



Live a Good Life.

Pole Pedal Paddle

Competitor's Information

Saturday, May 18, 2019

Bend, Oregon

A Benefit for the Mt. Bachelor Sports Education Foundation

MBSEF

563 SW 13th St., Ste. 201

Bend, OR 97702

www.pppbend.com



Thank you for supporting the Mt. Bachelor Sports Education Foundation. We train over 600 youth athletes in competitive Alpine and Nordic Skiing, Freeride Skiing and Freeride Snowboarding and Cycling. Generations of local youth have benefitted from the positive experiences and values nurtured through MBSEF programs--- sportsmanship, self-discipline, goal setting, character building and the pursuit of healthy lifetime activities.

Race Packet/Bib & T-Shirt Pickup:

Location: The Pavilion (Hockey/Ice Rink)
1001 SW Bradbury Dr., Bend, OR 97702
Thursday, May 16th
12 p.m.-6 p.m.
Friday, May 17th
11 a.m.-6:30 p.m.
Saturday, May 18th
6:30 a.m.-7:00 a.m.

Kayak/Canoe/SUP Board Drop Off

Friday, May 17th
Riverbend Park
799 SW Columbia St.
3:00 p.m.-7:15 p.m.
Saturday, May 18th
7:00 a.m.-8:30 a.m.



Costume Contest Rules

When it's time for the judging of the costume contest and you approach the Les Schwab Amphitheater Stage, whatever you are wearing is what you had to race in. Many people have extremely creative and hilarious costumes. Oh, but many of these people do not actually race in these amazing costumes. So, if you enter the contest, make sure you actually wore it in the race!

*Your participation in the SELCO PPP helps inspire local youth to be the best that they can be in sports and in life.

The Exchange Captains or MBSEF will not be responsible for your equipment after the deadlines. Bikes must be picked up by **2:00pm** and boats by **4:00pm**. Please show your bib number for verification.

All participants must arrange for their equipment to be brought down from Mt. Bachelor.

Please do not give the volunteers a bad time about checking your ID; they are trying to protect your expensive equipment.

Lost & Found

Around 2:00 p.m., anything left at the Mt. Bachelor exchange areas will be brought down to the Les Schwab Amphitheater's White House. We will leave it on the deck outside and you can grab your items until 6:00 p.m. If you don't pick them up on Saturday, we will have them at the MBSEF office on Monday. You can pick your items up at that time. MBSEF is on the corner of Century Drive and Donovan. 541-388-0002. MBSEF is not responsible for lost equipment. Use the tags provided in your Bib Packet. Put your name, address and phone # on ALL equipment. Bag your small items (bike gloves, helmet, shoes, etc.) and label the bag.

Bikers-Please Read

If you are new to this race, be aware that when you are descending, you will not be riding in the bike lane until after you have passed the Sunriver Cutoff. Cars will be passing you on the right. Please be careful and aware of your surroundings.

Please read these helpful tips on Speed Wobbles:

What causes it?

In our experience, a speed wobble is most likely to occur when:

- You're traveling fast.
- You're tense and/or cold, when a shiver might initiate it.
- You're not pedaling.
- You're riding no handed.
- The saddle is set high.
- The frame is long.

However, a shimmy can strike without any of these conditions being met; you can be pedaling along with both hands on the bars, for example.

Some people say that speed wobbles are related to loose headset bearings or poor frame alignment, but we've seen no evidence to suggest that either is involved.

How to stop a speed wobble

If you feel a speed wobble coming on, we suggest the following:

- Try to stay calm; tensing up exacerbates the problem. Deep breaths. You can deal with this!
- Grip the top tube with your knees (if you're pedaling, this obviously means you need to stop).
- Or lift your weight from the saddle very slightly, but don't stand up.
- At the same time, although it may seem counterintuitive, reduce the strength of your grip on the handlebar. Keep your arms bent.
- Slow down. If you're going downhill and this requires braking, gently squeeze the levers, don't lock up the front wheel.

Categories: Please read the details on the category that you registered for. Individuals must have at least 2 support people. Only individuals and adaptive categories may have support crew. One person helping take their gear at the mountain and one for in town. The support person at Mt. Bachelor will have to drive the Sunriver detour.

Elite Individual: One person doing all the legs of the race but does not qualify for placing in age category. This is the only category with cash prizes. \$1,000, \$500 and \$250. Must have 2 support people.

Individual: One per doing all the legs of the race. Must have 2 support people.

Pairs: Male/Female/Coed: 2 person team. One person per leg. Members are not racing the same leg together. They are alternating legs however they see fit. They will be issued a pass to drive down Century Dr.

Tandem Pairs: Some races, tandem means that you can do each leg of the race at the same time. That is not the case with this race. In the PPP, tandem means that you can either use a tandem bike and/or a 2 person kayak.

