

P LAR ROLL



PR23 - MOD 2.15

FEBRUARY 14

/// FIELD MANUAL



>>> don't just show up...

>>> **KEEP
SHOWING UP
FOR THOSE
WHO CAN'T.**

/// we miss you jack & brett.

SECTION 1



building community through shared experiences



This section covers how we impact our community.

SECTION 1 BUILDING COMMUNITY THROUGH SHARED EXPERIENCES

Polar Roll, Marji Gesick, and The Crusher are productions of 906 Adventure Team, a 501(c)3 non-profit based in Marquette, Michigan. Our mission is to empower people to discover the best version of themselves through outdoor adventure.

We believe in the power of shared experiences. We believe doing hard things together brings people together. When people come together, they develop a sense of belonging and purpose. That's what our events strive to do. Break you down. Make you depend on each other. Bring you together.

GIVING BACK

2-1. Since 2015, you've helped us give back nearly \$230,000 to trail-builders (NTN, RAMBA, Friends of Harlow, SISU Dirt Crew, DCNT, CORBA).

ADVENTURE TEAMS

2-2. 906AT supports nine Adventure Teams in three states (700+ youth, 300+ volunteers). This isn't about "getting more kids on bikes" - we'll leave that to marketing department and big bike brands.

To us the bike is a tool kids use to develop resilience, self-confidence, grit, and much more. Our mission is to empower youth to discover the best version of themselves through outdoor adventure and we do it by creating a non-competitive environment for the benefit of all children, not just the most skilled.

To learn more visit www.906adventureteam.com

906AT Polar Roll is a production of the 906AT





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DON'T DIE.



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PREFACE

polar roll



This field manual provides the basic doctrinal framework of Polar Roll. Content discussions include fundamentals, culture, logistics, routes, maps, event partners, the mission, and more. The topics, gear recommendations, community code of conduct, rules, and logistics apply to all Polar Roll formats: Mass Start (MS), Expedition (EX), and Polar Roll - Ultra.

The primary audience for this manual are Polar Roll participants, support crews, friends and family, partners and sponsors, and 906 Adventure Team staff.

This manual is dedicated to the men, women, and children who bravely test the delicate edges of their comfort zone to defiantly stand before their insecurities and self doubts and whisper, “Not today mother f*c\$ker”

POC (point of contact) information below:

E-mail: todd@906adventureteam.com

Phone: 906-748-0034

US Mail: P.O. Box 506, Marquette, Michigan, 49855

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DON'T DIE.



SUMMARY of CHANGE



PR23-MOD1 will be available in digital format and updated as information provided herein changes. All changes will be tracked on this page.

1117



>>> CHECK IN

>>>self doubt & ego dump

This page is dedicated to your self-doubt, the fears, and your excuses. Acknowledge AND overcome them.

Didn't train enough? Most of us don't. Not feeling motivated? Boo-hoo. Weather sucks? Suck it up! Not gonna get the time you deserve? You should just be happy you have this opportunity.

THIS SPACE RESERVED FOR YOUR

EGO,

FEARS,

EXCUSES,

AND SELF SABOTAGE.

WRITE THEM DOWN.

LEAVE THEM BEHIND

**YOU SIGNED UP FOR THIS.
IT'S TIME TO ROLL.**





CHAPTER 1



fundamentals

This section covers how to do things.

SECTION I - YOU VS. YOU

Polar Roll participation is voluntary. You signed up for this. Participants will be responsible for immersion in the fundamentals, culture, logistics, courses, maps, gear, event partners, code of conduct, etc.

We do not offer age groups, special categories (such as single-speed), or cash awards. We focus on building a healthy community: men, women, and children, competing against themselves, working together.

Everyone is out there for their own reasons. Every finish matters. Polar Roll is about YOU vs. YOU. Adventure outside your comfort zone. Battle the terrain and the weather. Overcome your self doubt.

REGISTRATION

- 1-1. Registration is hosted by www.bikereg.com at this link: <https://www.bikereg.com/polar-roll>
- 1-2. Mass Start categories are capped. When the cap is met the categories close. We will not offer a waitlist.
- 1-3. EX categories are uncapped. You can sign up any time between now and March 15, 2023.
- 1-4. You cannot register at packet pickup.
- 1-5. You cannot register on race day.

TRANSFERS

- 1-6. Transfers can be performed through the registration site.
- 1-7. Participants are responsible for executing the transfer and all fees.
- 1-8. Transfers for the mass start event close January 7, 2023.
- 1-9. Transfers for the EX categories can be done any time prior to March 15, 2023.

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MILEAGE

- 1-10. Mileage is a suggestion. Be prepared to ride farther than you planned.
- 1-11. Actual mileage will not match advertised mileage.

GPX-FILES

- 1-13. GPX-files will be provided prior to the event.
- 1-14. GPX-files can be downloaded prior to the start of your event from <https://thepolarroll.com/roll-stroll-ex/>
- 1-15. Participants are responsible for knowing how to use their navigation devices. If you do not know how to use GPS to navigate without signage, it might be safer to stay home.

MS

- 1-16. The mass start is a single-day event for those who enjoy the social aspect of large gatherings. You can race it or ride it, it's up to you.
- 1-17. Mass Start events do not require checkpoint selfies.
- 1-18. Participants will be provided and are required to use a number plate.

EX

- 1-19. The EX format is for participants who seek adventure, smaller gatherings, and personal competition. YOU vs. YOU!
- 1-20. Participants are given a 60-day window to complete the event(s) of their choice.
- 1-21. EX format requires checkpoint selfies and may utilize ungroomed surfaces.
- 1-22. EX courses are generally less predictable and therefore more difficult.
- 1-23. EX participants do not use number plates.



DON'T DIE.

TIRE PRESSURE

1-24. The following recommendations will vary based on rider weight. Use them as a guide:

1. Soft groomed surface and base: 1-4. PSI Usually dry snow with no moisture, or wet snow in above freezing temps.
2. Hard surface and base: 6-8 PSI. Hard-packed trails with temps consistently below freezing and you are leaving no ruts.

SNOWSHOES

1-25. Snowshoes are required for all snowshoe events.

1-26. Exception: If you have to cross the street, or if the route follows a paved path. Snowshoes can be removed while on paved surfaces.

1-27. Failure to use required gear in any event will result in disqualification.

PACKET PICKUP - MASS START

1-28. Packet Pickup: Friday, February 17th, 2023, 5:00pm - 8:00pm

1-29. Location: 424 N 3rd St, Marquette, MI 49855

1-30. Late packet pickup: Saturday, February 18th, 2023, 7:00am

1-31. Late packet pickup location: At the start line. Arrive an hour early.

1-32. Participants can pick up packets for other racers.

1-33. Racing under another person's registration is strictly prohibited. If we catch you doing it, you'll be disqualified and banned from future participation.

TRAIL ETIQUETTE

1-34. You will encounter other trail users and pets. Be nice. Say Hi. When in doubt, yield the trail.

1-35. Slow down. Smile. Make eye contact. Leave a positive impression.

1-36. Dogs and other pets are not permitted on-course.

1-37. Snowshoes must be worn at all times.

1-38. Do not leave ruts, divots, or damage the tread.

1-39. Minimum tire size required on groomed surfaces is 3.8".

AGE GROUPS, YOUTH CATEGORIES, PODIUMS

1-40. There are no age groups.

1-41. Youth compete in open categories with men and women.

1-42. There is no podium. You finish or you don't.

BELT BUCKLES AND MEDALLIONS

1-43. Belt Buckles will be awarded to Ultra finishers in 2023.

Medallions will be awarded to the Top 3 men and women of the short and long events. They will be mailed to you.

DROP BAGS

1-44. We will not handle drop bags.

SHUTTLES

1-45. Shuttle services are not available.

AID STATIONS

1-46. We do not offer aid stations.

1-47. Be prepared to be unsupported.

ROAD RULES

1-48. Road rules apply. You must obey all traffic laws.

1-49. Volunteers will not be on course.

1-50. No one will attempt to stop traffic for you, and traffic will not stop for you.

1-51. If you encounter a person waving you across a road crossing, understand you are putting your life in their hands. Do not trust anyone.

IN THE EVENT OF AN EMERGENCY

1-52. Dial 911.







CHAPTER 2



code of conduct



This section covers how we do things.

SECTION I - LIFE ISN'T FAIR. THE WORLD ISN'T SAFE. THERE IS NO FINISH LINE

No one said life would be fair. It's not about what happens to you, it comes down to how you react. Focus on what you can control.

The world isn't safe. This is pretty simple. You're going to be riding in February, in the winter, in da U.P. You're in danger. We're always in danger.

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There is no finish line. The work is never done. Simple.

PREPARATION

2-1. Enjoyment of this experience will depend on your preparation. Be ready for deep snow, bitter cold, wind, and the unexpected. Test your gear. Test your body. Test your mind. Don't wait until you get here to find out what does and does not work.

SELF-SUPPORTED ETHOS

2-2. You are on your own. No one is out there to save you. You are responsible for your choices. You are responsible for your preparation and the outcome. Road Rules apply. Volunteers are not at every road crossing to ensure safe passage. GPX is required. Dial 911 in the event there is an emergency.

EQUAL REPRESENTATION

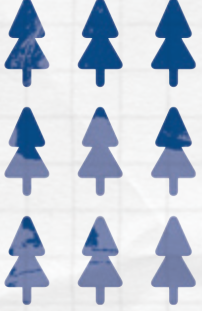
2-3. Everyone is welcome. Men, women, children, young and old. Every finish matters, from the elites to the last person across the line. It's not you against each other, it's you against yourself, the course, and the weather. The struggle will bring you together.

FINISH WHAT YOU START

2-4. Finish what you start. What else needs to be said? See you at the finish line.







