

Salmon Idaho Mountain Bike Association  
(SIMBA) presents

# The Nine-and-a-Half Hours of Disco

Discovery Hill Trail System  
Salmon, IDAHO  
May 4, 2024



## 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 10-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 1/2 to 3/4-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 30 miles of singletrack mountain biking trails in the foothills of the Beaverhead Range just outside of Salmon, ID. 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 have brought the race back in 2023 with a new format and a shorter course that we hope to be accessible to many. The 2024 race will be much like the 2023 race, only 2 weeks earlier, before grazing season... no cows!

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 after race expenses going right back into trail stewardship in Lemhi County.

*Bill MacFarlane, SIMBA Race Director*

## SCHEDULE OF EVENTS

### Friday, May 3, 2024

12:00pm	Disco Race Venue opens
7:00pm - 9:00pm	Racer check-in

### Saturday, May 4, 2024

7:30am – 12:30pm	Racer check-in, continued (9.5-hour racers MUST be checked in by 9:00am!)
9:15am	Racer meeting (9.5-Hour Race)
9:45am	Opening Ceremony
10:00am	9.5-Hour race starts
1:00pm – 2:00pm	Kids Race, followed by awards
7:30pm	9.5-Hour race ends
7:30pm – 10:00pm	Awards, After-party

### Sunday, May 5, 2024

12:00pm	Disco Race Venue closes
---------	-------------------------

---

## THE VENUE - THE RC FLYERS PARK

- ✦ Please STAY OFF THE RUNWAYS!!!
- ✦ Free camping Friday and Saturday Night.
- ✦ Free snacks and water provided by SIMBA and our sponsors.
- ✦ Fresh wood oven fired pizza provided by Odd Fellows' Bakery.
- ✦ Mid-Course Aid Station staffed by awesome volunteers.
- ✦ Medical Tent staffed by Salmon River Clinic and 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 Noon on Sunday.
- ✦ Please respect the land and the trails. Keep singletrack single!

## THE NINE-AND-A-HALF HOUR RACE

**The Course:** 10-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, 2nd, and 3rd place in each category.  
Additional prizes: Team Spirit, Best Dressed, Most Awesome, & MORE.

### Rules and Format

- ✦ Bikes must be clean upon arrival. DIRTY BIKE = NO RACE! This is a BLM requirement to prevent the spread of weeds on our beautiful trails. We will send you to the car wash if your bike is not clean!
- ✦ You must WALK your bike through the timing chute (obey the signs), or you will be disqualified! This is needed for safety, dust control, and to allow the timers to check you in for each lap.
- ✦ 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.
- ✦ Don't ride intoxicated.
- ✦ Mechanical – you're on your own.
- ✦ Course will be closed in the event of significant rain (you 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 record your finishing time for each lap!!**

## HOT LAP (Just 1 Lap, any time)

**The Course:** 10-mile loop (same as 9.5-Hour race)

**Prizes:** None, but people will cheer for you

### Rules and Format

- ✦ Bikes must be clean upon arrival. 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.
  - ✦ Ride your lap any time. We just request that you do not go out with the initial pulse of racers at 10am in order to ease congestion.
- 

## THE KIDS RACE (10 and under)

**The Course:** 0.5 to 0.75-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. 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 9.5-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, with the option of adding a 0.25-mile course extension.
- ✦ 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!

## 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.

Current projects:

- Discovery Hill Trail Sign Project - in progress!
- Twelvemile Trail Development - in planning!

### BOARD MEMBERS

Ella Deutchman - Chair

Marc Landblom - Vice-Chair

Brandon Heaton - Treasurer

Bill MacFarlane - Secretary

Lori Kohls

Dusty Pena

### VISIT OUR WEBSITE

For more SIMBA info, news, and events, trail conditions, to become a SIMBA member, or just to contact us.

DISCO T-shirts and SIMBA merchandise available on our website!

