Dear Riders

Welcome to the Ball State McKinley Mile Bike Race! The Office of Student Life (OSL) and Lambda Chi Alpha are proud to present our fifth annual race, one of our greatest campus traditions. This year the McKinley Mile will take place on Saturday March 31st. Our staff and volunteers are dedicated to seeing these races happen in the most fair and organized manner possible.

The McKinley Mile has its roots based in Lambda Chi Alpha's Bike-A-Thon which began in 1951 with the founding of the fraternity. The McKinley Mile has become a campus event which students look forward to every year. We hope that your involvement in this great experience and the effort that you put forth will encapsulate your time at this great University. Thank you for your participation and know that all your hard work and dedication will pay off. This year we are also excited to be working with Cardinal Greenway, who will serve as the beneficiary of profits made from team registration fees.

This packet contains a comprehensive listing of the rules and regulations, registration forms, eligibility guidelines and important dates. The McKinley Mile will include two races: a fun race called the Benny Dash and the main race the Cardinal Relay.

- The Cardinal Relay is for more experienced riders.
- Benny Dash is a race meant for kids and inexperienced riders who just want to have fun.
- The Benny Dash allows costumes.
- See page 25 for more race information.

While on track you will be in contact with members of the McKinley Mile Steering Committee, the Office of Student Life (OSL), Lambda Chi Alpha, Outdoor Pursuits, University Program Board (UPB), and the Greek Week Steering Committee. On the day of the event, both staff and Committee Members working the race can be easily identified while wearing their McKinley Mile t-shirts.

Please read over the packet carefully. If you have any further questions not answered in this publication, please call the Office of Student Life at 765-285-2621, email us at McKinleyMile@gmail.com , or visit us in the Student Center Room 133.

Jennifer Pierce
Program Coordinator for Student Life

McKinley Mile Schedule of Events

March 2nd: Early Registration Due

March 16th: Late Registration Due

March 21st: Team Captains Meeting in the **Student Center Room 301** from 5-7 pm

-All riders in the Benny Dash must have their costumes approved at this time and must attend.

March 31st: McKinley Mile

April 14th: McKinley Mile Rain Date

Schedule of Events on Race Day

11:00 am – University Green open to spectators

11:00 am – Registration for all teams in both races

12:00 pm – McKinley, Neely, New York, and Riverside Avenue close

12:00 pm – Benny Dash Race

12:30 pm – Course open to Cardinal Relay teams for practice

1:00 pm – All riders must check in at Schafer Bell Tower

1:30 pm – Cardinal Relay begins

- Awards to follow post-race

3:00 pm – DJ under the tower and games continue

5:00 pm – Streets reopen and all festivities end

Registration Fees

Early Registration: $60 per team due with completed packet to OSL by **March 2nd**

Late Registration: $75 per team due with completed packet to OSL by **March 16th**

Benny Dash Registration: $45 per team due with completed packet to OSL by **March 16th**

All pre-registered riders will receive a McKinley Mile t-shirt on the day of the race.

McKinley Mile Team Registration Form

****One form per Team.****

Team Name _____

Indicate which race your team will participate: **Cardinal Relay**_____ **Benny Dash** _____

Team Captain Name _____

T-Shirt Size Team Captain (circle one) XS S M L XL Male Female

Cell Phone _____ E-Mail _____

Team Member #2 Name _____

T-Shirt Size Team Member #2 (circle one) XS S M L XL Male Female

Team Member #3 Name _____

T-Shirt Size Team Member #3 (circle one) XS S M L XL Male Female

Team Member #4 Name _____

T-Shirt Size Team Member #4 (circle one) XS S M L XL Male Female

Alternate Team Member Name _____

T-Shirt Size Team Alternate (circle one) XS S M L XL Male Female

The entry fee accompanying this registration form ensures the team place in the McKinley Mile. Checks should be made payable to Ball State University.