Clydesdale/Athena Pairs: Must weigh 200 lbs (men) or 160 lbs (women). No age or gender division.

12 and Under Individual/Teams/Pairs: Everyone on the team needs to be 12 or under to qualify to do the shorter version of the run. 2 person kayaks are allowed.

Teams: Female/Male/Coed: Teams consist of 3 to seven members (one for each of the six legs, with two in a canoe or one in a kayak).

Open Teams: Tandem bike and/or 2 person kayak/canoe is allowed. No age or gender divisions.

Business Teams: All team members must be employed by that business. No age or gender division.

Adaptive Teams/Individuals/Pairs: Teams consist of a combination of persons with or without a disability. At least three legs must be completed by person with a disability (can include canoe leg is 1 person with disability is part of a 2 person team). No age or gender division.

Municipal Teams: Members must work for city, county or state departments. No age or gender division.

High School Teams: Each member must be from the same high school. No age or gender division.

Family Teams: The winning family will be based on a formula that will calculate the number of team members plus age span divided by race team time. Team with the highest score will receive the award. You can use a 2-Person Kayak in this category.

Clydesdale/Athena Teams: Every racer must weigh 200 lbs or more for men or 160 lbs or more for women. We will weigh you at the finish line. No age or gender division.

Awards:

1st-3rd place in every age category or special team category will qualify for the coveted “Earhart Studios” mug. Please check in with our volunteers at the mug tables in the Les Schwab Amphitheater to see if you are mug worthy. They will be located not on the stage but near the finish line.

We will have other prizes for overalls in your category. For example, the overall winners of



the coed pair division will get a cool prize for two people. But they will have to have the fastest time of all the other coed pairs.

Rules:

No Drafting on the Bike

No Sharing of Boats

2-Person Kayaks Allowed Only in Open Teams, Tandem Pairs, Family Teams and 12 and Under Teams.

Only Pair Teams will not be detoured through Sunriver.

Boat must have sticker from Packet Pickup before it is placed.

Helpful Information:

Alpine course practice is only open from 8:00 a.m.-8:45 a.m.

Your season pass will not work. Must use ticket in your race bag! It is good for only 1 practice run and 1 race run.

Do not go to Mt. Bachelor without your bib numbers or lift tickets on race day.

The road going UP to Mt. Bachelor is never closed. The road going DOWN from Mt. Bachelor is detoured through Sunriver during the race (except for pairs division).

2 person kayaks are only allowed in Open Teams, Tandem Pairs, Family Teams or 12 and under teams.

2 person canoes are allowed in all categories.

Helmets are mandatory on the downhill and bike legs. You may wear the same helmet on both legs.

All bikes must be safety checked by **SUNNYSIDE SPORTS** crew on race day at the Cross Country Ski/Bike Exchange area in front of the Mt. Bachelor Nordic Lodge. Be sure to have your equipment serviced in a reliable bike shop before the event. Bike Check-In starts at 7:30am. Bikes must be checked in by 11:00 a.m.

Pairs:

If you are planning on doing the ski leg and the run leg, but not the bike leg, you should have someone drive you down Century Drive and drop you off near the transition area so you don't have to worry about parking. We want to make sure that you get to your transition before the biker. You will receive a Pairs Pass credential in your race packet that will allow you to drive down Century Drive and not be routed through Sunriver. The transition zone for the Bike to Run is at the Athletic Club of Bend.

All vehicles, except for pairs coming down from Mt. Bachelor will be routed through Sunriver. The detour will take at least 50-60 minutes.

Hand Off's:

You will have a transponder that must be worn on the ankle. If you do not wear it, you will not get a time. You will only have one per team. You will hand it off to your teammate at each exchange. Do not lose this either. If you do, you will have to pay for it. You **DO** have to wear it on the Alpine portion. It will be enforced in 2019.

FAQ's:

Will the Alpine or Nordic Skier have enough time to do the run?

Unfortunately the answer is No. Teams have to drive the Sunriver detour.

Are Bike Fairings Allowed?

Yes. In Open Teams Only.

Are Snowboards Allowed?

Yes

Are Telemark Ski Allowed?

Yes

Are Stand Up Paddle Boards Allowed?

Yes

Course Time?

Ranges from 1:45 to 4 hours.

Will there be water and food stations?

Yes. At every exchange area there will be water provided by BigFoot Beverages, fruit by Trader Joe's and bread from the Great Harvest Bread Company. There will also be water stationed on the run course. Lots of goodies at the finish line as well.

