



Bump N Grind XXX - June 7-9, 2024

Oak Mountain State Park - Pelham, Alabama

Presented by....



2024 RACE BIBLE Version 2.0
Updated on April 12, 2024

We are excited to welcome you to the 30th edition of BUMP N' GRIND -- Alabama's biggest and best mountain bike race weekend at beautiful Oak Mountain State Park!

This year, we're returning with a multi-stage Enduro layout featuring some of the best downhill trails at Oak Mountain, an Omnium points format, the return of the Short Track, and the classic XC race that Bump N' Grind is known for – with an all-new course!

Bump N' Grind is the primary source of funding for BUMP, the organization that builds and maintains trails at Oak Mountain and 2 other trail systems in the Birmingham area. Your race entry helps us build and maintain these amazing trails.

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Race Overview

Bump N Grind is 2 FULL days of racing. We will recognize a minimum 3-deep podium in each event, and also have a separate Omnium for those who registered for that at the conclusion of Sunday's racing.

For the second time ever, Bump N Grind will feature a full multi-stage enduro! See all the details about our timed multi-stage race below.

The Omnium

- Bump N Grind is a race event for mountain bikers who can do it all: climb, descend, sprint, suffer, and endure! The Omnium is a competition for the best all-around rider from the Short Track, XC race and a timed downhill segment on the XC course in 2024.
- You do not have to enter the Omnium to race any of the events at BNG – but you have to enter the Omnium to have a chance at winning it. See below.

Omnium Rules

- Results are determined by **points** earned in the Short Track, timed DH segment (taken during the XC race), and XC races. Cumulative time is irrelevant, only points matter.
- You must **register** for the Omnium to be eligible for the Omnium prize.
- Omnium winners will be awarded in the following categories for Men and Women (minimum 10 riders per category to be eligible):
 - **Men's and Women's Pro/Cat 1 (Cat 1 racers 19-39 will race in this group for omnium)**
 - **Cat 1 Men's and Women's Age Groups - 15-18, 40-49, Cat 1 50-59**
 - **Cat 2 Men's and Women's Age Groups - 13-14, 15-18, 19-39, 40-49, 50-59**
- **You must complete the Short Track and the XC event** to be eligible for the Omnium competition.
- Points are awarded based on finish order. See below for points awarded for each stage.

We will be updating this information shortly with an updated race bible. Points will be awarded for the timed segment on the XC course, as well as the XC and STXC finishing positions.

Registration

- Online registration is available at <https://www.bikereg.com/bumpngrindraces> Registration **closes Thursday, Jun 6, 2024 at Noon CT**
- Bump N Grind is sanctioned by USA Cycling, event permit #2024-8792. All USAC rules apply.
- USA Cycling licenses are required, if you do not have an annual license, you may purchase a 'one-day' license with your registration.
- Race shirts may be purchased on site, but inventory is limited. Racers who pre-purchased a shirt may pick it up at check-in.
- Racers may check-in at [Cahaba Cycles Pelham](#) from 5 PM to 830 PM on Friday June 7, and at the South Trailhead Race Central beginning at 7 AM June 8.

Entry Fees

Entry fees will be setup on blocked pricing. There will be “blocks” of registrations at set price levels, with the cheapest blocks on sale first. As each block gets filled, prices will increase.

Online Registration

- Omnium (includes Short Track, Cross Country and timed DH segment in XC race) Starting at \$80
- Little Hammies Kids Races - Free!
- Enduro – Starting at \$50
- Short Track Cross Country - \$30
- Cross Country – Starting at \$45
- Race T-shirt - \$22

Onsite Registration - Individual Events Only -No Omnium!

There will be NO onsite registration.

Race Categories

The Bump N Grind weekend offers a full slate of category and age group options for both men and women. Each bulleted age group or category below is scored separately for each event.