Return to: Office of Student Life
c/o Jennifer Pierce
Student Center 133
Muncie, IN 47306

Release for Current Student Verification & Advertising for the McKinley Mile

**** Each individual rider and team mechanic must submit this form.****

Name _____ BSU ID# _____
(students only)

Team Name _____

To ensure that each rider and team mechanic and rider on a student team is a current student in good standing, OSL staff will verify status.

I agree to allow agree to allow Ball State University Office of Student Life to verify that I am a current student in good standing. I understand that this information will be kept confidential and is only used to confirm eligibility for the McKinley Mile.

Signature _____ Date _____

OSL staff and volunteers will take photos during the event to potentially post on the Student Life Website or to use in future Ball State University Publications.

I agree to allow the Ball State University Office of Student Life, and any department of Ball State University to use Photograph or video of my likeness in an advertisement for the McKinley Mile or Ball State University. I understand that the images will be used to advertise the McKinley Mile or Ball State University and will not expect compensation for the use of the image.

Signature _____ Date _____

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Muncie, IN 47306
765-285-2621

Release for Current Student Verification & Advertising for the McKinley Mile

**** Each individual rider and team mechanic must submit this form.****

Name _____ BSU ID# _____
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Team Name _____

To ensure that each rider and team mechanic and rider on a student team is a current student in good standing, OSL staff will verify status.

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(students only)

Team Name _____

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Name _____ BSU ID# _____
(students only)

Team Name _____

To ensure that each rider and team mechanic and rider on a student team is a current student in good standing, OSL staff will verify status.

I agree to allow agree to allow Ball State University Office of Student Life to verify that I am a current student in good standing. I understand that this information will be kept confidential and is only used to confirm eligibility for the McKinley Mile.

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Name _____ BSU ID# _____
(students only)

Team Name _____

To ensure that each rider and team mechanic and rider on a student team is a current student in good standing, OSL staff will verify status.

I agree to allow agree to allow Ball State University Office of Student Life to verify that I am a current student in good standing. I understand that this information will be kept confidential and is only used to confirm eligibility for the McKinley Mile.

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Muncie, IN 47306

765-285-2621

McKinley Mile Rider Registration & Statement of Physical Condition

****Each individual rider must submit this form****

Name _____ BSU ID# _____
(First) (Last) (students only)

Team Name _____

Campus Address (include zip code) _____

Cell Phone _____ E-Mail _____

Permanent Address _____
Street City State Zip Code

Permanent Phone (____) _____ Parents'/Guardians' Names _____

Projected Graduation Date _____ Year in School (circle one) Fr So Jr Sr Grad

Waiver, Release, Indemnity and Hold Harmless Agreement:

I am entering the McKinley Mile as a participant on my own free will, and I agree to abide by all the rules and regulations as set forth in the McKinley Mile Team Manual and by the race officials. I hereby assert that, to the best of my knowledge, I am in proper physical condition to participate in the McKinley Mile race, series, events, practices, training and any and all activities incidental thereto, however same may occur and for whatever period said activity may continue, hereinafter called the McKinley Mile. I further understand that serious accidents occasionally occur during bicycle racing and that participants in bicycle racing occasionally sustain mortal or serious personal injuries, and/or property damage, as a consequence thereof. Knowing the risks of bicycle racing nevertheless, I hereby agree to assume those risks. I further acknowledge that in voluntarily choosing to associate with and participate in the McKinley Mile, and in consideration of the opportunity to participate in the McKinley Mile, I hereby forever release and discharge the McKinley Mile Steering Committee, The Office of Student Life, Lambda Chi Alpha, Ball State University, their employees, officers, board members, administrators, agents and assigns, or individuals, volunteers, all other participants in the McKinley Mile, all other Ball State University Students or any other persons acting on behalf of these entities or individuals, (the "covered parties"), of and from any and all liability for any injury, property damage, or any events associated with or connected to the McKinley Mile. I further recognize and acknowledge that this release expressly releases the covered parties from liability for injuries, property damage or any type of damage that is caused by the sole negligence of the covered parties. I further release and discharge the covered parties from all manner of actions, causes of action, suits, accounts, contracts, debts, claims, and demands

