

US ENDURANCE GRINDER NATIONALS AND MINI G



Grinder Nationals

May 13, 2023 Loudoun County, Virginia



USE Grinder Nationals

GENERAL EVENT INFORMATION

It's time for some Gravel Grinding and Loudoun County, Virginia is the place! The USE Grinder Nationals is a 100-mile-long nonstop self-supported bicycle marathon that takes place on the scenic gravel roads in and around Loudoun County on **May 13, 2023**. Racers do not need to qualify and any rider 16 years of age or older may register for the USE Grinder Nationals. Winning riders in each category will be awarded a USE Grinder Nationals Jersey. There is an Oasis aid station around the **25, 50** and **75** mile mark that will have water, electrolyte drink, race food and bathrooms. Riders must carry anything else that they will need during the event. This course is in a remote area; however, riders will pass near towns on the course. Riders must insure that they have enough food & water to make it to the next Oasis checkpoint. Riders are responsible for downloading the course map and printing out their own maps & cue sheets which will be used to direct the riders along the designated route. There will be a sag wagon which can pick up riders who drop out during the event. Riders are not allowed to have support crew, food or gear drop or receive assistance from support crew on the course. The USE Grinder Nationals will be part of the weekend festivities which include an epic grinder course, good food and drink, raffle palooza and a fun & festive award ceremony. The awesome course and time in the saddle with the gravel tribe will make this an epic event to remember!

COURSE DESCRIPTION

The USE Grinder Nationals will consist of a challenging and exciting 100-mile ride on gravel roads around Loudoun County, Virginia. The race will start & finish in Loudoun County at **Bluemont Station**, one of Loudoun County's unique watering holes. There is an Oasis around mile **25, 50** and mile **75** mile with water, electrolyte drink and race food. The course contains a small percentage of black top roads but the majority of the course is on gravel and dirt roads. The roads vary in condition from well-maintained to rough and can become muddy if it rains before or during the event. Riders must be prepared for any conditions that they encounter during the event.

The Mini G is a **50 mile** non-championship ride that will happen at the same time along part of the same course as Grinder Nationals. This is the perfect first gravel ride or ride for those who do not want to ride a 100-mile course. There will not be any awards for the Mini G but the riders will enjoy a fun course, great food and a fun & festive award ceremony. Riders from the Mini G will also be entered into the awesome raffle at the Grinder Nationals award ceremony.



REGISTRATION

USE Grinder Nationals online registration will open on **February 1, 2023** and has a limited amount of space. Riders will be taken on a first come first served basis and registration will be closed on **May 11, 2023** or when the event is full. Transfers must be made by April 15, **2023** and will incur a \$ 25 transfer fee. No transfers after April 14, **2023**. No refunds - no exceptions.

ENTRY FEES

G Nats Trailblazer	2/01/23 to 2/28/23	\$90
G Nats Early	3/01/23 to 3/31/23	\$100
G Nats Normal	4/01/23 to 5/11/23	\$110
Mini G Trailblazer	2/01/23 to 2/28/23	\$60
Mini G Early	3/01/23 to 3/31/23	\$65
Mini G Normal	4/01/23 to 5/11/23	\$70

CATEGORIES

MALE	FEMALE	COED
MALE Pro/Open	• Pro/Open	• Tandem
• 16-18 High School	• 16-18 High School	
• 18-24	• 18-24	
• 25-29	• 25-29	
• 30-34	• 30-34	
• 35-39	• 35-39	
• 40-44	• 40-44	
• 45-49	• 45-49	
• 50-54	• 50-54	
• 55-59	• 55-59	
• 60+	• 60+	
• Single Speed	• Single Speed	
• Fat Tire	• Fat Tire	
• Tandem	• Tandem	
• Military	• Military	
• Male Collegiate	• Female Collegiate	
• Male Relay	• Female Relay	

REGISTRATION NOTES

- Racing age is defined as the rider's age on December 31st. The minimum age to participate in the USE Grinder Nationals is 16 years old on December 31st unless approved by race director.
- 16-18 High School riders must be in High School (HS course is **50 miles**)
- Grinder Nationals riders must be US citizens or permanent residents with a green card to be eligible for a national championship.
- Any rider who holds a USAC Pro License and/or is a member of a UCI Elite Mountain Bike Team MUST race in the Pro/Open Category. Any rider who chooses may register for the Pro/Open Category regardless of their license.
- Regardless of category, the top male & female military finishers will be awarded as Military Male & Female National Champions.
- Tandem is defined as a single bicycle frame with two wheels designed to be ridden by 2 riders. Pull behind bikes or trailers are not allowed. If you are unsure please contact the USE for clarification.
- Fat Tire must have 3.8 inches or larger tire.



