



**PR26 - POLAR ROLL**

# TRIPLE CROWN

The Triple Crown consists of three of the toughest events on bike or foot. From the grueling singletrack of Marji Gesick, the relentless wilderness of The Crusher, or the unpredictable weather of The Polar Roll, 906 Adventure Team events are no walk in the park. Athletes that complete one from each of these three events below are granted lifetime entry into our Hall of Pain and are eligible to attend our annual "secret event."



## **POLAR ROLL**

BIKE EVENTS:

MS30

EX30

IQ TEST

DUATHLON FOR DUMMIES

PRULTRA150

PRULTRA100

RUN EVENTS:

MS30

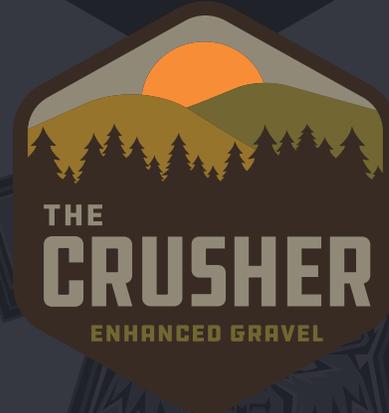
EX30

IQ TEST

DUATHLON FOR DUMMIES

PRULTRA150

PRULTRA100



## **THE CRUSHER**

BIKE EVENTS:

SLEDGEHAMR

MS175

EX225

MS350

P2P500

RUN EVENTS:

EX50NFR

EX100NFR

MS40NFR

MS350

P2P500



## **MARJI GESICK**

BIKE EVENTS:

MG100

MG200

WORST OF BOTH WORLDS

RUN EVENTS:

MG100

MG200

WORST OF BOTH WORLDS

You do not have to complete all three challenges in the same year, you just have to complete one of each sometime in your lifetime.



## 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

Since 2015, you've helped us give back over \$325,000 to trail-builders, 906AT events, Adventure Teams, and local trails in the communities we currently operate





## ADVENTURE TEAMS

906AT supports 17 Adventure Teams in three states (1,450 kids • 700 Coaches). 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)



**PR-HYPE DISCLAIMER**



**HYPE DISCLAIMER:** Right now, some people start rolling their eyes because they think some marketing department is trying to scare them. That's not the case. This is not hype. If you don't respect the inherent danger of the activity, it could kill you. However, with proper preparation and practice, you will learn how to survive and thrive, which is the goal.

Each event carries a recommended gear list. Find the lists. Make sure you have everything on them. Train with the gear. Learn how to use it. The last place you want to find out you don't know how to start a fire is on the Peshekee Grade at six o'clock in the morning when it's 33 degrees. It's a mistake you might only get to make once.

Some ask, "Why do you make it so hard?" The world is full of people pushing easy things on you or hyping stuff up to be challenging, but that isn't the case. Those folks are just trying to sell you a product. Our mission is to help you find your best version. That's going to take work – dedicated, consistent, hard work. We're not selling you a product but offering you a path for continued personal improvement.

Now get ready, or don't. It's up to you.

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# PR-ULTRA



This was during the first-ever inaugural polar roll ultra in 2023, somewhere on or near Red Road, between County Road 510 and the absolute middle of nowhere, also known as Wolf Lake Road in the winter, in the midst of a snow event that made finishing seem almost impossible...

• *Laura Wiesmann Hrubes*



# **ULTRA.....TBD**

## **DEFINITION OF ULTRA**

You vs. YOU

Self-Supported Ethos

Road Rules

Neutral Support

Trail Etiquette

Drop Bags

Shuttles

Aid Stations

Environment

Navigation

Technology

Mileage

GPX-Files

Cut-Off

## **SCHEDULE OF EVENT**

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Required Gear

Ultra Course Map

A snowy winter scene with a ski helmet and a race bib. The helmet is black with blue and red accents, lying on the snow. The race bib is blue with yellow text, featuring the number 552 and the words 'POLAR ROLL' and 'MIKE & SUE WOODRUFF'. The background shows snow-covered ground and trees.

# PREFACE

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)

