




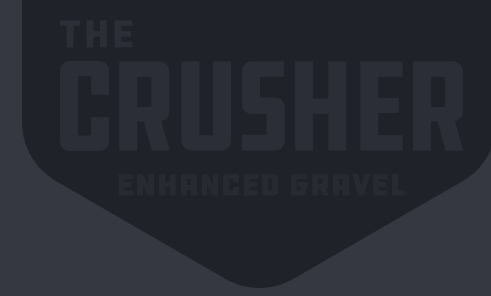


**YOU HAVE A CHOICE. SHOW UP.**

ENDURANCE TRILOGY



# TRIPLE CROWN





## **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

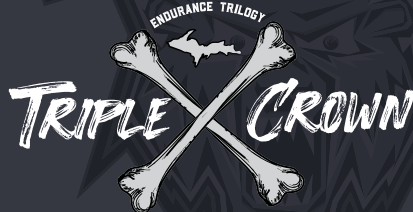
RUN EVENTS:

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 nearly \$400,000 to the trails, 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)

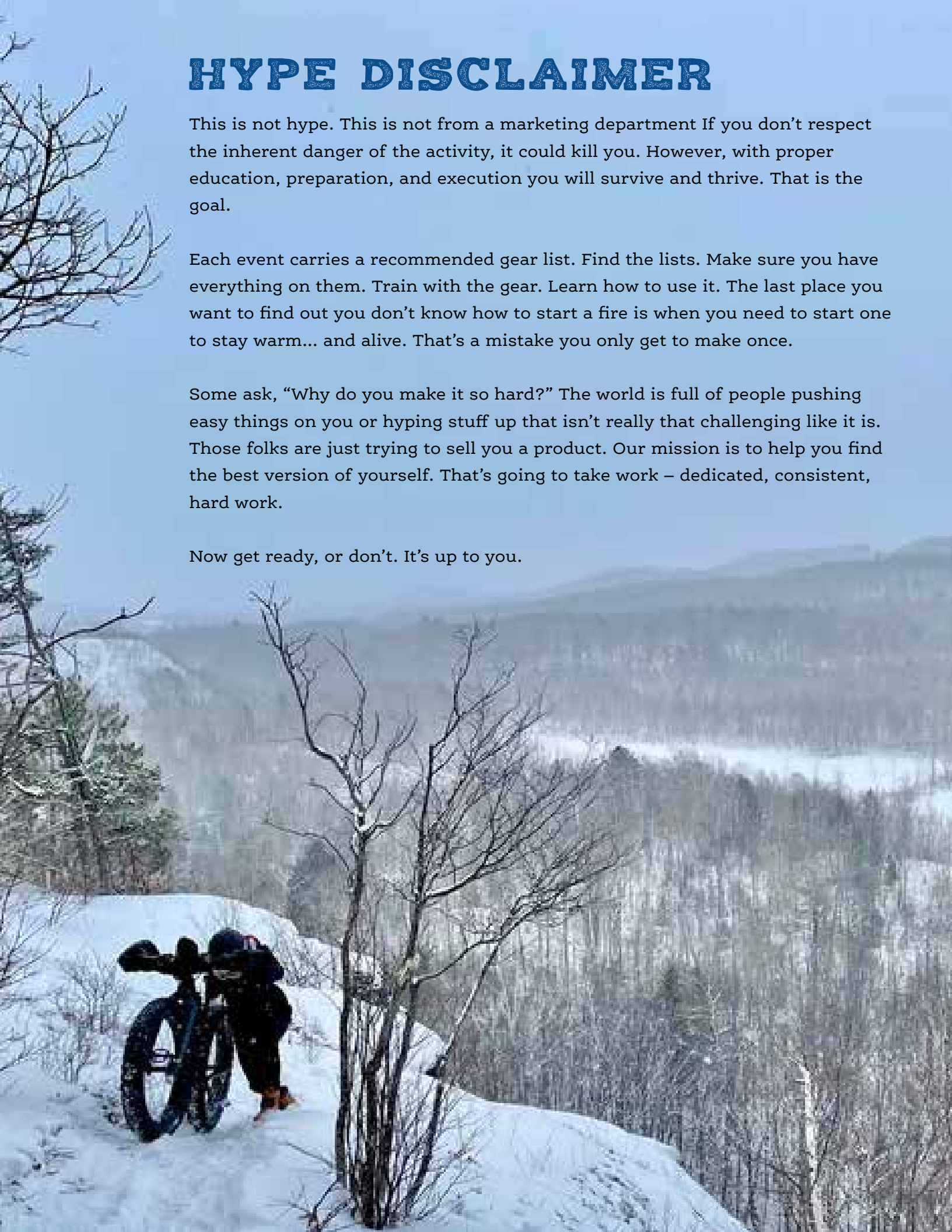
# HYPE DISCLAIMER

This is not hype. This is not from a marketing department. If you don't respect the inherent danger of the activity, it could kill you. However, with proper education, preparation, and execution you will survive and thrive. That 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 when you need to start one to stay warm... and alive. That's a mistake you 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 that isn't really that challenging like it is. Those folks are just trying to sell you a product. Our mission is to help you find the best version of yourself. That's going to take work – dedicated, consistent, hard work.

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





## 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



# 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.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 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

- 1-12. GPX-files will be provided prior to the event.
- 1-13. GPX-files can be downloaded prior to the start of your event.
- 1-14. 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 better to stay home.

## MS

- 1-15. 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.
- 1-16. Mass Start events do not require checkpoint selfies.
- 1-17. Participants will be provided a number plate.

## EX

- 1-18. The EX format is for participants who seek adventure, smaller gatherings, and personal competition. YOU vs. YOU! Be prepared - EX events are challenging.
- 1-19. Participants are given a window of time to complete the event(s) of their choice.
- 1-20. EX format requires checkpoint selfies and may utilize ungroomed surfaces.
- 1-21. EX courses are generally less predictable and therefore more difficult.
- 1-22. EX participants do not use number plates.

## TIRE PRESSURE

- 1-23. 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

- 1-24. Snowshoes are required for all snowshoe events.
- 1-25. Exception: If you have to cross the street, or if the route follows a paved path. Snowshoes can be removed while on paved surfaces.
- 1-26. Failure to use required gear in any event will result in disqualification.



## **PACKET PICKUP - MASS START**

1-27. Packet Pickup: Friday, February 20th, 2026, 5:00pm - 8:00pm

1-28. Location: 424 N 3rd St, Marquette, MI 49855

1-29. Late packet pickup: Saturday, February 21st, 2026, 7:00am

1-30. Late packet pickup location: At the start line. Arrive an hour early.

1-31. Participants can pick up packets for other racers.

1-32. 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**

1-33. You will encounter other trail users and pets. Be nice. Say Hi. When in doubt, yield the trail.

1-34. Slow down. Smile. Make eye contact. Leave a positive impression.

1-35. Dogs and other pets are not permitted on-course.

1-36. Snowshoes must be worn at all times.

1-37. Do not leave ruts, divots, or damage the tread.

1-38. Minimum tire size required on groomed surfaces is 3.8".

## **AGE GROUPS, YOUTH CATEGORIES, PODIUMS**

1-39. There are no age groups.

1-40. Youth compete in open categories with men and women.

1-41. There is no podium. You finish or you don't.

## **BELT BUCKLES AND MEDALLIONS**

1-42. 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**

1-43. We will not handle drop bags.

## **SHUTTLES**

1-44. Shuttle services are not available.