SWAG

Trail Blazers will receive a T-shirt. All participants will receive a Limited Edition USE Grinders Nationals Poster, a delicious slice of Pizza at the after party, a custom number plate & some great raffle items presented at the awards ceremony.

PRIZES

USE Grinder Nationals Jerseys will be presented to the winning riders in all categories. Awards will be presented for 1st through 3rd place riders in all categories of the USE Grinder Nationals.

RAFFLE PALOOZA

We will be giving away tons of amazing prizes that have been donated by our sponsors at the awards ceremony Raffle Palooza. All riders will be entered into the drawing and riders must be present to win.

REQUIRED EQUIPMENT

A bike, CPSC certified helmet, red flashing tail light, cycling computer or GPS unit, water & food are required to participate in the USE Grinders Nationals. We recommend Garmin Edge cycling computer for the event.

SUGGESTED GEAR

1. Cell phone with fully charged battery
2. Cash / credit card
3. Food (bars, gels, etc)
4. Chamois Butt'r
5. Sunscreen
6. Eye protection
7. Maps
8. Handlebar map case
9. Cue sheet holder
10. Spare inner tubes
11. Bike pump or CO2
12. Tire Levers & other necessary tools
13. Chain repair tool
14. Thermal top
15. Arm warmers
16. Waterproof / windproof jacket
17. GPS to communicate your exact location to support or rescue personnel in the event of an emergency.



VOLUNTEERS

Volunteers are a key ingredient in the USE Grinder Nationals. If you have friends or family who would like to volunteer they will receive the same swag as the riders including a T-shirt, a Limited Edition USE Grinders Nationals Poster, a free slice of pizza at the after party at B Chord Brewing and our eternal gratitude.

FAQ's

What type of bike should I use?

Gravel Grinders can be ridden on several different types of bikes including gravel-specific bikes, cyclocross bikes, 29'ers, mountain bikes, fatbikes and tandem bikes.

Do I have to qualify for the USE Grinder Nationals?

You do not need to qualify. Anyone can register for the USE Grinder Nationals

What is the course like?

The course is a **50 mile** (Mini G & High School) or 100 mile loop made up of paved, gravel and dirt roads. Riders must be prepared for any conditions that they encounter during the event.

Will the course be marked?

Participants will be responsible for printing their own set of course maps and/or cue sheets prior to the event. These documents will be the rider's primary means of navigation. In addition, the course may have a limited number of course markings to reassure participants they are on the correct route. Do not rely on course markings for navigation; use the cue sheets, maps or GPX files. Participants may load the route into their GPS prior to the event, to assist in navigation.

Can I use a GPS?

Yes, we will provide riders with a downloadable file which can be uploaded into your GPS. We encourage riders to use their GPS for navigation during the event.

Do I need a support crew?

No, support crews are not allowed. Please see rules regarding outside support.

Will I be allowed to receive any outside assistance during the event?

There is an Oasis (aid station) around the 30 and 60 mile mark which will have water, electrolyte drink and limited race food for all racers. The only other allowable assistance is outlined in the rules.

What if I have a flat or a mechanical issue?

Riders should be prepared to repair their bicycles or fix a flat on the course. Riders should carry a patch kit, spare tubes, tire levers, a pump or CO2 and any other tools such as a chain rep air tool that they may feel is necessary. If your bicycle is unrepairable you will need to call the sag wagon to pick you up.

How do I sign up and can I sign up on the day of the event?

Registration in the USE Grinder Nationals is by pre - registration only. Registration will open on February 1, 2022. Registration will close when the field limit has been reached, or on May 6, 2022, whichever comes first.

Where are the local hospitals?

Inove Loudoun Hospital (703) 858-6040
44035 Riverside Pkwy #120
Leesburg, VA 20176