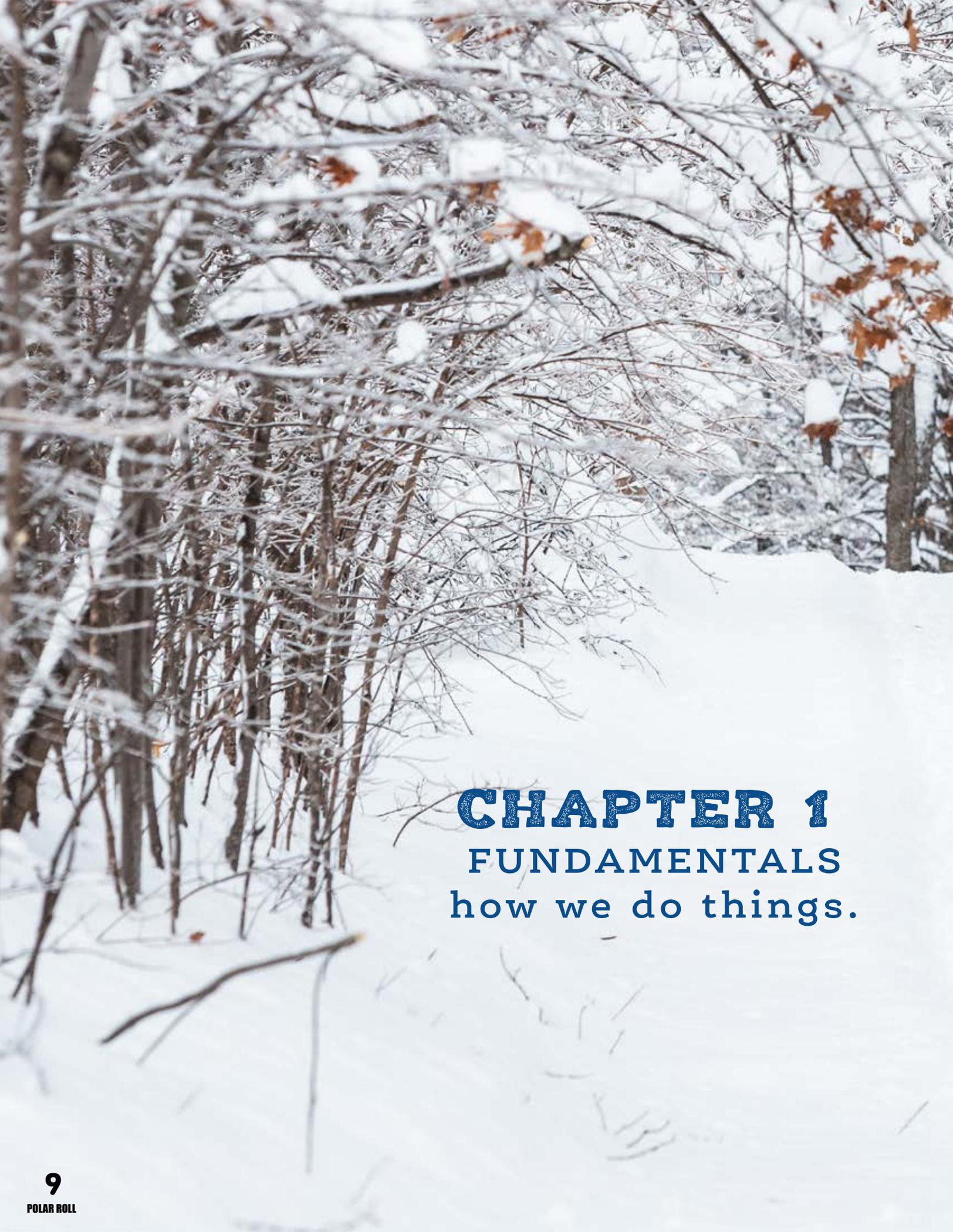
Phone: 906-748-0034

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



# SUMMARY of CHANGE

PR25-MOD1 will be available in digital format and updated as information provided herein changes. All changes will be tracked on this page.



**CHAPTER 1**  
FUNDAMENTALS  
how we do things.



## **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.bikereq.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 4, 2026.

1-9. Transfers for the EX categories can be done any time prior to March 15, 2026.

## 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 window of time 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 20th, 2026, 5:00pm - 8:00pm**

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

**1-30. Late packet pickup: Saturday, February 21st, 2026, 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 buckle 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**

**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, and self-doubt.

## **FINISH WHAT YOU START**

**2-4.** Finish what you start.



# CHAPTER 3

## LOGISTICS

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



## **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 10 - March 15, 2026.**

**3-2. MS Packet Pickup: Friday, February 20th, 2026, 5:00pm - 8:00pm**

**3-3. 8:00am, Saturday, February 21st, 2026, MS15 Bikes, MS15 Snowshoers.**

**3-4. 8:30am, Saturday, February 21st, 2026, 8:30am MS30 Bikes.**

**3-5. 8:45 am, Saturday, February 21st, 2026, MS30 Snowshoers.**

**\* NOTE: As of 2-09-2025 we have updated start times for the MS15 and MS30. All courses are starting and finishing from the Ishpeming High School. There is a 30 minute gap between the start of the long and short events.**

## **LOCATIONS**

**3-6. EX: Locations vary. Reference course maps and your GPX-files.**

**3-7. Packet Pickup: Blackrocks Brewery**

**3-8. MS Start: All MS Events start at the Ishpeming High School.**

**3-9. All MS Events Finish: Ishpeming High School**

## **SHUTTLES**

**3-10. There aren't any.**

## **DROP BAGS**

**3-11. We don't handle them.**

## **ENVIRONMENT**

**3-12.** 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**

**3-13.** Signs are provided for mass start events only.

**3-14.** GPS is required for all events; Mass Start (MS) and Expedition (EX).

**3-15.** Signs fall down. People tear them down. The wind blows them away. Bears eat them.

**3-16.** Route navigation is the responsibility of each participant.

## **TECHNOLOGY**

**3-17.** Participants can use products from Garmin, Wahoo, and many phone based apps.

**3-18.** For best results, know how to use your tech.

**3-19.** Cold weather crushes battery life. Have a backup battery.

**3-20.** 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.

**3-21.** We are not a help desk.

**3-22.** The private Facebook group is a great resource for gear and event questions, and heckling one another.

## RULES

**3-23.** 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.
16. MS cutoff: Finish before dark. 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

**3-24.** Mass start events will be timed by Superior Timing.

**3-25.** Superior Timing results will be available online at their website [www.superiortiming.com](http://www.superiortiming.com)

**3-26.** 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.

**3-27.** EX results will be posted on the Polar Roll website [www.thepolarroll.com/results](http://www.thepolarroll.com/results)

## CONDITIONS

**3-28.** This is a winter event in the U.P. Make sure you understand what you are getting yourself into.

**3-29.** 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.

<b>RECOMMENDED GEAR</b>	<b>SS</b>	<b>15</b>	<b>30</b>	<b>IQ</b>	<b>DD</b>	<b>66</b>
						X
Water Capacity	X	X	X	X	X	X
GPS Unit	X	X	X	X	X	X
Cell Phone	X	X	X	X	X	X
Battery Pack for Electronics		X	X	X	X	X
Front Light Always on		X	X	X	X	X
Red Tail Light Always on		X	X	X	X	X
Outer Shell Top & Bottom	X	X	X	X	X	X
Gloves	X	X	X	X	X	X
Hat	X	X	X	X	X	X
Balaclava	X	X	X	X	X	X
Hand Warmers	X	X	X	X	X	X
Extra Socks		X	X	X	X	X
Extra Gloves	X	X	X	X	X	X
Extra Thermal/Top Layer		X	X	X	X	X
Studded Tires		X	X	X	X	X
Spare Tubes		X	X	X	X	X
Tire Pump		X	X	X	X	X
Tire Levers		X	X	X	X	X
Chain Tool & Master Link		X	X	X	X	X
Allen Wrench Set / Multi-tool		X	X	X	X	X
Derailleur Hanger		X	X	X	X	X
Fender		X	X	X	X	X
Knife / blade		X	X	X	X	X
Cash		X	X	X	X	X
Debit Card / Credit Card		X	X	X	X	X
Emergency Survival Blanket		X	X	X	X	X
Lighter / Waterproof Matches		X	X	X	X	X
Zip Ties		X	X	X	X	X
Duct Tape / electrical Tape		X	X	X	X	X
Tire Boot		X	X	X	X	X
Snow Shoes	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.

