



**PR24-FIELD MANUAL**

**9064** Est. 2014  
*Ten more years for Tara*

TARA.  
JACK.  
BRETT.  
DAVE.  
KRISTINA.

GONE.  
TOO SOON.  
IT'S NOT FAIR.  
NEVER FORGOTTEN.

WE HAVE A CHOICE.  
TO SHOW UP.  
OR STAY HOME.  
WHAT A LUXURY.

THIS MOMENT.  
IT'S ALL WE HAVE.  
NOTHING MORE.  
NOTHING LESS.

WHAT WILL YOU DO WITH IT?  
TOIL IN THE PAST?  
DREAM ABOUT THE FUTURE?  
DISTRACTIONS FROM THE FACT.

THERE IS NO WAY OUT OF NOW.  
NOW IS ALL YOU HAVE.

FOR BETTER OR WORSE.  
THE GOOD TIMES.  
AND THE BAD.  
MAKE THE MOST OF IT.

THERE IS  
NO WAY  
OUT OF  
NOW

ALL  
IS  
PLAY



**906 AT** Est. 2014  
*Ten more years for Tara*

**“WE’LL REMEMBER TARA THE WAY SHE  
LIVED HER LIFE, WITH ACTION.”**

**- TODD POQUETTE**

# 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 and build you back up.**

### GIVING BACK

2-1. Since 2015, you've helped us give back over \$275,000 to trail-builders, 906AT events, Adventure Teams, and local trails in the communities we currently operate.

### ADVENTURE TEAMS

2-2. 906AT supports eleven Adventure Teams in three states (1,150 youth, 500+ volunteers). This isn't about "getting more kids on bikes" - it's about developing more resilient, confident, and independent kids in our communities.

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 helping kids develop a growth mindset, and promote a You vs. You philosophy. Our programs are made to benefit all children, not just the most skilled.

To learn more visit [www.906adventureteam.com](http://www.906adventureteam.com)

**906** Polar Roll is a production of the 906AT      **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.

Polar Roll is a winter event. Winter events are generally more dangerous. The stakes are much higher. Mistakes carry larger consequences. You signed up for this. Your understanding of the event and your preparation for it are your responsibility. If you are not completely confident in your ability to handle the rigors of this event you should stay home.

POC (point of contact) information below:

E-mail: [todd@906adventureteam.com](mailto:todd@906adventureteam.com)

Phone: 906-748-0034

US Mail: 955 North Lakeshore Boulevard, Marquette, MI 49855



# SUMMARY of CHANGE



PR24-MOD1 will be available in digital format and updated as information provided herein changes. All changes will be tracked on this page.

