SELCO COMMUNITY CREDIT UNION

Live a Good Life.

POLE PEDAL PADDLE

Competitor's Guide

Saturday, May 18, 2024

Bend, Oregon

A Benefit for Mt. Bachelor Sports Education Foundation

- THANK YOU TO OUR 2024 SPONSORS -

TITLE SPONSOR

SELCO COMMUNITY CREDIT UNION
Live a Good Life.

MAJOR SPONSORS

92/9FM LOCAL. INDEPENDENT.
Bend Anesthesiology Group
PEPSI
BIGFOOT BEVERAGES
NEWS CHANNEL 21 ktvz.com
NBC FOX CW TELEMUNDO
KENDALL AUDI BEND
Audi
CENTRAL OREGON SPINE & SPORTS
Michelob ULTRA SUPERIOR LIGHT BEER
Mt Bachelor
MT. BACHELOR PROPERTY MANAGEMENT
SOURCE WEEKLY
Hydro Flask
WHOLESUM agency & studio
Old Mill DISTRICT

LEG SPONSORS

EAST CASCADE WOMEN'S GROUP
HOTEL PEPPERTREE BEND
TUMALO CREEK Est 2000
EVOKE HEALING SPACE & SPA
ATHLETIC CLUB OF BEND

CONTRIBUTING SPONSORS

PINE RIDGE INN HOTEL & SUITES
MISSION FARMS CBD
TOUCHMARK
KNIFE RIVER
SUNNYSIDE SPORTS since 1972
THRIVE MENTAL HEALTH
DOUBLE SHIFT
BEND Magazine
TRADER JOE'S
C A ROWLES ENGINEERING & DESIGN
FOOTZONE
ALTITUDE BEVERAGES
MBSEF
Life&Time FREE RANGE FAST FOOD

TABLE OF CONTENTS

PRE-RACE PACKET PICK-UP & BOAT DROP-OFF	4
RACE PACKET CONTENTS	6
BASIC SCHEDULE FOR RACE DAY	7
COURSE INFORMATION & MAPS	8
SAFETY INFORMATION FOR BIKERS	13
POLE PEDAL PADDLE DRAFTING POLICY	14
POLE PEDAL PADDLE TRANSGENDER ATHLETE POLICY	15
RACE SUPPORT & MEDICAL EMERGENCY	16
CATEGORY & DIVISION INFORMATION	17
ESTIMATED START TIMES	19
PARKING INFORMATION	20
PRIZES & AWARDS CEREMONY	21
AFTER THE RACE	23
FREQUENTLY ASKED QUESTIONS	24

Thank you for supporting Mt. Bachelor Sports Education Foundation

MBSEF provides the opportunity for over 800 youth athletes to develop their skills and compete in Alpine and Nordic Skiing, Freeride Skiing and Snowboarding, and Cycling. Generations of local youth have benefitted from the positive experiences and the values nurtured through MBSEF programs--- Commitment, Honesty, Accountability, Sportsmanship, Self-discipline, Goal Setting and the pursuit of healthy life-time activities. Your participation in the SELCO Pole Pedal Paddle helps inspire local youth to be the best that they can be in sports – and in life.

PRE-RACE PACKET PICK-UP & BOAT DROP-OFF

Before Packet Pick-up - Mt. Bachelor Liability Waiver

All competitors, even those not participating in the ski legs of the race, must complete the below Mt. Bachelor Liability Waiver PRIOR TO PACKET PICK-UP. The release is a required step for registration and you will not be permitted to race without filling it out. Racers or team captains who arrive at packet pickup and have not yet completed the Mt. Bachelor Liability Waiver will be asked to complete it prior to picking up their packet. This will be required for all racers associated with the packet's bib number.

Use the following link to complete the Mt. Bachelor waiver.
Please use the same name you used to register:
https://waivers.edgeauditor.com/auto-setup/bach/9462s3

The waiver only takes a few minutes and does NOT require competitors to log-in or create a profile.

SCAN ME

Race Packet & T-Shirt Pickup Information

Location: The Pavilion (Hockey/Ice Rink)
1001 SW Bradbury Dr., Bend, OR 97702

Thursday, May 16 | 12:00 p.m.– 6:00 p.m.
Friday, May 17 | 11:00 a.m. – 7:00 p.m.
Saturday, May 18th | 6:30 a.m. – 7:00 a.m.

- One person may pick-up the packet for a whole team, however volunteers will check to be sure all racers associated with the bib number have Mt. Bachelor waivers completed before they will release the packet to anyone.

- You may pick up a packet for a friend, so long as their Mt. Bachelor waiver is completed.

- If you have a 12 and Under racer who would like to complete the shortened run course, please let volunteers know at pick-up and they will mark their bib to be sure they will have extra support finding the short-cut while on the run.

Boat Drop-Off Information

Location: Riverbend Park
799 SW Columbia St.

Friday, May 17th | 2:00 p.m. – 7:30 p.m.
Saturday, May 18th | 7:00 a.m. – 8:30 a.m.

NEW for 2024: We are expecting parking to be especially limited near Riverbend Park for PPP weekend this year. Therefore, we have changed the process for dropping off boats. We ask participants to follow this schedule on Friday, to the best of their ability, to mitigate traffic congestion and to expedite boat drop-off. If racers arrive during their designated slot, they will likely have very close parking and quick access to the drop-off. The Saturday morning drop-off window may be used by any category, but is only recommended as a last resort.

Friday Drop-off Schedule

2:00 - 2:20 Elite & All Adaptive Categories
2:20 - 2:40 Male Individuals
2:40 - 3:00 Female Individuals,
Non Binary Individuals & Pairs
3:00 - 3:30 Male Pairs
3:30 - 4:00 Mixed Pairs
4:00 - 4:15 Female & Tandem Pairs
4:15 - 4:30 Male Teams
4:30 - 5:00 Female Teams
5:00 - 5:40 Mixed Teams
5:40 - 6:00 Family Teams
6:00 - 6:15 Open, Tandem & Non Binary Teams
6:15 - 6:45 Business Teams
6:45 - 7:30 Out of Towners

The entrance for boat drop-off is located at the SW Columbia & Shevlin-Hixon intersection at the entrance to Riverbend Park and the Bend Metro Parks and Recreation District Office. **Your boat must have a number sticker from Packet Pickup before it is placed in the transition area.** Overnight security will be provided for boats dropped off on Friday.

Boats will be placed according to your category/division and the last digit on your bib number. Elites, Individuals and all Adaptive Divisions will be closest to the water. Teams will be disqualified for moving boats once they have been assigned a slot, for practice or any other reasons.

Boats arriving via the river will be directed around the exterior of the secured boat placement area to the Riverbend Park entrance 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.

