

THANK YOU TO OUR SPONSORS!



We'd like to thank our sponsors for helping to make this race happen! We'll be raffling off some great merchandise from many of these awesome businesses during the awards/after party:

The HUB – Salmon's bike shop, re-opening this Spring under new ownership!

Highlander Beer – Salmon's newest restaurant, and a great place to grab a slice and a beer.

Odd Fellows' Bakery – Providing fresh wood oven fired pizza at the venue on race day!

Allora Medical Spa – For your sore muscles, providing chair massages at the venue!

Traveling Jo – Free samples of their "Pour Over Wonder," a great on-the-go coffee solution.

Orchestra Provisions – A local business providing the most ecologically regenerative, nutrient-dense protein source on the planet to keep you fueled up for the ride. Crickets!

Bertram's Brewery – Always a great place for a meal and a beer in downtown Salmon.

Pep's Septic – Helping us out with with our race day septic needs.

Alpenglow Physio – Cash-based Physical Therapy in Salmon Idaho, improving lives through movement.

The North Fork Store – Stop by for whatever you need on your way home (for you Montana folks), or on your next trip downriver.

Salmon Idaho Mountain Bike Association
(SIMBA) presents

The Nine-and-a-Half Hours of Disco

Discovery Hill Trail System
Salmon, IDAHO
May 20, 2023



RACE INFORMATION

WELCOME TO THE NINE-AND-A-HALF HOURS OF DISCO...

... the only nine-and-a-half hour mountain bike endurance race in the world (that we know of). This race is all about Community, Bikes, and Great Dirt. Join us for some seriously good times as we compete on a 9.5-mile looped race course at Discovery Hill in Salmon, Idaho. Challenge yourself or your friends as an individual or team to ride the most laps in nine-and-a-half hours. Also, don't miss the 1-hour kids race, on a half-mile long course. And then, let's celebrate trails and mountain bikes and old friends and new friends.

This event is permitted through a Special Recreation Permit issued to SIMBA from the BLM. Stipulations under this permit are incorporated into the Race Rules.



WHAT'S DISCO ALL ABOUT?

The non-motorized trail system at Discovery Hill (*aka* Disco Hill) provides over 60 miles of primarily singletrack mountain biking trails in the foothills of the Beaverhead Range just outside of Salmon, Idaho. Over the past 2 decades, these trails have been transformed from cow trails into classic mountain bike routes through the hard work of a few notable trail heroes in partnership with Salmon Idaho Mountain Bike Association (SIMBA) and the BLM. Flowy cross-country singletrack through the sagebrush is the name of the game, with mostly intermediate difficulty trails.

Thanks to the vision of Max Lohmeyer, the Disco Mountain Bike Endurance Race was born in 2012, originally a 12-hour event to complete as many laps as possible in 12 hours. This evolved into the “12 and 24 Hours of Disco” on a 13-mile course, for many years attracting riders from all over the region. A 1-hour kids race was added in 2018.

Unfortunately, the Disco Race was cancelled in 2020 and 2021 because of COVID, and although we struggled to get the race going again in 2022, we are thrilled to bring back the race in 2023 with a new format and a shorter course that we hope to be accessible to many.

Thanks for joining us! Expect this race to have a laid-back atmosphere, with a focus on community, bikes, and great dirt, without all the bells and whistles. Timing will be done the old fashioned way, and we hope to attract good competition for some sweet custom prizes. We keep the costs as low as possible, with any proceeds going right back into trail stewardship in Lemhi County.

Bill MacFarlane, SIMBA Board Chair and Race Director

SCHEDULE OF EVENTS

7:30am – 9:00am	Nine-and-a-Half Hour Participant check-in
7:30am – 12:30pm	Kids Race Participant check-in
9:00am	Racer meeting to go over the course and rules
9:15am	Opening Ceremony
9:30am	Nine-and-a-Half Hour race starts
1:00pm – 2:00pm	Kids Race, followed by awards
7:00pm	Nine-and-a-Half Hour race ends
7:00pm – 10:00pm	After-party, awards

SALMON IDAHO MOUNTAIN BIKE ASSOCIATION



Salmon Idaho Mountain Bike Association (SIMBA) works to bring together mountain bike enthusiasts and community members to improve and protect local trails and access in Lemhi County. SIMBA works closely with the U.S. Forest Service, Bureau of Land Management, and other organizations to prioritize trail clearing and maintenance, and to advocate for the development of sustainable mountain bike trails throughout the county.

SIMBA shares its passion for riding mountain bikes with community members by providing events, education, and volunteer opportunities, with an emphasis on responsible riding, respect for the environment, protection of trail resources, and the attainment of high quality outdoor experiences.