## PR24-MOD2.12 Additions

2.12.1 PRULTRA MAP

2.12.2 MS15, MS30 MAPS

2.12.3 MS15, MS30 START TIMES

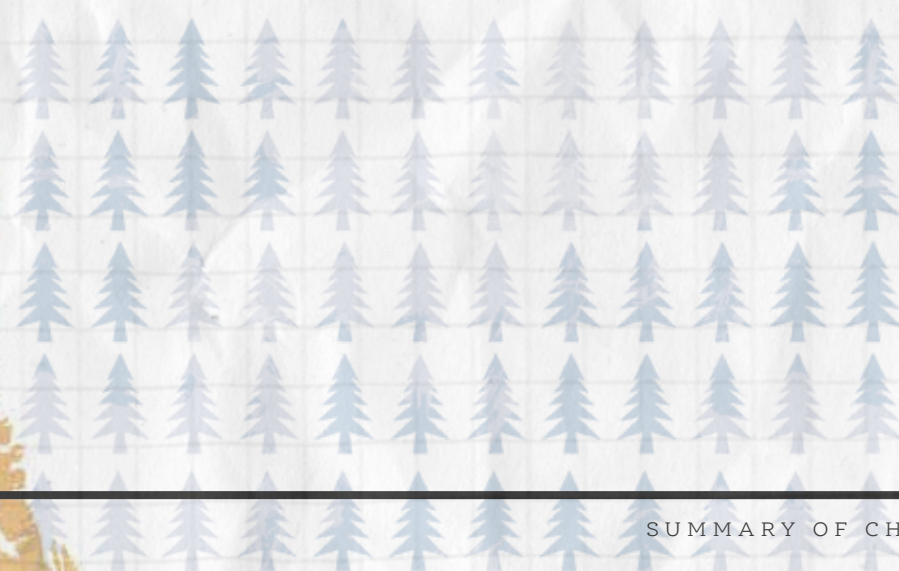
2.12.4 EX ROUTES MOVED TO RAMBA

2.12.5 IQ, DD MAPS

2.12.5 SPONSOR LOGOS

## PR24-MOD2.13 Enhanced

2.13.1 Updated all EX checkpoints





# >>> CHECK IN

---

**THIS PAGE IS FOR  
YOUR EGO AND SELF DOUBT.**

**WRITE DOWN YOUR EXCUSES.  
CONFRONT YOUR FEARS.  
IT'S TIME TO OVERCOME THEM.**

**YOU ARE THE ONLY THING  
HOLDING YOU BACK.**

**FACE REALITY  
GO TO WAR WITH IT.**

**LET'S FUCKING ROLL.**



PR24 /// FIELD MANUA  
UPPER PENI

# 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 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 when the EX window closes.
- 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 3, 2024.
- 1-9. **Transfers for the EX categories can be done any time prior to March 17, 2024.**

#### 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.
- 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 will 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 a number plate.

#### EX

- 1-19. The EX format is for participants who seek adventure, smaller gatherings, and personal competition. YOU vs. YOU! Be prepared - EX events are challenging.
- 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.

## 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 16th, 2024, 5:00pm - 8:00pm

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

1-30. Late packet pickup: Saturday, February 17th, 2024, 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 who beat the cutoff. 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.

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 13 - March 17, 2024.
- 3-2. MS Packet Pickup: Friday, February 16th, 2024, 5:00pm - 8:00pm
- 3-3. MS 15: Saturday, February 17th, 2024, 8:15am (all snow shoers 8:20am)
- 3-4. MS 30: Saturday, February 17th, 2024, 8:00am

\* Watch your email and the Facebook group for possible changes.

### LOCATIONS

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





## 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.



## 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](http://www.superiortiming.com)

3-25. EX results must be submitted to: [events@906adventureteam.com](mailto: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](http://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.

| 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     |

**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

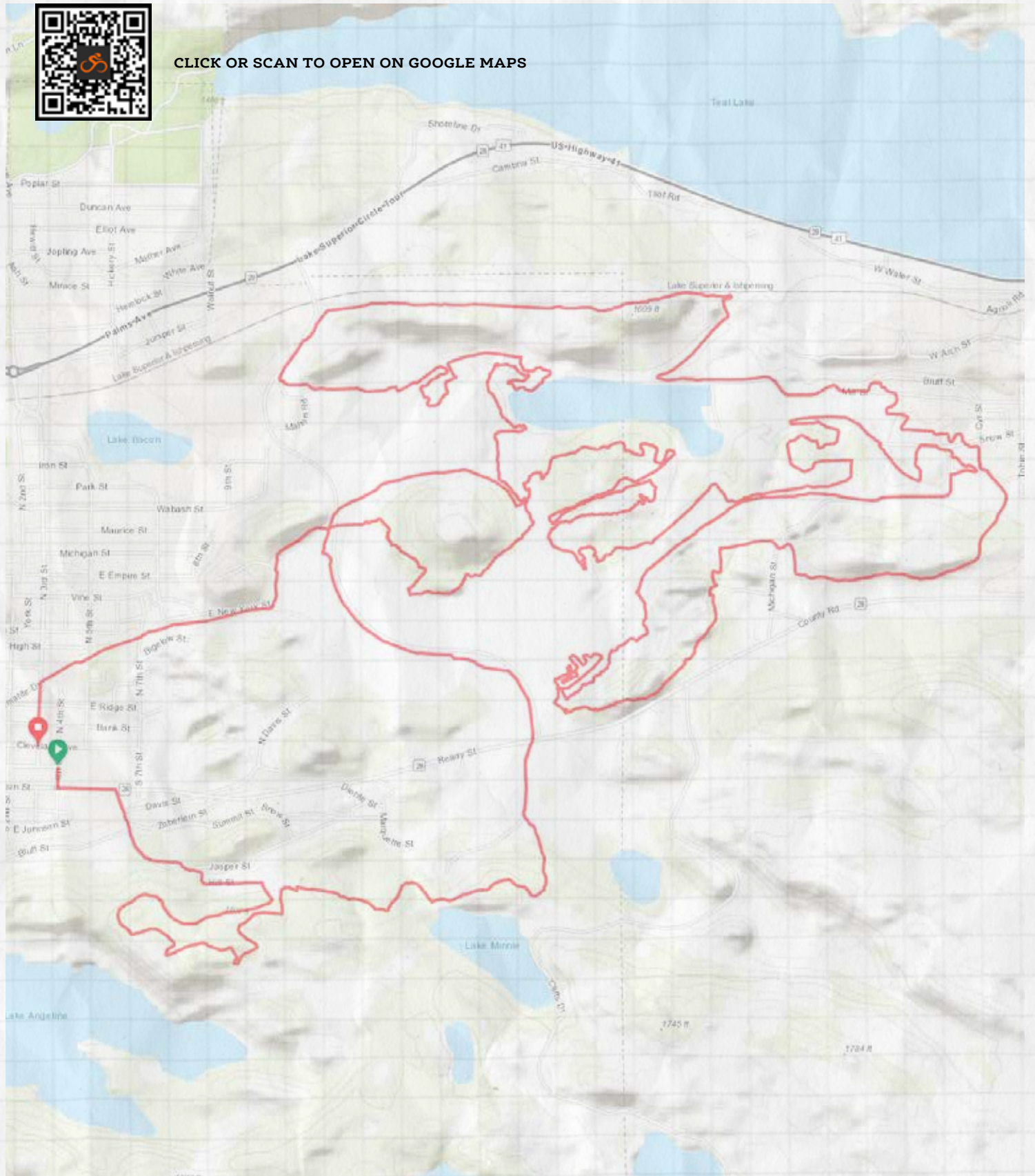
Since 2015, Polar Roll has showcased a world-class winter adventure across Marquette County. Each course is thoughtfully designed to take advantage of “topographic opportunities” to stimulate personal growth.