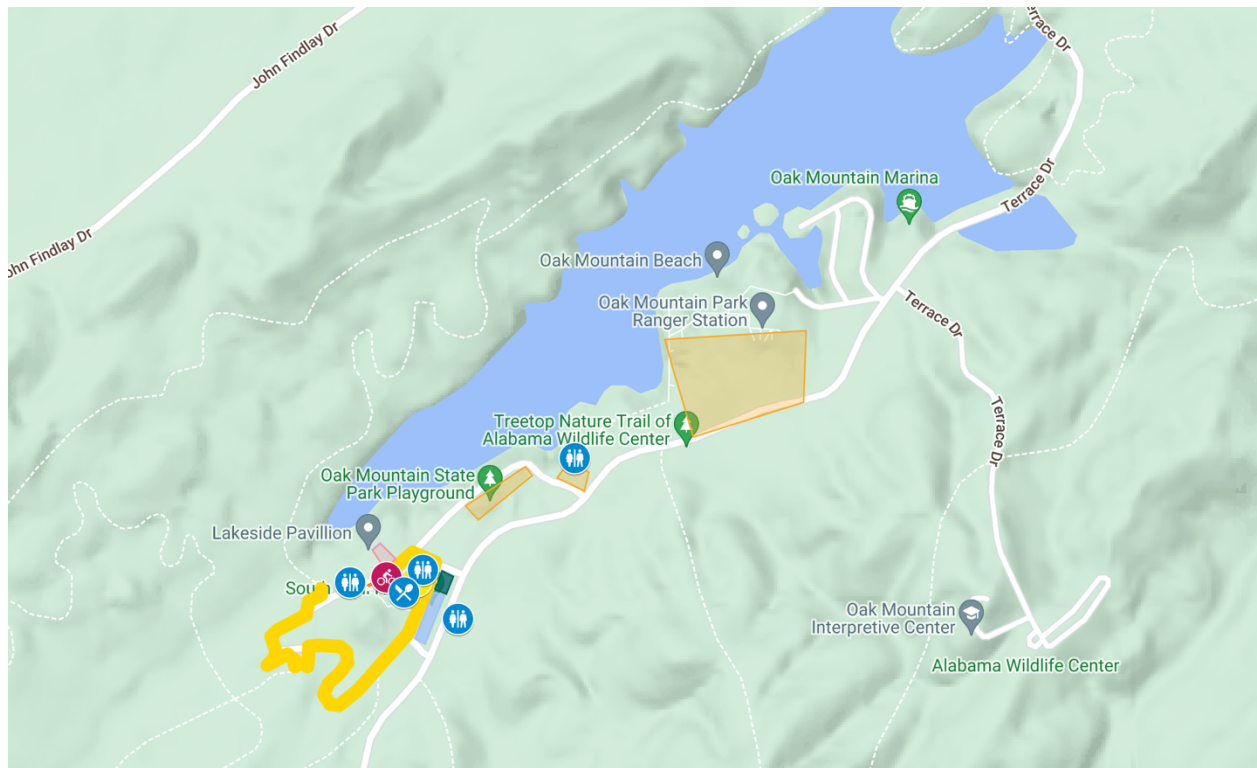
XC, STXC and Omnium Categories

To be determined

Locations and Directions

- [Here is a map](#) with key locations for the entire race weekend, ignore the Air D and Super D info. Race Central, with registration and packet pickup for all races, and Start / Finish for XC and Short track, is at the [Oak Mountain State Park South Trailhead](#), 200 Terrace Dr., Pelham AL.

Map



[\[Click to see the full, interactive map!\]](#)

Parking

- **Parking** for participants is highlighted in greater detail in the yellow highlighted images in the map below. If you park on Terrace Dr., you **must have all 4 wheels of your vehicle off the road** or the Park will ticket you!
- **SUBARU OWNERS** have free VIP Parking available at the South Trailhead. Surplus limited VIP parking is available on a first-come first-serve basis.



Event Details

1. Preride - Packet Pickup - Friday June 9

- All courses should be marked for pre-riding by 11 AM Friday. Please do not attempt to ride them prior to this time.
- Packet pickup party and registration check-in begins 5 PM at Cahaba Cycles Pelham

2. Enduro - Saturday Morning June 10

- Location: Race Central
- [Route Info](#)
- The Enduro is timed stages on specific trail segments at Oak Mountain. It is NOT part of the Omnium competition. Your cumulative time for the enduro segments will determine your place.