BOARD MEMBERS

Bill MacFarlane - Chair
Lori Kohls - Vice-Chair
Ella Deutchman - Treasurer

Brandon Heaton - Secretary
Thad Biggers
Marc Landblom
Dusty Pena

VISIT OUR WEBSITE - MORE INFO AND T-SHIRTS

For more SIMBA info, news, and events, trail conditions, or to become a SIMBA member, visit <https://salmonidahomtb.org>. DISCO T-shirts and SIMBA merchandise available on our website!

IN CASE OF EMERGENCY OR OTHER ISSUES

For any medical emergency, call 911.

For minor medical issues, visit the medical tent at the venue. Volunteer medical personnel will also be on the course with medical packs.

For any assistance related to the course (eg., you're lost, you need to be rescued because your bike broke, there is an issue with the course, etc) - use the course map mile markers or trail names to reference your location and call one of these fellas:

Bill MacFarlane (Race Director)	208-303-0694
Dusty Pena (Medical Assistance)	208-241-3493
Marc Landblom (Blom)	435-260-0991
Brandon Heaton	208-993-0390

THE KIDS RACE (10 and under)

The Course: 0.5-mile loop with no big hills

Prizes: Each kid will receive 1 prize for each lap completed

Rules and Format

- ♦ Bikes must be clean upon arrival. We will check to make sure bikes are clean during check-in. **DIRTY BIKE = NO RACE!** This is a BLM requirement to prevent the spread of nasty weeds on our beautiful trails. We will send you to the car wash if your bike is not clean!
- ♦ Solo participants only.
- ♦ The Kids Race is open to any kid 10 years old or under who can ride, stride, or push a bike along a trail, with or without parental support.
- ♦ The Start/Finish area will be separate from the nine-and-a-half hour race – located just outside of the northeast corner of the RC Park.
- ♦ Kids will do laps around a 0.5-mile long race course consisting of double track and singletrack.
- ♦ The course will be monitored by volunteers to ensure that kids do not go astray, and the course will be marked with yellow flagging.
- ♦ Helmets must be worn while riding.
- ♦ Stay on the trail – no cutting, no passing off-trail.
- ♦ After each lap, each kid will receive a prize to attach to their bike handlebar, frame, helmet, or body.
- ♦ The kid(s) with the most prizes attached wins, but in the end, everybody wins!
- ♦ Cheering for the kids is required by all – they are the future of mountain biking!

THE VENUE - THE RC FLYERS PARK

- ♦ Please **STAY OFF THE RUNWAYS!!!**
- ♦ Free camping Friday and Saturday Night.
- ♦ DISCO hats - \$20. Raffle tickets - \$2 (or 6 for \$10). Beer by donation (suggested \$3). DISCO pint cups - \$10 (includes a free fill-up).
- ♦ Free snacks, water, and a few goodies from our sponsors.
- ♦ Fresh wood oven fired pizza provided by Odd Fellows' Bakery.
- ♦ Medical Tent staffed by our awesome volunteers.
- ♦ Chair massages provided by Allora Medical Spa.
- ♦ Mechanical - you're on your own!
- ♦ After Party: Awards, beer, music, and many awesome raffle prizes donated by our sponsors.
- ♦ Please clean all trash and vacate by 11am on Sunday.
- ♦ Please respect the land and the trails. Keep singletrack single!

THANK YOU VOLUNTEERS! YOU'RE AWESOME!!

THE NINE-AND-A-HALF HOUR RACE

The Course: 9.5-mile counterclockwise loop, 1100 vertical feet

Categories

Solo Men:	Age 0-18	Age 19-49	Age 50+
Solo Women:	Age 0-18	Age 19-49	Age 50+
Team (teams of 2 or 3):	Men/Mixed	Women	

Prizes

Custom prizes: 1st and 2nd place in each category
Special category prizes: Fastest Lap (Men, Women), Best Dressed (9.5-Hour Race x 2), Best Dressed (Kids Race), and Most Awesome

Rules and Format

- ♦ Bikes must be clean upon arrival. We will check to make sure bikes are clean during check-in. **DIRTY BIKE = NO RACE!** This is a BLM requirement to prevent the spread of nasty weeds on our beautiful trails. We will send you to the car wash if your bike is not clean!
- ♦ **BE NICE.** No cheating. No littering. No e-bikes.
- ♦ No shortcutting the course (unless you are having an emergency).
- ♦ Yield to and **RESPECT** other trail users.
- ♦ Only one team member is allowed on the course at one time. Team members must physically tag off in the staging area.
- ♦ If you are unable to complete a lap for your team, you can cancel the lap, and that lap will not be counted as completed. Another rider on your team can then start a new lap.
- ♦ Helmets must be worn while riding.
- ♦ Yield to faster riders, unless you really think you can beat them up the hill.
- ♦ Don't ride intoxicated.
- ♦ Mechanical – you're on your own.
- ♦ Course will be closed in the event of significant rain. You probably know why.
- ♦ Stay on the trail – no cutting, no passing off-trail.
- ♦ Beware of rattlesnakes, ticks, and cows. Use extreme caution at the 2 road crossings of BLM 121.
- ♦ Solo riders must complete at least 2 laps to be eligible for a prize. A team must complete at least 4 laps (with each team member completing at least 1 lap) to be eligible for a prize.
- ♦ Placing will be determined for each category based on the total number of laps *completed*. In the event of a tie, the winner will be the rider or team with the faster total elapsed time.