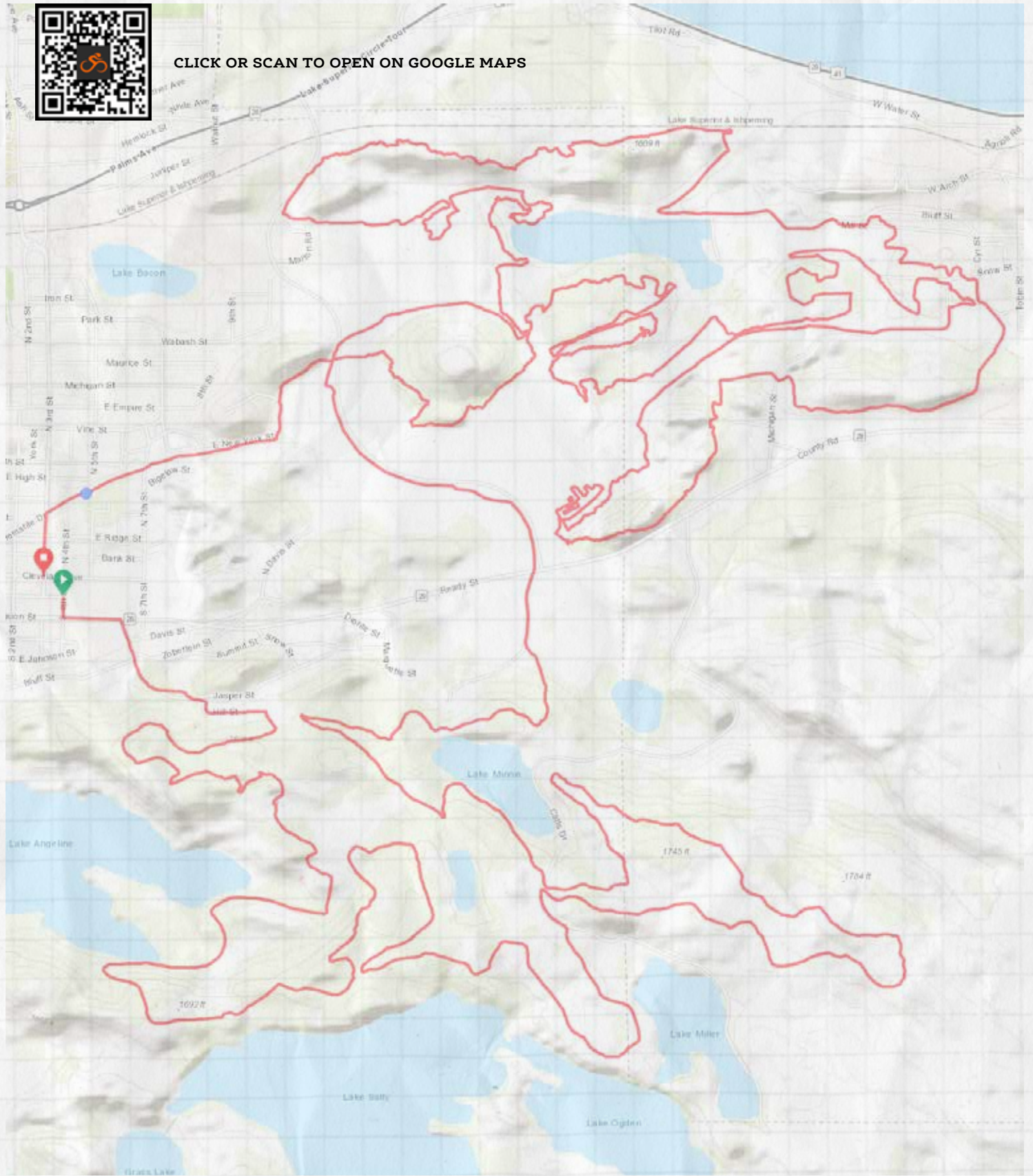
#### DESIGN

- 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

- Figure PR-C-1.** MS-15
- Figure PR-C-2.** MS-30
- 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





**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. Selfie with the double set of stairs in Old Town Negaunee. Course goes over it; can't miss it.
3. Selfie with a RAMBA sign post and the various colored signage.