RACE PACKET CONTENTS

Here is what to expect in your Race Packet, which you will pick up along with your t-shirts. Please use this as a checklist to ensure you have everything!

#	ITEM	DIRECTIONS
1	Small white sticker with bib number	Attach on the front of your bike helmet
1	Foldover Tyvek with double bib number	Attach this on the top tube of your bike where it can be viewed from the side.
1	Large white sticker with bib number	Attach this to the top/front of your boat where it can be easily viewed from your left as you approach the beach.
7	Pole Pedal Paddle Race Bibs - with number	Attach to clothing - consider all the tops/layers you will wear for different legs of the race. You must have a bib on at all times. For teams, bibs are to be evenly dispersed to each member.
1	Timing Transponder	To be issued by the timing company at Packet Pickup. It must be worn in all legs of the race. Transponder will be passed like a baton for Pairs and Team categories.
8	Equipment ID Stickers	To place on your gear in case it gets separated from you.
1	Mt. Bachelor Lift Pass	Can be used for two runs ONLY. Participants MUST complete Mt. Bachelor waiver before obtaining a 2-run pass or other packet materials.
2	“S” Bibs	ONLY DISTRIBUTED TO RACERS IN THE INDIVIDUAL AND ADAPTIVE CATEGORIES. This allows support crew into the transition areas.
1	Pairs Pass	ONLY DISTRIBUTED TO RACERS IN THE PAIRS CATEGORY. This will allow the racer doing the running leg to drive down Century Drive. All other racers will be detoured through Sunriver.

BASIC SCHEDULE FOR RACE DAY

7:30 a.m.	Bike Check opens in front of Nordic Center at Mt. Bachelor - All bikes go through safety check run by Sunnyside Sports
8:00 a.m.	Lifts open at Mt. Bachelor -Alpine Course Inspection Opens
8:45 a.m.	Alpine Course Inspection Deadline: Course closed
9:00 a.m.	92.9FM starts Live Coverage of the race
9:15 a.m.	First wave starts at Mt. Bachelor
11:00 a.m.	Finish Celebration begins in Riverbend Park: food, vendor booths, and beer garden open, live music
11:30 a.m.	Boat pick-up opens at Farewell pull-through. Racers must pick-up their boats within 40 minutes of finishing.
11:00 - 12:00	“Appaloosa Duo” Performs
12:15 - 1:15	“Almost” Performs.
1:30 - 2:30	“Jess Ryan Band” Performs
2:30 p.m.	Bike Pickup Deadline at Athletic Club of Bend. Racers must pick-up by this time or bike will be left unattended.
2:45 p.m.	Costume Contest starts on stage at Riverbend Park with 92.9 FM and New Channel 21, followed by Awards Ceremony at 3:15.
4:00 p.m.	Beer Garden closes, Finish celebration concludes; Boat Pickup Deadline at Farewell Bend Pull-through

COURSE INFORMATION & MAPS

Transitions and Timing

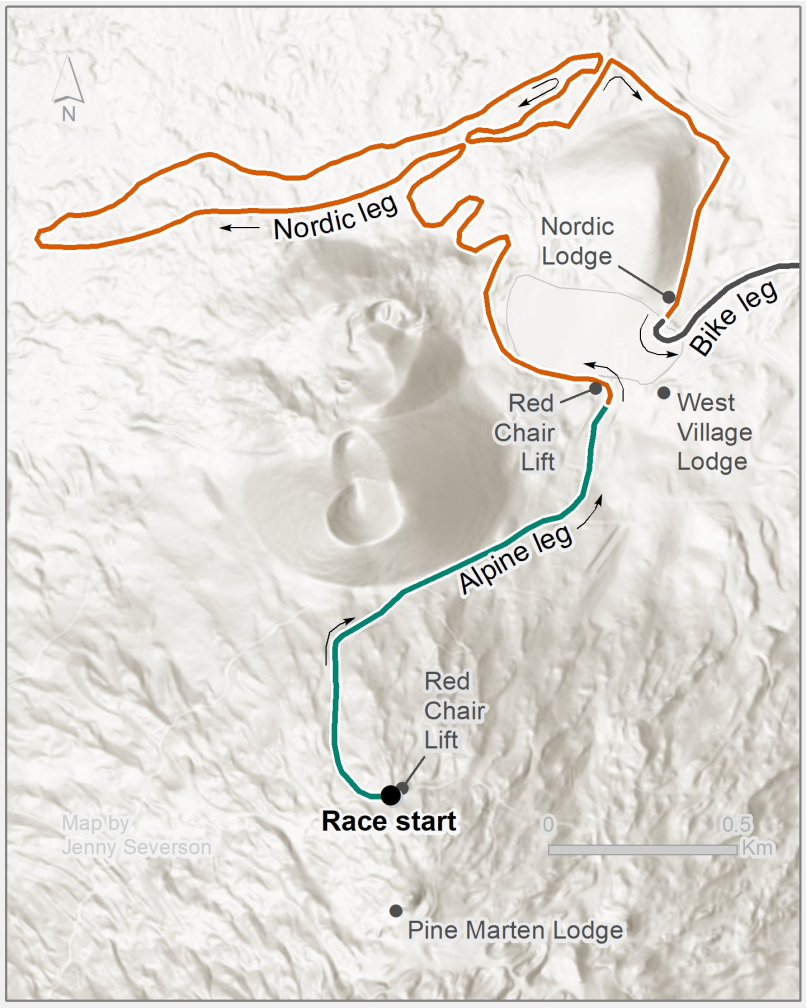
You will have a transponder that must be worn for every leg. If it is not worn, you will not get a time. There will be only one transponder per team and it must be handed off at each exchange, starting with Alpine and finishing with the Sprint. Do not lose the transponder! If you do, you will have to pay for it. Alpine Leg - Sponsored by Mt. Bachelor and MBSEF

ALPINE LEG & COURSE

Sponsored by Mt. Bachelor & MBSEF

5 minutes - 10 minutes

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 sprint uphill without your skis, then a ski down the Leeway trail. You must obey the control gates; gate keepers will be monitoring the course. If you miss a gate for any reason other than concerns for safety, you must re-enter or may receive a time penalty. The course is a beginner/ intermediate run. The course may change due to snow conditions. Helmets are required.



Alpine-to-Nordic Exchange

Upon entering the Exchange Area, please check your speed and slow down before entering the chutes. Between Red Chair and Pine Marten lift will be five chutes, each 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 participants 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-to-Bike and Run-to-Paddle Exchanges.