CHAPTER 3



logistics

This section covers event logistics: rules, schedule of events, locations, gear, technology, the environment, results, and more.

SECTION I - YOU SIGNED UP FOR THIS

Your participation in Polar Roll is voluntary, or your buddy signed you up when he was drunk. That's between the two of you.

Everything you need to know is in the Field Manual. If you have a question, the field manual should answer it.

This is the part where we tell you where you need to be and at what time. Do not call us on your way to Marquette asking where packet pickup is. If you do, there is a 100% chance we'll provide the wrong address.

SCHEDULE OF EVENTS

- 3-1. EX: January 15 - March 15, 2023.
- 3-2. Packet Pickup: Friday, February 17th, 2023, 5:00pm - 8:00pm
- 3-3. Mass Start 15: Saturday, February 18th, 2023, 8:15am
- 3-4. Mass Start 30: Saturday, February 18th, 2023, 8:00am

LOCATIONS

- 3-5. EX: Locations vary. Reference course maps and your GPX-files.
- 3-6. Packet Pickup: Blackrocks Brewery
- 3-7. Mass Start: Ishpeming High School
- 3-8. Mass Finish: Ishpeming High School

SHUTTLES

- 3-9. There aren't any.

DROP BAGS

- 3-10. We don't handle them.

ENVIRONMENT

3-11. The environment will be hostile. The topography features punchy climbs, deep snow, and potentially frigid temps. Frostbite is possible, water containers will freeze, and trail conditions will be impacted by everything from the wind and precipitation to the riders in front of you. Be prepared for the worst. If you are not prepared for the worst, it would be wise to stay home.

NAVIGATION

- 3-12. Signs are provided for mass start events only.
- 3-13. GPS is required for all events; Mass Start (MS) and Expedition (EX).
- 3-14. Signs fall down. People tear them down. The wind blows them away. Bears eat them.
- 3-15. Route navigation is the responsibility of each participant.

TECHNOLOGY

- 3-16. Participants can use products from Garmin, Wahoo, and many phone based apps.
- 3-17. For best results, know how to use your tech.
- 3-18. Cold weather crushes battery life. Have a backup battery.
- 3-19. Manufacturers provide estimated battery life for GPS units, headlights, etc. They haven't been to Polar Roll. Verify battery life beforehand, ideally in the same conditions you expect to face when you roll with us.
- 3-20. We are not a help desk.
- 3-21. The private Facebook group is a great resource for gear and event questions, and heckling one another.



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DON'T DIE.

RULES

3-22. The following rules are for every rider. Use them as a guide:

1. **If you quit**, you must text your name and bib number to the phone number on the race plate.
2. **GPS is required for all events.** If you choose not to use one, don't blame us.
3. **Road rules apply.**
4. **You are self-supported.**
5. Neutral support is allowed.
6. Carry your gear. Do not stash anything on course.
7. You are allowed one bike and/or set of snowshoes.
8. Bikes are required to have tires of 3.8" or greater.
9. Cycling helmets are required.
10. No mountain bikes. No e-bikes.
11. Unsportsmanlike conduct will disqualify you. Don't be a jerk.
12. If you leave the course for any reason, you must re-enter the course where you left it.
13. Recommended gear should be considered required, but we're not your parents. If you enter the course without recommended gear, the outcome could be dire. Do so at your own risk.
14. Respect the trail system. Don't damage it. If you are leaving ruts, divots, or breaking through the surface, call it a day.
15. Air pressure varies by rider size, tire width, rim width, temperature, and more. If you are damaging the trail - air down. If you continue to damage the trail, call it a day.
16. There is no cutoff for mass events, but we reserve the right to pull you from the course at any time.
17. There is a cutoff for EX events - it is 24 hours per event.
18. Mass start riders do not have to collect checkpoint selfies.
19. EX riders DO collect checkpoint selfies.
20. Mass start riders do not have to submit their results.
21. EX riders DO have to submit their results.
22. GPX files will be provided to all racers prior to event.
23. BE NICE. BE PREPARED. ROAD RULES APPLY.



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RESULTS

3-23. Mass start events will be timed by Superior Timing.

3-24. Superior Timing results will be available online at their website www.superiortiming.com

3-25. EX results must be submitted to: events@906adventureteam.com

1. Upload your checkpoint photos to the ride.
2. Send us a direct link to your ride and photos.
3. Make sure your privacy setting allows us to view the ride and photos.
4. Results must be turned in immediately following your adventure.

3-26. EX results will be posted on the Polar Roll website www.thepolarroll.com/results

CONDITIONS

3-27. This is a winter event in the U.P. Make sure you understand what you are getting yourself into.

3-28. We will race regardless of conditions.

RECOMMENDED GEAR

Figure RG-1. Recommended gear. Do yourself a favor, pack everything we recommend. Snowshoes are required for snowshoes events. Fat-bikes are required for fat-bike events. Be prepared. Follow the rules.



DON'T DIE.

RECOMMENDED GEAR	SS	15	30	IQ	DD
Calories At Start	300	1,000	1,000	1,000	1,000
Water Capacity	X	X	X	X	X
GPS Unit	X	X	X	X	X
Cell Phone	X	X	X	X	X
Battery Pack for Electronics		X	X	X	X
Front Light Always on		X	X	X	X
Red Tail Light Always on		X	X	X	X
Outer Shell Top & Bottom	X	X	X	X	X
Gloves	X	X	X	X	X
Hat	X	X	X	X	X
Balaclava	X	X	X	X	X
Hand Warmers	X	X	X	X	X
Extra Socks		X	X	X	X
Extra Gloves	X	X	X	X	X
Extra Thermal/Top Layer		X	X	X	X
Studded Tires		X	X	X	X
Spare Tubes		X	X	X	X
Tire Pump		X	X	X	X
Tire Levers		X	X	X	X
Chain Tool & Master Link		X	X	X	X
Allen Wrench Set / Multi-tool		X	X	X	X
Derailleur Hanger		X	X	X	X
Fender		X	X	X	X
Knife / blade		X	X	X	X
Cash		X	X	X	X
Debit Card / Credit Card		X	X	X	X
Emergency Survival Blanket		X	X	X	X
Lighter / Waterproof Matches		X	X	X	X
Zip Ties		X	X	X	X
Duct Tape / electrical Tape		X	X	X	X
Tire Boot		X	X	X	X
Snow Shoes	X	X	X	X	X
Fat Tire Bike	X	X	X	X	X

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Figure RG-1. Recommended gear. Snowshoes are required for snowshoes events. Fat-bikes are required for fat-bike events. Be prepared. Follow the rules.





PR-C

courses maps



This section contains course maps. Course maps are provided to give you a lay of the land. Course maps in this field manual are not intended to be used for navigation.

SECTION I - POLAR ROLL COURSES

Since 2015, Polar Roll has showcased a world-class winter adventure across Marquette County. Each course is thoughtfully designed to take advantage of “topographic opportunities” to stimulate personal growth.

DESIGN

PR-C-1. Courses are designed by people with a sick sense of humor. Expect it to be Fun.

PR-C-2. Course grooming is performed by local trail organizations, NTN and RAMBA.