## **AID STATIONS**

1-45. We do not offer aid stations.

1-46. Be prepared to be unsupported.

## **ROAD RULES**

1-47. Road rules apply. You must obey all traffic laws.

1-48. Volunteers will not be on course.

1-49. No one will attempt to stop traffic for you, and traffic will not stop for you.

1-50. 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**

1-51. 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.

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

### 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

#### YOU SIGNED UP FOR THIS

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

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, MS30 Snowshoers

\* NOTE: Pay attention to start times, and know they may change leading up to the week of the event.

## **LOCATIONS**

3-5. EX: Locations vary. Reference course maps and your GPX-files.

3-6. Packet Pickup: Blackrocks Brewery

3-7. MS Start: All MS Events start at the Ishpeming High School.

3-8. All MS Events 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.

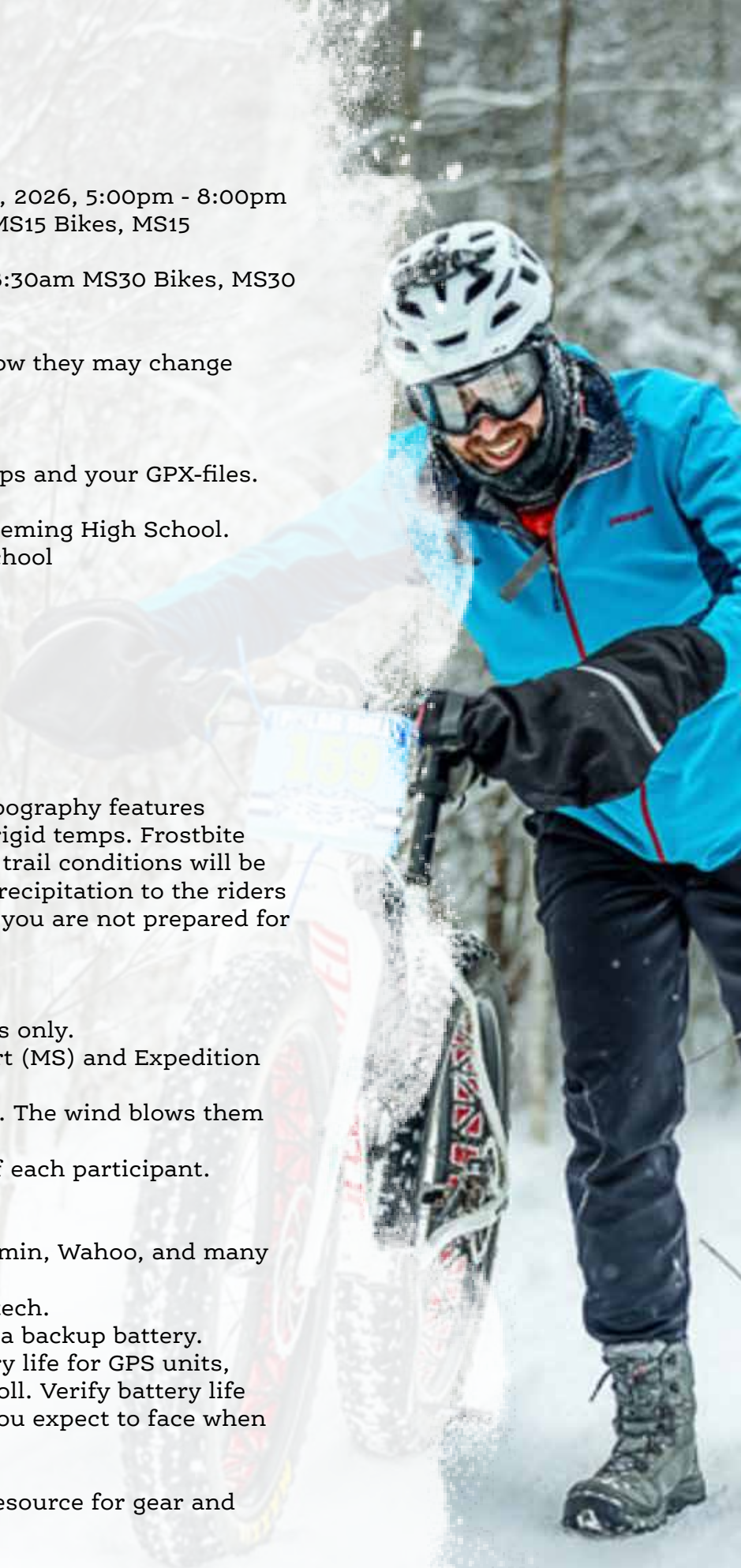
3-17. For best results, know how to use your tech.

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. Air pressure varies by rider size, tire width, rim width, temperature, and more. If you are damaging the trail - air down.
15. MS cutoff: Finish before dark. We reserve the right to pull you from the course at any time.
16. There is a cutoff for EX events - it is 24 hours per event.
17. Mass start riders do not have to collect checkpoint selfies.
18. EX riders DO collect checkpoint selfies.
19. Mass start riders do not have to submit their results.
20. EX riders DO have to submit their results.
21. GPX files will be provided to all racers prior to event.
22. 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.



<b>RECOMMENDED GEAR</b>	<b>SS</b>	<b>15</b>	<b>30</b>	<b>IQ</b>	<b>DD</b>	<b>66</b>
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.