NORDIC LEG & COURSE

Sponsored by Evoke Health Space & Spa

30 minutes - 90 minutes

Updated in 2018, The 5 km Nordic Ski Course largely stays on the south side of the Mt. Bachelor Nordic Trails in the protection of magnificent old growth timber. The course circles the West Village Parking Lot before dropping down Upper Jay's to Junction 11. It then follows Upper Devecka's Drive to Junction 19, where it then takes Woody's Way from Junction 18 all the way up to Junction 6. Turning right at Junction 6 and Junction 10, the course continues on a nice easy loop on Blue Jay's to Junction 11, where participants turn left and return to Junction 10 though Emil's clearing. From Junction 10 the course climbs up to the Common Corridor and returns back to the Mt. Bachelor Nordic Lodge and the Nordic to Bike Exchange. The course is approximately 5km long from start to finish.

Nordic-to-Bike Exchange

Supported by Sunnyside Sports

As Nordic Skiers near the Nordic Center there will be five chutes, each 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

Staged biking equipment should be placed in the shoot that corresponds to your big number. Only bikers, nordic skiers, and Support People should be in the exchange zone. If you enter the zone after the race has started, be very mindful of racers and stay out of their way. It is important to keep the area as clear as possible. Skiers may pass the transponder to their biker prior to leaving the snow but bikers (as well as support people) MUST stay on pavement.

BIKE LEG & COURSE

Sponsored by East Cascade Women's Group

40 minutes - 2 hours

Upon leaving the Exchange area, bikers will proceed out of the West Village Parking lot. The bike leg consists of a 2,805 ft descent spread over 22 miles with one uphill climb just after the Sunriver Junction. The course ends just before the Mt. Washington roundabout at the Athletic Club of Bend. 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 Junction. There will be a clear coned lane and signage, and cars will be passing you on the right.

After the Sunriver Junction, car traffic is LIMITED on Century Drive, but the road is not closed altogether to cars. Please be careful and aware of your surroundings as cars will be driving down the road.

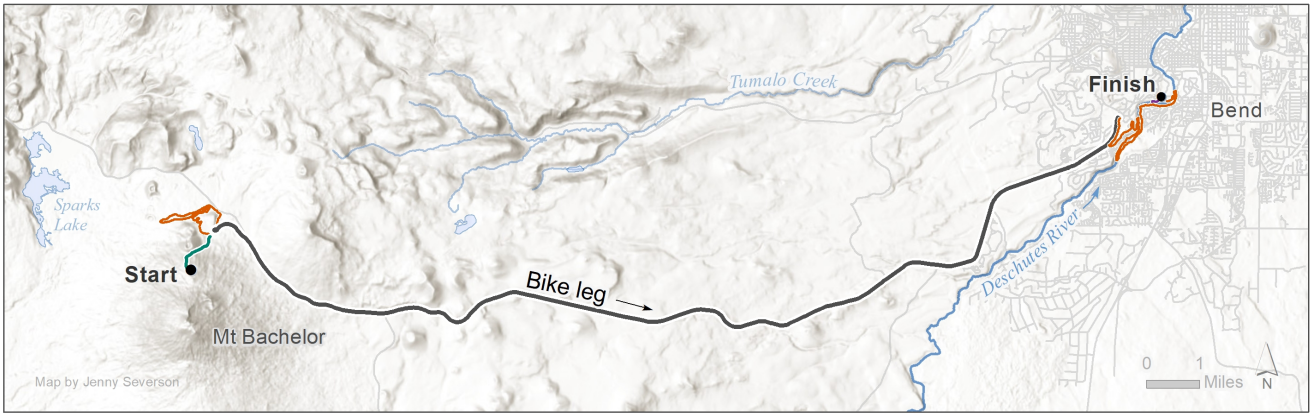
Only racers in Pairs Categories will have access to drive down Century Drive from Mt. Bachelor. All other participants will be detoured through Sunriver to help with bike course safety. Deschutes County Sheriff Office as well as PPP Volunteers will assist with Traffic

Control at all intersections, however bikers should use caution and prioritize safety on the bike course. ONLY those competitors who are doing the Bike Leg are to be riding on the course.

NO DRAFTING IS ALLOWED ON THE BIKE COURSE. Please review the Safety Information for Bikers and Pole Pedal Paddle Drafting Policy on pages 13-14.

Bike-to-Run Exchange

As you approach the Bike-to-Run Exchange be sure to slow down and look for signs. You will be directed to exit the bike lane on Century Drive and enter a small paved path that will lead you to the exchange. The path is only wide enough for 1-2 bikers, so be prepared to yield to those in front of you. If all goes according to plan, volunteers and transponder readers will support the transition with teammates by calling out approaching numbers. For racers who may need it, there will be a clothing/shoe drop-off area in this exchange for racers to use the morning of the race.



