bags will be spread out, in numerical order of race plate number, as written on the bags. Any illegible or unmarked bags will be placed at the end of the line of the marked bags.
 - The emptied large transport box will be available for any items that riders wish to have brought back to the venue for them. These items will be picked up throughout the day and returned via trips by the SAG wagons.
 - Strong recommendation---if you place items in a drop bag, but then decide not to use them upon arrival at that feed station---take a minute to still locate your bag and place in the large transport box. This will increase your chances of your goods being returned to the venue earlier. Any drop bags not placed back in the transport box by the rider will necessarily need to remain at the feed station until the last rider on course has passed that station.

Family/Friend Support at Feed Stations

General road maps, with accessible feed stations marked, will be available at the venue for use by family and friends who may wish to see you at various feed stations. Not all feed stations are accessible, and may have limited parking and/or private landowner concerns. Please take this into consideration.

(Feed stations identified below are for prior year. Stations for 2016 are expected to be similar, and will be identified prior to event day.)

<u>Feed Station</u>	<u>Approx. Mile</u>	<u>Considerations</u>
#1 – Crotched Mtn. Ski Resort, Bennington	10 miles	Full access
#2 – East Rd., Greenfield	20 miles	Full access
#3 – Pit Stop Row, Oak Park	34 miles	Full access

COURSE DESCRIPTION

A 50 kilometer loop is bound to have great variations in terrain. You will travel through three different towns. Be prepared to embrace the changes along the way. Some sections of the course are relatively remote, and receive only light travel on other than race day. Although each mile is prepared with care, with many miles and hours of trail maintenance, the unexpected should still be expected. We recommend you treat the day as an adventure --- prepare and ride accordingly. Oh, yes----And find the fiddler!

General Course Description: Open and nearly flat road/dirt road for a fast 4 miles of warm-up, followed by a great combination of rideable woods doubletrack and singletrack, with plenty of passing opportunities. Then enough fun and challenging singletrack, strategically mixed with doubletrack to keep you smiling. **The second half of the course will feature less singletrack than in the prior year, replacing some with more endurance-friendly doubletrack. This will allow planned overall course times to be quicker, and less taxing, than in the prior year.** Among the notable trails included is Big Rock Trail, expected to quickly become a rave favorite among competitors. **It** is approximately 1.5 miles of mostly downhill, with one of those giant New Hampshire boulders dead center that is bridged on both sides, making for a great ride over (yes---detour is available for those desiring one...). A brief stint of dirt woods road sets the rider up for the home stretch of the “Triple F” singletrack (**F**ast, **F**lowing, and **F**un) that Greenfield Trails Association is so well known for.

Although some of the “challenging favorites” of the past have been tabled again for this year, this still should be considered an adventurous ride of no small measure, as New Hampshire is known to dish out. Plenty of course variation to test the skills and soul. There is also approximately 3500 feet of elevation gain on the loop, translating to 10,500 feet for those taking on the 100 mile challenge.



FEED STATIONS

(Feed stations identified below are for prior year. Stations for 2016 are expected to be similar, and will be identified prior to event day.)

Mileage point on lap	Station	Full or Self-serve
4.47 miles	Muzzy Hill	Self-serve
7.89	Mountain Rd/Bennington Trl	Self-serve
10.78	Crotched Mtn Ski Resort	Full
14.37	Bullard Hill Summit	Self-serve
16.81	Town Line	Self-serve
20.63	East Rd	Full
24.83	New Boston Rd	Self-serve
29.19	East Rd	Self-serve
34.29	Pit Stop Row at Oak Park	Full

CUTOFF TIMES AT FEED STATIONS

These are hard cutoffs. Anyone arriving after posted cutoff time will be stopped from riding further on course and will be escorted back to venue by SAG wagon.

This is to ensure all are off course before darkness for the obvious safety of all participants and volunteers.

We apologize in advance if we must apply this rule to you.

(Cutoff information identified below is for prior year. Cutoffs for 2016 are expected to be similar, and will be identified prior to event day.)

FEED STATION #	MILEAGE POINT	CUTOFF TIME
1	10.78	5:15 PM
2	20.63	6:15 PM
3	34.29	4:15 PM

VISITOR RESOURCES

[Greater Peterborough Chamber of Commerce](http://www.greater-peterborough-chamber.com/new-hampshire-lodging.php) --- <http://www.greater-peterborough-chamber.com/new-hampshire-lodging.php>

[Visit NH](http://www.visitnh.gov) --- <http://www.visitnh.gov>

[Greenfield State Park](http://www.nhstateparks.com/greenfield.html). --- <http://www.nhstateparks.com/greenfield.html>

[Manchester-Boston Regional Airport](http://www.flymanchester.com/) --- <http://www.flymanchester.com/>

FREQUENTLY ASKED QUESTIONS

Q: What type of tire should I select?

A: No matter which tires you choose, you will have chosen correctly for 20% of the course. (Yes, the course is varied in nature...)

Q: Does complimentary camping include both Saturday and Sunday night?

A: Unfortunately, the complimentary camping at Oak Park, within site of the start/finish area, is only available on Saturday night. Camp sites may remain up until the end of the event on Sunday evening. If you desire accommodations for Sunday night, other lodging should be obtained. One option is to camp at Greenfield State Park, directly across the street. However, reservations should be made early, as the State Park tends to fill during the summer. Other campsites, as well as traditional lodging, are also available in the area.

Q: What time is the awards ceremony?

A: There are actually multiple award ceremonies. We try to balance the need for top finishers to pack up and head off for some well deserved rest with the need for respect of the efforts of fellow competitors who may take additional time on course. Therefore, we generally issue awards after a class has most of its participants finished and given a chance to review preliminary results. Depending on the finishing times within the various groups, you can expect 4 to 5 award ceremonies. Lots of post-event food and ride stories of the day in the interim. First round of awards is tentatively planned for the 50 K competitors at 11 AM.

Q: Do I need to track my mileage on course?

A: Since the route sheet, course map, and on course white markers all are referenced in miles, you absolutely should have either a bike computer or GPS unit that will track your miles traveled. Or be very lucky and have no mishaps.....

GET INVOLVED

Whether you are:

- hanging out at the venue while family or friend is on course
- looking to give back to the cycling and running community
- an avid believer in the mission of our non-profit organization, which is to promote and support a healthy lifestyle by offering quality sporting events
- looking for an interesting community service project to fulfill graduation or club requirements (yes, we can complete your service forms), or
- simply wanting something different and meaningful to do this summer---

We Can Use Your Help!

Our volunteers are a key element in the success of the Hampshire 100. Volunteer opportunities exist in many different areas and within many different time commitments.

Examples:

- Course set-up
- Course post-event clean up
- Registration check-in
- Timing
- Course marshaling
- Aid stations
- Venue setup, maintenance, management, and clean up

Please e-mail the Event Director, hampshire100@comcast.net to discuss interests and opportunities and get involved. Last minute opportunities will also certainly be available on event weekend. Just ask for the volunteer coordinator at the venue.