COURSES

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Figure PR-C-1. MS-15

Figure PR-C-2. MS-30

Figure PR-C-3. MS-DT

Figure PR-C-4. EX-15FB

Figure PR-C-5. EX-15SS

Figure PR-C-6. EX-30FB

Figure PR-C-7. EX-30SS

Figure PR-C-8. EX-IQ

Figure PR-C-9. EX-DD

Figure PR-C-10. EX-SS

Figure PR-C-11. Marquette North Trails

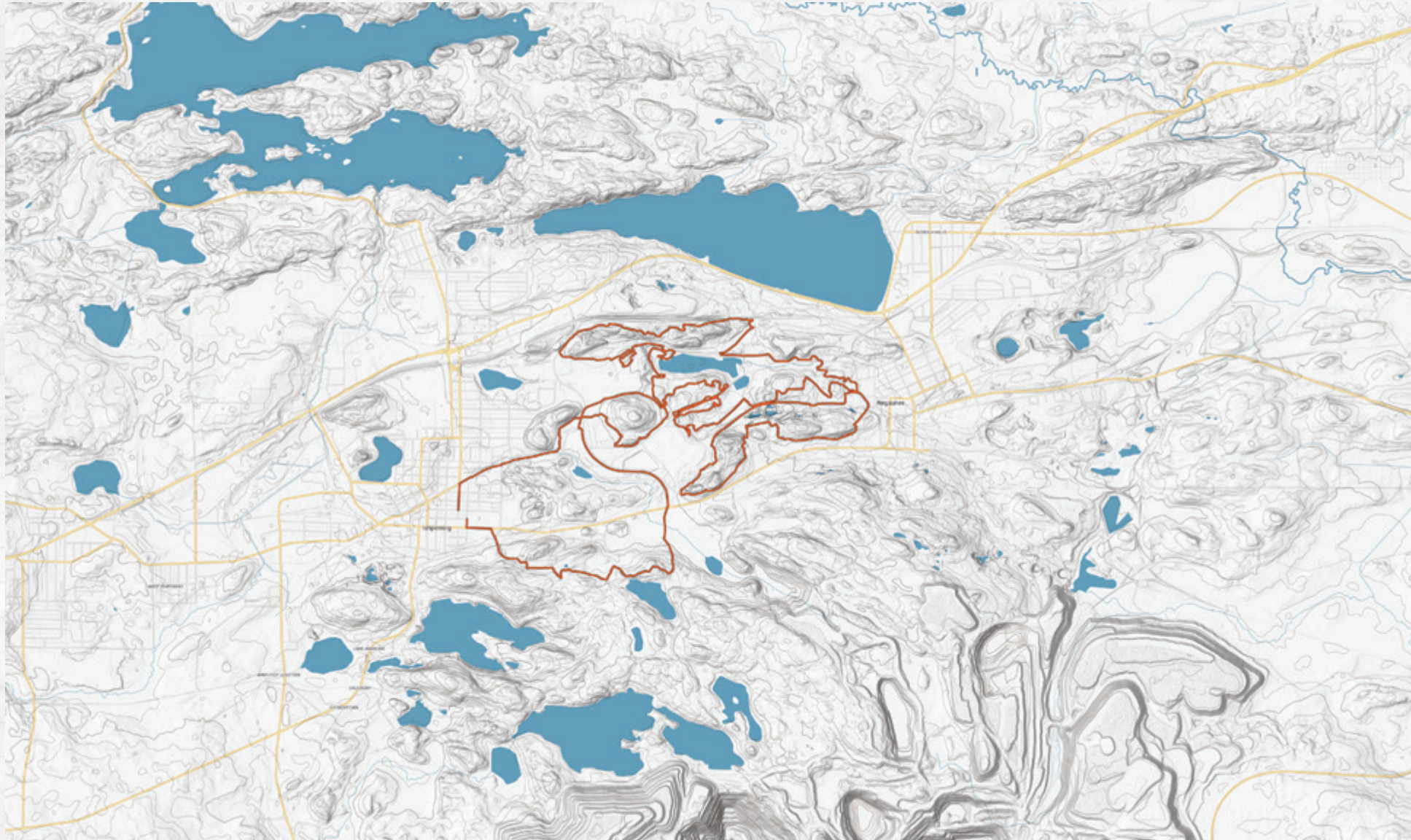
Figure PR-C-12. Marquette South Trails

Figure PR-C-13. RAMBA Trails

Figure PR-U. Ultra Trail

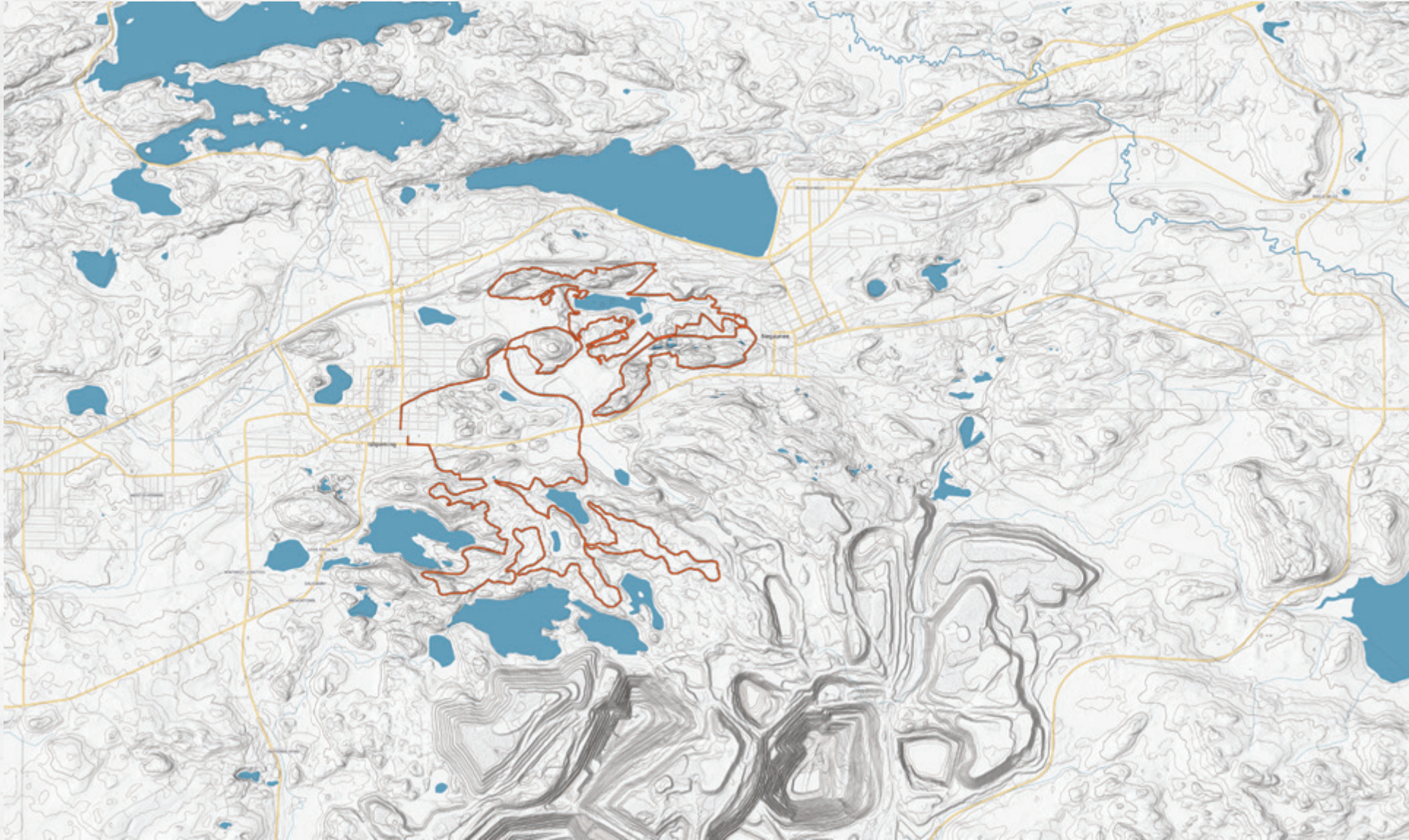


DON'T DIE.



CLICK OR SCAN TO OPEN
ON GOOGLE MAPS





CLICK OR SCAN TO OPEN
ON GOOGLE MAPS



CLICK OR SCAN TO OPEN
ON GOOGLE MAPS



CHECKPOINTS ARE REQUIRED.

It is possible EX courses may change throughout the event due to weather or other factors outside our control. For that reason, we will provide general guidelines for you to follow when collecting checkpoints.

CHECKPOINTS:

1. Selfie with a trail sign anywhere in the Hill Street Complex.
2. Adventurer's Choice - Have fun with it.
3. Selfie from the overlook on Panorama. Look at trail maps to find out where Panorama is.
4. Selfie with the double set of stairs in Old Town Negaunee. Course goes over it; can't miss it.
5. Selfie with a RAMBA sign post and the various colored signage.

Be creative. Share photos and selfies capturing you, your crew, and the experience. It might win you some gear.

Upload all selfies with your ride to Strava. Set your profile to Public. Send us the URL to the ride; not your profile. We will validate the finish and add you to the results.



CLICK OR SCAN TO OPEN ON GOOGLE MAPS



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if you quit, suffer a mechanical, or begin crying uncontrollably...
text #quitter + your race number to 906-748-0036



DON'T DIE.

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CHECKPOINTS:

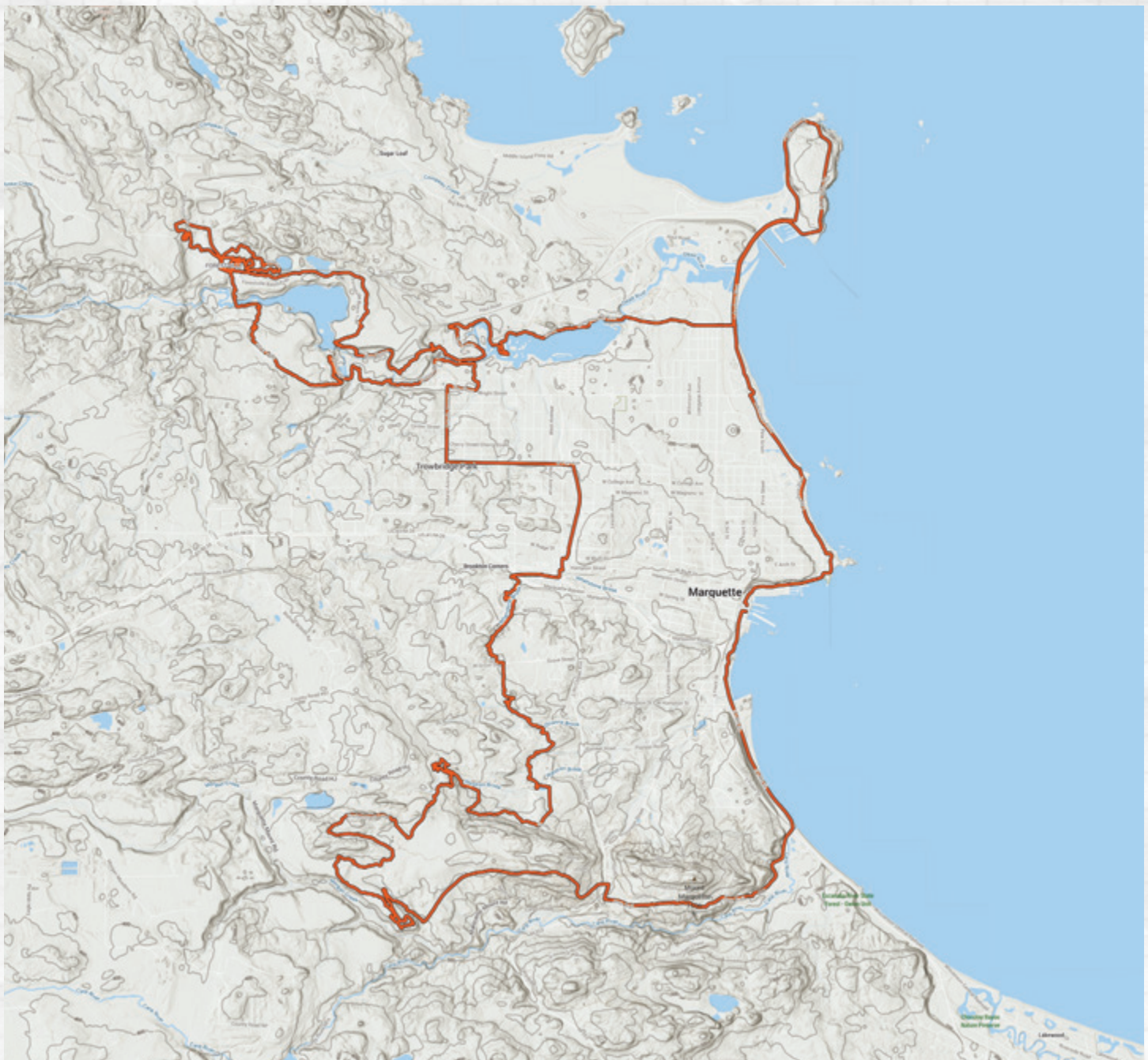
1. Selfie with any color NTN trail sign in the North trails. Must have NTN logo on it.
2. Selfie with a Wildcat trail marker found on the Wildcat Trail
3. Selfie with any NTN trail post and the various color trail markings
4. Selfie with any NTN trail marker inside the South trails snow bike route.
5. Adventurer's Choice - Have fun with it.