4. 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



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

**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:**

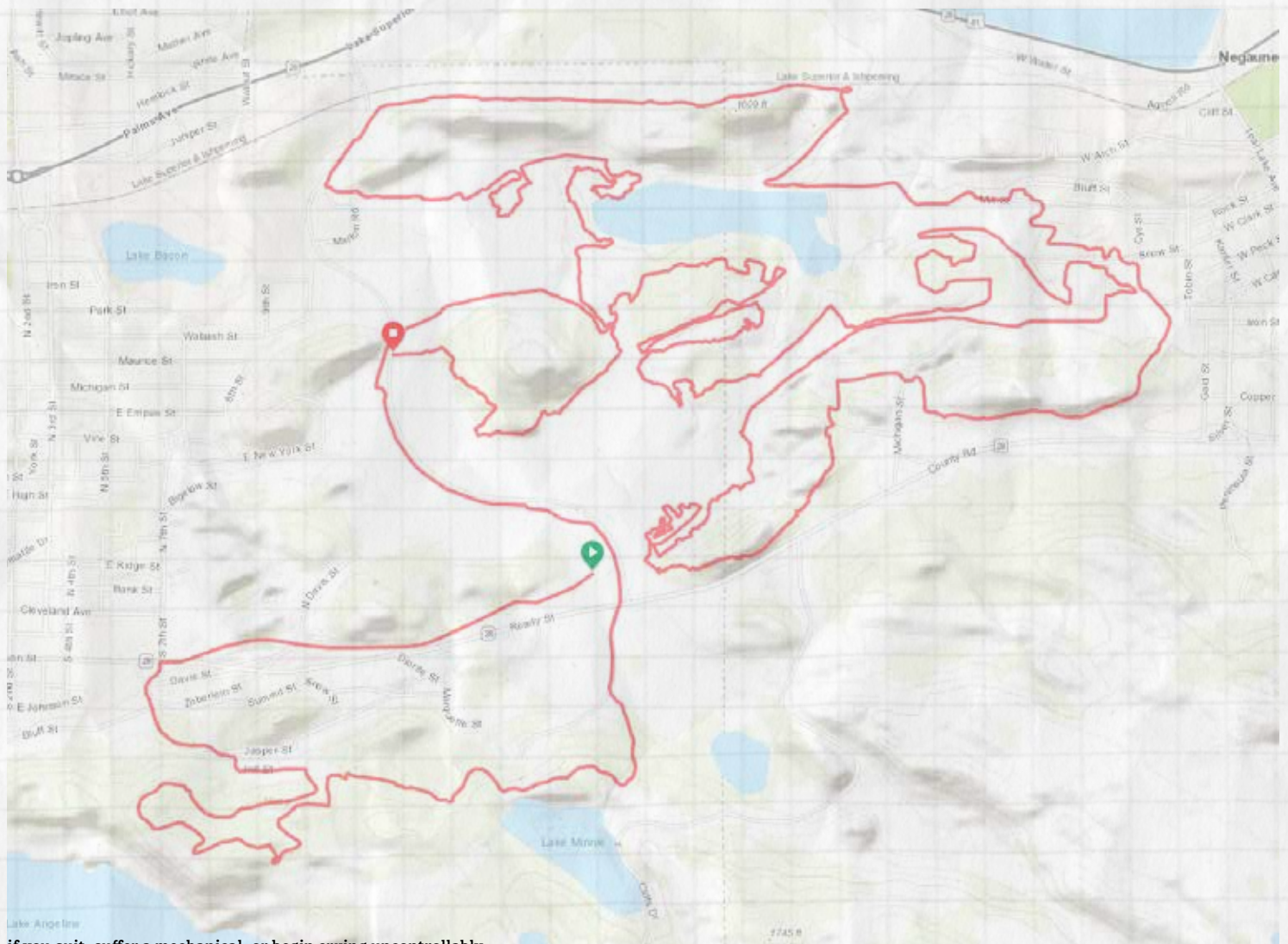
1. Selfie with a trail sign anywhere in the Hill Street Complex.
2. Selfie with the double set of stairs in Old Town Negaunee. Course goes over it; can't miss it.
3. Selfie with a RAMBA sign post and the various colored signage.
4. Adventurer's Choice - Have fun with it.