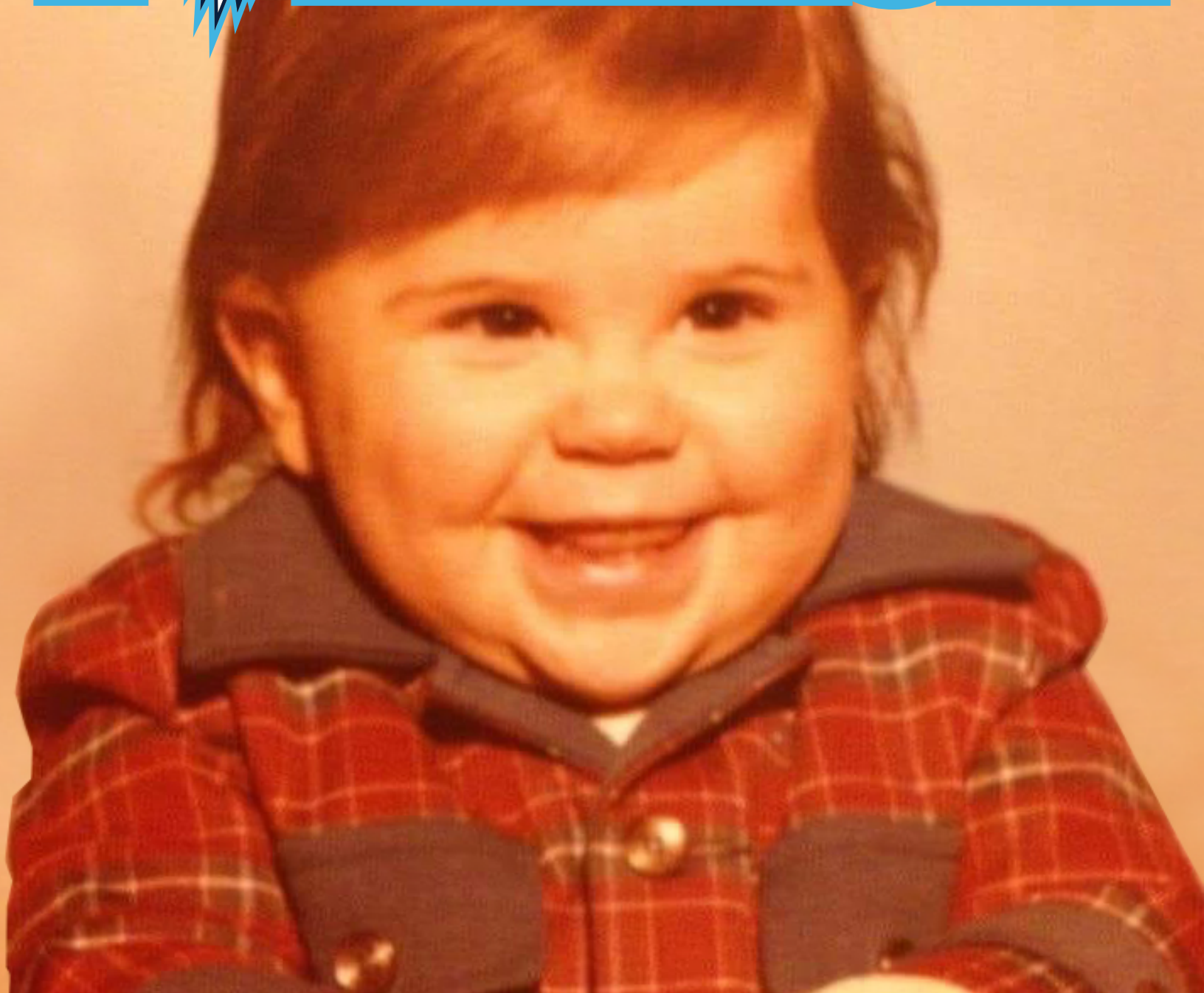
	Time on Course (in hours)																	
	2	4	6	8	10	12	14	16	18	20	22	24	28	32	36	40	44	48
Calories^	480	1440	2160	2880	3600	4320	5040	5760	6480	7200	7920	8640	10080	11520	12960	14400	15840	17280
Carbohydrate (grams)	120	360	540	720	900	1080	1260	1440	1620	1800	1980	2160	2520	2880	3240	3600	3960	4320
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



# P LAR ROLL



**BABY TODD  
IS STILL LAUGHING AT YOU**



# CHAPTER 4

## COURSES

### IT GETS WORSE BEFORE IT GETS WORSER

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. We spell fun with a capital FU.

#### GROOMING

Course grooming is performed by RAMBA and 906AT.

#### COURSES

EX

MS

ULTRA



**EX**

**EXPEDITION  
COURSES**

- EX-15FB
- EX-15SS
- EX-30FB
- EX-30SS
- EX-60FB
- EX-60SS
- EX-IQ
- EX-DD
- EX-SS

**IT'S TERRIBLE.  
STAY HOME.  
SAID NO ONE EVER.**

# EX-15FB

## POLAR ROLL FAT BIKE COURSE

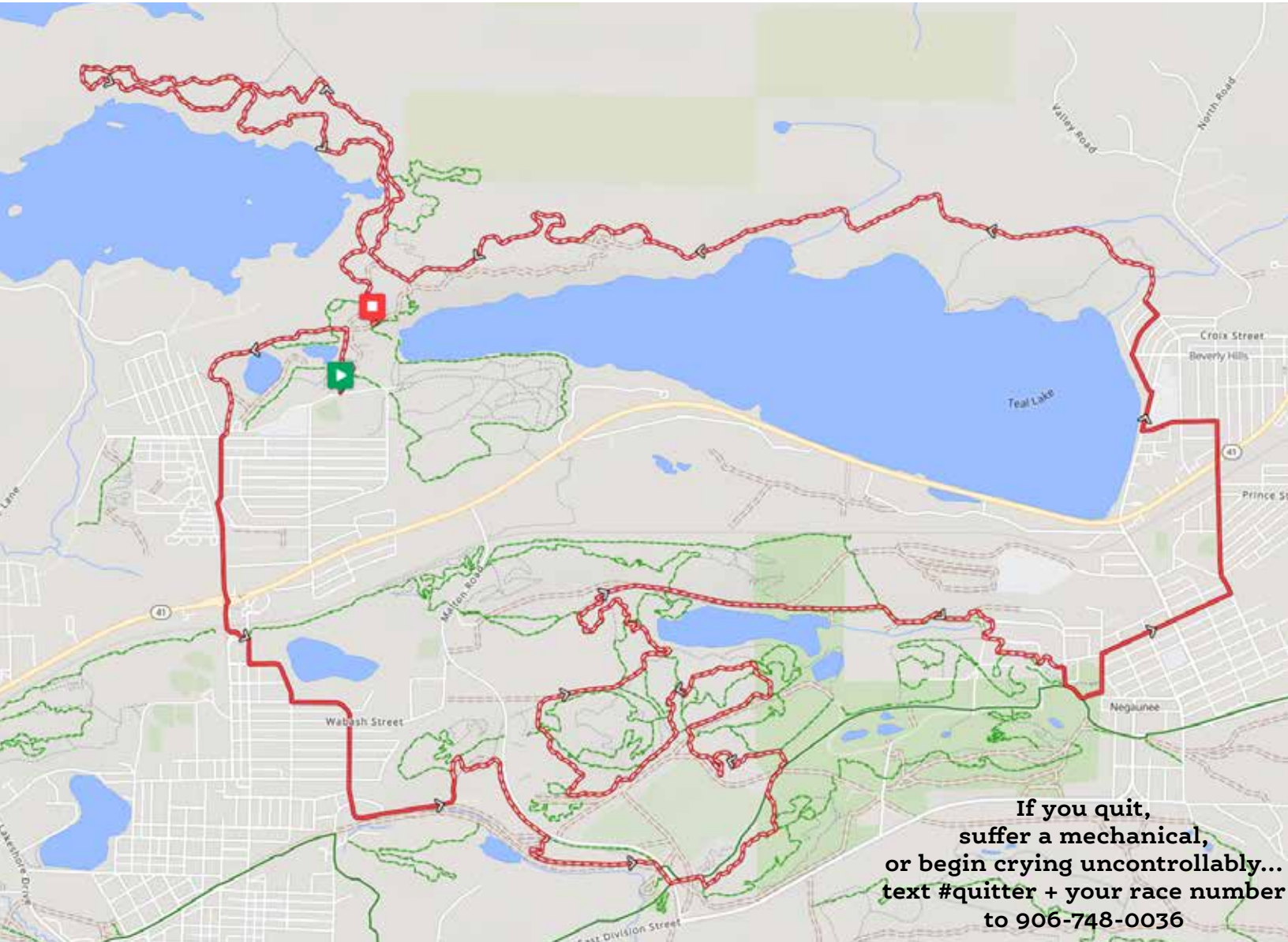
### CHECKPOINTS ARE REQUIRED.