3. Little Hammies! - Saturday Afternoon June 10

- Beginning 2:45 PM Saturday at Race Central
- Kids' races featuring shortened laps of the Short-Track XC course

4. Short Track - Saturday Afternoon June 10

- [South Trailhead](#)
- The Short Track is Stage 1 of the Omnium competition
- The Short Track course is a mass start circuit race on a very short course with expected lap times under 2 minutes. Riders will complete multiple laps of the course; total race time will be approximately 20-25 minutes.
- Lap cards will be shown to riders with three laps to go. After those three laps are complete the race is over.
- Racers who DNF the Short Track may still compete in the Omnium.

5. Cross Country - Sunday Morning and Afternoon June 11

- [South Trailhead](#)
- See the schedule above for your precise start time. Racers will be staged 15 minutes prior to start. Call ups will begin 5 minutes prior to start where applicable.
- The Cross Country contains Stages 2 and 3 of the Omnium competition.

XC Courses

- You are responsible for knowing your race route! Full GPX routes for these routes are available at the links below. There will be a short start loop added before the XC race enters Lake Trail, but otherwise these routes are correct unless posted otherwise and announced prior to the race.
- Pre-Riding: Short track will be marked and ready for pre-riding by Friday at 4 PM. XC courses will be marked by Saturday afternoon.
- There will be a designated feed zone on course for the Open, cat 1, and cat 2 races. No outside feeding or support may take place on course in areas outside the designated feed zone.

BUMP N' Duro – Rules and FYI

- Enduro mountain bike racing is designed to be the definitive test for the mountain biker, with the focus of each event on creating a great atmosphere, community, competition and adventure for the competitor, including the best riding on the best terrain available.
- BUMP reserves the right to change these rules at any time.
- Courses will be marked and available for pre-riding beginning at 11 AM Central, Friday June 7.

Rules

- Pro/1 category racers will complete 4 timed stages. All other categories will race 3 timed stages.
- In the event of weather that dictates shortening the amount of stages, final results will be calculated off the last completed stage of the age group or category. Results will be available at the South Trailhead and will be shared to athletes. Final results will be posted as all riders in an age group or categories have finished. Riders will have until **2:30** p.m. to protest final results for the **3:00** p.m. awards ceremony.
- Race sequence: You must race in order of the designated stage sequence; failure to do so will result in disqualification. Timing for the Enduro will be via active transponders that attach to the rider's bike. All athletes are responsible for picking up their transponder at registration. Failure to have your transponder will result in no time. Athletes are also responsible for returning the transponder once they have finished their Enduro at the South Trailhead after the finish. If you forget, please return the transponder to registration. Any athletes failing to return their transponder will be charged \$150 per missing transponder.

- Racers will depart the start line of each stage individually on 30 second intervals. Course cutting or taking shortcuts in order to gain an advantage is not allowed. Riders not following the designated route will be disqualified.
- Each rider must be completely self-sufficient in regard to equipment and nutrition. Carry with you what you will need.
- Each athlete must use the same frame for all stages. Any infractions will result in disqualification (DQ). Riders are allowed to support other riders through mechanical assistance in the interest of sportsmanship. While riding their bikes, all riders must wear a helmet from the start of their Enduro competition until they have crossed the finish line, including all timed stages and transfer stages. Full-face helmets are strongly recommended on all stages. Please carry your full-face at the start of the day.
- This Enduro event needs to keep moving/progressing without breaks. All riders are strongly encouraged to make continuous progress. Stopping for lunch, social visits or the like may prevent athletes from riding one or more of the final stages. **If athletes have not arrived at their final stage (Stage 3 for non-pro/1; stage 4 for pro/1) by 1:00 p.m., the officials will pull them from the race.** Should this happen, any pulled racers will still be placed accordingly. Even racers who have met the Stage 3/4 cut off time may be subject to being pulled from the race for safety reasons at the discretion of race staff.

