



Official Rules and Regulations

1. Team Captains must have each participant complete a liability release due on or before the morning of the race. If a participant fails to complete the release, they will be unable to participate.
2. All participants must be age 18 or older unless accompanied by a legal guardian. The guardian must be present for the race and must also sign the liability release in order for the minor to participate.
3. Teams should consist of no more than 12 riders each cycling 2 times for 15 minutes. Teams of more than 12 riders will not be eligible to “compete” but are welcome to ride for fun! Riders only need to be present during the time scheduled by the team captain for them to ride. They are welcome to be present as early or as late as they would like to be a part of the day’s festivities.
4. Each race team rides from 8:00am to 2:00pm. A “switch” will be called every 15 minutes so that a team may change riders. Any teams that are switching at times other than the designated switch times will receive one warning from a race official, if a switch occurs again after that warning the team will be disqualified from competition but may finish the rest of the day for fun. The only exception to this rule is if there is a medical reason for the switch in which case we ask you notify a race official that the change has been made.
5. Teams that are disqualified for infringing on the set rules will be immediately notified by a race official.
6. Clips, cages, resistance, and pedals – All bikes have been calibrated and set to be identical. No alterations to the bikes will be permitted on race day in order to ensure a fair and safe race. If a team would prefer to use clips they must notify race officials prior to the event so that installation can be done by our certified bike mechanics.
7. Competitive vs. Non-Competitive teams – Where categories permit competitive and non-competitive levels, a base mileage will be applied. Airdyne teams exceeding 115 miles and Spin teams exceeding 120 miles will be automatically be considered competitive.
8. Some divisions are classified as men, women, and co-ed. Any division not specified is considered co-ed.
9. Teams of more than 12 will be assessed a \$40 per rider registration in addition to the \$500 team registration fee. The difference will be counted toward the fundraising competition.

Please note that all rules and regulations are issued to ensure that all participants have a fun and safe race. Any decisions regarding these rules will be determined by the Race to Anyplace Committee.