Be creative. Share photos and selfies capturing you, your crew, and the experience. It might win you some gear.

Upload all selfies with your ride to Strava. Set your profile to Public. Send us the URL to the ride; not your profile. We will validate the finish and add you to the results.



CLICK OR SCAN TO OPEN ON GOOGLE MAPS



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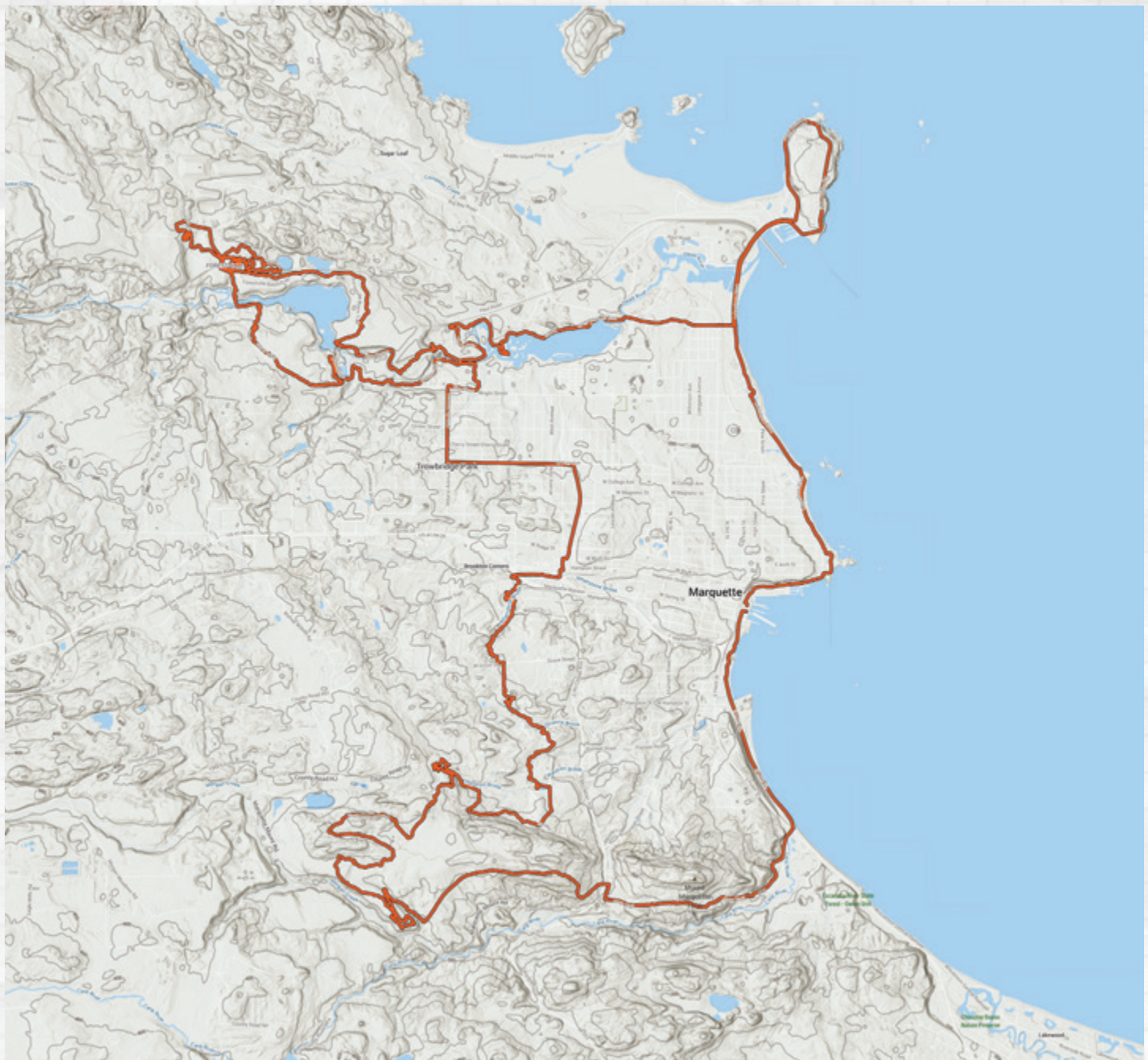
1. Selfie with any color NTN trail sign in the North trails. Must have NTN logo on it.
2. Selfie with a Wildcat trail marker found on the Wildcat Trail
3. Selfie with any NTN trail post and the various color trail markings
4. Selfie with any NTN trail marker inside the South trails snow bike route.
5. Adventurer's Choice - Have fun with it.

Be creative. Share photos and selfies capturing you, your crew, and the experience. It might win you some gear.

Upload all selfies with your ride to Strava. Set your profile to Public. Send us the URL to the ride; not your profile. We will validate the finish and add you to the results.



CLICK OR SCAN TO OPEN ON GOOGLE MAPS



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if you quit, suffer a mechanical, or begin crying uncontrollably...
text #quitter + your race number to 906-748-0036



DON'T DIE.

CHECKPOINTS ARE REQUIRED.

It is possible EX courses may change throughout the event due to weather or other factors outside our control. For that reason, we will provide general guidelines for you to follow when collecting checkpoints.

CHECKPOINTS:

For the EX-IQ test, you will need to do this for both loops!

1. Selfie with a trail sign anywhere in the Hill Street Complex.
2. Adventurer's Choice - Have fun with it.
3. Selfie from the overlook on Panorama. Look at trail maps to find out where Panorama is.
4. Selfie with the double set of stairs in Old Town Negaunee. Course goes over it; can't miss it.
5. Selfie with a RAMBA sign post and the various colored signage.

Be creative. Share photos and selfies capturing you, your crew, and the experience. It might win you some gear.

Upload all selfies with your ride to Strava. Set your profile to Public. Send us the URL to the ride; not your profile. We will validate the finish and add you to the results.



CLICK OR SCAN TO OPEN ON GOOGLE MAPS



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if you quit, suffer a mechanical, or begin crying uncontrollably...
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DON'T DIE.

CHECKPOINTS ARE REQUIRED.

It is possible EX courses may change throughout the event due to weather or other factors outside our control. For that reason, we will provide general guidelines for you to follow when collecting checkpoints.

CHECKPOINTS:

For the EX-DD test, you will need to do this for both loops!

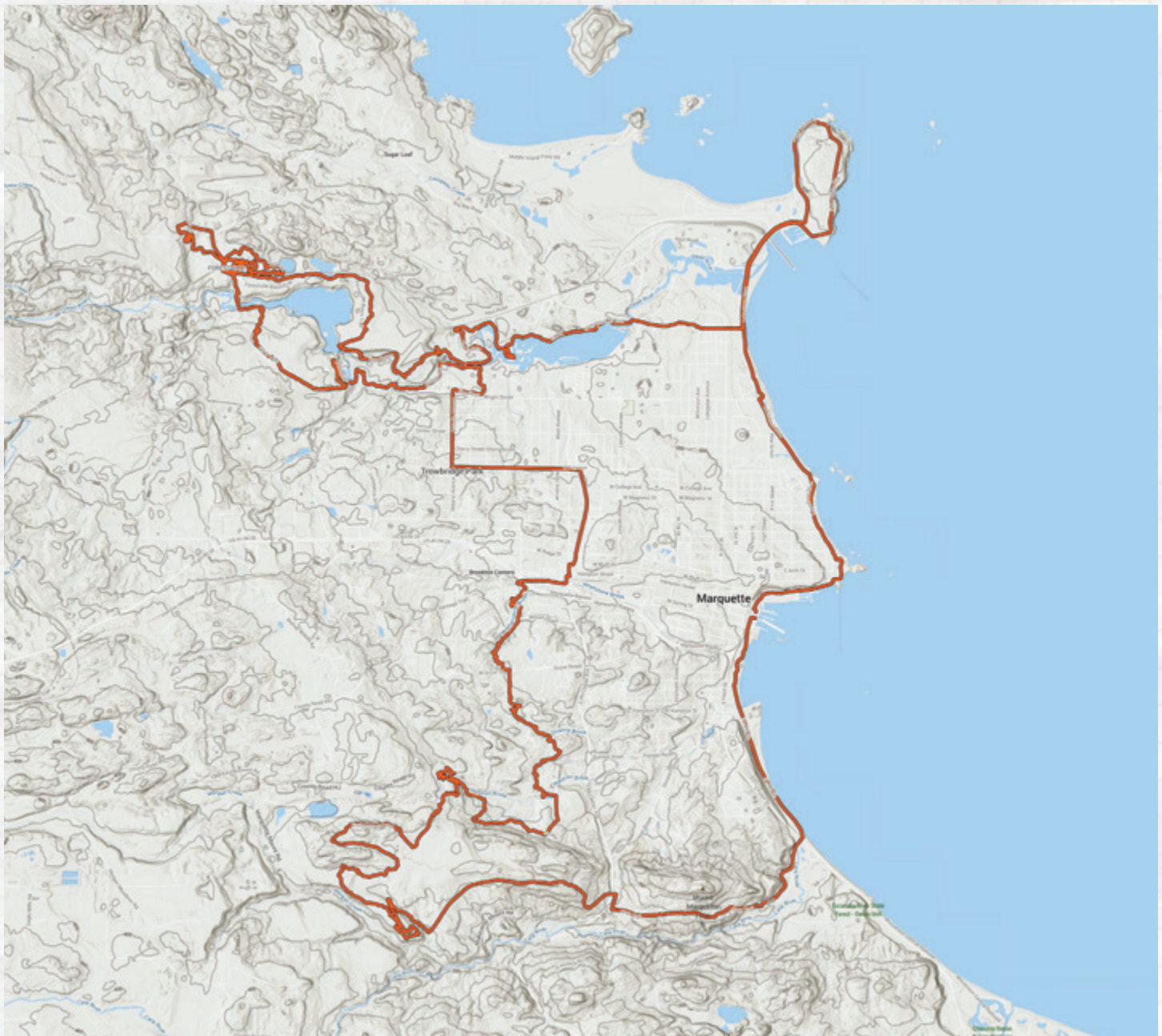
1. Selfie with any color NTN trail sign in the North trails. Must have NTN logo on it.
2. Selfie with a Wildcat trail marker found on the Wildcat Trail
3. Selfie with any NTN trail post and the various color trail markings
4. Selfie with any NTN trail marker inside the South trails snow bike route.
5. Adventurer's Choice - Have fun with it.