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

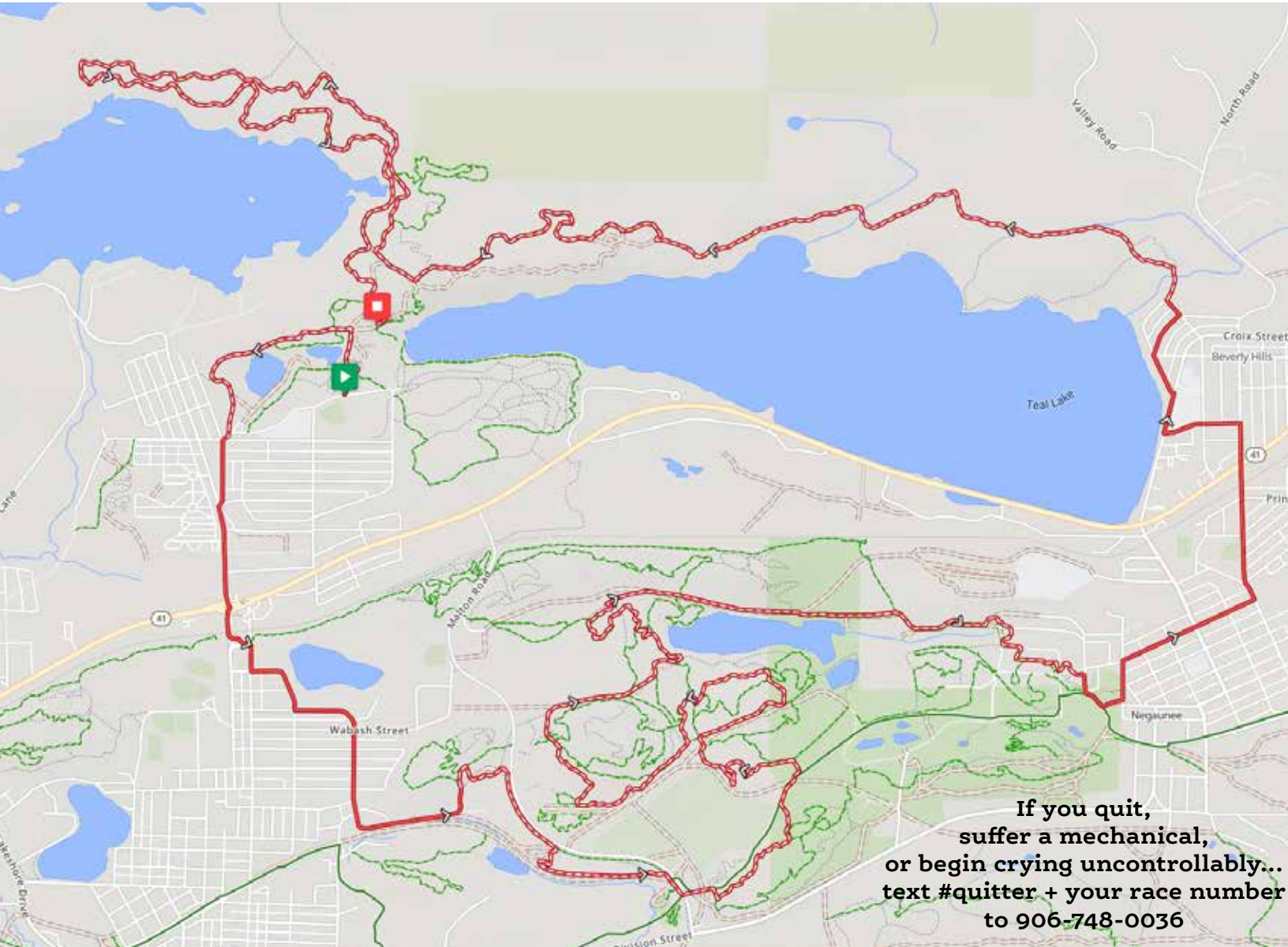
### CHECKPOINTS ARE REQUIRED.

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

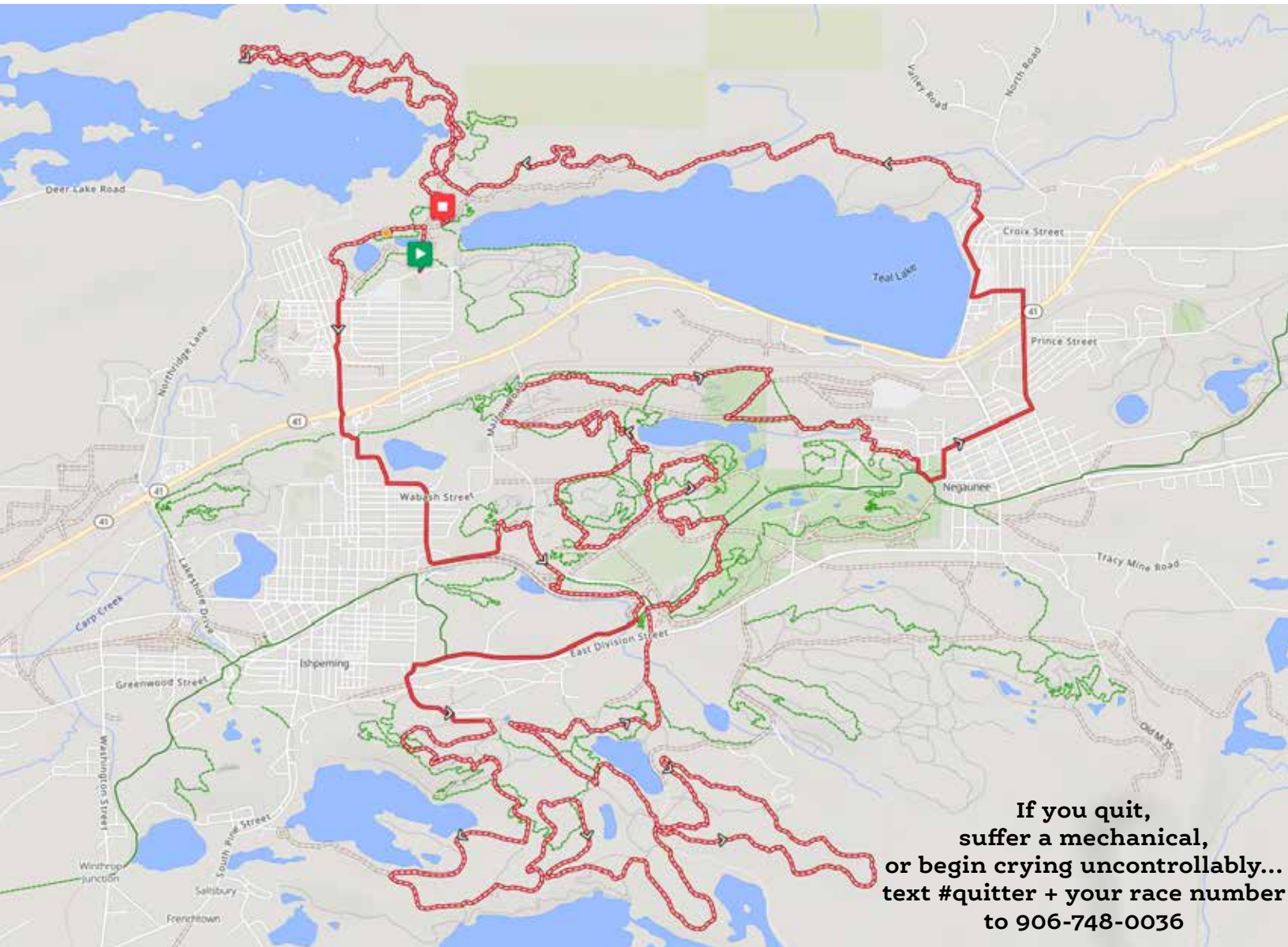
### CHECKPOINTS ARE REQUIRED.

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.