RUN LEG & COURSE

Sponsored by the Athletic Club of Bend

30 minutes - 1 hour

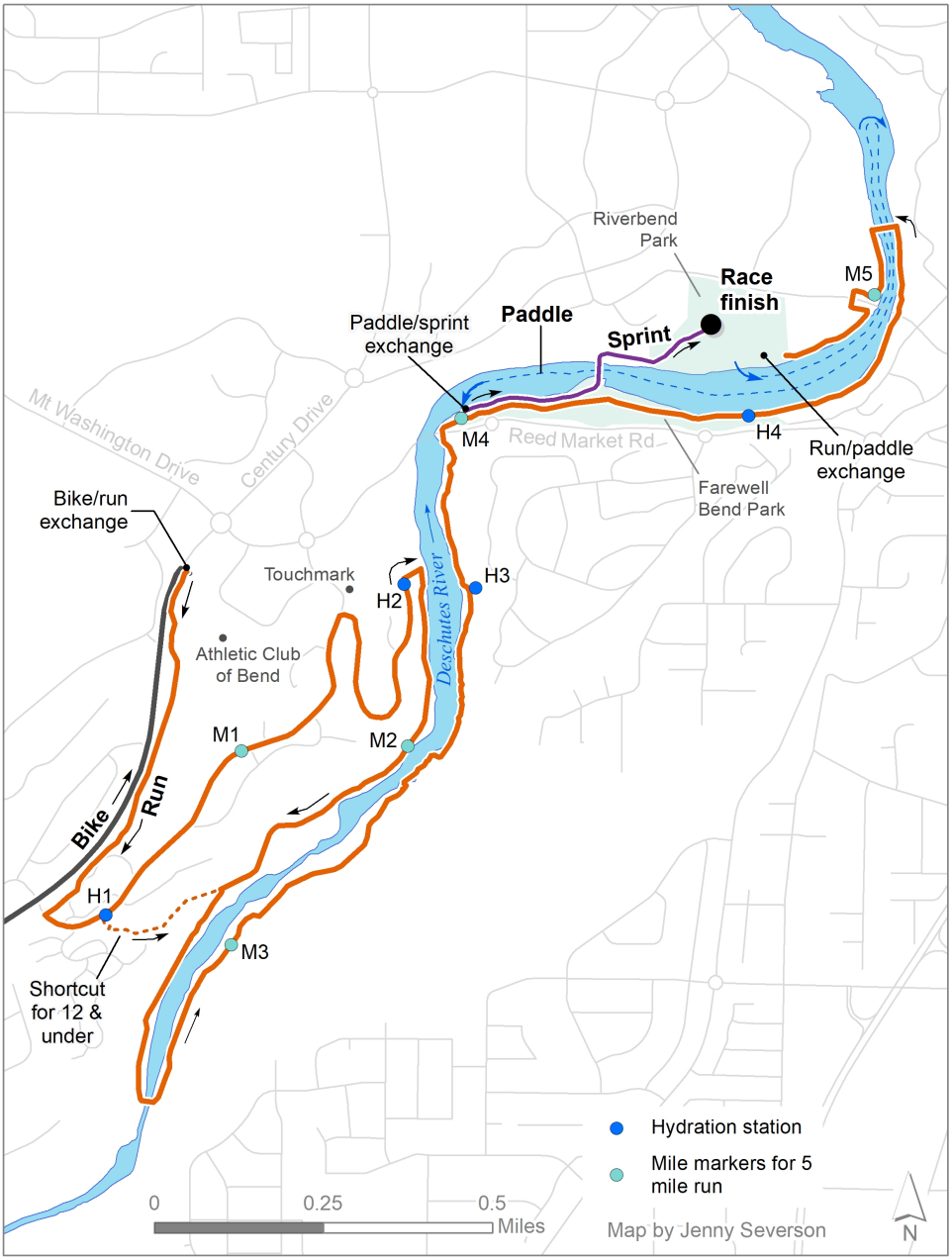
The 5.2 mile course starts at the Athletic Club of Bend, which hosts the Bike-to-Run Exchange. Runners will start up the Haul Road Trail from the Athletic Club and then turn left on to Mt. Bachelor Drive to run through Mt Bachelor Village. As they approach Touchmark, runners will turn right and enter Touchmark roads, and ultimately access the River Trail. Runners must keep in mind, especially when on Touchmark roads, that roads are not closed to cars. While Touchmark residents will be very aware of our race course, it is possible that they may need to back out of a driveway while race is in progress. Racers must use caution.

There is a short-cut for 12 and Under racers who choose to do the shortened course, which will allow them to access the River Trail earlier in the course. The total distance of the shortened course is 3.2 miles.

Once on the River Trail, all runners will continue south to the South Canyon footbridge, cross the river, and return through Farewell Bend Park towards the Old Mill. There will be a short section of the run course where sprinters and runners are sharing the same trail. Runners

must keep right on that section. Once they reach the Old Mill, runners will cross the flag bridge and run towards Riverbend Park, entering the Run-to-Paddle Exchange just after the dog park.

Map of Run, Paddle & Sprint Courses



Run-to-Paddle Exchange

Runners will turn right as they enter Riverbend Park and be directed into the “Tag Zone” which will be located in the parking lot at Riverbend Park. Relay members and Support People will not be able to stand by the boat and wait. Instead, they must wait till they hear runner’s bib number being announced, and reunite with runner in the “Tag Zone.” Then you may run

together to the boat and assist with launch. Support People and teammates must exit immediately from the boat staging area once their racer's boat is in the water.

PADDLE LEG & COURSE

Sponsored by Tumalo Creek Kayak and Canoe

20 - 45 mins

Paddlers will launch from the downstream side of the beach at Riverbend Park and travel downstream for about .5 miles. They will turn around shortly after the flag bridge in the Old Mill and paddle upstream for about 1 mile until they reach the takeout at Farewell Bend beach.

Tumalo Creek Kayak and Canoe will have rafts and guides to monitor the course and assist in an emergency. Approved PFDs (personal floatation devices) must be worn at all times in the paddle leg.

The new paddle course will require racers to travel in a clockwise direction. When entering the water, paddlers will keep to the left hand side while paddling downriver, and will continue on the left hand side after the turn around until they reach the exit at Farewell Bend Park.

Boats will be organized by bib number once they exit the water at Farewell Bend Park. We ask that racers, a teammate or proxy pick up the boat used for the paddle leg within 40 minutes of crossing the finish line. You must bring a bib number with you to pick-up. Boats that are not claimed by 4pm will likely be left unattended at that time.

Paddle-to-Sprint Exchange

Paddlers will receive help exiting the water on the downstream side of Farewell Bend park. Teammates must wait off the beach and off the course until they hear their bib number being called. Once the number has been called, sprinters may move onto the beach, which will be the "Tag Zone." BE AWARE THAT SPRINTERS ON TEAMS AND PAIRS WILL BE CROSSING THE RUN COURSE to access the beach. Please give runners the right of way.

SPRINT LEG & COURSE

Sponsored by Hotel Peppertree Bend

3 - 8 minutes

The final sprint starts at the paddle take-out on the beach of Farewell Bend Park. Sprinters will run along side the run course and must be sure to keep left until they reach the bridge that connects Farewell Bend to Riverbend Park. Sprinters will run over the bridge and follow the sprint course where they will enter a final race chute on the central lawn at Riverbend Park. On this sprint course there is 1 short section of lawn running, but the large majority is on pavers. The distance of the sprint course is 0.4 miles. Only one team member may cross the final Finish Line. Team members may join the sprinter in the "Finish Corral" where all may enjoy snacks from Trader Joe's and beverages from Bigfoot Beverages.

SAFETY INFORMATION FOR BIKERS

Bike Safety Check

All bikes must be safety checked by the Sunnyside Sports crew on race day before entering or placing their bike in the staging area of the Nordic-to-Bike Exchange. However, we highly encourage all racers completing the bike leg to have their 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. Helmets are required on the bike course, so consider leaving your helmet with your bike unless you plan to wear it for the Alpine and Nordic legs.

The Danger of Speed Wobbles

What causes a speed wobble? 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 or 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.

Stopping Speed Wobbles

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

1. STAY CALM: Tensing up exacerbates the problem. Take deep breaths. You can deal with this!
2. GRIP the top tube with your knees
3. LIFT your weight from the saddle very slightly, but don't stand up.
4. LOOSEN the strength of your grip on the handlebar, though counterintuitive. Keep your arms bent.
5. SLOW DOWN. If you're going downhill and this requires braking, gently squeeze the levers, don't lock up the front wheel.

See this video on YouTube from the Global Cycling Network for more information on solving speed wobbles: How To Solve Speed Wobble On Your Bike | GCN's Road Cycling Tips

POLE PEDAL PADDLE DRAFTING POLICY

GOAL

The Pole Pedal Paddle (“PPP”) aims to ensure the safety of all participants to the largest extent possible. The goal of this PPP Drafting Policy (this “Policy”) is to establish guidelines that support safe practices and clearly communicate the conditions in which a racer may report drafting on the bike course, the reporting process and the expected disciplinary action.