Race Day Schedule

7:30 a.m.	Bike Check opens in front of Nordic Center at Mt. Bachelor
8:00 a.m.	Lifts open at Mt. Bachelor-Alpine Course Inspection Opens
8:45 a.m.	Alpine Race Venue is closed to inspection
9:00 a.m.	92.9 starts LIVE COVERAGE of the race
11:00 a.m.	Food Booths open in Les Schwab Amphitheater

11:00 a.m.	10 Barrel Beer Garden opens in Les Schwab Amphitheater
2:00 p.m.	All bikes must be picked up at the Bike Finish area
3:00 p.m. (approx.)	Awards Ceremony on stage at Les Schwab Amphitheater
4:00 p.m.	All boats must be picked up at the Canoe/Kayak finish area
4:00 p.m.	10 Barrel Beer Garden closes

Estimated Race Start Times

9:15 a.m.	Elite Male & Female
9:15 a.m.	Adaptive Teams/Adaptive Pairs/Adaptive Individuals
9:25 a.m.	Female Individuals & Female Athena Individuals
9:30 a.m.	Male Individuals & Male Clydesdale Individuals
9:35 a.m.	Male Individuals
9:40 a.m.	Male Individuals
9:45 a.m.	Male Individuals
9:55 a.m.	Male Pair
10:00 a.m.	Male Pair
10:05 a.m.	Coed Pair
10:10 a.m.	Coed Pair
10:15 a.m.	Female Pair
10:20 a.m.	Tandem Pair & Clydesdale/Athena Pair
10:30 a.m.	Family Team
10:35 a.m.	High School, Municipal, Open, Clydesdale/Athena Team
10:40 a.m.	Female Team
10:45 a.m.	Female Team
10:50 a.m.	Coed Team
10:55 a.m.	Coed Team
11:05 a.m.	Coed Team
11:10 a.m.	Coed Team
11:15 a.m.	Male Team
11:20 a.m.	Male Team
11:25 a.m.	Business Teams



2018 Winning Times

Male Elite-1:43:50
 Female Elite- 2:03:17

Male Individual-2:01:17
Female Individual-2:18:28
Adaptive Male Individual-3:42:25
Clydesdale Male Individual-2:26:19
Adaptive Pairs-3:22:51
Clydesdale Pairs-2:23:17
Male Pairs-1:54:18
Female Pairs-2:12:59
Coed Pairs-2:08:26
Tandem Pairs-2:14:04
Female Team-1:57:34
Open Team-1:44:40
Coed Team-2:06:24
Family Team-2:04:11
Male Team-2:01:40
Business/Service Team-2:04:28
Municipal Team-2:03:14
High School Team-2:15:07
Adaptive Team-2:36:59

COURSE INFORMATION

Alpine Leg (Sponsored by Mt. Bachelor)

The course starts at the top of the Red Chair. There will be ski corrals for each start wave to place your skis. Please do not move other competitor's skis, it is a first-come, first-serve placement for skis. The race starts with a 200 foot sprint (length may vary due to snow conditions) uphill without your skis, then put them on and ski down the LeeWay trail. You must obey the control gates, gate keepers will be monitoring the course. If you miss a gate you must reenter or receive a time penalty. The course is a beginner/intermediate run. The course may change due to snow conditions.

Alpine to Nordic Ski Exchange

Upon entering the Exchange Area, **please check your speed and slow down** before entering the chutes. Between the Red and Yellow chairs you will see five chutes. Each chute is labeled with a letter (A, B, C, D, E). The last digit of your Bib# corresponds to a specific chute:

A: 0-1 B: 2-3 C: 4-5 D: 6-7 E: 8-9

This helps spread everyone out and helps you find your teammate and equipment easily. Please verify with your Nordic skier what chute you have been assigned.

Note: The same chute system will be used at the Nordic /Bike and Run/Canoe Exchanges.

Nordic Ski Leg (Sponsored by Desert Orthopedics)

The Nordic ski course was revised in 2018 to better protect it from potential snow melt and race day weather with much of the course staying on the south side of the Mt. Bachelor Nordic Trails in the protection of magnificent old growth timber.

The trail no longer goes toward the north side of the trails where it is more open and exposed to storm winds and direct snow melting sun.

In addition, the new course doesn't quite go as low in elevation and it has a nice flatter section before the climb back to the Mt. Bachelor Nordic Center.

As in the past the course circles the West Village Parking Lot, before dropping down Blue Jay's to Junction 11 where it follows the traditional course down to Junction 19. It then takes Woody's Way through Junction 18 going all the way up to Junction 6. There the trail takes a right to junction 10 and continues on a nice easy loop on Blue Jay's to Junction 11 where it turns left and returns to Junction 10 though Emil's clearing still with easier terrain. From Junction 10 the course, like in the past, climbs up to the Common Corridor and returns back to the Mt. Bachelor Nordic Center and the bike transition.