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

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

# EX-30SS

## POLAR ROLL SNOW SHOE COURSE

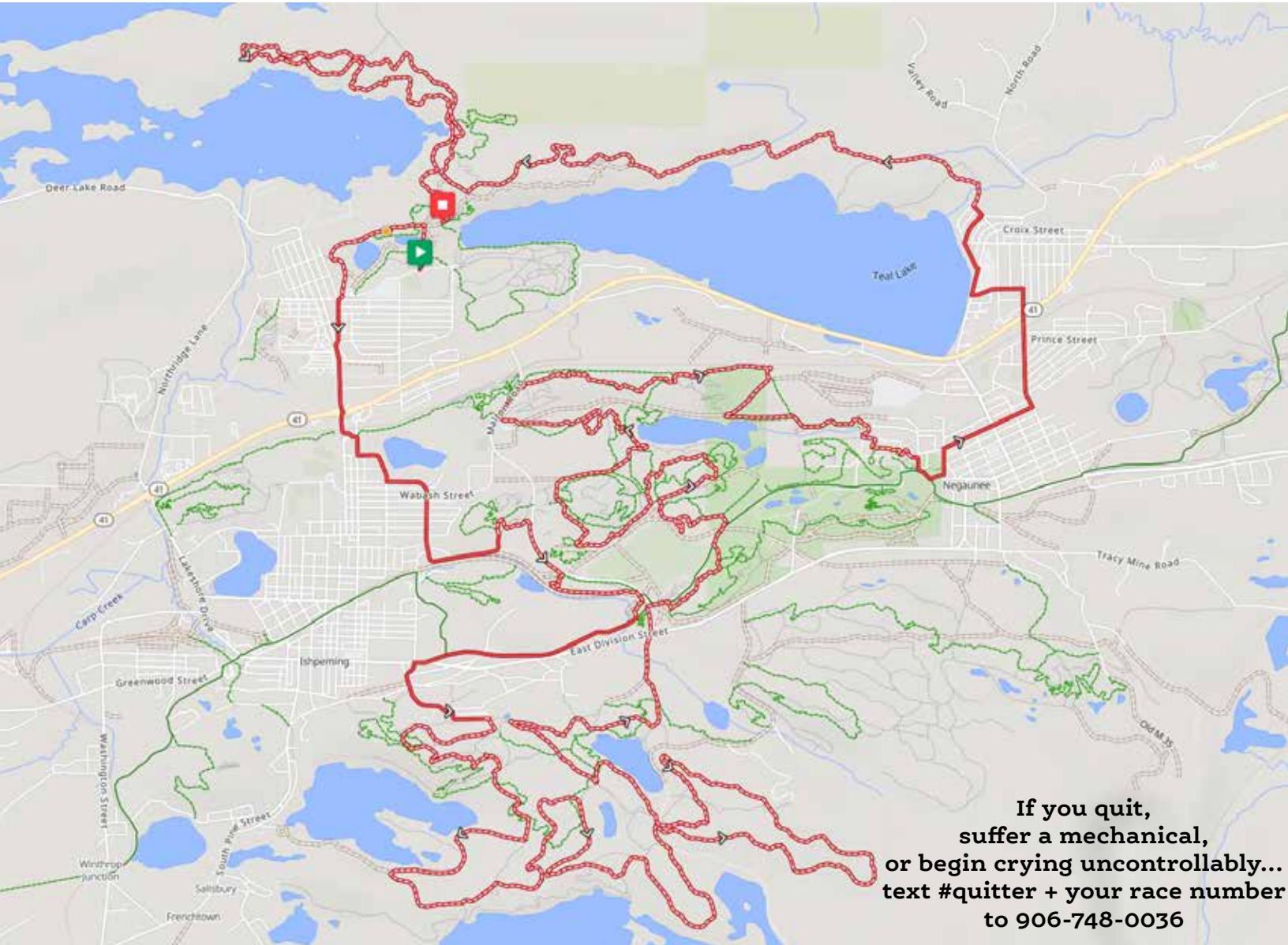
### CHECKPOINTS ARE REQUIRED.

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.



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

CLICK OR SCAN TO OPEN ON GOOGLE MAPS





George = #FINISHER on the EX30 today.  
He had Jack's plate with him

**PR-EX30 | George Ernst**

# EX-IQ TEST

## POLAR ROLL IQ TEST COURSE

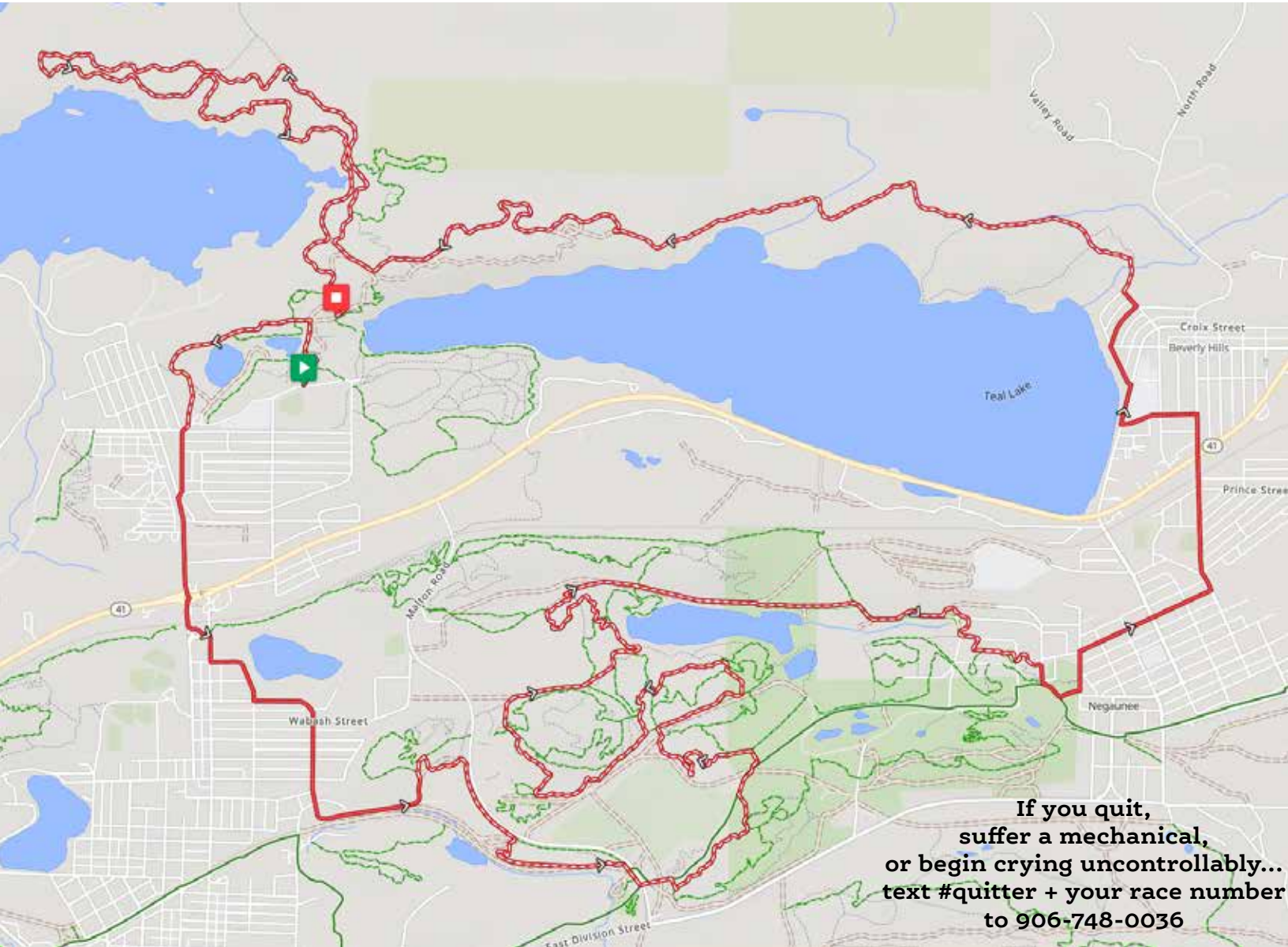
### CHECKPOINTS ARE REQUIRED.