CITIZEN RACERS

The large majority of PPP participants are citizen racers. Being that the PPP does not utilize Course Marshalls, we cannot adequately monitor nor uphold this Policy for the entire field of racers. Though this Policy primarily focuses on racers in the Elite category, we expect all racers to abide by the guidelines of this Policy to ensure the safety of all participants on race day.

GENERAL DRAFTING RULES

1. Traffic Laws - All cyclists must obey all traffic laws on the cycling course, including coming to a complete stop when required by a traffic sign or traffic control device and must not proceed through any intersection unless such intersection is clear of oncoming traffic.

2. Spacing - All cyclists are responsible to maintain a minimum of three bike lengths of clear space at all times between themselves and the cyclist in front. At no time shall any cyclist be closer than 50 feet behind a motorized vehicle or move into the lane of travel for the purpose of drafting off a motorized vehicle. Failure to maintain such spacing is considered drafting - whether intentional or not.

3. Position - All cyclists must keep to the right-hand side of the lane of travel unless passing.

4. Passing - All cyclists must pass within 15 seconds when overtaking another cyclist. No cyclist may be closer than three bike lengths for more than 15 seconds. If a cyclist is not able to pass within 15 seconds, they must drop back to maintain the required spacing.

5. Overtaken - All cyclists who are overtaken must immediately exit the draft zone from the rear after they are overtaken. They must be clearly out of the draft zone before attempting to pass the cyclist ahead of them. If a cyclist has been passed, it becomes their responsibility to maintain the required spacing behind the cyclist who overtook them.

POLICY ENFORCEMENT - ELITE CATEGORY

Any racer in the Elite category who observes another Elite racer breaking any or all of the drafting rules has the obligation to report such behavior to the Race Director within 20 minutes of finishing and, ideally, before any athletes in question have left the finish area. Official race volunteers will also be asked to report directly to the Race Director if they observe racers failing to adhere to the drafting rules.

In the event of a report, the PPP Jury (consisting of two MBSEF board members and three unaffiliated community members, to be named a minimum of 2 weeks prior to race day) will conduct an investigation to determine the accuracy of the report. If the Jury, in its sole and absolute discretion, determines that a racer broke any of the drafting rules the Jury shall be authorized to impose such penalties as determined by the Jury, including without limitation disqualification from the PPP

Adopted: January 26, 2024

POLE PEDAL PADDLE TRANSGENDER ATHLETE POLICY

GOAL

The Pole Pedal Paddle ("PPP") supports diversity and inclusion with regards to gender identity. The goal of the PPP Transgender Policy (this "Policy") is to establish guidelines that encourage and facilitate the participation of transgender athletes in the PPP. Additionally, the objective of this policy is to put into place fair and inclusive practices that respect the personal rights and dignity of all athletes.

YOUTH & CITIZEN RACERS

Due to the physical and emotional complexity of youth questioning, exploring, and/or undergoing gender transition, the self-declared gender during registration of all athletes younger than 18 will be accepted at face-value. The self-declared gender of citizen racers, who are over the age of 18 but not eligible for cash prizes, will also be accepted at face-value. Therefore, this policy applies only to athletes who are both over the age of 18 and registered in the Elite Category of the PPP.

GENERAL RULES - ELITE CATEGORY

A male-to-female transgender athlete (assigned male at birth) can compete as a female in the Elite category provided the athlete has been undergoing continuous, medically supervised hormone treatment for gender transition for at least one year prior to the event. The athlete should possess clear medical documentation of serum testosterone levels consistently below 10 nmol/L for at least 12 months prior to competition.
A female-to-male transgender athlete (assigned female at birth) can register to compete as a male in the Elite category with no restrictions. A female-to-male transgender athlete can no longer register to compete as a female if the athlete has begun hormone therapy related to their gender transition that includes use of testosterone or any other substance banned in sport.

POLICY ENFORCEMENT - ELITE CATEGORY

An athlete's self-declared gender at registration for the Elite Category of the PPP will be accepted at face value. There shall be no basis for, or tolerance of, questioning an athlete's self-declared gender. However, in order to uphold MBSEF's values of Commitment, Honesty, Accountability, Sportsmanship and Excellence, MBSEF strongly encourages all trans female athletes who register in the Elite category to provide medical documentation related to their gender transition to the PPP's Race Director 2 weeks prior to the event. This request comes with the hope that, come race day, all involved will be focused on competition and celebration, with the ultimate goal of keeping racers' medical qualifications private. Any information about the athlete's gender identity and medical information, including any information provided pursuant to this Policy, shall be kept strictly confidential.

Adopted: January 26, 2024

RACE SUPPORT & MEDICAL EMERGENCY

Hydration & Food Stations

There will be “Support Stations” providing water and food to racers at the following exchanges: Nordic-to-Bike, Bike-to-Run, and Run-to-Paddle. Though we do our best to anticipate the needs of racers and stock these stations accordingly, **we highly recommend that racers carry their own water and fuel when possible, or have their teamates and support people provide water and fuel as needed.**

Hydration Stations on Run Course

There are four Hydration Stations on the Run Course. Their locations are marked on the map on pg. 11. Please help our volunteers keep the run course clean by disposing your cups in designated trash cans.

Volunteer Hamm Radio Team

PPP is lucky to have the ongoing support of volunteer Hamm radio operators on our Bike Course. There is about one operator for every mile of the course. If there is a medical emergency on the course, the Hamm radio team is there to help call for 911. Of course, if you are carrying your own cell phone and have service while on the course, making the call yourself is the fastest way to receive services, but they are a great back-up if you need help while on the course.

Mt. Bachelor Ski Patrol

Mt. Bachelor Ski Patrol will be the first responders to incidents on the ski courses. There will also be one or two volunteer ski patrollers will be available at each exchange zones for any first aid needed.

Adventure Medics

In addition to Mt. Bachelor Ski Patrol support, MBSEF has contracted Adventure Medics to provide professional medical support on various sections of the course. There will be three staff roaming on course ensuring participant safety

CATEGORY & DIVISION INFORMATION

INDIVIDUALS

Racers in the Individuals Category complete all portions of the race alone. They may not receive aid on the course with the exception of two pre-designated support people in transition zones. Support people must wear a support bib. One support person should plan to be at the mountain, and one must remain in town. There is no time for a single support person to support in both zones. Individuals may select a variety of divisions, some of which also include smaller age-divisions, with the exception of Elite, Adaptive and Non-Binary Individuals.