Bike Leg (Sponsored by AAA)

Upon leaving the Exchange area, please proceed out of the West Village Parking lot towards downtown Bend for 22 miles. No drafting allowed. There will be car traffic between the Bike Start and the Sunriver Junction and after the Seventh Mountain Resort to the Athletic Club of Bend. There will be Race Volunteers to assist with Traffic Control at all intersections. **Please BE AWARE of vehicles.**

The course is primarily downhill with one uphill climb after the Sunriver Junction. Parents may not ride with their children on bike course. **ONLY** those competitors who are doing the Bike Leg are to be riding on the course (extra riders impede safety). Remember to have your Bib# visible as you approach the Bike Finish for the volunteers to call your number for your teammate or support crew to be ready. The Bike Finish will be just before the Mt. Washington Roundabout.

Run Leg (Sponsored by the Athletic Club of Bend)

The 5 mile course starts at the Athletic Club of Bend. Runners will run up the trail from the Athletic Club and then turn back toward town after running through Mt Bachelor Village. Then they will continue past Touchmark down Reed Market to the Healy Bridge. Adults turn south on to River Trail to go to South Canyon Bridge. Kid teams that are 12 and under will cross Healy Bridge on sidewalk, then turn right and loop under bridge. Kids / Adults will continue through Farewell Bend Park, turning right before the playground and heading back over the Healy Bridge westbound. Upon leaving the bridge, runners will turn right on West River Trail northbound, continue into Kayak Exchange at Riverbend Park.

Canoe/Kayak Leg (Sponsored by Tumalo Creek Kayak and Canoe)

The Canoe/Kayak leg will be a chute system based on your division and bib number. The course is .8 km upstream to the turnaround buoy under the Healy Bridge, then downstream 1.2 km around the island (stay to the right of the island), and back upstream to the Canoe/Kayak finish. The put in and the take out are the same beach. Tumalo Creek Kayak and Canoe will have rafts and guides to monitor the course and assist in an emergency.

Sprint Leg (Sponsored by Robberson Ford-Lincoln-Mazda)

The final sprint starts at the Canoe/Kayak Finish and goes under the Columbia Street Bridge on a paved footpath to the grass Finish Arena in Les Schwab Amphitheater, approximately ½ mile. Only one team member may cross the Finish Line. Team members may join the sprinter in the Competitor's area of the Finish Arena. At the finish, please enjoy a Kombucha, snacks from Trader Joe's and other beverages from BigFoot Beverages.

Additional Information about Boat Put In/Take Out:

Do not drop off boat without putting bib number sticker on.

No sharing of boats allowed by different teams.

Approved PFD's (personal floatation devices) must be worn in canoe/kayak leg. Any float worthy craft without oarlocks is permissible. You must use a single or double-bladed paddle.

On race day, if you are a team member or a support person, you will not be able to stand by the boat and wait. You can join them as soon as you hear their bib number being announced by our volunteers.

The reason why we don't have support people, team members or spectators in the boat area is for safety reasons. It gets really chaotic and we are just making sure that no one collides with a boat and that no one has an unfair advantage.

Relay members/support need to exit immediately from the boat staging area once their boat is in the water. Two-person kayaks are allowed in Open Teams, Family Teams, Tandem Pairs and 12 and Under Teams and

12 and Under Pairs. All other Team and Pair divisions may use two-man canoes or one-man kayaks.



D Boswell Photography

Parking for the boat site is located on the NW corner of Shevlin-Hixon and Columbia Street. Boats will be walked into and out of the boat launch/take-out areas.

Drop off will end Friday at 7:15pm at the Launch site. Entrance is located at the SW Columbia & Shevlin-Hixon intersection at the entrance to Riverbend Park and the Bend Metro Parks and Recreation District Office. Security will be provided. You may also drop off your boat between 7:00 a.m. and 8:30 a.m. on race day. Boats will be placed according to the last number on your bib. Elites, Individuals and Adaptive Individuals, Adaptive Pairs and Adaptive Teams will be closest to the water. Teams will be disqualified for moving boats once they have been assigned a slot.

The Boat Launch and the Boat Takeout is the same beach.

Boats arriving via the river will be directed around the exterior (eastside) of the secured boat placement area to the north side of the picnic shelter for placement of their boat in the divisions section behind all other boats. There will be no boat placement from the launch beach directly into the placement area.

If a boat is moved after it's placed in the division section, for practice or other reasons, the team will surrender its boat position and will be instructed to move to the back of the boat division row.

Boat pick-up will start after 2:00 p.m. Boats must be picked up by 4:00 on Saturday. Please have your bib number with you for verification.



Thank You to our Title Sponsor:



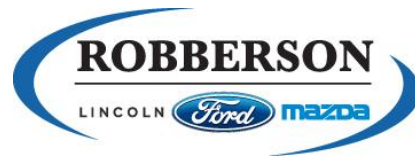
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