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



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

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

# EX-DD

## POLAR ROLL DUATHALON FOR DUMMIESCOURSE

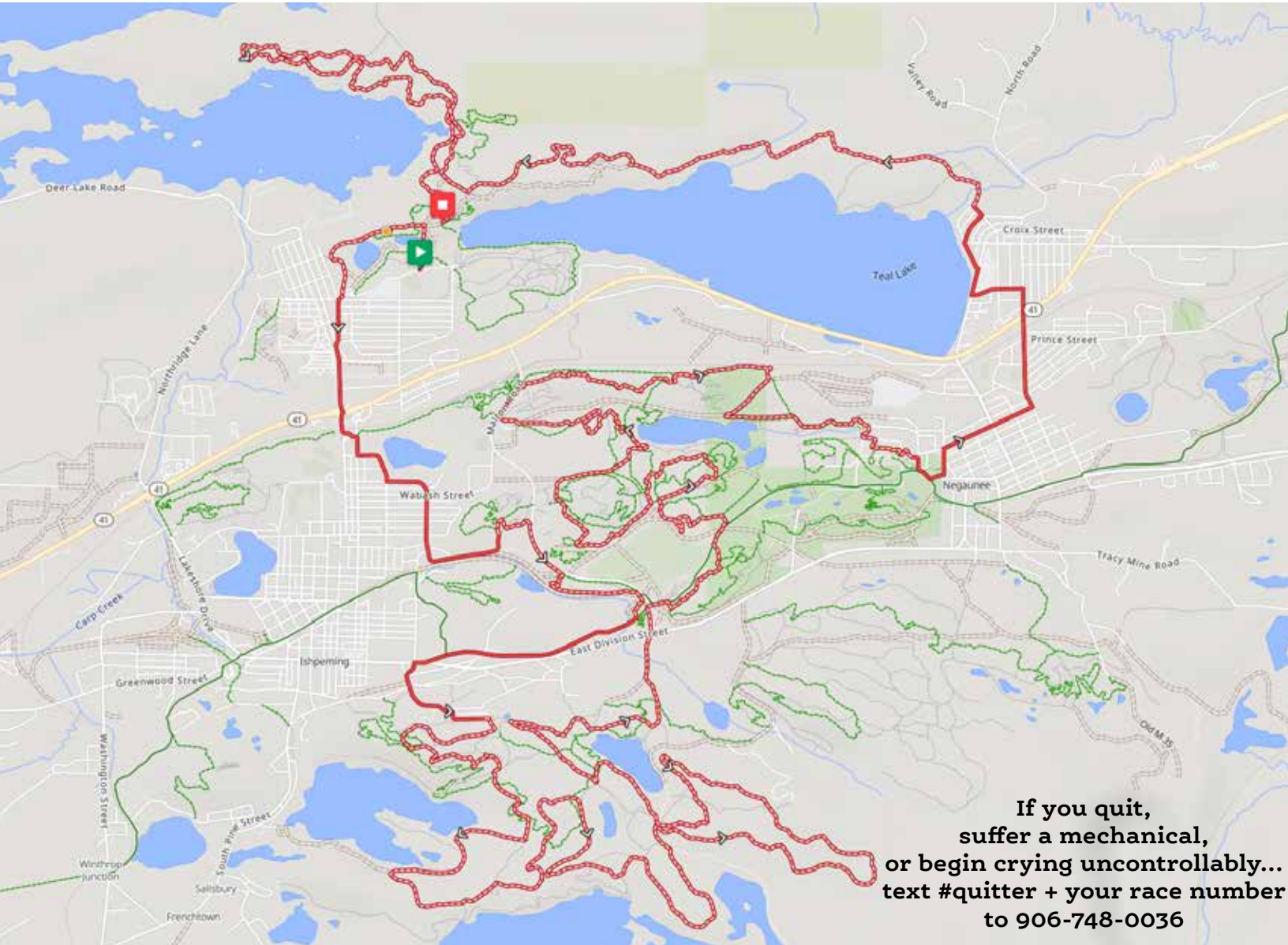
### CHECKPOINTS ARE REQUIRED.

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.