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



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

**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. Selfie with the double set of stairs in Old Town Negaunee. Course goes over it; can't miss it.
3. Selfie with a RAMBA sign post and the various colored signage.
4. 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



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



**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:**

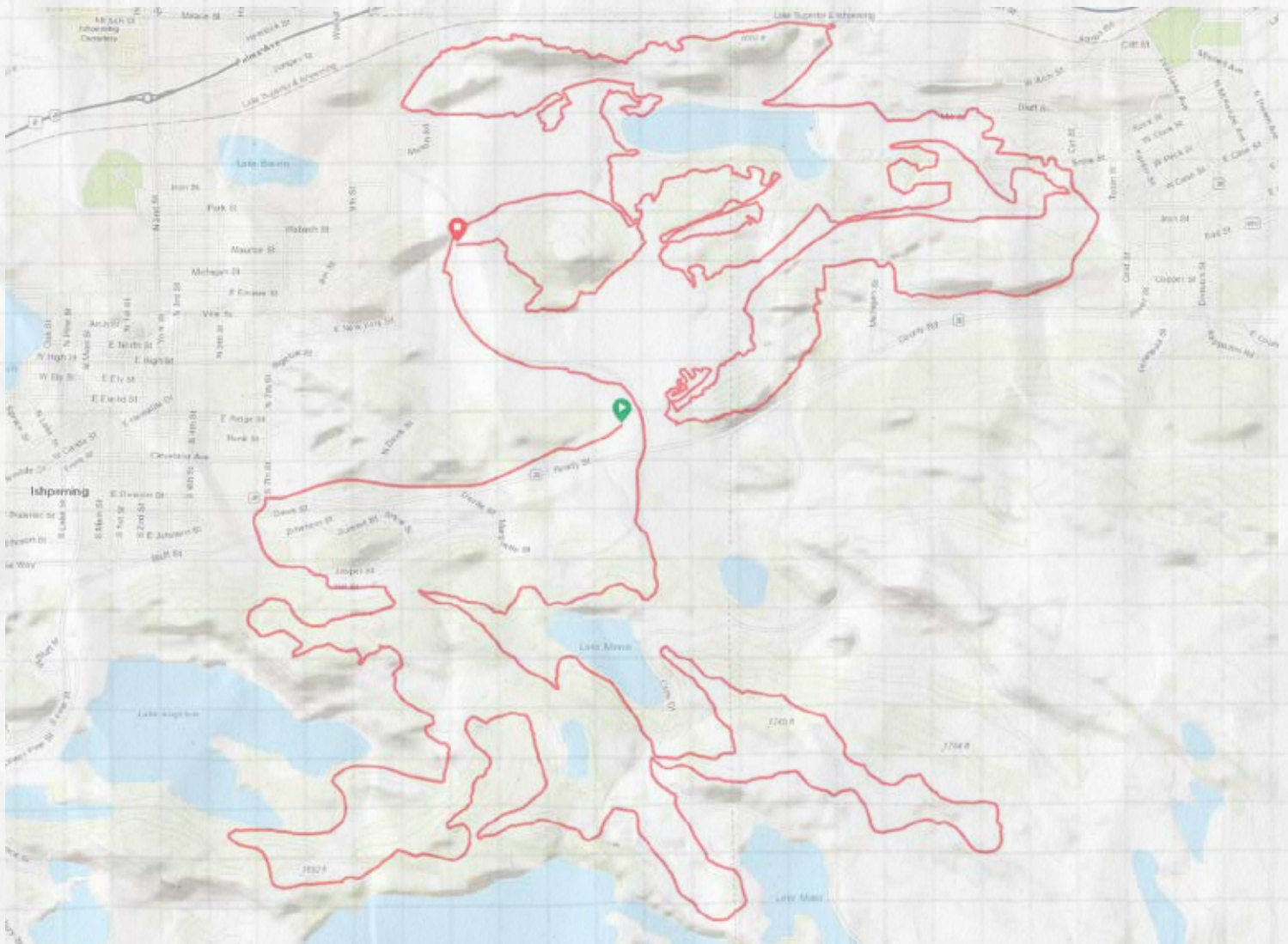
1. Selfie with a trail sign anywhere in the Hill Street Complex.
2. Selfie with the double set of stairs in Old Town Negaunee. Course goes over it; can't miss it.
3. Selfie with a RAMBA sign post and the various colored signage.
4. Adventurer's Choice - Have fun with it.