## Time on Course (in hours)

	2	4	6	8	10	12	14	16	18	20	22	24	28	32	36	40	44	48
Calories^	480	1440	2160	2880	3600	4320	5040	5760	6480	7200	7920	8640	10080	11520	12960	14400	15840	17280
Carbohydrate (grams)	120	360	540	720	900	1080	1260	1440	1620	1800	1980	2160	2520	2880	3240	3600	3960	4320
Fluid^ (liters)	1.5	3	4.5	6	7.5	9	10.5	12	13.5	15	16.5	18	21	24	27	30	33	36
Sodium (grams)	0.75	1.5	2.25	3	3.75	4.5	5.25	6	6.75	7.5	8.25	9	10.5	12	13.5	15	16.5	18
Real Food			X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X
Caffeine						X	X	X	X	X	X	X	X	X	X	X	X	X

^Refer to recommend gear list & bring whatever number is greater to meet minimums for your event.

# PACK-A-SNACK WONDERLAND

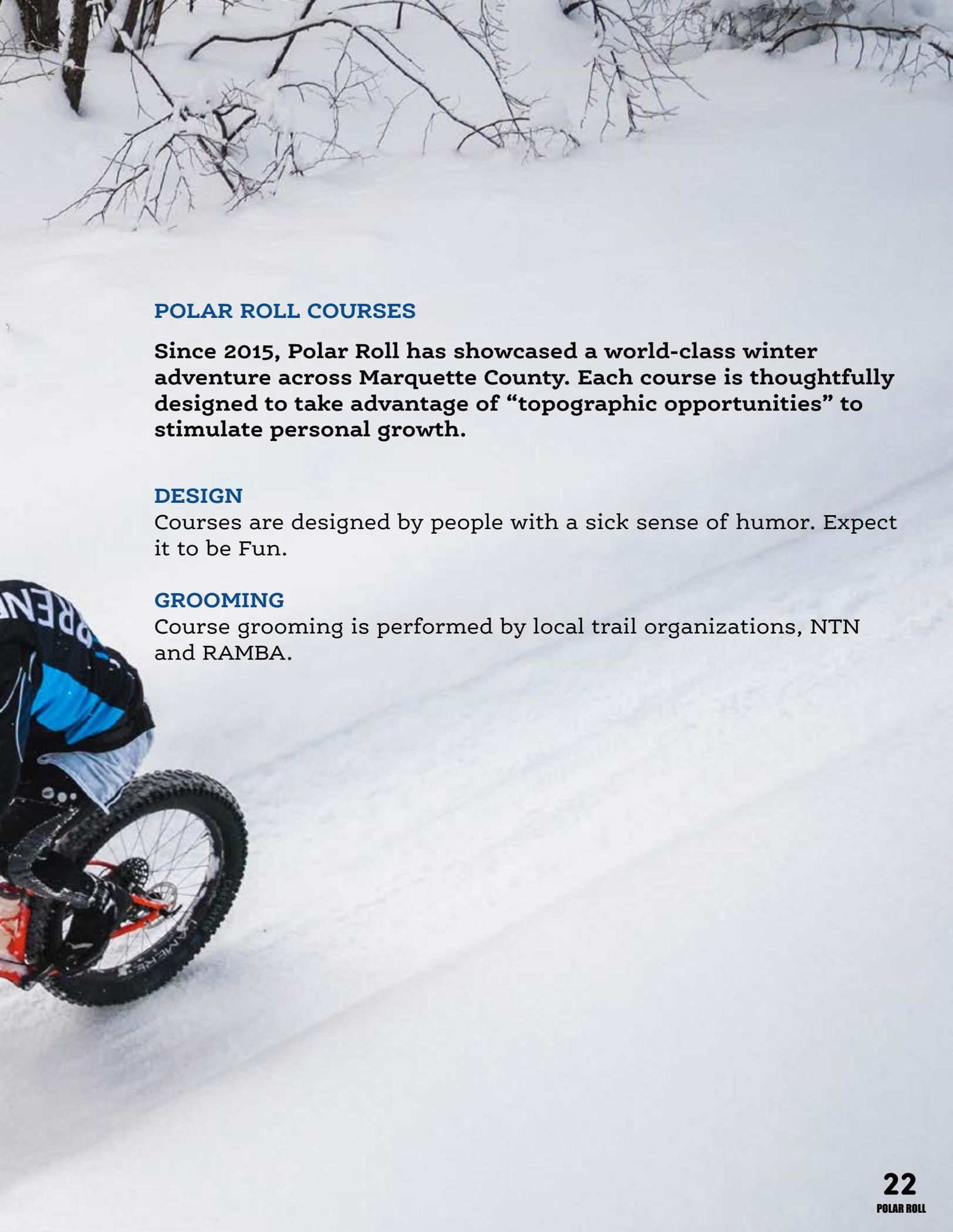
Restore  
**Ease**  
Dietetics

A photograph of a snow-covered forest. In the foreground, a mountain biker wearing a black helmet and a blue and black jersey is riding a fat-tire bike. The bike has a blue race number '136' on the front. The background is a dense forest of snow-laden trees and branches.