<https://salmonidahomtb.org>



---

**THANK YOU VOLUNTEERS! YOU'RE AWESOME!!**



# Nine-and-a-Half Hours of Disco 2024 Course Map

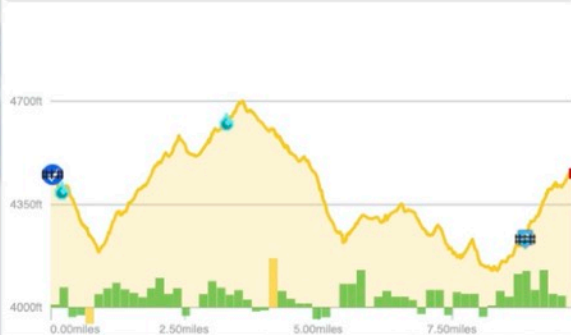
Discovery Hill, Salmon, IDAHO

May 4, 2024

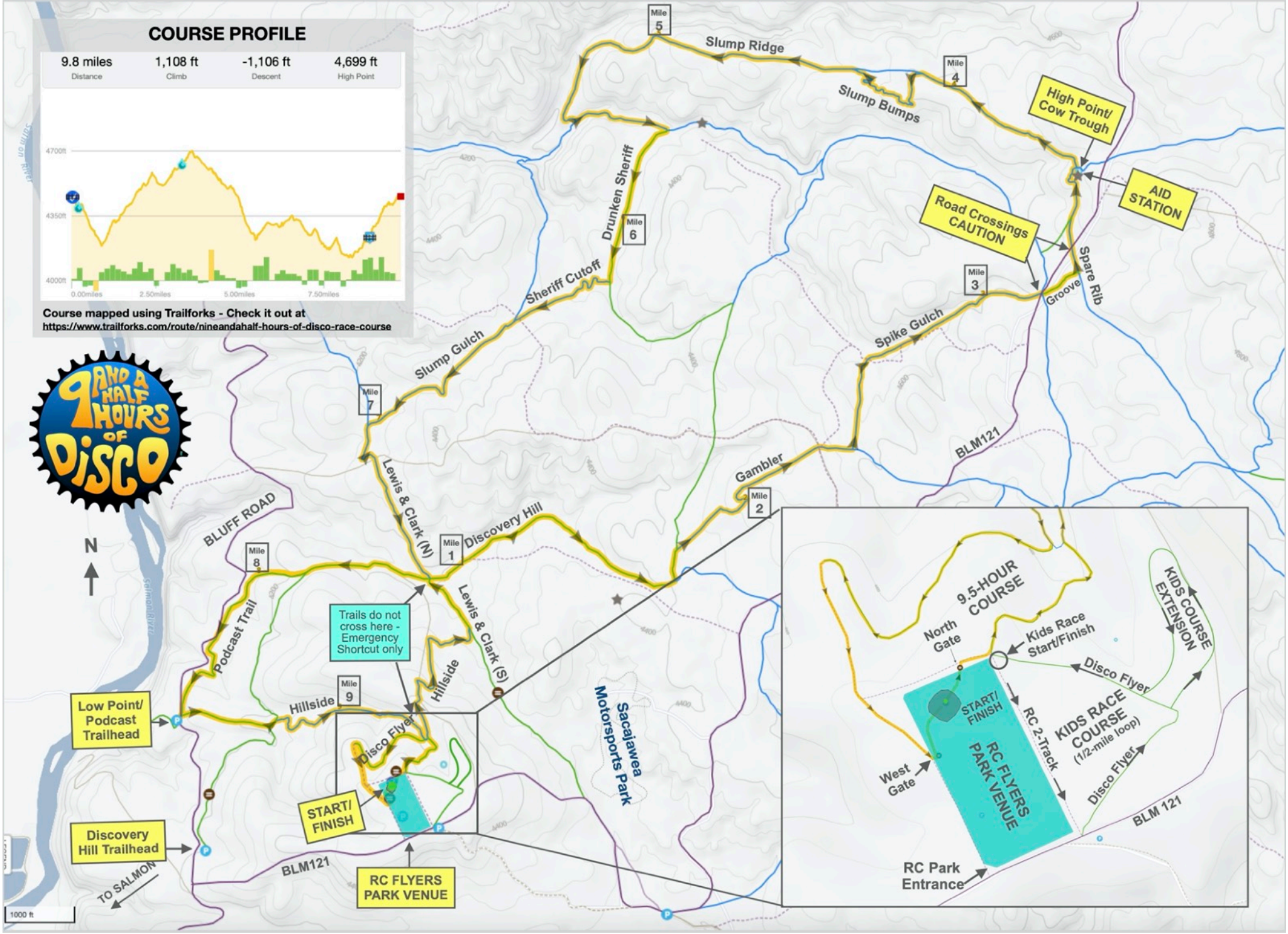
Course subject to change

## COURSE PROFILE

9.8 miles	1,108 ft	-1,106 ft	4,699 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>