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RULES

- 1 The event organizers, promoters, staff, volunteers and sponsors including but not limited to anyone having anything to do with this event are not responsible for your safety or well-being, please commit to safe riding. You are responsible for you.
- 2 This event is a non-stop, self-supported, bicycling marathon event that will require participants to travel on paved, gravel and dirt public roads. Participants must carry all necessary food, water and equipment.
- 3 Each participant is solely responsible for themselves including any accidents in which he or she may be involved. No responsibility can be accepted for participants becoming lost, stranded or injured.
- 4 Participants must obey all city, county, state & federal laws, and "Rules of the Road". Participants must watch and yield to traffic as the roads used on this course are open to public traffic. Commit to safe riding and make wise decisions.
- 5 Participants must use the center line rule. On pavement there is a center line, stay to the right of the center line. On gravel there is no center line, stay to the right as if there was a center line. Do not ride in the opposite lane; this is especially dangerous on hills or around corners where you cannot be seen by oncoming traffic.
- 6 Participants must wear an ANSI approved helmet while operating their bicycle. Failure to do so will result in disqualification.
- 7 All participants must have a red taillight for the duration of the event. Riders will not be allowed to start the event without proper lighting mounted and ready for use.
- 8 Race numbers must be placed on the front of the bicycle and must be clearly visible at ALL times.
- 9 Participants will be responsible for printing their own set of course maps and/or cue sheets prior to the event. These documents will be the rider's primary means of navigation. In addition, the course may have a limited number of course markings to reassure participants they are on the correct route. Do not rely on course markings for navigation; use the cue sheets, maps or GPX files. Participants may load the route into their GPS prior to the event, to assist in navigation.
- 10 The primary route must be followed at all times. No short cuts or alternate routes are permitted. Failure including accidental route deviation will result in disqualification. (The course may be altered by the promoters in the event of inclement weather, or other unforeseeable circumstance. Should this occur, participants will be sufficiently advised at a check point).
- 11 Participants must remain within the primary boundaries of the roadway at all times. If the roadway is bordered by fences or ditches, riders must stay between them. If the roadway is in open range, stay on the roadway. Leaving the roadway or climbing over a fence is considered short cutting the course and will result in disqualification.
- 12 If you exit the course for food, supplies, or any other reason, you must re-enter the course at the exact same spot at which you left. If you get lost, you must back track to the point you left the course. Failure to do so will result in disqualification.
- 13 Participants may not advance along the route by any means other than bicycle or foot. All other means of advancement, including towing, tethering or hitching rides is prohibited and will result in disqualification.
- 14 Drafting on another event participant is allowed. Drafting in any other manner is prohibited including but not limited to drafting a non-participant cyclist or a motorized vehicle and will result in disqualification.
- 15 Participants must start and complete the entire course on the same bicycle frame. All other components and equipment may be repaired or replaced during the event. Participants in the Single-Speed class shall have only one gearing

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RULES

combination installed on their bike and must complete the entire event using the same gearing combination. Failure to use the same frame will result in disqualification.

16 All bicycles, including fixed gear bicycles must be equipped with front & rear fully functioning hand operated brakes. Coaster style brakes do not satisfy this requirement. Failure start race with front & rear working hand brakes will result in disqualification.

17 Participants may help other participants with mechanical support, navigational assistance and sharing food or water. Participants may not assist other participants with their forward propulsion.

18 Participants may purchase food, bike parts and other supplies at stores and businesses along the route. Always be aware of the distance to the next checkpoint and be prepared to travel that distance with the supplies you have.

19 Participants may receive assistance from any registered competitor in the race. Participants may receive assistance from any unplanned source that would be available to any other racer in the competition (for example stores, bike shops, faucets on the side of a building). Participants may receive assistance from the general public, defined as unplanned assistance from people

who have no connection or affiliation with the race or a competitor in the race and that is freely & equally offered to all participants from a stationary, non-movable location (for example assistance in the form of mechanical help, food, water, bike parts would all be acceptable). Participants MAY NOT receive outside assistance from spectators, team managers or friends who are viewing the event, from event staff or from support persons on the course who have planned to assist teams. Teams & support persons may not make copies or take photos of the race map or cue sheets – only participants are allowed to have a race map or cue sheet. Any violation will result in disqualification.

20 Participants may, in the case of an emergency, mechanical failure or other unforeseeable problem, be assisted by motorized transport. By accepting such motorized transport, you will be automatically disqualified from the event.

21 There may be one or several checkpoints along the route where all participants must check in. Failure to check in will result in disqualification

22 A "Cut-Off" time will be established for reaching each checkpoint. Any participant not reaching a checkpoint before the established cut-off time will not be allowed to continue past that point.

Cut-off times may be adjusted, as deemed necessary by event staff, to account for unforeseen circumstances such as inclement weather, poor course conditions, etc. Cut-off times are established for the purpose of rider safety, and will be strictly enforced.

23 Riders should call out obstacles, dogs, cracks in bridges, cars up or back to fellow riders.

24 Demonstrate good sportsmanship at all times, foul, abusive language or unsportsman like conduct will result in immediate disqualification.

25 Respect the environment. Littering or any similar behavior will result in immediate disqualification.

26 No alcohol or illegal drugs shall be used by participant during the event. Athletes who are currently serving bans for doping will not be allowed to compete in the USE Grinder Nationals.

27 Challenges to event results may only come from a participant registered in the category for which the challenge is being made.

