




# RACE BOOK

## Mammoth Bar Enduro

### May 4, 2025



No parking at Grizzly Bear House Gate




**ENTRY FEE - \$110**  
**INCLUDES:**

- World Class racecourse in the Auburn SRA and Mammoth Bar OHV
- Post Race Party
- Full BBQ lunch: burgers, black bean burgers, salad etc.
- Beer Garden: Local craft beer
- Awards Ceremony: First Overall finishers in each division will receive a Champion Flask. The top 3 finishers in each division will receive custom award plaques with a podium presentation.
- Special hotel rates with Placer Valley Tourism for Friday/Saturday/Sunday nights




**CANCELLATION POLICY**  
 We do not offer refunds on race registrations.




**WAIVERS**  
 All competitors must complete an [Event Waiver/Release of Liability](#) in order to compete.

If you are 17 years or younger, you will need for a parent or legal guardian to complete your Waiver. Minors who will be traveling unaccompanied to the event should bring the completed Waiver to Packet pickup. Everyone must be present to pick up their own race packets.










**RACE LICENSE**  
 The Mammoth Bar Enduro is not sanctioned by UCI/USA Cycling. Competitors will not require a UCI or USA Cycling license to compete; nor will they be covered by their UCI or USA Cycling insurance (if applicable) during training and competition.


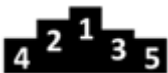







**CATEGORIES**

Pro	Expert	Sport	eMTB – Class 1 only
Pro Men Pro Women	Expert Boys 12-17 Expert Men 18-29 Expert Men 30-39 Expert Men 40-49 Expert Men 50+ Expert Women	Sport Boys 12-17 Sport Men 18-29 Sport Men 30-39 Sport Men 40-49 Sport Men 50+ Sport Women	eMTB Men eMTB Women

Your race day age is the age you are on race day.

	<p><b>COURSE</b> Four challenging stages in Mammoth Bar and Auburn SRA.</p> <p>Stage 1: Grizzly Bear Stage 2: Culvert Stage 3: Stonewall/Rocky Stage 4. Eastside</p> <p>The four stages total 4.4 miles (3,545 feet elevation descent). The transfers total 9.4 miles of transfer (2,582 feet elevation gain). Transfers will include a combination paved road, fire road and singletrack.</p>	
<p><b>ENDURANCE DIFFICULTY</b></p>		<p>The transfers to the 1<sup>st</sup> and 3<sup>rd</sup> stages are short. The transfers to the 2<sup>nd</sup> and 4<sup>th</sup> stages are long.</p>
<p><b>TECHNICAL DIFFICULTY</b></p>		<p>Racers can expect single track, flow, steep, loose, rocky, challenging, technical terrain.</p>
	<p><b>PRACTICE</b> The course will be fully marked on Friday May 2, 2025 by 2:00pm.</p>	
	<p><b>SHUTTLES AND LIFTS</b> During the official course inspection, the transport of riders between Special Stages by private/team transport (shuttling) is strictly limited to paved roads. A rider found using a private or team vehicle on a closed/private/dirt road or track will be disqualified.</p> <p>During the race, no private/team transport can be used at any time.</p>	
	<p><b>PROTECTION RULES</b> Helmets must be worn at all times while you are riding or sitting on a bike. Full Face helmets are recommended.</p>	
	<p><b>START ORDER AND START PROCEDURE</b></p> <ol style="list-style-type: none"> <li>1. eBIKE</li> <li>2. Pro</li> <li>3. Expert</li> <li>4. Sport</li> </ol> <p>Start times will be posted for each category for each stage. We'll be starting riders at each stage by category. The indicated times are the start times at the start of each stage, it is your responsibility to be at each race stage at the time indicated. The posted start times will include estimated transfer time for each stage to help you plan your transfers. We also</p>	

	<p>allocated 10 minutes between stages, beyond the transfer times, to allow you to manage repairs, hydrate and get some food. You will have plenty of time to make the transfers between stages and enjoy the day and the race.</p> <p>Also posted with the start times is the time that each stage will close. Any racers arriving at the start of a race stage after the stage has closed may miss their chance to be timed on that stage and will not have a compiled finish time for the event.</p> <p>Within each Category Group, the racer start times are self-seeding.</p>
	<p><b>CLAIMS AND PENALTIES</b></p> <p>Marshals will be situated along the course to monitor for any rule violations. Claims regarding the race progress itself or the attitude of other riders must be put forward to the Race Director (located at Mammoth Bar OHV) within 30 minutes of the race finish of the last rider.</p> <p>The Race Director is authorized to give additional penalties that are not listed in the CES rules in the case of a rider who fails to respect the other riders, the spirit of the sport, the environment, or the organization.</p> <p>Race Director: Mark Shaw (916) 995-6676</p>
	<p><b>AWARDS</b></p> <p>Awards at the finish immediately following the race on Saturday. The top 3 from each category need to be in attendance to receive their plaque.</p>
	<p><b>EMERGENCY RESPONSE</b></p> <p>Emergency Response personnel will be on course during the race, identifiable with a red shirt and white cross.</p> <p>If you approach an injured rider, please check to ensure they are ok. Please let the nearest course marshal know if there is an injured rider. If the rider is unconscious, then please stay with them until the EMT or course marshal arrives. We will stop the event for a serious injury and will do our best to restart the affected riders.</p>
	<p><b>TRAVEL/TRANSPORTATION</b></p> <p>Parking limited to 100 spots at Mammoth Bar OHV - \$10 per carload</p>

	<p>Parking passes can be purchased at packet pick-up at Victory Velo Bike Shop on Saturday May 3, 2025 from 2pm – 5 pm.</p> <p>Directions to Mammoth BAR OHV: The entrance is located on Old Foresthill Road. The easiest access is off of I-80 north of Auburn. Take the Foresthill exit off I-80 and go east about 3 miles to Old Foresthill Road. Turn right on Old Foresthill Road and the entrance is about 1.5 miles on the left.</p>
	<p><b>ACCOMMODATIONS</b></p> <p>Lodging accommodations can be made through Placer Valley Tourism:  <a href="https://www.placertourism.com/events/total-body-fitness-racing-25/">https://www.placertourism.com/events/total-body-fitness-racing-25/</a></p> <p>There is no on-site camping.</p> <p>Camping is available at Beals Point Folsom Lake. It is a 20 mile drive from Beals Point to Mammoth Bar.</p> <p>Folsom Lake SRA camping info:  <a href="https://www.parks.ca.gov/?page_id=1352">https://www.parks.ca.gov/?page_id=1352</a></p> <p>Camping Reservations:  <a href="http://www.reserveamerica.com/campgroundDetails.do?subTabIndex=0&amp;contractCode=ca&amp;parkCode=fols">http://www.reserveamerica.com/campgroundDetails.do?subTabIndex=0&amp;contractCode=ca&amp;parkCode=fols</a></p>
	<p><b>WEBSITE</b>  <a href="http://www.totalbodyfitness.com">http://www.totalbodyfitness.com</a></p>
	<p><b>CONTACTS</b></p> <p><b>TOTAL BODY FITNESS</b>  Race Director: Mark Shaw - <a href="mailto:mark@totalbodyfitness.com">mark@totalbodyfitness.com</a></p>