Timing will be done the old fashioned way. It is your responsibility to stop at the timing table (for as long as it takes) to make sure that the volunteer timers check you out and in for each lap!!

Nine-and-a-Half Hours of Disco 2023 Course Map

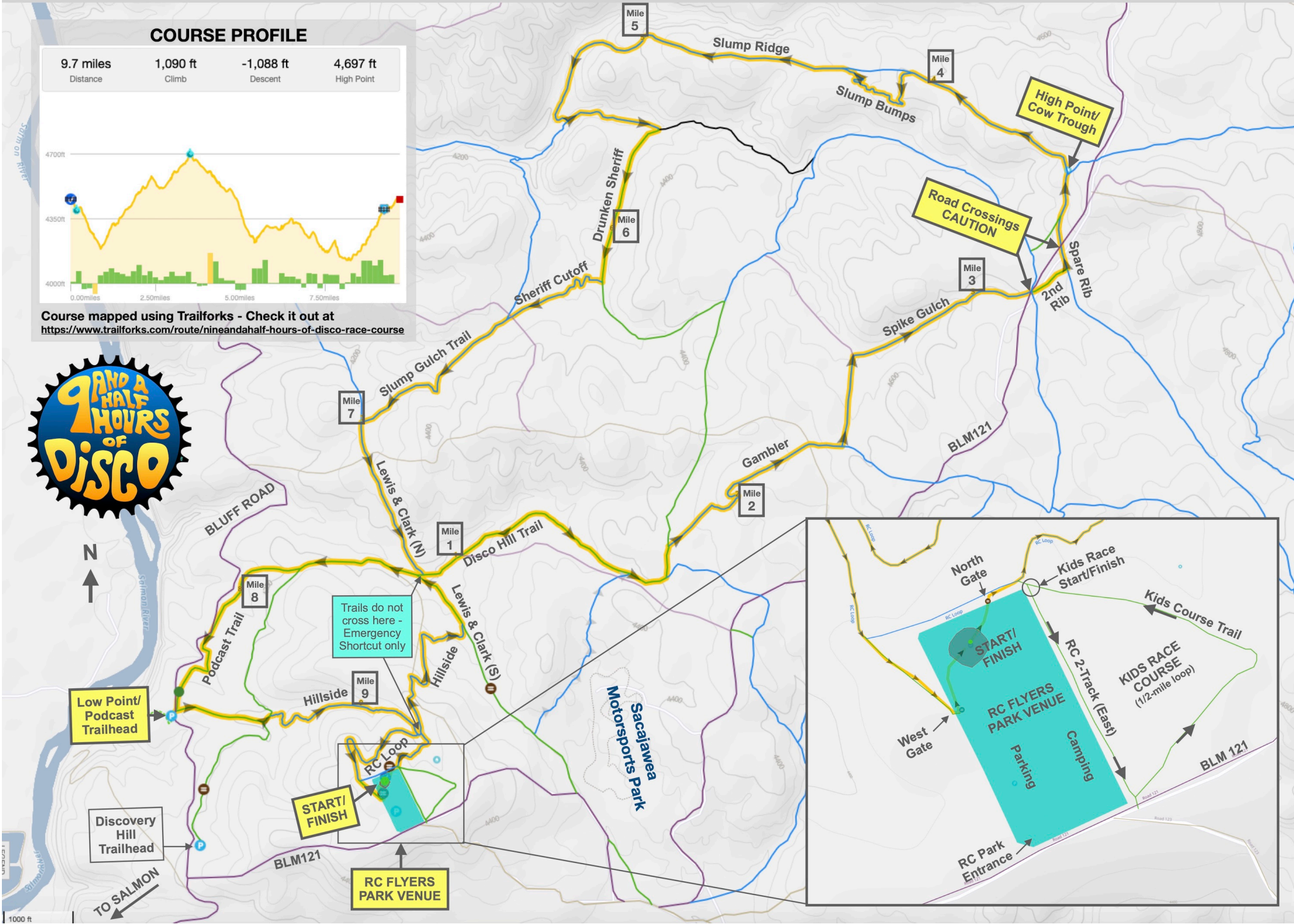
Discovery Hill, Salmon, IDAHO May 20, 2023 *Course subject to change*

COURSE PROFILE

9.7 miles	1,090 ft	-1,088 ft	4,697 ft
Distance	Climb	Descent	High Point



Course mapped using Trailforks - Check it out at <https://www.trailforks.com/route/nineandahalf-hours-of-disco-race-course>



1000 ft