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

CLICK OR SCAN TO OPEN ON GOOGLE MAPS



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



# 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

>>>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





**MS**

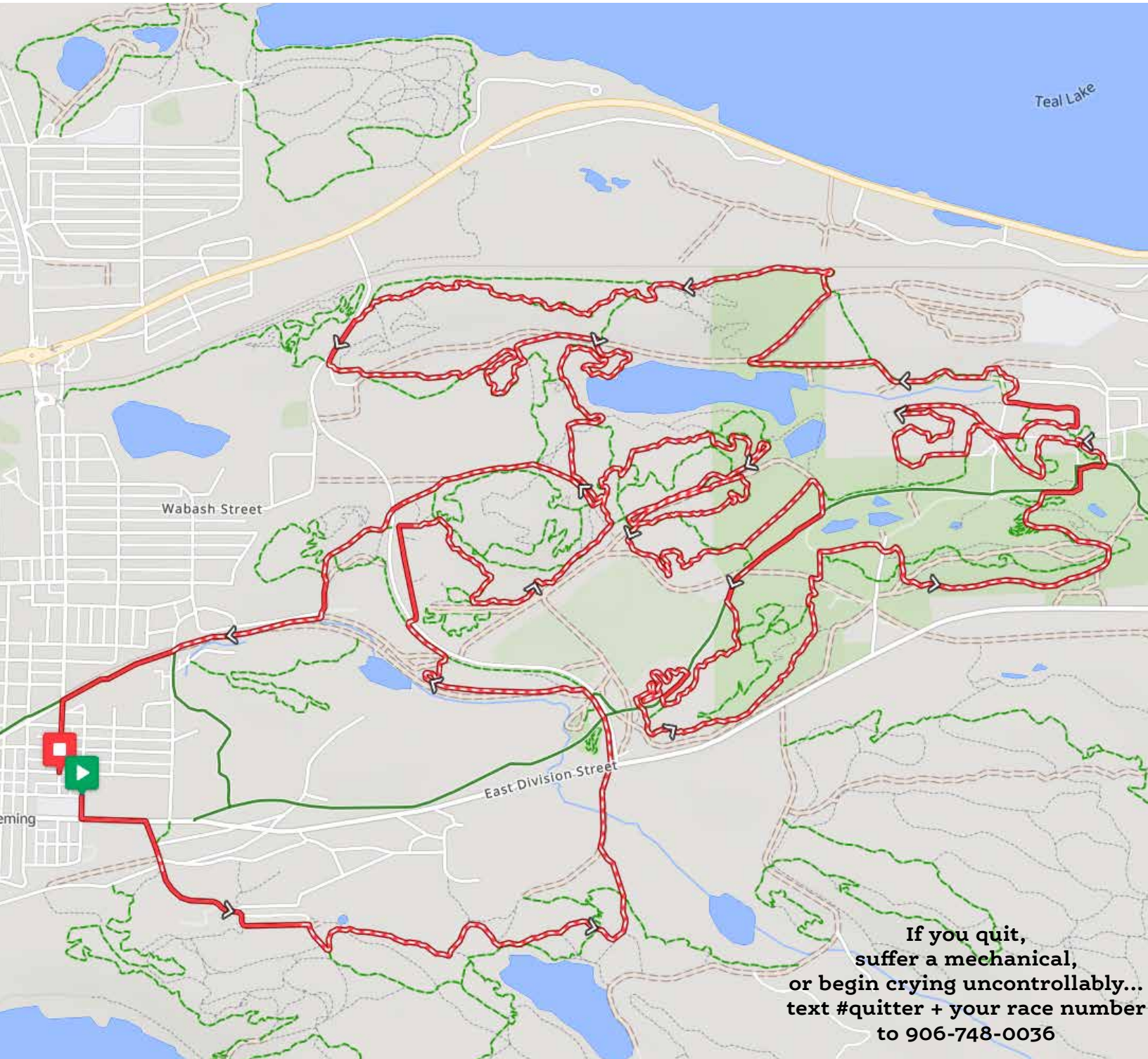
**MASS START COURSES**

MS-15

MS-30

# MS-15

POLAR ROLL COURSE



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

CLICK OR SCAN TO OPEN ON GOOGLE MAPS





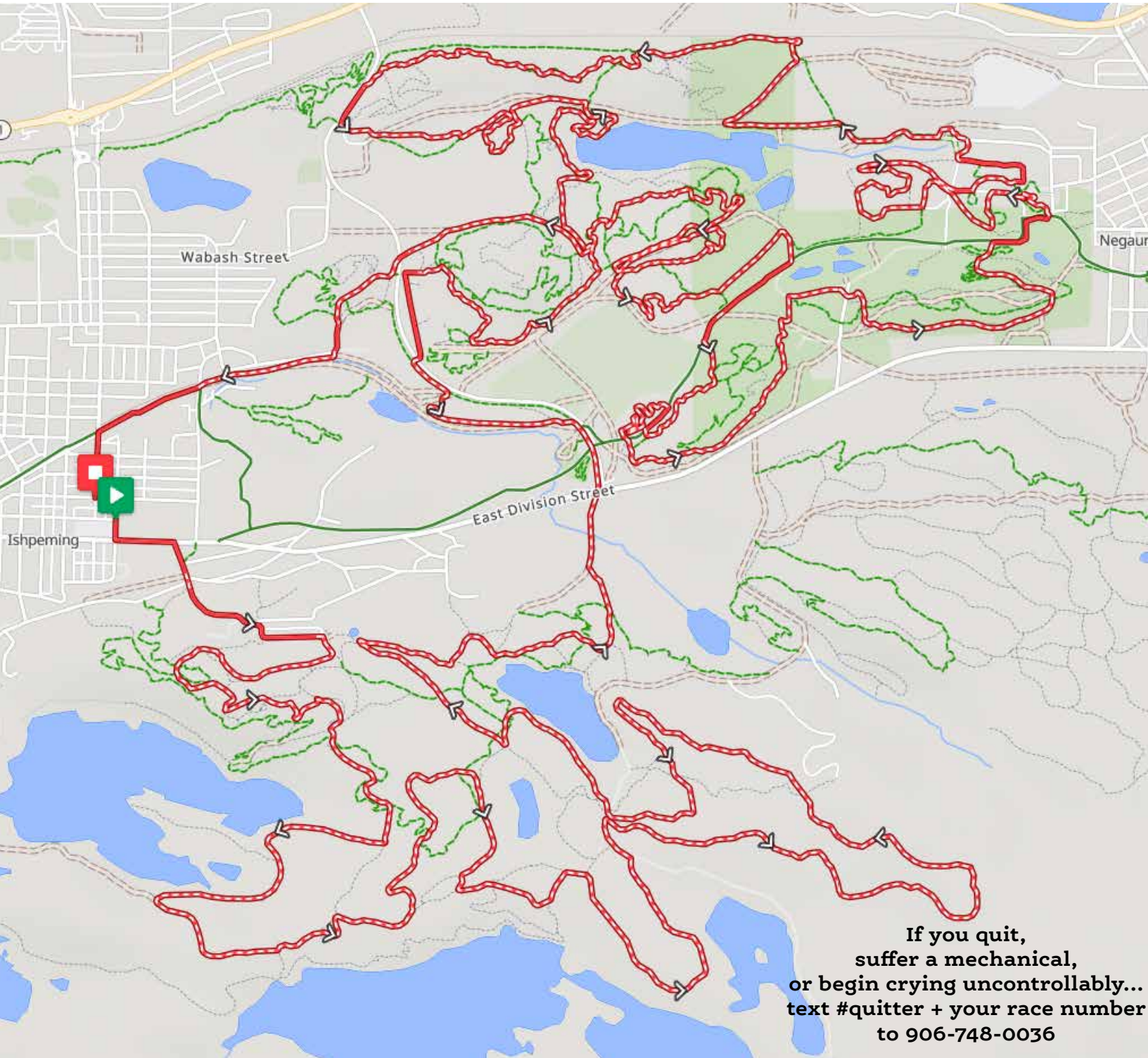
**POLAR ROLL**  
WINTER ADVENTURE RACE

**HUNG OUT  
TOO LONG AT  
BLACKROCKS  
6-8 HOURS**



# MS-30

POLAR ROLL COURSE



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

CLICK OR SCAN TO OPEN ON GOOGLE MAPS







## HIKE-A-BIKE...

That was one helluva day, eh? Maybe we jinxed ya with the whole “Hike-A-Bike Wonderland” theme. Sorry, not sorry! Honestly, it was time for a good old fashion “Polar Push”.

Ya know... if you're open to it... a day like yesterday can really put things in perspective. Eight hundred folks got together yesterday with one goal: to get the job done. It didn't matter what ya do for living or where you are from. It didn't matter what side of da aisle you're on. None of it mattered. The one thing every single one of us had in common is that we had signed up to do something hard and we just wanted to get through it.

If you can put your differences with people aside for one day. Try going for two, and keep building on it. Based on what we saw out there yesterday you're willing to work together. It was impressive to sit back and watch.

No one remembers the easy days. You earned those cuts, bumps and bruises. We hope you can reflect on yesterday and laugh and see how good things can be when we focus on things that really matter. Doing hard stuff, and doing it together.

Until next time. Keep pushing.

Todd Poquette  
Director of Adventure, 906AT  
February 2025



Volunteering was a blast! While visiting our station Evelyn said, "Gramma, I want to be a biker!" To all the badasses inspiring the 3yr olds in the world ~ you rock.

***Polar Roll Volunteer*** | Alysia Harrick



## 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...

*PR-ULTRA | Laura Wiesmann Hrubes*

## 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 - 30-hours to claim a belt buckle.

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



## 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 22nd 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 22nd from 5:00 pm - 6:00 pm.

PR-U-17 Lake LeVassuer will host the spartan start line on Monday, February 23rd at 7:00 am sharp! Don't know where it is? Google it.

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.



## 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.



# POLAR ROLL ULTRA GEAR LIST

(UPDATED 02.13.2026)

This gear is required. If you don't have it you don't start. If you don't have it when you finish you're disqualified.