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



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

**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. Selfie with the double set of stairs in Old Town Negaunee. Course goes over it; can't miss it.
3. Selfie with a RAMBA sign post and the various colored signage.
4. 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.



**THE IQ TEST REQUIRES YOU TO DO THE EX15 COURSE IN A FAT BIKE IN ONE DIRECTION AND A PAIR OF SNOWSHOES IN THE OPPOSITE DIRECTION. YOU HAVE 24 HOURS TO COMPLETE IT. 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:**

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

1. Selfie with a trail sign anywhere in the Hill Street Complex.
2. Selfie with the double set of stairs in Old Town Negaunee. Course goes over it; can't miss it.
3. Selfie with a RAMBA sign post and the various colored signage.
4. 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.



**THE DUATHLON FOR DUMMIES REQUIRES YOU TO DO THE EX30 COURSE IN A FAT BIKE IN ONE DIRECTION AND A PAIR OF SNOWSHOES IN THE OPPOSITE DIRECTION. YOU HAVE 24 HOURS TO COMPLETE IT. 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**

**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.

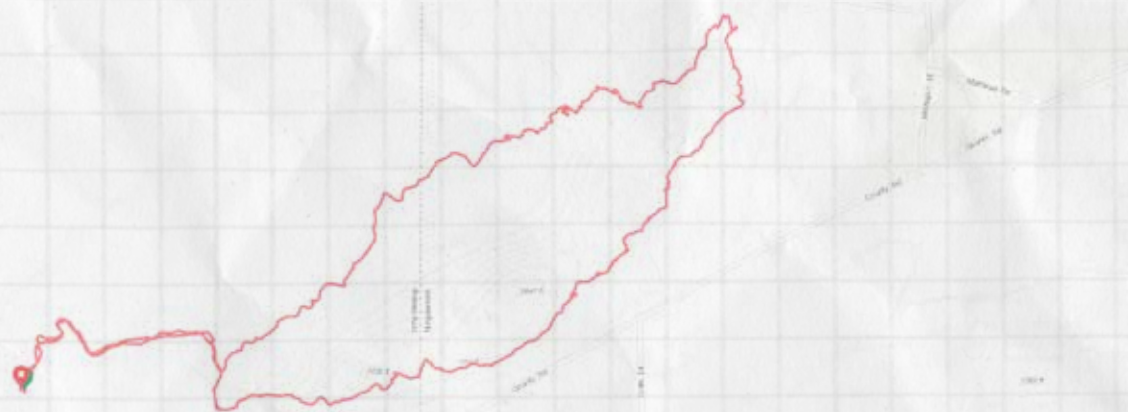
1. Selfie with a RAMBA trail sign anywhere in the loop.
2. Selfie with a RAMBA sign post and the various trail signs on it.
3. Adventurer's Choice - have fun with it.

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.