ELITE INDIVIDUALS

Often the fastest times of the race come from the Elite Individuals category. It is the first wave of the day, and offers the best snow conditions. Individuals in this category are often former or current professional athletes or experienced multi-sport athletes. However, we allow all racers to self-identify as "Elite." Participants in this category are NOT ELIGIBLE to win their age group. The top three male and female racers in this category ARE ELIGIBLE for cash awards. All racers in the Elite Individuals category are required to sign a waiver regarding PPP's Transgender Athlete and Drafting Policies, as this is the only category in which racers may challenge outcomes or report safety concerns to PPP Jury. Non-binary athletes are welcome to race in the Elite wave. They are eligible for top Non-Binary Individual award and may contact the race director for price adjustment.

NON-BINARY

Non-binary divisions are offered in Individual, Pairs, and Teams Categories. In every case, all racers involved must identify as non-binary. Non-binary athletes who wish to race in the Elite wave are eligible for top Non-binary Individual award and may contact the race director for price adjustment.

ADAPTIVE

Adaptive divisions are offered in Individual, Pairs, and Teams Categories. In every case, a person with a disability must complete at least 3 legs (or half) of the course. All adaptive divisions are eligible to utilize support crew. Two support bibs will be automatically issued to participants in adaptive divisions, but please reach out to the Race Director if you require more.

12 & UNDER

Racers who are 12 and under are welcome to race in the Pole Pedal Paddle. They may participate as individuals, pairs or on teams. Racers, however, must be able to complete each portion of the race with the same level of support as other racers. For example, a younger racer must be comfortable racing the bike course without an adult chaperone. 12 and Under racers do have the option of a shortened run course and using a 2-person kayak in the pairs and teams categories.

PAIRS

The Paris Category is for two racers who would like to share the course, with one racer doing each leg. Pairs are separated into the following smaller divisions, many of which are further

PAIRS, cont.

separated into age divisions: Male Pairs, Female Pairs, Mixed Gender Pairs, Adaptive Pairs, Non-Binary Pairs, and Tandem Pairs. Tandem Pairs differ from the rest of the Pairs in that they may use tandem bikes and/or a two person kayak or canoe. To select an age division, racers must average their two ages. Racers in the Pairs Category are the ONLY racers who are issued a pass to drive down Century Drive. We recommend finding a separate driver to be sure the runner meets the cyclist at the bike-to-run transition on time.

TANDEM

Tandem divisions are offered in Pairs and Team categories. In the Tandem division, racers must use a 2-person tandem bike and/or a 2-person tandem kayak. Tandem is the only division where a tandem bike is allowed.

TEAMS

Teams consist of three to seven racers. One racer per leg, except for the option of a 2-person canoe instead of a 1-person kayak. Teams are organized into the following divisions, with some further organized by age: Adaptive Teams, Non-Binary Teams, Female Teams, Mixed Gender Teams, Male Teams, Open Teams, Tandem Teams, Family Teams and Business/Organization Teams. For divisions organized by age, all racers on a team must average their ages. PPP holds a costume contest for the teams with the best costumes during the awards ceremony.

BUSINESS (OR ORGANIZATION) TEAMS

A Business/Organization Team consists of three to seven racers who are all employed by that business or organization and appear on the regular payroll account. Racers may be of any age and gender. One racer per leg, with the exception of the option of a 2-person canoe instead of a 1-person kayak.

FAMILY TEAMS

A Family Team consists of 3 to 7 racers who all belong to the same family. One racer per leg, except for the option of a 2-person canoe, and 2- person kayak if the racers doing the paddle are both 12 or under. If a runner for a Family Team is 12 or under they also have the option of doing the shortened run course. Family Teams are divided into age divisions based on the average age of all racers on the team. Top three teams in each age division will receive a mug, but the overall podium for Family Teams will be determined using a score based on a formula. The formula is the number of team members plus their age range which is then divided by the team's race time. The top three scores in the Family Teams category will win the Terry Bonynage Awards.

OPEN TEAMS

An Open Team consists of three to seven racers who are of any age, gender or association. One racer per leg, except for the option of a 2-person canoe OR 2-person kayak. Open teams differ from Tandem Teams in that they are NOT allowed to use a 2-person tandem bike.

ESTIMATED START TIMES

The below are NOT official start times for 2024. Please be on the lookout for emails with official start times as we get closer to race day. These can change dramatically based on the number of people registered in a category, but will generally follow a similar order, starting with Individuals followed by Pairs and ending with Teams.

Wave	Category	Age Group	Start
1	Individual Elite	All Ages	9:15:00 AM
2	Adaptive Individual, Adaptive Pairs, Adaptive Teams	All ages	9:20:00 AM
3	Female Individual	All ages	9:25:00 AM
4	Male Individual	12 & Under, 13-34, 70+	9:30:00 AM
5	Male Individual	35-49	9:35:00 AM
6	Male Individual	50-69	9:40:00 AM
7	Male Pairs (2 People)	12 & under, 13-17, 45+	9:50:00 AM
8	Male Pairs (2 People)	18-44	9:55:00 AM
9	Mixed Pairs (2 People)	12 & under, 13-34	10:00:00 AM
10	Mixed Pairs (2 People)	35 and up	10:05:00 AM
11	Female Pairs (2 People)	All Ages	10:10:00 AM
12	Tandem Pairs (2 People), Non Binary Individuals & Pairs	All Ages	10:15:00 AM
13	Tandem Teams, Open Teams, Non Binary Teams	All Ages	10:20:00 AM
14	Business/Organization Teams	All Ages	10:25:00 AM
15	Mixed Teams (More than 2 People)	30-34, 60-64	10:30:00 AM
16	Family Teams	18-29, 45-64	10:35:00 AM
17	Family Teams	30-44	10:40:00 AM
18	Female Teams (More than 2 People)	12 & under, 13-17, 25-39, 60+	10:45:00 AM
19	Mixed Teams (More than 2 People)	12-Under, 13-29, 65+	10:50:00 AM
20	Female Teams (More than 2 People)	40-59, 18-24	10:55:00 AM
21	Mixed Teams (More than 2 People)	35-59	11:00:00 AM
22	Male Teams (More than 2 People)	12 & Under, 13-34	11:10:00 AM
23	Male Teams (More than 2 People)	35 and up	11:15:00 AM

PARKING INFORMATION

Parking at Mt. Bachelor is plentiful, however we still recommend carpooling if possible, especially if you are able to ride up/down with friends who have a Pairs Pass because it could help you make it to town faster.

In town, especially close to the finish at Riverbend Park, parking will be very limited. Please consider the following information in the different zones.

