



& STAMPEDE 200

500-Mile Rules

(Updated March 2025)

1. Open to solo riders as well as 2- and 4-person teams.
2. Teams may ride with any number of riders on the road at a time.
3. Drafting is not allowed. Two or more teammates from the same team may draft among themselves if there is more than one rider from the same team on the road.
4. Participants must race with a support crew (required for RAAM qualification). Support crews must have a minimum of two people.
5. There will be a “Time Trial Start” - riders will be started at one-minute intervals.
6. Course is not marked. Participants must navigate for themselves. In order to be an official finisher participants must ride the entire course within the allotted time.
7. All participants – riders and support crews - must obey all applicable traffic laws.
8. Support must be “leapfrog” during the day and “direct-follow” at night. 500-mile racers with support vehicles cannot advance at night without a follow-vehicle. Nighttime is defined as 7:00 pm-8:00 am. These times may be extended as conditions warrant, at the discretion of the Race Director.
9. During the day, teams may conduct “rolling exchanges” between team members as long as it is done safely and does not impede the flow of traffic. During the night, the retiring rider must come to a full stop while in the headlights of the follow vehicle before the next rider may continue. During both day and night exchanges, the retiring racer's front wheel must completely pass the new racer's rear wheel before the new racer may proceed forward.
10. Riders, crew, and support vehicles must not impede traffic. If one or more motorist is backed up behind a support vehicle for more than one (1) minute, that support vehicle must pull over as soon as possible to allow other motor vehicles to pass. Remember, those riders with support vehicles cannot advance at night without their support vehicles.
11. Support vehicle must stop five (5) feet to the right of the fog line or, in the absence of a fog line, five (5) feet to the right of the edge of the pavement. If it's not possible to stop five feet to the right of the fog line or road's edge, keep going until you find a spot where it is possible.

12. Bicycles must be equipped with a white front light and a red rear light, and they both must be mounted to the bicycle. They may be flashing or solid. Additional lights may be attached to the rider if desired. Both the front light and the rear light must be visible from 500 feet at all times when in use. The red rear light must be on anytime the rider is on the road both day and night. The white front light must be on anytime the rider is on the road during the nighttime hours between 7:00 pm and 7:00 am, though it is highly recommended that the front light remain on at all times. It is highly recommended that riders wear reflective clothing.
13. At least FOUR PIECES of reflective tape, each piece at least 1 cm wide by 3 cm long, must be applied TO BOTH SIDES OF EVERY WHEEL, including spare wheels. Eight pieces of reflective tape total per wheel and REFLECTIVE WRITING DOES NOT COUNT. At least one piece of reflective tape, at least 1 cm wide, wrapped completely around each crank halfway between the bottom bracket axle and the pedal axle so reflective tape is visible from any direction.
14. A maximum of 2 support vehicles is permitted per entry, solo or team. Support vehicles must be equipped with the following: Two roof-mounted amber flashing lights clearly visible from the back only; Slow-moving vehicle triangle; reflective "Caution Bicycles Ahead" sign; and, race numbers on front, rear and both sides. RVs are not recommended. Should you want to use an RV, please contact us at info@raceacrossamerica.org.
15. Safety standard approved cycling helmet in good condition must be worn at all times (ANSI, Snell, ASTM, CSA, CPSC, CEN).
16. Participants (rider or support crew) must text race headquarters from each time station and report rider's time of arrival. Riders need not stop at the time station. If a rider abandons the race, the race director must be notified.
17. Violating these rules will result in a time penalty being issued to the rider or team. Each violation will result in a 15-minute time penalty. The fifth penalty will result in disqualification.
18. The time limit for solo racers is 48 hours; time limit for 2-person and 4-person teams is 36 hours.
19. Should a racer wish to contest the results or request a correction to their finish time, this must be submitted in writing to info@raceacrossamerica.org no later than five days after the completion of the event.

Notes:

(1) Event management will supply race numbers and signage - 1 set for solo and 2-person teams, 2 sets for 4-person teams. If additional signage is required, it is available for purchase. Please email - info@raceacrossamerica.org . Racers and crew must provide their own flashing amber lights and slow-moving vehicle triangles. We do have a limited number of rental units available. Please email – info@raceacrossamerica.org , if you would like to reserve a set.

(2) The race director may modify rules as required, and are the final authority with respect to the interpretation of all rules.