CLICK OR SCAN  
TO OPEN ON  
GOOGLE MAPS

>>>HOB



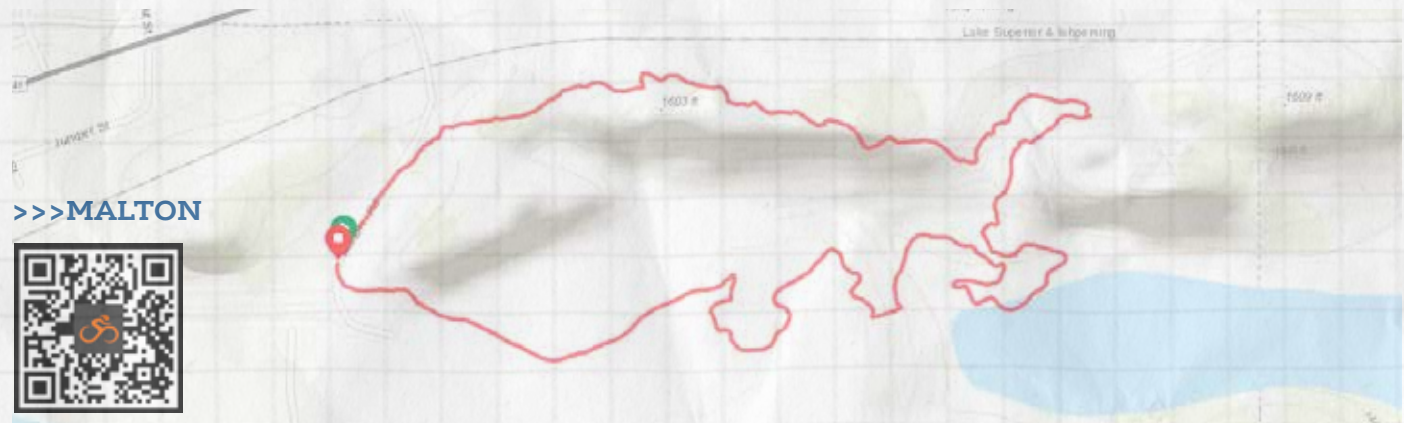
CLICK OR SCAN  
TO OPEN ON  
GOOGLE MAPS