whatsoever, at law or in equity, arising or which may arise, including particularly, but not exclusively, all matters that asserted, could have been asserted, or could in any way be asserted, by the undersigned, and that out of negligence, breach of contract, misconduct, or any action, or failure to act by the covered parties that the undersigned possesses, and arising or which may arise out of any voluntary choice to participate the McKinley Mile and any of its associated events or activities. I all agree to Indemnify and Hold Harmless all covered parties from any and all claims, actions, suits, procedures, costs, expenses, damages, and liabilities, including attorney fees, brought as a result of my participation in the McKinley Mile and to reimburse them for any such expenses incurred. I further understand and agree that this waiver, release Indemnification and Hold harmless agreement is binding on my heirs and assigns.

_____ I have read the training and medical rules policies.
(initial)

_____ I have read the McKinley Mile Rules and regulations, including the eligibility Rules and Protest Procedures
(initial)

_____ I have read and understand the above waiver and release.
(initial)

I attest to the truth of everything submitted on this and all other forms required of me for participation in the McKinley Mile. If there is any discrepancy in the above information, the affiliated team and the individual will be held responsible, and this may be grounds for disqualification as a participant in the McKinley Mile Race.

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(First) (Last) (students only)

Team Name _____

Campus Address (include zip code) _____

Cell Phone _____ E-Mail _____

Permanent Address _____
Street City State Zip Code

Permanent Phone (____) _____ Parents'/Guardians' Names _____

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matters that asserted, could have been asserted, or could in any way be asserted, by the undersigned, and that out of negligence, breach of contract, misconduct, or any action, or failure to act by the covered parties that the undersigned possesses, and arising or which may arise out of any voluntary choice to participate the McKinley Mile and any of its associated events or activities. I all agree to Indemnify and Hold Harmless all covered parties from any and all claims, actions, suits, procedures, costs, expenses, damages, and liabilities, including attorney fees, brought as a result of my participation in the McKinley Mile and to reimburse them for any such expenses incurred. I further understand and agree that this waiver, release Indemnification and Hold harmless agreement is binding on my heirs and assigns.

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(First) (Last) (students only)

Team Name _____

Campus Address (include zip code) _____

Cell Phone _____ E-Mail _____

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Street City State Zip Code

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(First) (Last) (students only)

Team Name _____

Campus Address (include zip code) _____

Cell Phone _____ E-Mail _____

Permanent Address _____
Street City State Zip Code

Permanent Phone (____) _____ Parents'/Guardians' Names _____

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(First) (Last) (students only)

Team Name _____

Campus Address (include zip code) _____

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Signature _____ Date _____

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765-285-2621

McKinley Mile Rules of Student Eligibility

Section I. Student Rider Status

A. **Enrollment:** All students desiring to participate as a rider in the McKinley Mile must be full-time undergraduate or graduate student enrolled at the Muncie Campus of Ball State University during the fall and spring semesters of the year of participation.

B. **Grade Point Average/Credit Hours: in addition, he or she must:**

1. **Have a cumulative GPA of 2.00 or better**

2. **Be a full time student carrying a minimum of 12 credit hours in the fall semester prior to participation on-campus or be a full time graduate student carrying a minimum of 6 hours in the fall semester prior to on-campus participation.**

3. **Be a full time student carrying a minimum of 12 credit hours in the fall semester prior to participation on-campus or be a full time graduate student carrying a minimum of 6 hours in the fall semester prior to on-campus participation.**

Section II. Amateur Status and Associated Affiliations

The McKinley Mile events are intramural in nature and are designed to create cycling opportunities for students and the community so that each participant can feel that they have a chance to compete successfully.

