

2016 Rails To Trails Festival

Handcar Race Safety Statement & Official Rules

Timeline of Events

10am: Practice, Warm-ups, and Safety Run

10:30am: Special Athletes

11am-3pm: Handcar Races & Handcar "Fun Runs"

3-3:30pm: Pusher's Contest

3:30: All awards will be presented.

Please review all of the race rules. If we appear overly strict with the rules, please keep in mind that we want to ensure your safety and the future of the event. The handcar you will be using has been specially designed and built for racing. The car weighs 800 lbs. and an efficient team can reach a speed in excess of 25 mph.

Release Form & Age

Each team member must read and sign a release form. Must be 16 years of age or older to participate.

Intoxication

No competitor who is deemed to be under the influence will be allowed to operate a handcar.

Safety Run

Each team member must complete a safety run on Rails to Trails race day. This allows each team to become familiar with the safe operation of the car and learn the basic techniques for racing. This will begin at 10am.

Placement of Hands & Feet

Both feet of all the pumpers must remain on the deck of the handcar at all times. Both hands must remain on the handle of the car while it is in motion. Only an overhand grip is allowed. The knuckles of both hands must be over the bar. Exception: The brake person may let loose of the handle with one hand to hold on to the tower handhold while braking.

Direction of Travel & Safety on Moving Cars

All pumpers must face in the direction of travel while operating the handcar. Competitors must remain on the car with safe placement of hands and feet while it is moving.

Attire

Teams are encouraged to design and wear their own shirts displaying their team and sponsor name. No form of attire that would pose a safety risk will be allowed.

Head Protection—All pumpers must wear an approved safety helmet.

Eye Protection—Any competitor wearing eyeglasses or sunglasses must wear a safety strap to hold them in place while competing.

Footwear—All competitors must wear closed-toe shoes with non-skid bottoms (such as shoes designed for racquet sports, basketball or running). Shoes with hard soles, high heels or equipped with cleats or spikes will not be allowed.

Hand Protection—Pumpers are encouraged to wear gloves. They may apply rosin or chalk to their hands. Sticky substances, such as pine tar or 'firm grip' are not permitted. Straps or weights are not permitted.

Course/Distance

The course is located at the Historic Susanville Railroad Depot. Two runs are made by each team on alternating tracks with a combined time taken as final time. The racecourse measures 500 feet in length.

Official Handcars

All teams must use the official handcars provided. Two handcars will be used during the competition. All cars have been constructed for handcar racing with identical materials. (Over)



Head to Head Racing

This race is a two-car, side-by-side race. Each team will board the assigned car at the Boarding gate (near the deck) and pump slowly to the starting line (near Caboose). Teams will race back to the finish line, cool down while pumping back to the start where teams trade cars and race again. The combined time will be the team's final time for the event. This compensates for a faster track or car and gives each team more time on the track.

Team Size

A team is comprised of 5 people—4 pumpers who propel the car down the track and 1 pusher who gives the car a push from a squatting position behind the car.

Team Captains

Team captains are responsible for their teams' compliance with the safety and the official rules of the Rails to Trails Festival Handcar Race. The team captain is the only member of the team who may represent the team in a rule interpretation discussion with the race official. Team captains are responsible for ensuring their entire team is present and ready to race at the boarding call.

Competing on More than One Team

A person may compete for more than one team.

Disqualification

If a team is not ready to race when called they may be disqualified. As a team boards its handcar, the race announcer will announce the next 2 teams scheduled to compete. The teams that are 'on deck' are the next to compete. If a team is unavailable during its division's race time, they will forfeit their registration fee.

Timing and Scoring

Each team's final time will be posted. All decisions of the timing and scoring officials will be final.

Handcar Malfunction or Timing Error

If handcar malfunction or timing error occurs during a race, the race will be restarted.

False Start

A team will be permitted only one false start for their competition. A second false start will result in disqualification.

Ties

In case of a tie for first place, the tying teams will race against one another.

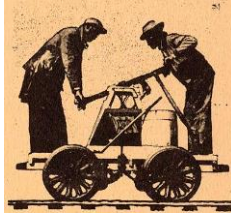
Push Starter

The pusher is allowed only one push to put the handcar in motion. The push must be made from a squatting position with the feet remaining stationary. A push-off device and a mat will be provided.

Rain/ Shine—The race continues unless the race official deems there is a safety issue.

***The decision of the race officials is FINAL.**

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Handcar Competition Entry Form

Don't miss out on this once-a-year opportunity to race a historic handcar.

- Handcar teams consist of 5 people-(4 pumpers and 1 pusher).
- Cost per team is \$50 and is non-refundable. Checks made payable to: Lassen Land & Trails Trust.
- Practice, Warm-ups, and Safety Run beginning at 10am.
- Race to be held 11am-3pm.
- Registration must be returned by **October 3rd** to: **Lassen Co. Chamber of Commerce**
PO Box 338, Susanville, Ca. 96130.

Please select your division:

- Women's
- Men's
- Coed
- Masters (50 and over)

Team Captain: _____ Team Name: _____

Business/Organization: _____

Captain's Telephone Number: _____

Captain's Address: _____

Captain's Email: _____

Team Members: (Each member will be required to sign a release form on event day).

<u>Name:</u>	<u>Age (optional)</u> <u>for announcer info:</u>	<u>Occupation (optional)</u> <u>for announcer info:</u>
1. _____	_____	_____
2. _____	_____	_____
3. _____	_____	_____
4. _____	_____	_____
5. _____	_____	_____

Information for announcer about team: _____

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Pusher's Contest Entry Form

Saturday, October 8, 2016

Entry Deadline: *Monday, October 3rd*

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- Cost is \$10 and is non-refundable (Checks made payable to: Lassen Land & Trails Trust).
 - Practice, Warm-ups, and Safety Run beginning at 10am.
 - Pusher's Contest to be held 3-3:30pm.
 - Release form will need to be signed on event day.

Name: _____

Address: _____

Email: _____ Telephone: _____

Information for announcer about you: _____

Return to: **Lassen Co. Chamber of Commerce, PO Box 338, Susanville, Ca. 96130.**

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