>>>JACKSON



CLICK OR SCAN  
TO OPEN ON  
GOOGLE MAPS

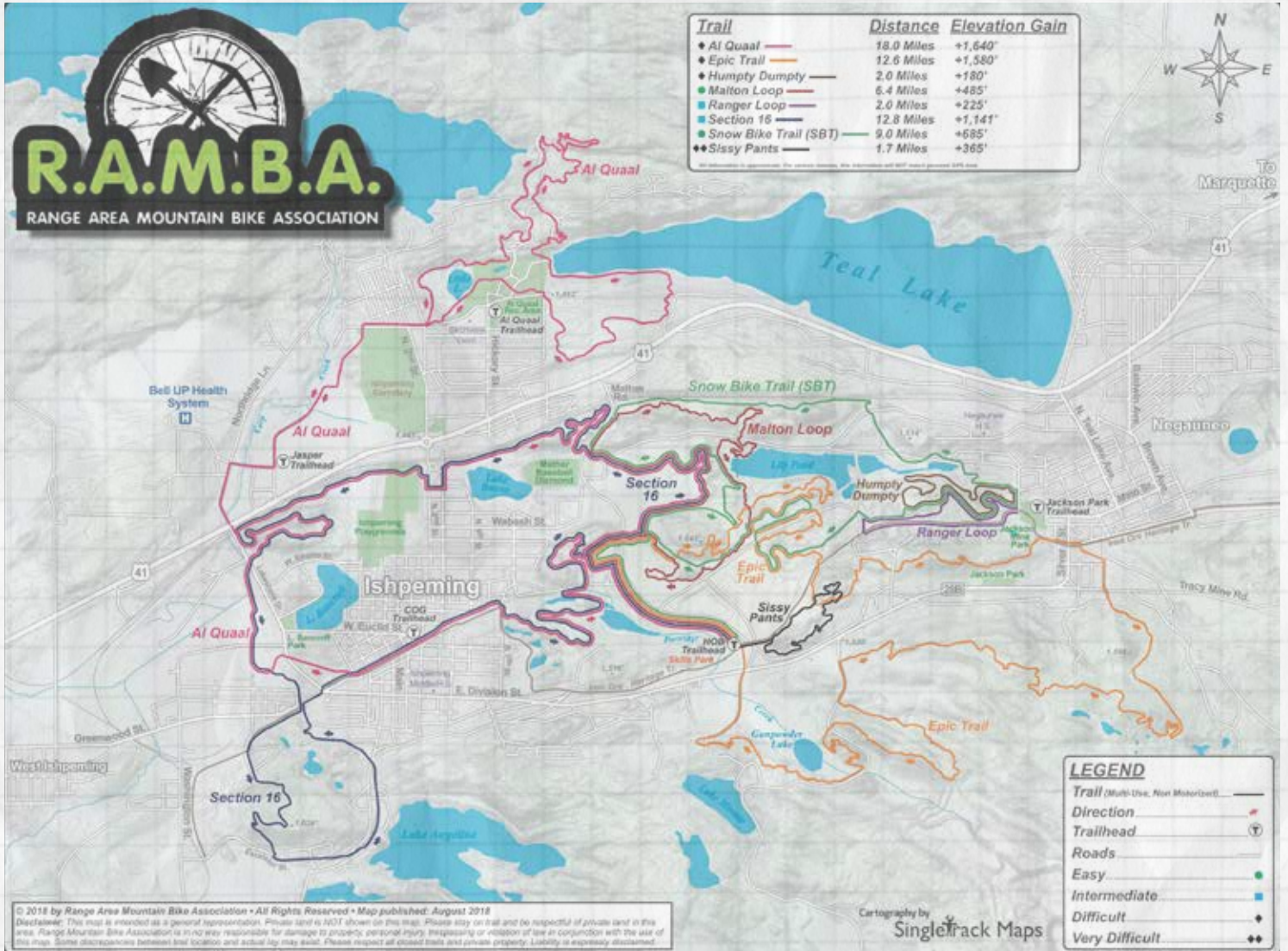
>>>MALTON



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.

### 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. 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** - 36-hours to claim a belt buckle.

**PR-U-14** - 48-hours to finish.

## 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 18th 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 18th 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 19th 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 21.

## 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 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.

## SECTION 4 - THE ROUTE

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



FIELD MANUAL PAGE 33: ULTRA CUTOFF IS 48 HOURS



### 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.

### 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.

**DON'T JUST HAVE IT. KNOW HOW TO USE IT.**



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



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.



## 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 Noquemanon 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!

TIRE SIZE 3.8" OR GREATER



## AIR PRESSURE RECOMMENDATIONS FOR GROOMED TRAILS

### SOFT GROOMED SURFACE AND BASE

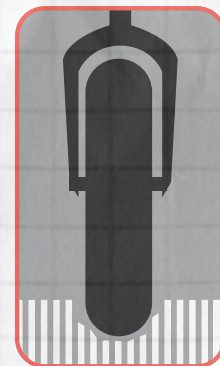
Usually dry snow with no moisture or wet snow in above freezing temps.

1-4\* PSI

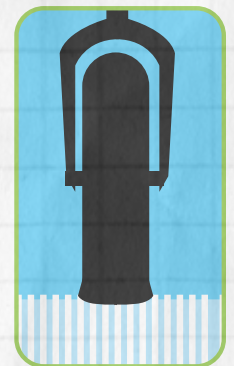
### HARD SURFACE AND BASE

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.

## **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](http://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.

---



MUDSLINGERS COACHING



Restore Ease Dietetics



Lume.  
CBD





GET ONE AT THE FINISH LINE, EH!

231 WEST  
PATISSERIE



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

**LOCATIONS IN:  
ISHPEMING  
MARQUETTE**





**CARBO ROCKET**

**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



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



**FRESH COAST  
EXPOSURES**

**ROB MEENDERING  
PHOTOGRAPHY**



**SUPPORT THE PEOPLE WHO SUPPORT YOU!  
PURCHASE YOUR RIDE PHOTOS AT**

**FRESHCOASTEXPOSURES.COM  
ROBMEENDERINGPHOTOGRAPHY.COM  
RYANSTEPHENS.PHOTOSHELTER.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<br><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?<br>left      right      both | 2. Is there any permanent feeling damage?<br>yes      no      maybe         |
| 3. Did you require a "tissue" for tears?<br>yes      no      multiple        | 4. Has this resulted in a traumatic brain injury?<br>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)

## PART 6 - AUTHENTICATION

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

# TRIPLE CROWN



## 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):

- 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.





HUGS  
& BACON



WE SUPPORT YOUR SUFFERING