In this intramural effort, certain rules must exist that regulate association with organizations that seek to enhance the proficiency of student-riders and community-riders. This association elevates the intramural student-rider to an ability level that is not commensurate with the participation goals of the McKinley Mile. The following rules are in place to promote these goals.

A. **Professional Status:** Any rider who is, or ever has been, classified under one of the following categories shall be placed in the Pro category of the McKinley Mile.

1. Any rider who has held or obtained a professional status in any sport related to cycling or a sport that could be used as conditioning for cycling. A list of cycling related sports including, but is not limited to, speed skating, mountain biking, and triathlons.

2. United States Cycling Federation (USCF) Professional or "Pro" Category

3. National-Off Road Bicycling Association (NORBA) "Pro" Category

4. American Bicycle Racing (ABR) "Professional" or "A" Category

5. Any foreign or domestic equivalent to USCF or NORBA "Professional" as determined be USA Cycling

B. **USCF Categories:** Any rider who has held, presently holds, or will hold a United States Cycling Federation Category I or II license prior to race day shall be placed in the Pro category of the McKinley Mile.

C. **NORBA Categories:** Any rider who has held, presently holds, or will hold a National Off-Road Bicycling Association "Pro" license prior to race day shall be placed in the Pro category of the McKinley Mile.

D. **ABR Categories:** Any rider who has held, presently holds, or will hold an American Bicycling Racing "A" or "B" (men's road and/or track), "A" (women's road and/or track), or "A" (men and women off-road) license prior to race day shall be placed in the Pro category of the McKinley Mile.

E. **Foreign Categories:** OSL has the right to review and participant's foreign license to determine its equivalence to either USA cycling or ABR status. If it is found that the foreign license in question is equivalent to a USCF Category I or II, NORBA "Pro" or "Elite" and/or ABR "A" (off-road and women's road and track) or "B" (men's road and track only), that person will be placed in the Pro category of the McKinley Mile.

F. **Special Competitions:** Any rider who upgrades his/her USCF and/or NORBA status into and aforementioned ineligible categorization temporarily, expressly for the purpose of riding in special competitions and/or attempting to qualify for a particular cycling team, will also be placed in the Pro Category of the McKinley Mile.

G. **Amateur Status Modification:** In order to protect the development and encourage the natural progression of McKinley Mile riders that enter the McKinley Mile with no advanced cycling experience, exceptions to the McKinley Mile Amateur Status rules will be made assuming the rider meets the following requirements.

1. If a student enters Ball State University without any advanced cycling experience:

    a. USCF (Men: No experience or Category 5)
    (Women: No experience or category 4)
    b. ABR (no experience or Category 4)
    c. Junior (no experience in national junior events)
    d. NORBA (no experience or Beginner level)

2. Then that rider will retain their McKinley Mile eligibility and permitted to upgrade to:
    a. USCF Category 1 or 2 level
    b. ABR Category 1 or 2 level
    c. NORBA Pro level

3. After upgrading, that rider will retain 1 year of eligibility, which must be used the following year, and that rider must participate with his/her team from the preceding year.

Riders who meet the standards set forth by this modification will need to submit an appeal to the OSL director (by the standard appeal deadline). Each case will be ruled on separately by the OSL director. **All category rulings are final and will not be subject to further appeal.**

Section III. Rider Waiver and Insurance

A. **Rider Waiver:** Every rider planning to participate in practice, qualifications, or the race is required to sign clearance waivers provided by OSL in this manual. **OSL waives any and all responsibility** for and rider injury of mishap occurring at times other than authorized practice periods.

B. **Personal Insurance:** OSL recommends that all participants carry private health and accident insurance.

C. **Physical Examinations:** OSL recommends that all participants undergo a physical examination from a qualified physician before participating in either practice or McKinley Mile events.