Be creative. Share photos and selfies capturing you, your crew, and the experience. It might win you some gear.

Upload all selfies with your ride to Strava. Set your profile to Public. Send us the URL to the ride; not your profile. We will validate the finish and add you to the results.



CLICK OR SCAN TO OPEN ON GOOGLE MAPS



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if you quit, suffer a mechanical, or begin crying uncontrollably...
text #quitter + your race number to 906-748-0036



DON'T DIE.

CHECKPOINTS ARE REQUIRED.

It is possible EX courses may change throughout the event due to weather or other factors outside our control. For that reason, we will provide general guidelines for you to follow when collecting checkpoints.

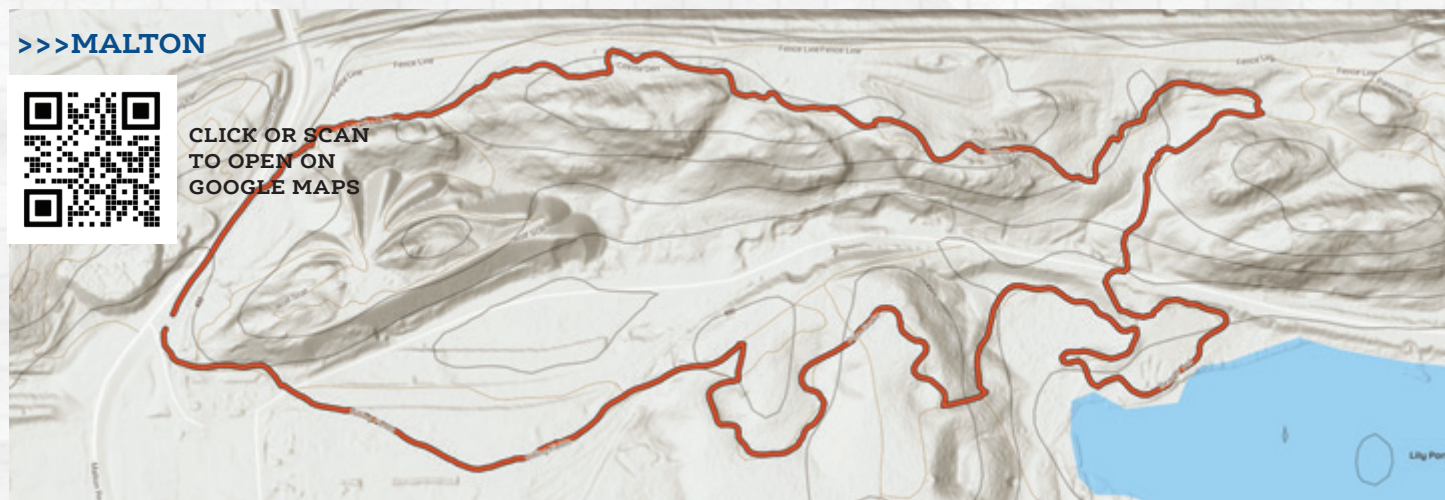
CHECKPOINTS:

Must be collected for each of your loops.

1. Selfie with a RAMBA trail sign anywhere in the loop.
2. Selfie with a RAMBA sign post and the various trail signs on it.
3. Adventurer's Choice - have fun with it.

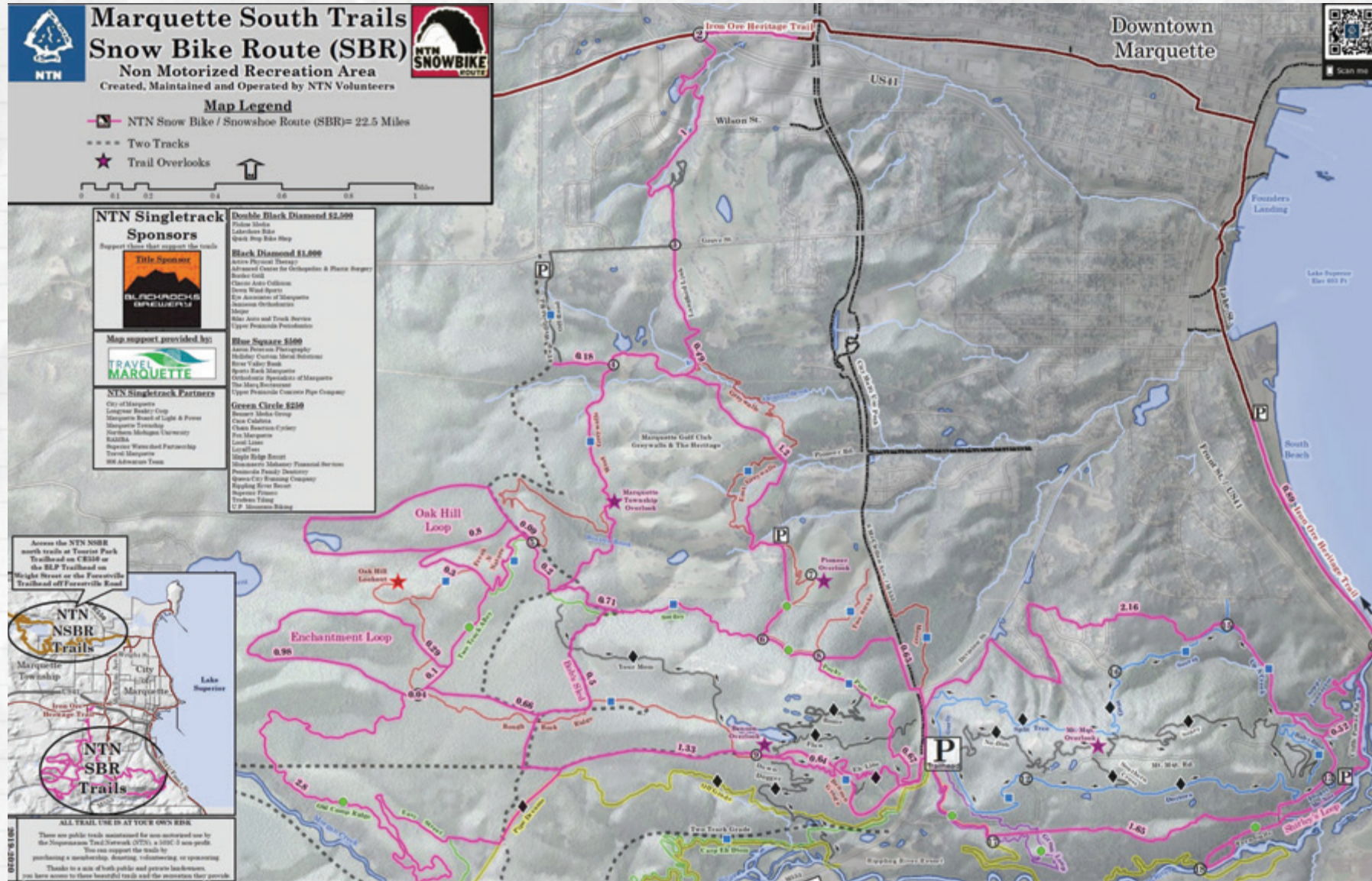
Be creative. Share photos and selfies capturing you, your crew, and the experience. It might win you some gear.

Upload all selfies with your ride to Strava. Set your profile to Public. Send us the URL to the ride; not your profile. We will validate the finish and add you to the results.