Pedaling and climbing transfers is an essential part of enduro racing. There is to be absolutely no self-shuttling in private vehicles, towing with e-bikes, or any type of transfer other than pedaling or official shuttle vehicles. Any riders transferring in an unofficial capacity will be disqualified.

General Rules

- **Do not litter.** Riders caught intentionally littering will be disqualified. You may only dispose of bottles, gels, and food packaging at the feed zone.
- **DO NOT CUT THE COURSE.** You must follow the marked course. Riders cutting the course will be DQ'd. If you see tape down, ride where the course appears to be. This rule will be strictly enforced.
- You must start and complete each event on the same bike.
- Outside technical assistance is not allowed during the race. You may seek technical assistance from course-side mechanics during the Short Track.
- You are responsible for ensuring you have adequate nutrition and hydration.
- Use caution and good sportsmanship at all times, especially when passing or attempting to pass on singletrack.
- Riders should attempt to let faster riders start ahead of them. If a rider catches you during these events, try to yield to them if possible.

Omnium, Timing, Results and Scoring

- All races will be **chip timed**. Your timing chip is on the backside of your number plate.
- **You must have your number plate firmly affixed to your bike** to ensure your results are counted!
- **Do not alter, bend, cut, or modify your number plate!** If you do so, we cannot guarantee your results will be counted.
- If you lose your number plate, please come and get a replacement at registration. If you happen to find your old plate after being assigned a new one, please do not use it, throw the old one away.
- **Timed DH Segment** - This segment is scored as a point-to-point segment during the XC event. *Participants are still scored separately in their respective age groups and categories for the omnium.*
- **Short Track Cross Country** - These races are scored as a mass start race. It is based on order of final finish and not based on elapsed time. *Participants are still scored separately in their respective age groups and categories.*
- **Cross Country** - Traditional cross country format scored on final order of finish. Times will be recorded and posted along with finish order, but scoring is not based on elapsed time. *Participants are still scored separately in their respective age groups and categories.*
- **Omnium** - each participant earns points for their finish placement in the Timed DH Segment, STXC and XC races. Points are awarded to each specific category and age group. The rider with the most points at the end of the XC race wins the overall omnium. **Minimum of 10 participants in each group for cash value prizes, podiums and scoring will take place regardless of field size**

Awards

- Awards for each race are done as events are concluded. The awards times posted are for all categories and age groups for Saturday's events. Sunday's events has two awards times due to there being two start waves.
- Each category and age group listed on the 'race offering' is awarded medals for 1st, 2nd and 3rd for each of the four events as well as the omnium. Many categories will also receive product/merch from sponsors depending on availability.
- **Men's and Women's Pro Cat/1 Open** - These two categories are eligible for the omnium prize list, as well as the XC race overall. The prize money is as follows:

Omnium (\$900) - 1st - \$400, 2nd - \$300, 3rd - \$200

Enduro (\$900) - 1st - \$400, 2nd - \$300, 3rd - \$200

XC Race Only (\$225) - 1st - \$100, 2nd - \$75, 3rd - \$50

All other races and categories will be awarded prizes and medals.

**Prizes, medals and Payouts will be distributed at the awards presentation upon entering the podium. Pro Cat 1 riders must show up for the podium photo in order to get payouts. For all racers, any prizes or payouts that are not picked up before leaving the event are forfeited.

Results Posting

Results will be available live on the www.bumpngrindraces.com website and posted as riders cross the finish line. Printed results will be available next to the podium area following each race. Per USAC rules, there is a 15 minute protest period to which riders may contest any issues with results. After the protest period is over and any final changes are made, the results become final. Changes will not be made to results after this protest period is over.

Results Issues, Errors or Questions

If you are missing from the results or there is an issue please EMAIL Dawn@Chainbusterracing with the following information

- Name
- Race Number (on number plate)
- Race in which result need to be looked at (ie: Cat 2 XC 19-39)
- *The issue* - ie: is the placement incorrect? Are they in the wrong category? Are they missing from the results?
- Additional info - Are there pictures/videos? If necessary, what additional evidence do you have to support your placement being different than ours?