Trails do not cross here -  
Emergency  
Shortcut only



1000 ft



## THANK YOU TO OUR SPONSORS!



## 2024 DISCO RACE SPONSORS

These local businesses have provided financial support, raffle items, food and drink, services, and other items to help make this race a success. Please give them a big THANK YOU when you see them! This race would not be possible without their support!

The HUB – Salmon's bike shop! Go visit them down by the river for your last minute bike needs.

Odd Fellows' Bakery – Delicious baked goods right on Main Street, and providing fresh wood oven fired pizza at the venue on race day!

Salmon River Clinic – Providing medical support at the venue, these are experienced local mountain bikers and experts at pulling cactus spines out of pretty much any body part, and much more!

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

Highlander Beer – A great place to grab a slice and a beer on Main Street in Salmon, and donating race-day drinks for the 21+ crowd.

Allora Medical Spa – For your sore muscles, providing chair massages at the venue on race day! Now we're talkin!

Salmon River Vision Clinic – Need to get your eyes focused on the trail? Go see Dr. Jones, a proud supporter of mountain biking in Salmon.

Heidi Messner Custom Fish and Mountain Artwork – A local artist creating colorful scenes of the Salmon outdoor scene. Don't miss the raffle, your chance to go home with a piece of custom Disco artwork!

Pep's Septic – Helping us out with the most basic of needs on race day.

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!

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

Lat 45 Cross Fit – A classy Cross Fit gym in downtown Salmon, in case 9.5 hours of riding your bike wasn't enough!

Cole Insurance – A proud long-time supporter of mountain biking in Salmon, Idaho.

Sturdy Pine Gear & Repair – Amazing outdoor gear for the river, the trail, the rink, or anywhere, from right here in Salmon, Idaho!

Bing's – Helping us out with our colorful banners – the local sign expert!



## MERCHANDISE

For purchase by donation at the race venue:

Disco Hats ..... \$20 (limited availability)  
Disco Socks ..... \$20 (limited availability)  
Disco and SIMBA Stickers ..... \$2  
Vintage Disco Shirts and Hoodies ..... \$10/\$20

## FOOD

Wood oven fired pizza! .... For purchase by Donation  
\*Thank you Odd Fellows' Bakery for the use of the pizza oven\*  
Snacks and Drinks ..... Free, provided by SIMBA and Sponsors

## RAFFLE TICKETS

Raffle Ticket sales are donations supporting SIMBA.

General Raffle: \$2 per ticket, or \$10 for 6 tickets. Your chance to win some great prizes donated by our sponsors! Drawing will be held during the award ceremony. Must be present to win.

Disco Art Raffle: \$5 per ticket. Only 100 tickets will be sold. Your chance to go home with an amazing piece of custom Disco Hill MTB artwork, provided by an amazing local artist, Heidi Messner! Need not be present to win.

## SIMBA PAYMENT OPTIONS

All payments you make are donations to SIMBA to support trail stewardship and events in Lemhi County

- Cash
- Check
- PayPal/Venmo/Credit/Debit

<https://salmonidahomtb.org/support>



## DISCO RACE T-SHIRTS

Order from the SIMBA Store on the Spring website. The Nine-and-a-Half Hours of Disco logo can be printed on a T-shirt or Hoodie of your choice! Visit our website, or visit the SIMBA Store on the Spring website.

<https://simba-21.creator-spring.com>



## 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 may 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

---

## IMPORTANT REMINDERS

- ◆ Bikes must be clean upon arrival. Dirty Bike = No Race.
- ◆ STAY OFF the Runways.
- ◆ Keep Singletrack Single.
- ◆ HAVE FUN!!