*USA Cycling does not categorize women cyclists as category 5; therefore, OSL will recognize category 4 women cyclists as having no experience

McKinley Mile Course Riding Rules

1. Limited parking is available for McKinley Mile Participants (Riders, Teams, and Mechanics) contact OSL for directions for team parking. Parking for spectators is available in the parking lot north of Worthern Arena

2. No spectators will be allowed on the course at any time. The only people allowed on the course are eligible McKinley Mile riders, student coaches, and OSL staff and steering committee members.

3. A McKinley Mile Steering Committee member will be in charge at all times while the streets are closed. Team members and spectators are to cooperate with them at all times. Anyone not riding must stay off the street. Spectators must be to either side of McKinley Avenue while riders and coaches may also be in the median of McKinley.

4. The coach must remain in the pit area (designated by flags). Remember that anyone not riding must stay to either side of McKinley Avenue while riders and coaches may also be in the median of McKinley.

5. Packs will be broken up at the discretion of the McKinley Mile Committee member in charge of the course.

6. Cycling approved hard helmets must be on and buckled at all times while riding on the course. Riders must also wear gloves at all times. THERE ARE NO EXCEPTIONS TO THIS RULE!

7. Handlebars must be taped and plugged.

8. Any rider endangering the safety of the other riders is subject to report by members of McKinley Mile Committee present at the time. Any team blatantly violating safety rules is subject to a race penalty.

9. Appropriate cycling attire is required of all riders in the Cardinal Relay. No sweatpants or loose clothing is allowed.

10. After every exchange at least one full lap around the course must be taken.

11. No jewelry or watches may be worn on the course. Heart rate monitoring devices must mount on the handlebars of the bike.

Penalties for Course Riding Rule Infractions

1. A rider will not be allowed on the course if any of the below rules are not followed:

   - Gloves must be worn at all times
   - Riders must have helmets on at all times
   - Any part of the riders clothing or bike not meeting McKinley Mile requirements will be prohibited.

2. ONE warning will be given on the following infractions of the rules. After that, one day's course time will be lost with attendance required at the course.

   - All team members and spectators must stay off the course.
   - Packs are to break up within one lap of being told to do so.
   - After every exchange, one full lap must be taken around the course.
   - No use of any musical device (mp3 player, etc.) will be permitted while riding on the course.

McKinley Mile Race Rules and Regulations

I. Course

The race shall be 24 miles in length for the Cardinal Relay. The course includes the square of McKinley, Neely, New York and Riverside Avenues. On this course, 20 laps for the Cardinal Relay shall be equivalent to 24 miles. The teams will be allowed to warm up on the track prior to the race on race day.

The teams and their order of starting positions will be determined by a random drawing in each category. In the event that a team is disqualified or withdraws, its position will be considered vacant and teams in lower positions shall be moved up accordingly.

The Benny Dash will consist of one lap the length of McKinley Avenue from The Schafer Bell Tower to Riverside Avenue and back. Each rider will participate individually in this race.

II. Entrants

Entrants will be placed in one of five categories based on the majority of the team makeup.

- Pro Category
  - If any one rider on any team fits into the pro category guidelines the entire team will be put in the professional category
  - Students, Alumni, and Community members at large can be in this category.
- Alumni Category
  - All riders must be alumni of Ball State University and must be verified by the Alumni Association
- Student Category
  - All riders must be students in good standing
  - See McKinley Mile Rules of Student Eligibility for more information
- Community Category
  - All riders must live within Delaware County

Benny Dash entrants:

- Open to everyone including children ages 12 and up
- Costumes may be worn at the discretion of the McKinley Mile Steering Committee
- All riders must be either Students, Alumni or live within Delaware County
- Riders may participate in both races as long as they are registered in both races and pay each registration fee.

III. Bicycles

Bicycles to be used in the race must approved by the McKinley Mile Steering Committee prior to the race. Each team will be allowed two bikes for the race. One bike will be designated and the Bike A and one as Bike B. Bike B will be designated as a backup only if Bike A fails.

