

Pole Pedal Pant Race Rules and Information

Rules:

- Wear bib numbers at all time and be visible
- Follow the marked trails
- Biker must wear a helmet
- Dismount skis before entering into the Transition area
- Transition area has bike racks for individuals and bike racks for teams and a designated relay team member waiting area
- Relay team member (biker) must wait in the waiting area until the team member (skier) passes the biker to the biker at the waiting area
- No riding until you are out of the Transition area
- Ride on the right side of the road
- Keep 3 bike lengths between yourself and the biker in front of you
- Pass on the left of the biker in front
- Complete your pass within 15 seconds
- No littering and no public urination
- Dismount the bike before you enter into the Transition area, no riding in the Transition area
- Relay team member (runner) must wait in the waiting area until the biker puts the biker on the bike rack and exchanges hand with the runner at the waiting area
- Violations of the above rules may cause 1-minute penalty for each violation or may cause disqualification for two violations
- County Hwy 35 (for bikes and runners) is not closed from traffic.
- Runners should follow the marked bike and run courses (the courses are subject to change)
- Be courtesy to the other racers, be safe, and thank the volunteers

Information:

- Race day registration and bib pick-up starts at 9:00am and closes 10:30am
- The race starts at 11am
- Post-race food, cookies, awards, and door prizes starts at 2:30pm