## CHAPTER 4

### COURSES

**This chapter 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.**



## **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**

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

### **GROOMING**

Course grooming is performed by local trail organizations, NTN and RAMBA.







**EX**

**EXPEDITION**

EX-15FB

EX-15SS

EX-30FB

EX-30SS

EX-60FB

EX-60SS

EX-IQ

EX-DD

EX-SS

# EX-15FB

## POLAR ROLL FAT BIKE COURSE

### 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.

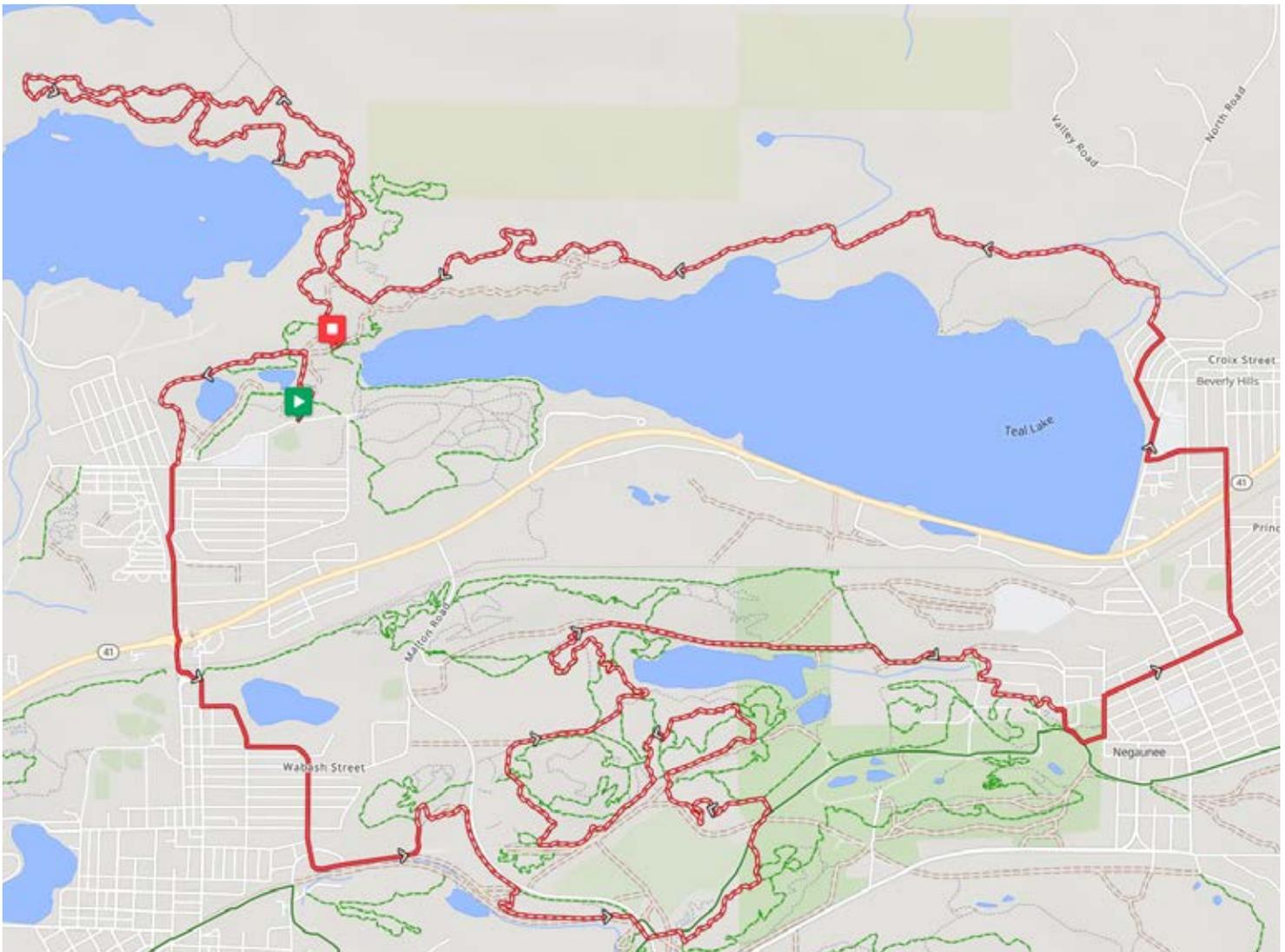
### CHECKPOINTS:

#### 1. CONTACT TODD

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



# EX-15SS

## POLAR ROLL SNOW SHOE COURSE

### 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.

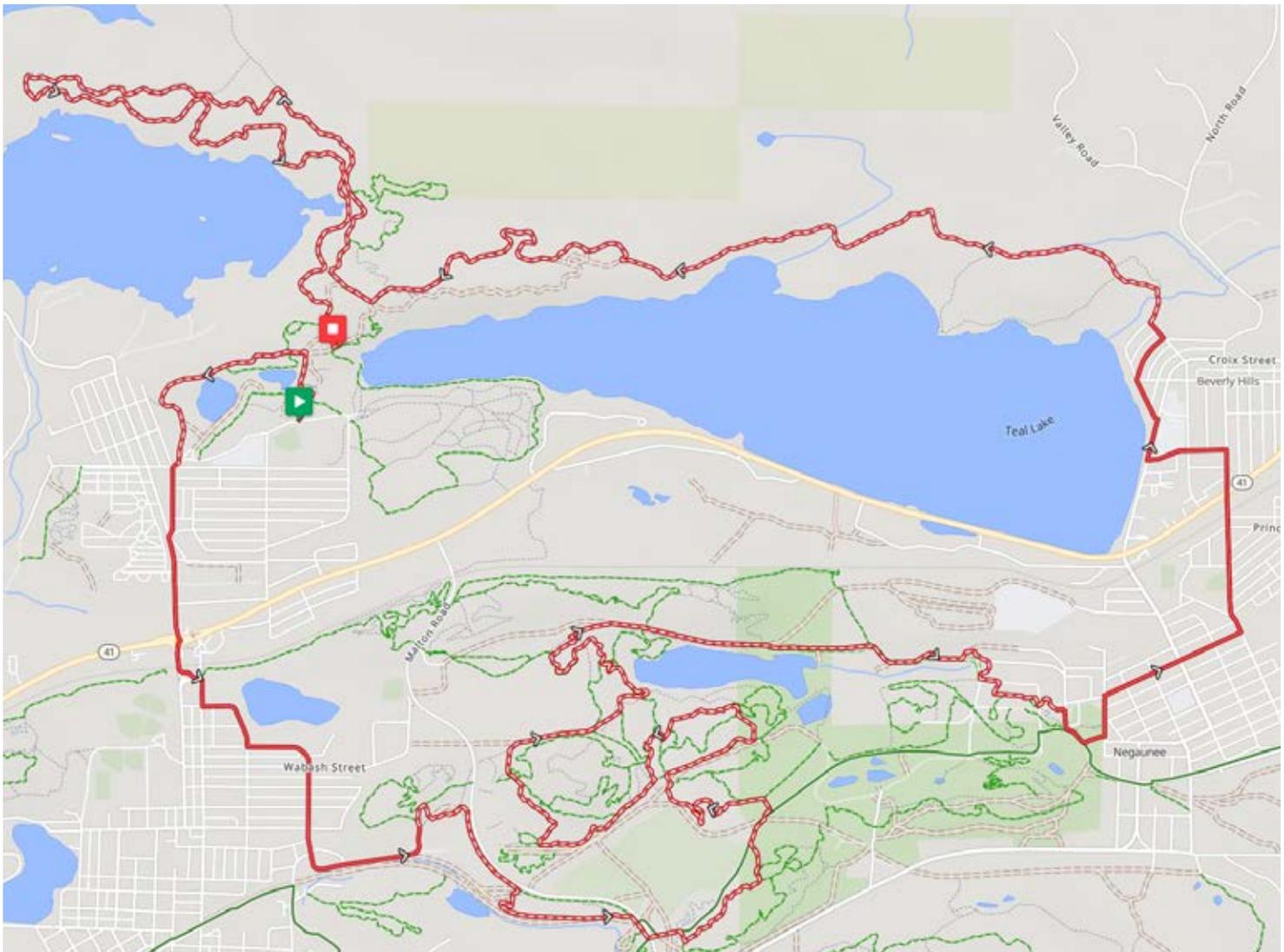
### CHECKPOINTS:

#### 1. CONTACT TODD

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



# EX-30FB

## POLAR ROLL FAT BIKE COURSE

### 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.

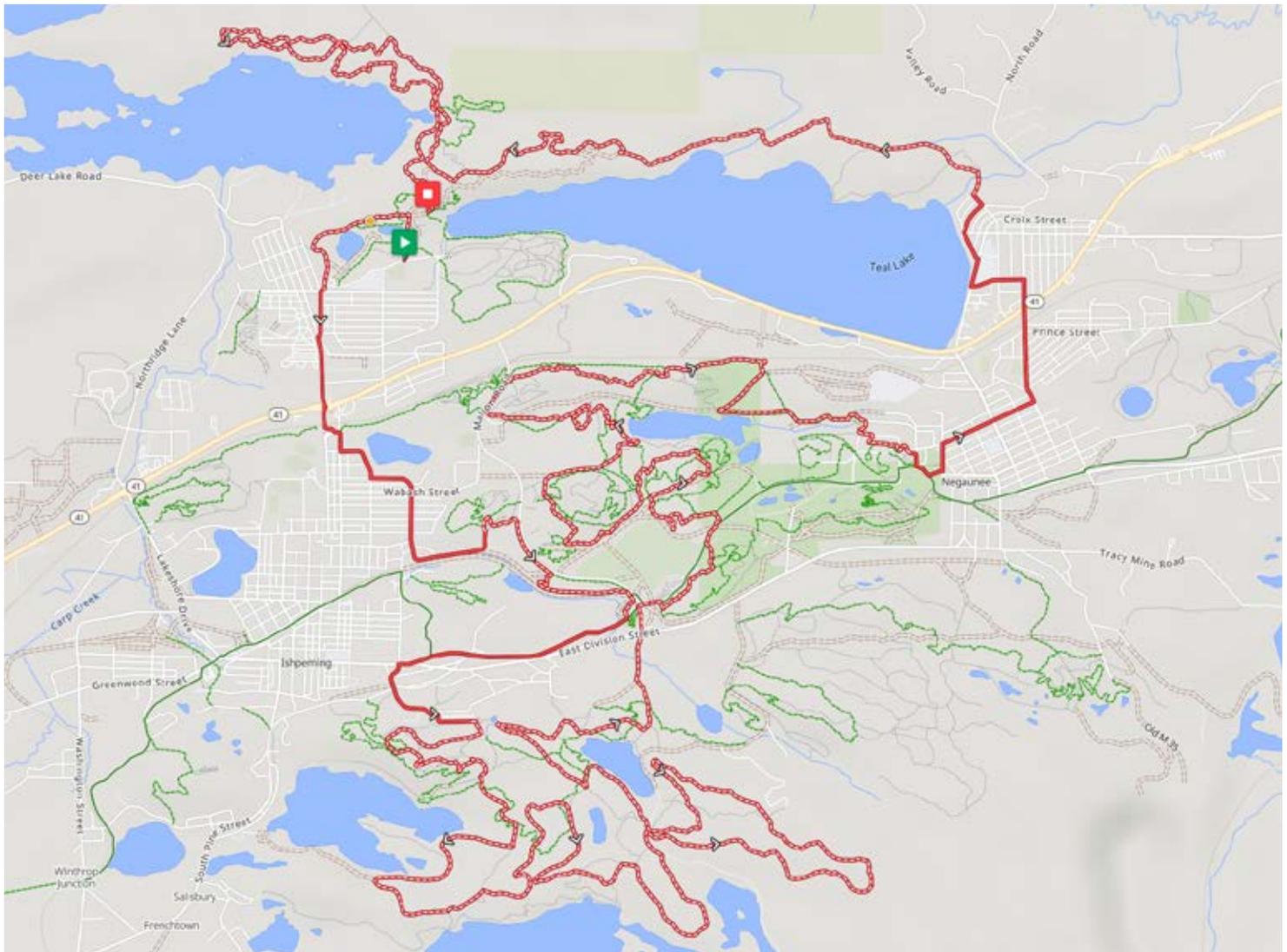
### CHECKPOINTS:

#### 1. CONTACT TODD

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



# EX-30SS

## POLAR ROLL SNOW SHOE COURSE

### 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.

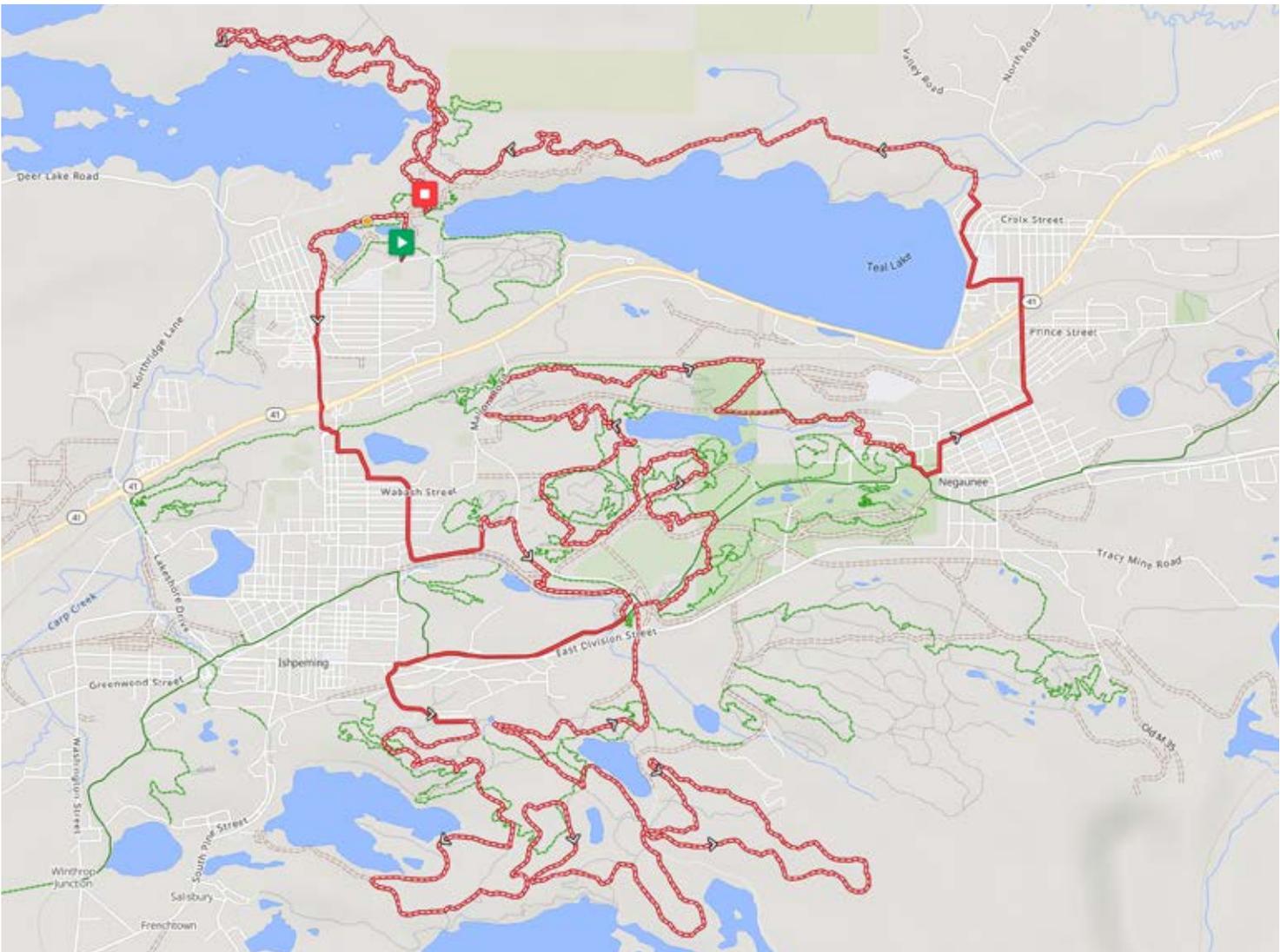
### CHECKPOINTS:

#### 1. CONTACT TODD

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



# EX-IQ TEST

POLAR ROLL IQ TEST COURSE

## 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. CONTACT TODD

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



# EX-DD

POLAR ROLL DUATHALON FOR DUMMIES COURSE

## 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.

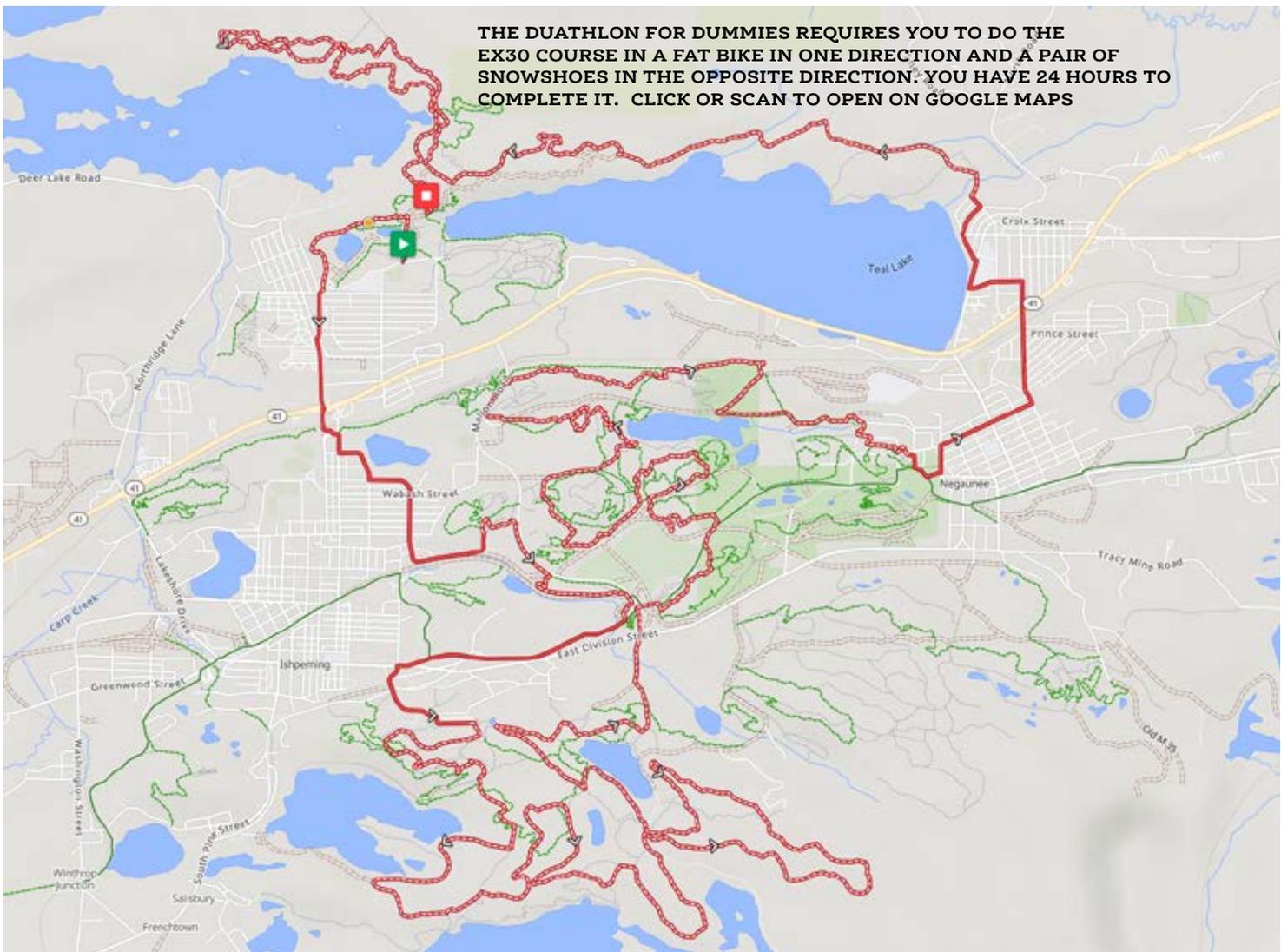
### CHECKPOINTS:

#### 1. CONTACT TODD

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



# EX-60FB

POLAR ROLL FAT BIKE COURSE

## 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. CONTACT TODD

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.

T B D

# EX-60SS

POLAR ROLL SNOW SHOE COURSE

## 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. CONTACT TODD

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.

**T B D**

# EX-SS

## POLAR ROLL SNOW SHOE SAMPLER COURSE

### 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.

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

CLICK OR SCAN  
TO OPEN ON  
GOOGLE MAPS

>>>JACKSON



>>>MALTON







# PARTNERS

## 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.



**PARTNERS:**

1UP

231 West

45NRTH

Advanced Center for Orthopedics

Arbor Move

Atha: A Wellness Studio

Baycare Orthopedics & Sports Medicine

Blackrocks Brewery

Borah Teamwear

Broken Spoke

Dan Farkas

Down Wind Sports

Embark

epower marketing

Gumball Monstars

Huron Mountain Bakery

Huron River Lactation

JMK Fitness

KEEN

Mama Russo's

Michigan Tech Huskies

Monkey Loob

Mr. Sandless

Mudslingers Coaching

Next Home

R.L. Balconi Co.

Restore Ease Dietetics

Ride North

RLP Coaching

Sports Rack

The Swedish Crusaders

Three Sixty

UPPCO

Velocity

Velodrome

West End Health Foundation

West End Ski & Trail



## 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!



## AIR PRESSURE RECOMMENDATIONS FOR GROOMED TRAILS

### SOFT GROOMED SURFACE AND BASE

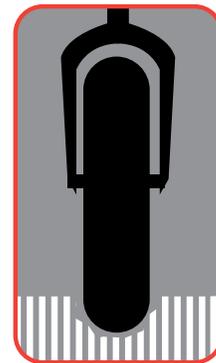
Usually dry snow with no moisture or wet snow in above freezing temps.

1-4\* PSI

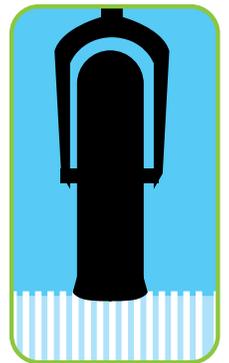
### HARD SURFACE AND BASE

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

6-8\* PSI



NO



YES

\*depending on rider weight

# **CARE** <sup>7</sup> **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.

# BE PREPARED!

AREA KNOWLEDGE, SERVICE, GEAR, AND MORE!



