

# 23<sup>rd</sup> POLE PEDAL PANT® Winter Triathlon

## Oldest and Toughest Winter Triathlon

March 10, 2012 @9am

Elm Creek Park Reserve, Maple Grove, MN, USA

### Race 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) tags the biker at the waiting area
- No riding until you are out of the Transition area
- Pass on the left of the biker in front
- 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 tags 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
- Be courtesy to the other racers, be safe, and thank the volunteers

**\*\*\* On race day, when you arrive the park, please follow the volunteers to drop off your racing gear at the Transition Area, then drive your vehicle to park at the Chalet parking lot. Parking is very limited, and a shuttle bus is available for those who park at the overflow parking lot.**