- All bikes must be in proper working order to be used in the race.
- Bikes must be of the road variety.
- All bikes must have fully taped bars and end caps.
- All bikes must have more than one gear.

IV. Pits
Each team will be given a pit based on a random drawing. Each pit will be at least ten feet long and will be located along either side of the Shafer Bell Tower Median. Each team is allowed to have a maximum of 6 people in their pit on race day—the registered four riders who will ride in the race, one coach and the alternate rider. In addition, one member will be allowed in the pit with the "B" bicycle.

V. Exchanges
Each team shall be required to complete five exchanges during the course of the race. It will be the team's responsibility to check with their course judge to determine if they have fulfilled the requirement. The rider taking the exchange may begin running to pick up momentum in the pit immediately preceding his own. He cannot touch the incoming bike until it has reached the front line of his designated pit area. In case of a full bike exchange (2 bikes involved), the receiving rider can place his/her bike against the back line of the preceding pit. The rider must stay stationary until a "tag" is executed by the incoming rider. The giving rider will have until the end of their team's pit to stop the incoming bike. Failure to complete the exchange in the designated area should result in the riders' continuation of that lap. Attempts to backup will be left to the official's discretion and may result in a penalty. Incoming riders must stop within their pit area. Another team member may not stop these riders.

VI. Line-Up
Bicycles will be lined up for the pace lap in the order specified in Section I of these rules. All number one (1) riders will be mounted and ready to ride before the pace lap. Once riders have mounted their bicycles, no crewmember will be allowed on the track.

VII. Conduct
Student riders and coaches will be expected to conduct themselves in a sportsmanlike manner when riding and in the pit areas. When riding, team members will be expected to compete fairly without hindering other riders in any way or improving their position in an unjust manner.
When not riding, team members should remain in their designated pit area. Walking to other pits must be avoided because such actions jeopardize the safety or position of another team. One rider may carefully cross the course only when there has been a team accident. No permission is needed from the judge. However, impeding the progress of another rider shall subject the guilty team to a penalty as judged by the McKinley Mile Steering Committee.

VIII. Penalties
If in the opinion of the officials, if teams are guilty of violation of these rules, they shall be penalized for not less than two (2) seconds and not more than twenty (20) seconds. This time will be spent in the penalty box located near the starting line. Preliminary penalties must be served within 10 laps of when it was issued. Penalty times shall be as follows:
1. Impeding another team (including the team rider and pit crew) 5-20 seconds.
2. Illegal exchange from bicycle "A" to bicycle "B", 2 seconds.
3. Illegal exchange and unnecessary riding through more than three pits for an exchange, 2 seconds.
4. Unsportsmanlike conduct, 5-15 seconds, depending on severity.
5. Failure to complete five exchanges as required will result in a one lap penalty for each of the five exchanges NOT completed.

6. Other infractions not covered will be left to the discretion of the Steering Committee, with the consultation *of the judge involved.*

The penalty box is located immediately after the start/finish line. Teams will have 10 laps to serve their penalty after it is announced. To serve a penalty, the rider must completely dismount from the bicycle once in the penalty box and wait until the judge determines the penalty is over. Once the judge indicates, the rider will be allowed to mount the bicycle and continue the race.

IX. Termination of the Race

The Steering Committee has the authority to delay the start or stop of the race temporarily once in progress if safety requires such action. Further the Steering Committee shall have the authority to terminate the race before its scheduled finish if an emergency demands it. The Steering Committee may call the race completed after three or more bicycles have finished the race. Bicycles flagged down as a result of such decision will earn finishing position according to the number of racing laps completed by each team at the time the race is considered completed.

When the winning team receives the checkered flag, each team will finish their current lap and then return to their pit. The finishing order will be determined by when each team crosses the finish line subsequent to the winner. All decisions of the Steering Committee are final.