Bike-to-Run Exchange

There will be parking attendants available at The Athletic Club of Bend to assist racers with parking on the dirt, gravel and grass parking areas on their property. Please respect this important PPP partnership and do NOT park in their paved parking lot, which should be reserved for non-racing members. We highly recommend Pairs racers recruit a driver so runners can be dropped off near the Bike-to-Run Exchange. Some Pairs have luck recruiting a support person of a friend racing in the Individual category. No matter who the driver is, the runner will feel much more prepared to race if they don't have to worry about parking at the Athletic Club.

Run-to-Paddle Exchange & Finish at Riverbend Park

For access to the run course, the Run-to-Paddle Exchange and the Finish area, we highly encourage everyone to plan to park and walk to areas closer to the river. It is highly unlikely you will find close parking that is allowed by property owners.

Keep in mind, parking along the side of SW Columbia Drive between Colorado and Shevlin Hixon is not permitted on the Riverbend side of the road. Please ONLY use this portion of the road if a driver is quickly dropping off a competitor or volunteer. When cars park illegally in this zone it makes it challenging to direct traffic out of Riverbend Park as visibility is extremely limited. Parking is allowed on the opposite side of that portion of SW Columbia Drive.

The two dirt lots close to Riverbend that have previously served as parking for PPP currently have permits for development. At this time it is not clear if either will be available for PPP 2024 and will most certainly not be available for future years.

We have arranged the following locations for PPP volunteers, spectators and racers to utilize:

- The Armory: 875 SW Simpson Ave, Bend OR 97702
- Mt. Bachelor Park-n-Ride: SW Columbia near intersection with SW Commerce Ave.
- Bend Park and Recreation District's "Simpson Lot:" Corner of SW Simpson and SW Columbia across the street from the Pavilion.

Boat Pick-up

Do not plan to park close to Farewell Bend for Boat Pick-up. Instead, plan to use the pull-through parking area, much like picking-up at an airport. If it is full, plan to circle around using roundabouts. **Please read details about this new pick-up format on pg. 24**

Lastly, we encourage all who are able to walk, bike and carpool!

PRIZES & AWARDS CEREMONY

Mugs

Everyone who places in the top three in their registered category will have the chance to pick out their choice of mug. You will not be able to pick up your mug (even if you know that you were in the top three) until our volunteers have the results from our timing company. So, visit our vendor booths, have a bite to eat, then check in at the Mug Station. Once you have your mug, go to the beer garden and fill it up!

Costume Contest

The awards ceremony will have a “soft start” around 2:45 with a message from our Ttle Sponsor, SELCO Community Credit Union, followed by our infamous “PPP Costume Contest.” When it’s time for the judging, be sure to come forward with your team to enter. The only rule is you must have RACED with EVERYTHING you wear for the judging of the contest. Many people have extremely creative and hilarious costumes, 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! Our MCs from 92.9 and News Channel 21 will manage the contest, and the winner will be ultimately chosen based on audience participation.

Awards Ceremony

We will start the awards ceremony around the time final racers are crossing the finish line and immediately following the costume contest, usually at 3:15. During the ceremony will will acknowledge racers in about 50 categories/divisions.

Below is a complete list of categories/ divisions we plan to acknowledge during the ceremony provided we have racers registered in each one.

INDIVIDUALS

Elite Individuals Male and Female, 1st-3rd will receive $1000, $500, $250, plus other prizes from sponsors.

Here is a list of divisions where other Individual racers will be recognized during the awards ceremony:

- Overall Adaptive Individual
- Top Three Non-binary Individuals
- Top Three Adult Male Individuals
- Top Three Adult Female Individuals
- Overall Senior Male Individual
- Overall Senior Female Individual
- Overall 12 & Under Male Individual
- Overall 12 & Under Female Individual
- Overall 13-17 Male Individual
- Overall 13-17 Female Individual

PAIRS

Here is a list of divisions where racers in the Pairs Category will be recognized during the awards ceremony:

- Overall Adaptive Pair
- Overall Non-binary Pair
- Overall 12 & Under Male Pair
- Overall 13-17 Male Pair
- Overall Adult Male Pair
- Overall 12 & Under Mixed Pair
- Overall 13-17 Mixed Pair
- Overall Adult Mixed Pair
- Overall Adult Female Pair
- Overall 12 & Under Tandem Pair
- Overall 13-17 Tandem Pair
- Overall Adult Tandem Pair

TEAMS

Here is a list of divisions where racers in the Teams Category will be recognized during the awards ceremony:

- Overall Adaptive Team
- Overall Non-binary Team
- Overall Tandem Team
- Overall Open Team
- Overall 12 & Under Female Team
- Overall 13-17 Female Team
- Overall Adult Female Team
- Overall 12 & Under Mixed Team
- Overall 13-17 Mixed Team
- Overall Adult Mixed Team
- Overall 12 & Under Male Team
- Overall 13-17 Male Team
- Overall Adult Male Team
- Overall Business Team
- Top 3 Family Teams – using formula

AFTER THE RACE

Boat Pick-up

Boats will be organized by last digit of bib number once they exit the water at Farewell Bend Park. **We ask that racers, a teammate or proxy pick up the boat used for the paddle leg within 40 minutes of crossing the finish line.**

Boats will be picked up using the “pull-through” closest to Farewell Bend Beach. Please plan to have a bib number in your hand or within easy reach when you pull into the pick-up zone. Volunteers will help to locate and bring your boat to your car. Those picking up the boat must do the loading and securing themselves.

MBSEF staff will do our very best to keep this pick-up zone moving quickly and smoothly. If the pull-through appears full as you approach, please plan to do a lap or two through the roundabouts between Century and Brookswood. DO NOT STOP TRAFFIC ON REED MARKET OR TRY TO PARK IN THE BIKE LANE.

Thank you for your help and patience as we give this new system a try. With multiple events occurring in Bend on PPP weekend, it’s important that we explore new ways to creatively utilize limited parking while working to mitigate traffic congestion close to the river.

MBSEF will not be responsible for any boats not picked up by 4pm.

Bike Pick-up

Racers have the option of leaving their bike at the Bike-to-Run Exchange after the bike leg. Please bring a matching bib number to claim your bike. This is the easiest way for volunteers to protect your equipment. Bikes MUST BE CLAIMED NO LATER THAN 3pm. At that time, volunteers and MBSEF staff will be breaking down the exchange and bikes will be left unattended.

Ski Equipment

All racers are responsible for arranging Alpine and Nordic ski equipment to be brought down from the mountain. MBSEF is not responsible for any ski equipment that is left in Alpine-to-Nordic and Nordic-to-Bike exchange zones after the leg of the race is completed

Lost & Found

In the afternoon, MBSEF staff and volunteers will begin breaking down areas of the race that are no longer in use. Anything found by volunteers and staff when break down occurs will eventually be brought to the MBSEF office. As items are found and transported back to the MBSEF office they will be left outside until about 6pm. At that time unclaimed items will be moved indoors. Racers missing items are welcome to stop by MBSEF during office hours, Monday - Friday, 9am-4pm. MBSEF is located at 2764 NW Lolo in Bend and office doors are those closest to Lolo Drive.