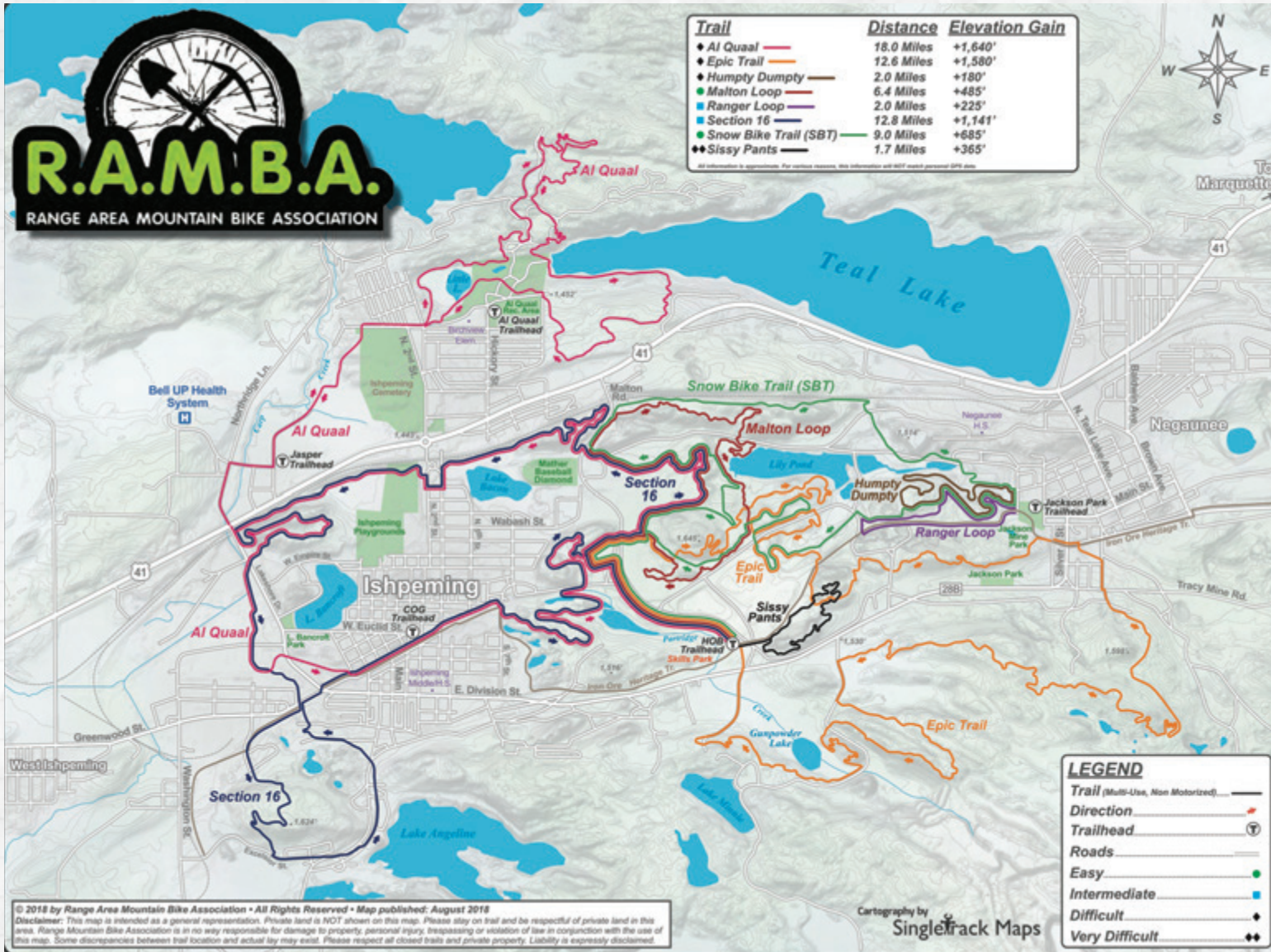
if you quit, suffer a mechanical, or begin crying uncontrollably...
text #quitter + your race number to 906-748-0036





if you quit, suffer a mechanical, or begin crying uncontrollably...
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if you quit, suffer a mechanical, or begin crying uncontrollably...
text #quitter + your race number to 906-748-0036





PR-U ULTRA



polar roll ultra

SECTION 1 - DEFINITION OF ULTRA

An extremist.

You vs. YOU

PR-U-1 Polar Roll participation is voluntary. If you are not fully prepared to accept the potentially grave consequences of an event this difficult and weather this dangerous do not take the line.

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SELF-SUPPORTED ETHOS

PR-U-2. You are on your own. No one is out there to save you. You are responsible for your choices. You are responsible for your preparation and the outcome. Road Rules apply. Volunteers are not at every road crossing to ensure safe passage. GPX is required. Dial 911 in the event there is an emergency.

ROAD RULES

PR-U-3 Road rules apply. You must obey all traffic laws. Volunteers will not be on course. No one will attempt to stop traffic for you, and traffic will not stop for you. If you encounter a person waving you across a road crossing, understand you are putting your life in their hands. Do not trust anyone. Exercise caution on the snowmobile trail. Ride with respect.

NEUTRAL SUPPORT

PR-U-4 Neutral support is allowed but if offered to one participant must be offered to all participants within the vicinity. There are thirty of you out there. Look out for one another. Make sure your support crews understand the 906AT neutral support ethos.

TRAIL ETIQUETTE

PR-U-5 You will encounter other trail users and pets. Be nice. Say Hi. When in doubt, yield the trail. Slow down. Smile. Make eye contact. Leave a positive impression. Dogs and other pets are not permitted on-course. 1-39. Minimum tire size required on groomed surfaces is 3.8". Be courteous to snowmobiles, even if they aren't to you.

DROP BAGS

PR-U-6 We will not handle drop bags.

SHUTTLES

PR-U-7 Shuttle services are not available.

AID STATIONS

PR-U-8 We do not offer aid stations. Be prepared to be unsupported.



ENVIRONMENT

PR-U-9 The environment will be more hostile and the topography will feature more punchy climbs, deep snow, and potentially more frigid temps than any Polar Roll we have ever hosted. Frostbite is possible, water containers will freeze, and trail conditions will be impacted by everything from the wind and precipitation to the riders in front of you. Be prepared for the worst. If you are not prepared for the worst, it would be wise to stay home.

NAVIGATION

PR-U-10 Signs are provided for mass start events only. GPS is required for all events; Mass Start (MS) and Expedition (EX). Signs fall down. People tear them down. The wind blows them away. Bears eat them. Route navigation is the responsibility of each participant.

TECHNOLOGY

PR-U-11 Participants can use products from Garmin, Wahoo, and many phone based apps. For best results, know how to use your tech. Cold weather crushes battery life. Have a backup battery. Manufacturers provide estimated battery life for GPS units, headlights, etc. They haven't been to Polar Roll. Verify battery life beforehand, ideally in the same conditions you expect to face when you roll with us. We are not a help desk. The private Facebook group is a great resource for gear and event questions, and heckling one another.

MILEAGE

PR-U-12 Mileage is a suggestion. Be prepared to ride farther than you planned. Actual mileage will not match advertised mileage.

GPX-FILES

PR-U-13 GPX-files will be provided prior to the event. GPX-files can be downloaded prior to the start of your event. Participants are responsible for knowing how to use their navigation devices. If you do not know how to use GPS to navigate without signage, it will be safer to stay home.

CUT-OFF

PR-U-14 TBD

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SECTION 2 - SCHEDULE OF EVENT

The event schedule is based on the information we have today. Should the information change the event schedule may change. We will communicate via the new normal channels: Facebook Polar Roll group and email. Make sure our emails are not going to your junk or the spam folder.

PR-U-15 Mandatory Gear Check will be hosted by West End Ski + Bike, 101 S. Main Street, Ishpeming, Michigan 49849 on Sunday, February 19th from 12:00 pm - 5:00 pm.

PR-U-16 Mandatory Rider Meeting will be held at West End Ski + Bike, 101 S. Main Street, Ishpeming, Michigan 49849 on Sunday, February 19th from 5:00 pm - 6:00 pm.

PR-U-17 Otter Lake Campground will host the spartan start line, E7609 Buckhorn Rd., Munising, Michigan 49862 on Monday, February 20th at 7:00 am sharp!

PR-U-18 The Finish Line will be hosted by West End Ski + Bike, 101 S. Main Street, Ishpeming, Michigan 49849 from the time the first ultra rider finishes until 7:00 am Wednesday, February 22.



DON'T DIE.

SECTION 3 - RULES OF ENGAGEMENT

Rules of engagement (ROE) are the internal rules or directives afforded individuals that define the circumstances, conditions, degree, and manner in which actions may be applied.

PR-U-E1 Front and Rear marker lights must be on at all times. This is not a suggestion.

PR-U-E2 Reflective material, such as a vest, must be on your person and worn at all times. This is not a suggestion.

PR-U-E3 If you leave the course for any reason, you must return to the point where you left it before moving forward.

PR-U-E4 You must start and end with all required gear. You will be gear checked before you start and when you finish. Failure to pass both gear checks will result in disqualification.

PR-U-E5 If E4 was not clear enough - gear dumping is not allowed.

PR-U-E6 Road rules and and professionalism should be observed and displayed at all times. You will interact with a wide variety of users during this event (other cyclists, neutral support, volunteers, motor vehicles, snowmobiles, side-by-sides, etc.). Be intentional and respectful in your decision making.

PR-U-E7 You will travel on and across a variety of surfaces and engage with varying degrees of traffic and activity. This may include but is not limited to: active gravel roads, active paved roads, groomed seasonal roads, groomed railroad grades, groomed singletrack, ice, and more. Be cognizant of the dangers associated with each. This is not a controlled course. You will encounter hazards.

PR-U-E8 It is impossible to predict and draft contingencies for all of the potential weather events and scenarios that may take place, therefore, you should be prepared scenarios ranging from clear sailing to hunkering down in a blizzard. It is feasible wind and snow could make travel impossible or highly dangerous. You need to be prepared for the possibility of pulling off-trail and waiting out the weather.

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SECTION 4 - THE ROUTE

This is an overview of the route as it is drawn today, 02.02.2023. All mileage is approximate. Do your own homework.