514 N THIRD STREET  
MARQUETTE, MI  
DOWNWINDSPORTS.COM

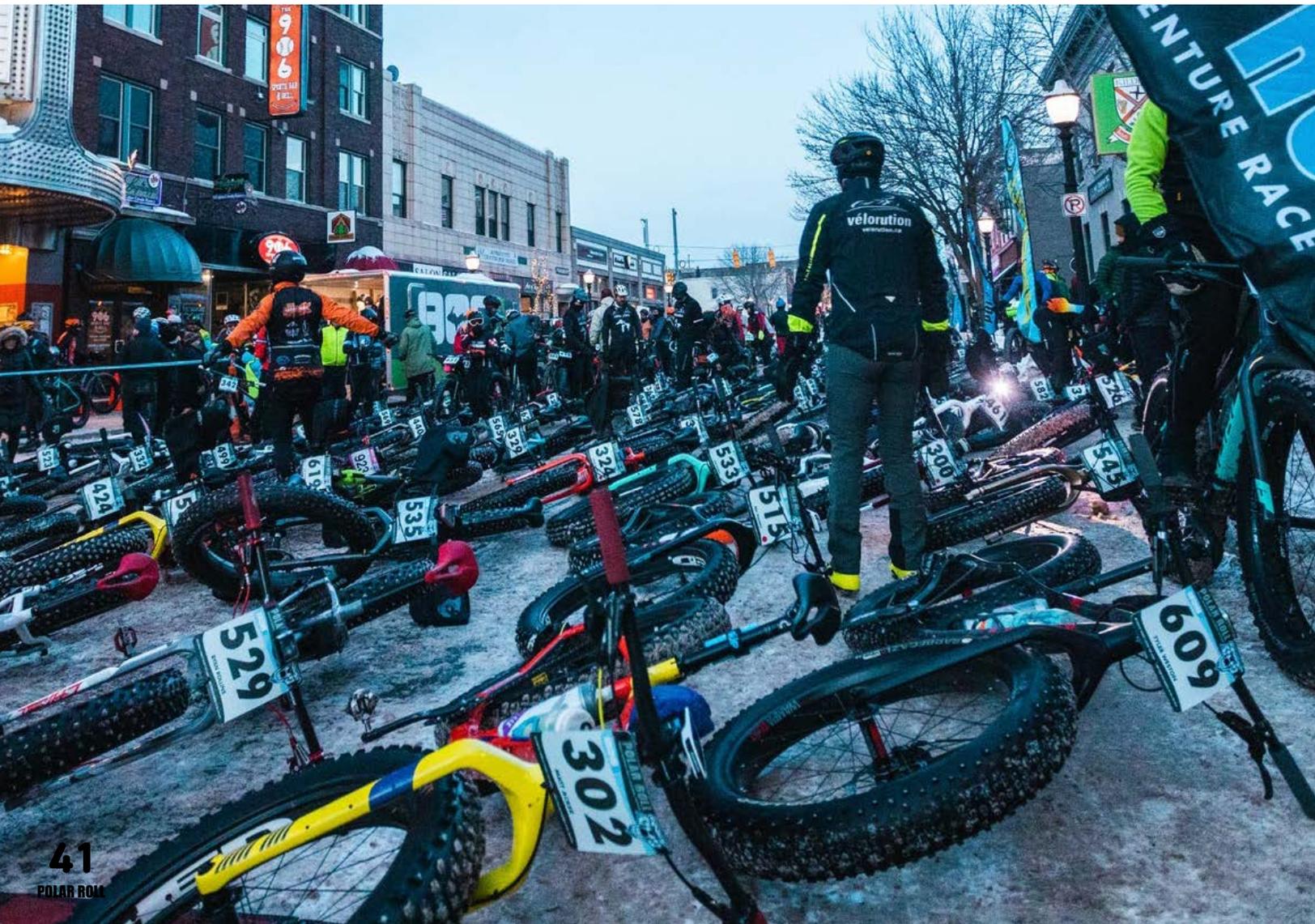


315 W WASHINGTON STREET  
MARQUETTE, MI  
SPORTSRACKMQT.COM



101 S MAIN STREET  
ISHPEMING, WI  
WESTENDTRAIL.COM

VISIT OUR LOCAL SHOPS THAT SPONSOR THE POLAR ROLL.



**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  
(Please include paid witnesses)

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)

I am thin skinned

The Dept needs to fix my problems

I am crying uncontrollably

I am a wimp

My feelings are easily hurt

The weather is too cold

I am a baby

I didn't sign up for this

I didn't have all the attention

I want my mommy

I was told that I am not a hero

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  
(if you wish to be labeled too)

B. Signature  
(are you sure about this)

C. Printed whiner name  
(you really are going out on a limb)

D. Signature of whiner  
(you have to be shitting me!)

### 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.

PURE I SHPEMING

1

JACK KLINE

POLAR ROLL



HIKE-A-BIKE  
WONDERLAND

26 FEB  
SUN 9AM-12PM

PURE I SHPEMING

2

BRETT MILLER

POLAR ROLL



HIKE-A-BIKE  
WONDERLAND

26 FEB  
SUN 9AM-12PM

PURE I SHPEMING

182

ROSEANN PEIFFER

POLAR ROLL



HIKE-A-BIKE  
WONDERLAND

26 FEB  
SUN 9AM-12PM

PURE I SHPEMING

207

SEAN HENDREN

POLAR ROLL



HIKE-A-BIKE  
WONDERLAND

26 FEB  
SUN 9AM-12PM

PURE I SHPEMING

303

KRISTINA NAVARRO-KRUPKA

POLAR ROLL



HIKE-A-BIKE  
WONDERLAND

26 FEB  
SUN 9AM-12PM

PURE I SHPEMING

694

DAVE KERO

POLAR ROLL



HIKE-A-BIKE  
WONDERLAND

26 FEB  
SUN 9AM-12PM

PURE I SHPEMING

906

TARA GLUSKI

POLAR ROLL



HIKE-A-BIKE  
WONDERLAND

26 FEB  
SUN 9AM-12PM

**YOU HAVE A CHOICE. SHOW UP.**