MBSEF is not responsible for lost equipment. Please use the labels provided in your Race Packet. Label smaller items, too, with tape and/or sharpie. Very often well labeled equipment is returned quickly to owners.

FREQUENTLY ASKED QUESTIONS

How long does it take to complete the course?

The time it takes to complete the course varies greatly from racer to racer and category to category. The fastest times on the course are usually around 1 hour 45 minutes. The longest times are usually around 4 hours, but can be longer.

When do you close the road to Mt. Bachelor?

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 the racers registered in a Pairs Category. Racers in the Pair Category are issued a special pass to avoid the detour. If Pairs were to be detoured through Sunriver, the runner wouldn't be able to make it to the bike-to-run transition in time.

Will the Alpine or Nordic skier have time to do the run for the same team?

Unfortunately, the answer is no. Teams must drive to Bend via the Sunriver detour.

Are racers registered as Individuals required to have support people?

Yes, Individuals need to have at least two support people. One person is for up at the Mountain and one is for in town. The support person on the mountain will have to drive to Bend via the Sunriver detour.

Can racers registered as Individuals share a support person?

Technically, it is possible for multiple racers registered as Individuals to share support people. There are several people who assist multiple racers for the mountain transitions. However, racers will need to be quite careful when planning. You are completely responsible for ensuring one person will be able to manage multiple athletes and consider the various start times, leg speeds, and support needs. It can be quite tricky to get the timing right and we would NOT RECOMMEND to folks to are newer to the event. There is nothing more stressful than carrying multiple loads of Alpine gear to the car while hoping you make it to the Ski-to-Bike transition on time.

One person will NOT be able to support on the mountain AND in town, however. Each support person will need to stick to a zone.

Are telemark skis or snowboards allowed on the Alpine Leg?

Yes. Telemark and AT skis, and snowboards are all allowed on the Alpine Leg.

What skis are allowed on the Nordic Leg?

The large majority of racers will complete the Nordic leg using skate technique on nordic skis. However, you will also see plenty of folks using classic technique on touring-style XC skis. You might even see Telemark, AT, or even wooden skis on the course! As long is it is a ski, and you are able to complete flat and uphill terrain on it, it is allowed.

What types of bikes are allowed?

You may any type of bike (road, mountain, cruiser) as long as it is deemed safe by our bike safety crew and it does NOT have any type of electric assist.

Bike fairings are allowed, but ONLY if you are registered in an Open Team division.

How do hand-offs work?

You will have a transponder on your ankle that you will need to take off and pass to your teammate. Listen to the volunteers and ask if you have any questions about where you need to be before your teammate comes to the transition area.

What's different for Pairs?

You will receive a Pairs Pass credential in your race packet that will allow you to drive down Century Drive and not be re-routed through Sunriver. The transition zone for the Bike to Run is in the Athletic Club of Bend parking lot.

If you know you have a fast cyclist doing your bike leg, we highly recommend finding a driver to drive the running racer down Century Drive. Sometimes it can be tight for a runner to drive themselves down, park, and meet their biking partner in time.

A reminder: Only 12 and Under Pairs have the option of a 2-person Kayak. If you want to use one, and you are over the age of twelve, you need to register as a Tandem Pair.

How to Tandem divisions work?

In 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 racers have the option of using a tandem bike and/or a 2-person kayak for the Bike and Paddle legs.

What is the difference between Open and Tandem Teams?

In Tandem Teams, racers may complete the bike leg using a tandem bike and the paddle leg using a 2-person kayak. In Open Teams, racers do not have the option of a tandem bike, but they do have the option of a 2-person kayak instead of a one person canoe.

What is different for 12 and Unders?

PPP offers racers who are 12 and younger a few alterations to the course and rules to make the event more accessible. 12 and Under Individuals, Pairs and Teams all have the option of running a shortened run course and using a 2-person kayak instead of a 1-person kayak or 2-person canoe.

In the Family Teams category, if the racer completing the run leg is 12 or under, they will also have the option of completing the shortened run course. If BOTH racers completing the paddle leg in a Family Team are 12 and Under, they have the option of using a 2 person kayak, as well. If only one racer is 12 and Under and wants to paddle with an adult then the only option is a 2-person canoe.

Can parents ride the bike course with their children?

Unfortunately we cannot allow parents to chaperone their kids on the bike course. The only case in which it would be allowed for a parent and child to complete the bike course together is if they are racing in a Tandem division and are using a tandem bike.

We recommend parents and young racers who are are tentative about the bike course portion to preview the course together in the weeks prior to race day. Often that practice, along with knowing there will be lots of friendly folks on course and aid stations along the way, help young racers to the gain confidence needed and feel ready for race day.

How can I find a racer for my team?

There is a Public Group page on Facebook for Pole Pedal Paddle. Many folks will post their needs to this group and find racers this way. You can also try reaching out to events@mbsef.org and we will let you know if anyone who meets your need is looking for a team.Can I share a boat with another team?

Can I share a boat with another team?

No. This is not operationally feasible. Especially this year, where our boat take-out is in a different location than the put-in.

What equipment is allowed on the Paddle Leg?

The large majority of racers complete the Paddle Leg in a single-person kayak. Some of the most competitive paddlers use a surf-ski.

2-person canoes are allowed in all Teams divisions. 2-person kayaks are ONLY ALLOWED for racers in Tandem divisions as well as for racers who are BOTH 12 & Under – this is the case for 12 & Under Pairs/Team divisions as well as for some Family Team divisions.

Some racers complete the Paddle Leg on a paddle board – this is allowed in all categories and divisions.

Under no circumstances many any boat with an oar-lock be used.

I don't know much about Nordic Skiing, is there support for me?

MBSEF's Nordic coaches will be providing an in-house Nordic waxing service in the days prior to PPP as an additional fundraiser for MBSEF. Often, skate clinics pop-up both at Mt. Bachelor and at Mt. Hood to support skiers wanting to improve their skate technique. Be sure to check out "Racer Info" for more info on this type of support. We will update pppbend.com as more information becomes available.

I just found out I can't race, what do I do?

Try and find a replacement. We do not issue refunds. In many cases, you can change the information yourself by logging back into SkiReg.com. If you need help, please reach out to events@mbsef.org and we'll do our best to help you. We will need names, birthdate and t-shirt size, at the bare minimum

Still Have Questions?

You may reach us anytime at events@mbsef.org

Reach out to PPP Race Director:

Marieka Greene
MBSEF Events & Financial Development Director

541-388-0002

Connect with Us!

Instagram: @mbsef_ppp
Facebook: Selco Pole Pedal Paddle