Mile 0 - 10: Otter Lake Campground, Start line
Mile 10 - 16: Coalwood Grade
Mile 17: Chatham
Mile 18 - 25: Country roads
Mile 26 - 28: M94
Mile 29 - 30: Sundell Rd.
Mile 31 - 38: Groomed/Backcountry
Mile 39 - 42: Frozen gravel
Mile 43 - 44: Trail 417/State Snowmobile
Mile 45: Lakenenland/Trailside fire/Rider Check
Mile 46 - 53: Trail 417/State Snowmobile
Mile 54: Harvey
Mile 55 - 67: Mount Marquette to/through South Trails
Mile 67: You are 1/4 mile west of Border Grill and Walgreens
Mile 68 - 70: Trail 14/State Snowmobile
Mile 71 - 83: County Road/502 to 510
Mile 84 - 93: Red Road/County Road AAO/Frozen gravel
Mile 85: Evan's Camp
Mile 93 - 97: Groomed/Backcountry
Mile 98 - 105: Wolf Lake Road/Frozen gravel
Mile 106 - 117: Trail 82/State Snowmobile
Mile 117 - 118: Downtown Ishpeming
Mile 118 - 139: RAMBA Trails
Mile 140: West End Ski + Bike/Finish Line

FIELD MANUAL PAGE 33: ULTRA CUTOFF IS 48 HOURS



DON'T DIE.



REQUIRED GEAR. KNOW HOW TO USE YOUR GEAR.

- Minus-20F degrees sleeping bag (or colder rating). We're not kidding.
- Satellite tracker/Beacon (we can provide if you don't have one).
- Racers will be required to finish with 1 pair of handwarmers, insulated mittens, photo ID, and Insurance Card.
- Insulated sleeping pad - minimum 20" by 48"
- Bivy sack or tent (space blankets/tarps do not count). Test it before you show up. We're not kidding. Your life depends on it.
- Firestarter (matches or lighter).
- Stove.
- 8 fl. oz. fuel at ALL times (either gas, alcohol or 2 canisters of propane/butane 100 g. each or 12 Big (14g) Esbit tablets). Be prepared.
- Pot (min. volume is 1 pint)
- 2-qt (64 fl. oz.) or just under 2 litres, insulated water container. Frozen water is hard to drink. Do real world training rides ahead of time to make sure you have your shit together.
- Headlamp or flashlight. Suggest minimum ~100 lumen good for 12 hours/bike or 20 hours on ski/foot. Test everything beforehand. Bring spares.
- Flashing red LED lights (and spare batteries), both on front and back of sled or bike or racer. Bring real safety lights or you will not pass the gear check. Keep ON 24/7. I'll say it again - bring real lights or you will not pass the gear check.
- Everyone must have at least 10 square inches of reflective material on front and 10 square inches on the back of the person for this race. Easy button is bringing a reflective safety vest.
- Whistle on string around your neck to call for help, because your mouth is too numb to yell.
- 1-day of readily edible food at ALL times (3000 calories)
- You will be given 2 bibs. We must be able to see your bib number on the front of your body (outer layer) at all times!!! Post the 2nd bib where it is easily visible on your gear so your gear can be returned to your next of kin.
- Please have a plan for frostbite prevention. We want you to keep all your body parts.

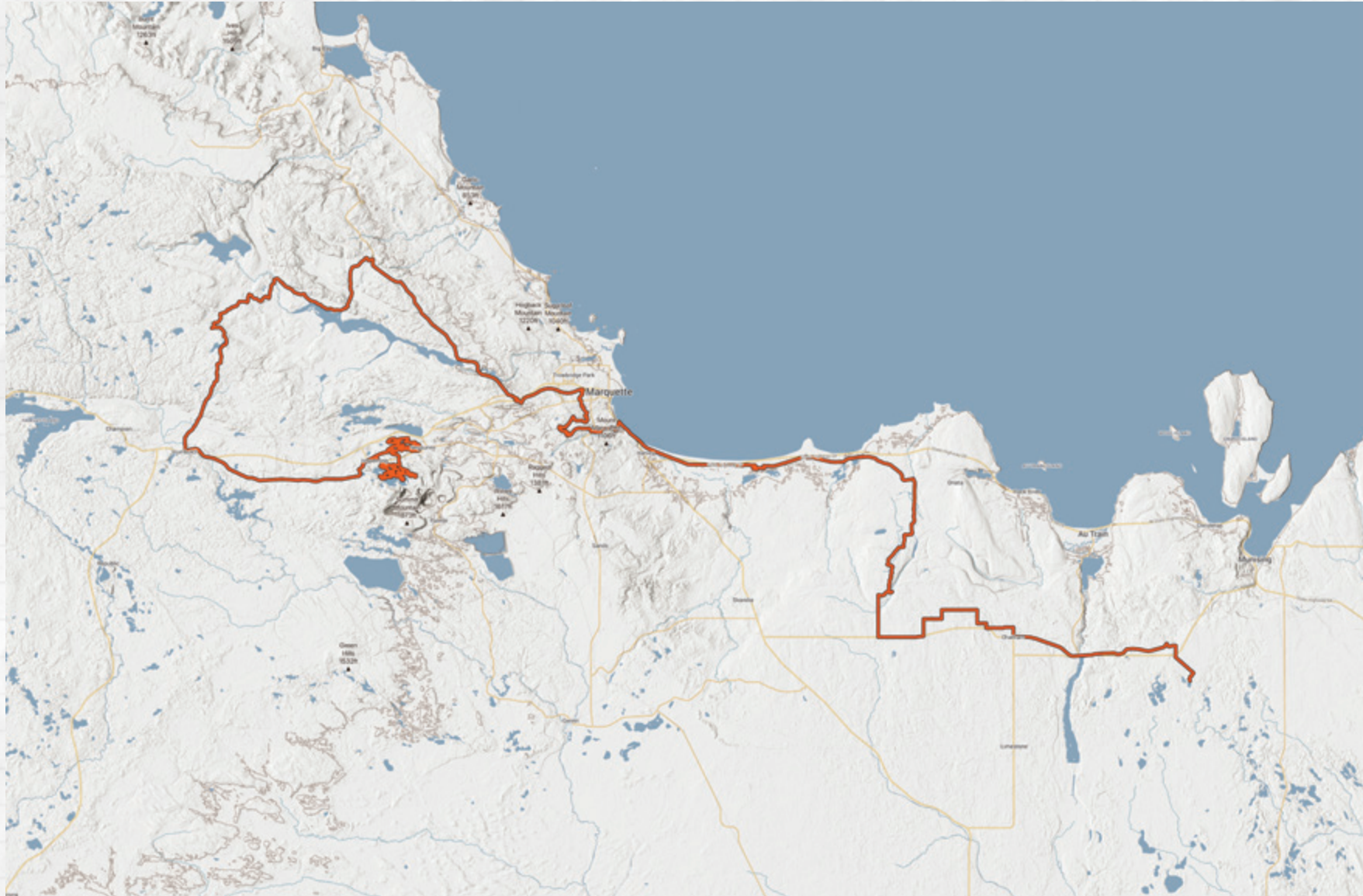
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RECOMMENDED GEAR.

- Helmet
- Extreme conditions mittens, head gear, and outerwear..
- Down sweater, spare undershirt/socks etc.
- Over-boots, Gaiters.
- Duct tape, vasoline, sunglasses, lipbalm, moleskin, ibuprofin, etc
- Map/compass/gps. The maps provided with your racer bag do you no good in your truck.
- 5,000-7,000 calories of food; preferably items which remain chewable at way below zero and colder.
- Cell phone.

KNOW HOW TO USE YOUR GEAR





CLICK OR SCAN TO OPEN ON GOOGLE MAPS

if you quit, suffer a mechanical, or begin crying uncontrollably...
text #quitter + your race number to 906-748-0036





PR-P

partners



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This section covers partnerships.

SECTION I - DEFINITION OF A PARTNER

Herein, partner will be used in lieu of the term sponsor, and will be defined as individuals and/or organizations with a vested interest in the successful execution of our non-profit mission. We hope you will support the individuals and organizations supporting us, as their support makes it possible for us to develop new Adventure Teams and reach more people.

WE CHOOSE

PR-P-1. We gauge success by the depth of the relationships, not the number of partnerships we secure. Therefore, not all partnerships are a good fit.

PR-P-2. All partnerships should be mutually and equally beneficial to all parties (906AT, 906AT community, and the partner).

PARTNER

PR-P-3. If you, as an individual or organization, share our vision and passion for empowering people to discover the best version of themselves through outdoor adventure; and if you believe the path toward more inclusion of all humans depends on the elimination of labels, self-interest, and special interest, by all means please reach out.



DON'T DIE.

📍 MARQUETTE, MICHIGAN

#REMARQUABLE

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TravelMarquette.com
for the latest
information on
lodging & dining



TRAVEL
MARQUETTE

MAKE YOUR MARQ

TRAVELMARQUETTE.COM



**GREAT DAYS ON THE TRAIL ONLY
HAPPEN WITH YOUR SUPPORT!**

- DONATE (SUGGESTED \$10/DAY)**
- BECOME AN ANNUAL NTN MEMBER**
- SUPPORT AS A BUSINESS SPONSOR**
- VOLUNTEER**
- EDUCATE OTHERS**

Enjoy your snowy adventures on the North and South Trails! Trails built, maintained, and groomed by the volunteers and staff of the Noqueemanon Trail Network.

**Donate
To Trails:**



Carroll's *Dream*

Purpose

To bring Carroll's dream of making twisted single track in Ishpeming and Negaunee, MI. To honor his wishes and welcome all non-motorized users on our trails and accept all who use our trails as members. Through Carroll's dream we will offer RAMBA membership to all users and provide trails for all to use, love, and enjoy.

Support the Dream

\$50 - Carroll's Trail User

\$100 - Carroll's Wednesday Night Ride

\$250 - Carroll's RAMBA Dream

\$500 - Carroll's Twisted Single Track

\$1,000 - Carroll's Dream Maker



RAMBA



SHARE THE TRAIL BE NICE.



SNOWSHOES, EH!