Please send the email and help us get the information we need to get it resolved in a timely and professional manner.

Strava & Scoring

We do not accept Strava times as evidence to dispute our results. Strava can be helpful in determining a rough time of finish or proof of completion, but it does not override our chip-timed or photo-documented results.

Volunteers, Support, and Lodging

● Volunteer info

We will be providing breakfast and lunch to all volunteers. They will also receive a custom event volunteer shirt. Volunteers who sign up in advance will receive free admission to the park. For volunteer information, please contact Reagan Pennock (reagan.pennock@gmail.com).

● Medical Services

Pelham Fire and Rescue will be based at the South Trail Head but will mobilize people to strategic locations during each event.

● Lodging

Shelby County has a huge variety of lodging, dining, and entertainment options outside Oak Mountain. Visit [Discover Shelby](#) for more details.

- Oak Mountain State Park has a few cabins (205-620-2520) and a campground (205-620-2520) reservations can be made by calling the number listed. See <https://www.alapark.com/parks/oak-mountain-state-park/cabins> for more details.
- [Fairfield Inn in Pelham](#)
- [LaQuinta Inn Hoover](#)
- [Sleep Inn Oak Mountain](#)
- [Hampton Inn Pelham](#)
- [Courtyard Marriott Pelham](#)

● Media

- Race photos will be available at www.bump.org and www.bumpngrindraces.com
- Follow these social media accounts for race updates, results, and photos:
 - <https://www.facebook.com/BUMPMTB>
 - <https://www.facebook.com/bumpngrindraces>
 - https://www.instagram.com/bump_mtb_official/

● Race Contacts

- **Registration/Race Questions** - Dawn Chandler – Chainbuster Racing – 706-338-3789
Dawn@Chainbusterracing.com

- **Race director / Media Inquiries** - Jacob Tubbs - 205 792 0249 / jacob.tubbs@gmail.com
- **Timing, Scoring, and Results:** Dawn Chandler – Chainbuster Racing – 706-338-3789
Dawn@Chainbusterracing.com
- **Chief referee:** TBA
- **Medical contact:** Cell phone service is limited within the park. For emergencies, dial 911. For other medical inquiries, contact the Pelham Fire Department at 205 620 6500, and the Race Director above.
- **Oak Mountain State Park contact:** 205-620-2520

Sponsors

Bump N Grind is a signature event for Alabama mountain biking, and can only happen because of the support of our incredible sponsors. We want to recognize them and thank them. Please give these great companies your business!

Title Sponsor

Hendrick Subaru

Gold Sponsors

Andrews Sports Medicine

First Horizons Bank

[OrthoAlabama Spine & Sports](#) - “Whatever orthopedic problems you or your loved ones face, we’ve got you covered—from helping you recover from a sports injury so you can get back on the field to performing the advanced joint procedure that will help you walk your daughter down the aisle with a smile.”

[Bike Link](#) - Supporters of our Saturday race events, Joe Wenning and the great crew at Bike Link in Hoover have all your MTB needs covered.

[Cahaba Cycles](#) - Supporters of our Sunday race events, Alabama’s biggest bike shop, with locations in Pelham, Cahaba, Homewood, and Trussville, Faris Malki and Cahaba Cycles have everything you need to keep rolling.

Silver Sponsors

[Discover Shelby](#) - Your one stop guide to all the great recreation, sports, dining, and lodging in Shelby County. Discover Shelby helps support Oak Mountain and all those beautiful clean facilities.

Therapy South

[Bob’s Bikes](#) - Bringing you the Hammies at Bump N Grind! A Birmingham bike institution, Bob’s is a long-time supporter of BUMP and Roger and Jason will take good care of you.

[Cahaba Brewing](#) - Makers of a ton of delicious brews including the new LOCAL series that tastes delicious and is easy on your body, Cahaba Brewing and Mountain Biking go together.

[Kuat Racks](#) - Makers of the finest bike racks for carrying your ride in safety and style.

Thank you to all our sponsors! Please support them and let them know you appreciate them!