HIKING AND WALKING IN NORMAL WINTER FOOTWEAR ALONE MAY DAMAGE THE SURFACE OF THE TRAIL.

AIR DOWN

FAT BIKERS:

- ✓ ARE YOU LEAVING RUTS?
- ✓ ARE YOU SLIDING OUT AND FALLING?
- ✓ ARE THE TRAILS ICY?

TIRE
SIZE 3.8"
OR GREATER
REQUIRED!



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AIR PRESSURE RECOMMENDATIONS FOR GROOMED TRAILS

SOFT GROOMED SURFACE AND BASE

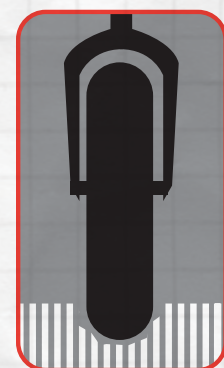
Usually dry snow with no moisture or wet snow in above freezing temps.

1-4* PSI

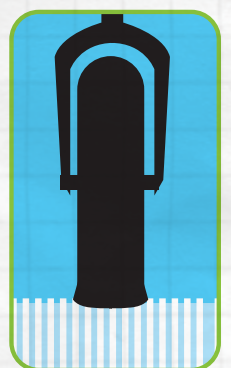
HARD SURFACE AND BASE

Hard-packed trails with temps consistently below freezing and you are leaving no ruts

6-8* PSI



NO



YES

*depending on rider weight

CARE 7 PRINCIPALS

LEAVE NO TRACE.

PLAN AHEAD AND PREPARE.

Know before you go! Check the weather, local regulations, and trail condition. Know your group's abilities and how to use the gear you carry.

TRAVEL AND CAMP ON DURABLE SURFACES.

Only use established trails and sites. Know the local camp regulations and disperse your use in primitive areas.

DISPOSE OF WASTE PROPERLY.

Do not leave behind banana, orange, or apple peels. Pack out all garbage including hygiene products. Know how to properly dispose of human and pet waste, toilet paper, soapy water.

LEAVE WHAT YOU FIND.

Do not collect natural items or move them. Be aware of local invasives and prevent their spread through transportation. Help preserve historical or cultural sites.

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MINIMIZE CAMPFIRE IMPACTS.

Know your local campfire and stove regulations. Use branches you can easily break, and completely burn out or extinguish fires. Do not cut green material from trees.

RESPECT WILDLIFE.

Use the "rule of thumb". Avoid wildlife during sensitive times. Use proper food storage procedures and keep pets under control.

BE CONSIDERATE OF OTHER VISITORS.

Use the Right of Way rules. Keep pets on a leash at all times, and camp at a distance from others. Use quiet voices and be respectful with the use of electronics, music, and drones.



MEET YOUR COACH: ROB LEE

We're very fortunate to have one of the top endurance coaches in the world, Rob Lee, partnering with us to make sure that you are ready for anything that The U.P. has to offer. He's been talking to Todd about the unique challenges of our terrain and has built some training plans on the outstanding TrainingPeaks platform for us.

ROB THE COACH

Rob is a full time TrainingPeaks Level 2 coach, who specializes in endurance sport, cycling, and mountain biking. He coaches athletes at all levels looking to improve their performance. His current athletes include 2 world champions, an ex Olympian, and a professional motor racing driver on the Porsche Works endurance team. Past successes in coaching include: two elite World champions and one age group World championships medalist, a European champion, three National champions, and six National championships medalists. He can be contacted directly through RLP Coaching or via TrainingPeaks.

ROB THE ATHLETE

Rob raced as an elite category cross country mountain bike athlete throughout the late 90s (ranked No.10 in the UK in 1998) before making a successful transition to solo endurance racing in 2003. He went on to become one of most successful and influential solo endurance racers in the UK. After accumulating an extensive collection of victories in big races in the UK, Europe and Canada, including a Masters 24 hour Solo World Championships title in 2005, he then progressed onto long-distance challenges. Rob was the first rider to complete the infamous South Downs Double unsupported. His palmarès includes victories in road racing, time trial, off-road duathlon, mountain bike cross country, cyclo-cross, and mountain bike marathon. In 2013 Rob was inducted into the UK mountain biking Hall of Fame.

CONNECT AT RLP-COACHING.COM

BE PREPARED!

AREA KNOWLEDGE, SERVICE, GEAR, AND MORE!



514 N THIRD STREET
MARQUETTE, MI
DOWNWINDSPORTS.COM



315 W WASHINGTON STREET
MARQUETTE, MI
SPORTSRACKMQT.COM



101 S MAIN STREET
ISHPEMING, WI
WESTENDTRAIL.COM

VISIT OUR LOCAL SHOPS THAT SPONSOR THE POLAR ROLL.

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GET ONE AT THE FINISH LINE, EH!

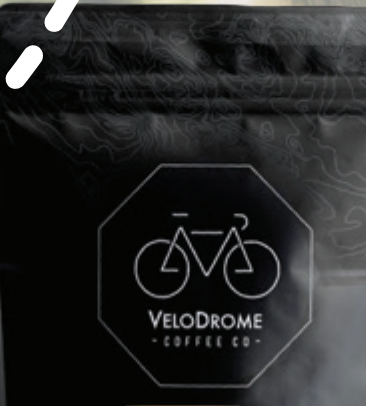
231 WEST
PATISSERIE



MORNINGS CAN BE A BLUR....
FIND YOUR WAY TO VELODROME



LOCATIONS IN:
ISHPEMING
MARQUETTE



BENEFITS:

- 333 calories in 1 bottle that tastes and drinks like 100 calories
- All natural, gluten free
- Simplifies your training and race nutrition
- Mixes instantly
- 4500mg blend of Branched Chain Amino Acids and L-Glutamine
- 1600mg of electrolytes
- 50mg of caffeine (lemonade, raspberry, and cold brew)
- Black Cherry and Cold Brew are VEGAN

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Ryan Stephens
PHOTOGRAPHY

**POLAR ROLL
OFFICIAL PHOTOGRAPHER**
YOU RIDE, WE'LL PHOTOGRAPH!

SUPPORT THE PEOPLE WHO SUPPORT
YOU! PURCHASE YOUR RIDE PHOTOS AT
RYANSTEPHENS.PHOTOSHELTER.COM



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**ROB MEENDERING
PHOTOGRAPHY**



**POLAR ROLL
OFFICIAL PHOTOGRAPHER**
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YOU! PURCHASE YOUR RIDE PHOTOS AT
ROBMEENDERINGPHOTOGRAPHY.COM



HURT FEELINGS REPORT

AUTHORITY: S USC 301, Department Regulations, 10 USC 3013 and a log of other regulations too.

PRINCIPAL PURPOSE: To assist whiners in documenting hurt feelings.

ROUTINE USE: Whiners should use this form to seek sympathy from someone who cares.

DISCLOSURE: Disclosure is voluntary, however, repeated whining may lead to your file being stamped "candy ass" or some other appropriate term.

PART 1 - ADMINISTRATIVE DATA

A. Whiners name (last, first)		B. Whiners age	C. Whiners sex
D. Type of whine used		E. Name of person filling out this form	

PART 2 - INCIDENT REPORT

A. Date feelings were hurt	B. Time of hurtfulness	C. Location of your hurt feelings
D. Was anyone sympathetic to whiner <small>(Please include paid witnesses)</small>		E. Name of person who your pansy ass feelings
F. How long did you whine	F. Which feelings were hurt	

PART 3 - INJURY (circle all that apply)

1. Which ear were the hurtful words spoke into? left right both	2. Is there any permanent feeling damage? yes no maybe
3. Did you require a "tissue" for tears? yes no multiple	4. Has this resulted in a traumatic brain injury? yes no maybe

PART 4 - REASONS FOR FILING THIS REPORT (mark all that apply)

- | | | |
|-----------------------------------------|---------------------------------------------------------|-------------------------------------------------------|
| <input type="radio"/> I am thin skinned | <input type="radio"/> The Dept needs to fix my problems | <input type="radio"/> I am crying uncontrollably |
| <input type="radio"/> I am a wimp | <input type="radio"/> My feelings are easily hurt | <input type="radio"/> The weather is too cold |
| <input type="radio"/> I am a baby | <input type="radio"/> I didn't sign up for this | <input type="radio"/> I didn't have all the attention |
| <input type="radio"/> I want my mommy | <input type="radio"/> I was told that I am not a hero | <input type="radio"/> All of the above and more |

PART 5 - NARRATIVE (tell us in your own sissy words how your feelings were hurt, as if anyone cared)

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PART 6 - AUTHENTICATION

A. Printed reporter name <small>(if you wish to be labeled too)</small>	B. Signature <small>(are you sure about this)</small>
C. Printed whiner name <small>(you really are going out on a limb)</small>	D. Signature of whiner <small>(you have to be shitting me!)</small>

AUTHORITY

We as the Dept, take hurt feelings seriously. IF you dont have someone who can give you a hug and make things all better, please adispatched to soak your socks in coal oil to prevent ants from crawling up your leg and eating their way up your candy ass. If you are in need of supplemental support, upon written request we will make every reasonable effort to provide you with a "blankie", a "binky", and/or a bottle if you so desire.

THE ENDURANCE TRILOGY



YOU CAN DO THIS

Complete the Triple Crown and receive lifetime admission to The Hall of Pain. To qualify, you must complete the following at least once in your life (events do not to be finished in the same year):

||| 50

- Polar Roll: 20-mile bike or snowshoe
- The Crusher: 225-mile bike or 55-mile run
- Marji Gesick: 100 bike or run or 200-mile out 'n back

Complete all three challenges and you will be enshrined in the Hall of Pain which grants you a lifetime invitation to our upcoming annual "Secret Event", reserved exclusively for Triple Crown inductees.





HUGGS & BACON

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WE SUPPORT YOUR SUFFERING