When we say things like "you could die" we're not trying to be dramatic. You could. Don't underestimate what you signed up to do.

## REQUIRED GEAR | KNOW HOW TO USE YOUR GEAR.

- Minus -20F degrees sleeping bag (or colder rating). We're not kidding. The responsibility to prove it meets the required rating is on you the participant.
- Satellite tracker/Beacon (we can provide if you don't have one).
- Racers will be required to finish with 1 pair of hand warmers, insulated mittens, photo ID, and Insurance Card. Make sure you understand what a mitten is.
- Insulated sleeping pad - minimum 20" by 48"
- Bivy sack or tent (space blankets/tarps do not count. SOL emergency blankets do not count).

Suggested brands:

Outdoor Research, Black Diamond, RAB, etc.

- 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)
- 64 fl. oz. or just under 2 liters, metal insulated water container. Frozen water is hard to drink. Do training 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.
- Reflective material required: Must have Hi-Vis Reflective Belt Vest or a full vest, example: <https://www.uline.com/Product/Detail/S-23369G/High-Visibility-Vests/Hi-Vis-Safety-Sash-Belt-Lime>
- 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) We will not accept a quart or any large quantity of peanut butter toward calorie requirements.
- You will be given 1 bib. We must be able to see the bib number on your body or bike. It must be with you at all times.
- Frostbite prevention. You must have one or more of the following options: Vaseline, Dermatone, Full Face Balaclava, Neoprene Face Covering, faceGlove by OuterU
- Helmet

## RECOMMENDED GEAR

- Extreme conditions: mittens, headwear and outerwear..
- Down sweater, spare undershirt/socks etc.
- Over-boots, Gaiters.
- Duct tape, Xaseline, sunglasses, lip balm, moleskin, ibuprofen, 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.**

# POLAR ROLL ULTRA BICYCLE RIG CHECK-IN



**PR-ULTRA | Barry Tilson 2026**

Barry Tilson, 56, Goal to finish 36-48 hrs! 3rd PRU, finished one and DNF one. Pros: Fun to ride. Cons: Not the lightest setup! May consider colder events in the future.

Bike: Otso Arctodus Ti Large, 26t-52T, Rear: Old Man Mountain Rack, Ride Forward rear bag, Thermarest Polar Ranger -20 Sleeping bag, OR Alpine bivy, Thermarest Neo Air NXT pad, Relevate Nano Panniers, Middle: Rockgeist custom frame bag, Front: Oveja Negra Bootlegger bags, BarYak 35 ultra with Talon Front roll harness and Talon bag, Dogwood designs Poagies. White Gas stove, 4-24oz Thermos', Fenix lights with extra batteries, emergency calories: 3 bags of Wonderful Pistachios and two dark chocolate squares.



**PR-ULTRA | Josh Torrans**

Josh Torrans, Here is a shot of some gear getting shook down, I will have way more for sure. A year ago I commissioned this idea to Blacksheep Cycles. The 24" x 6.2" platform has been really fun to ride, especially with the real winter we have had. Naturally I had this crazy idea to ride it for PRU.

Why not, try a different bike, change things up. The toughest challenge was finding a rear rack, the 2nd try made the cut (pictured). Morrow Packs dialed in a perfect themed set to match the name, Hush Money.

The last 3 years my bike setup (a midtail) has been awesome, no complaints.



**PR-ULTRA | Chad Schut**

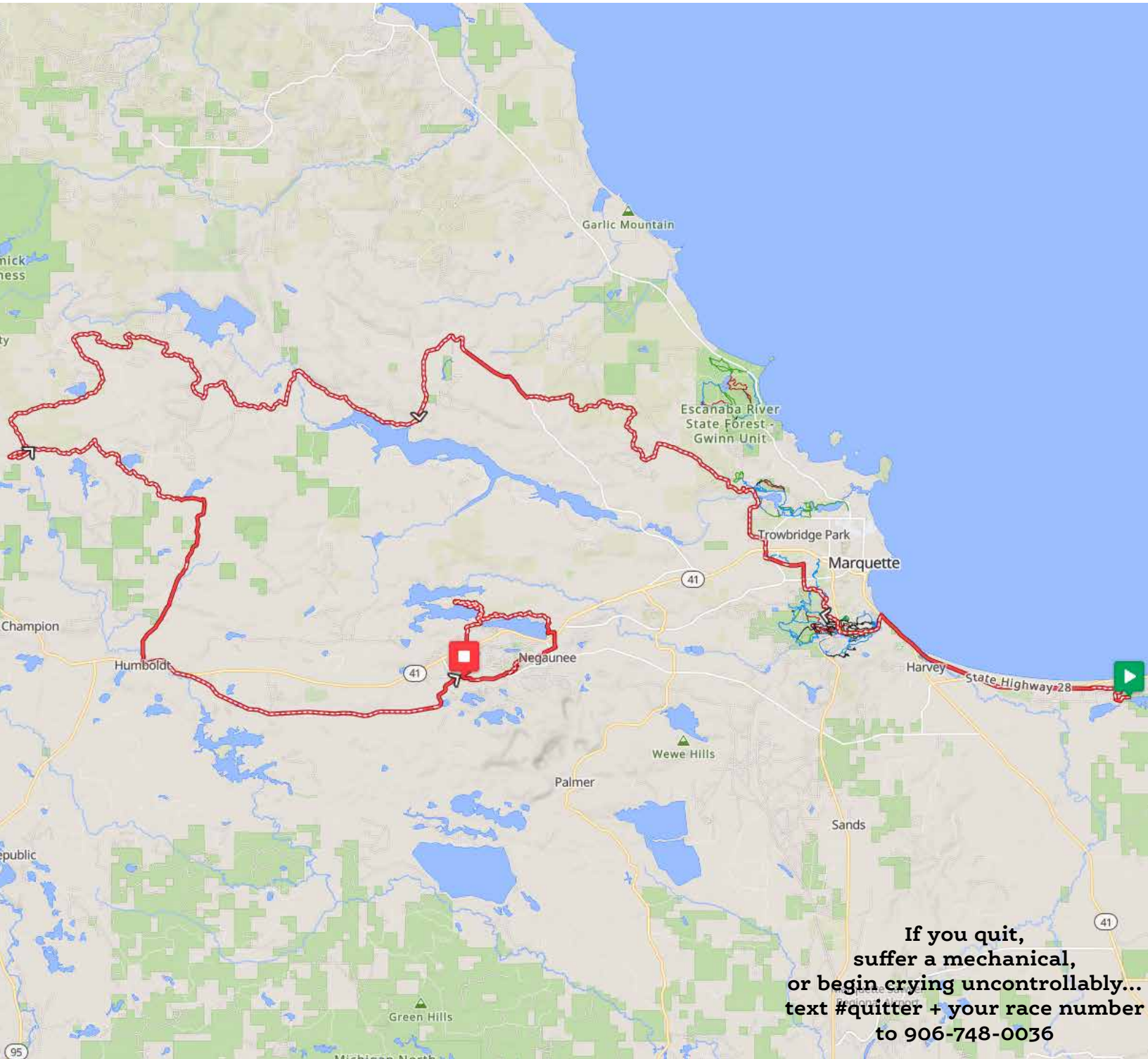
Chad Schut, Ready!



PR-ULTRA | Matt Acker

# PR-ULTRA 100

POLAR ROLL COURSE



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

**CLICK OR SCAN TO OPEN ON GOOGLE MAPS**

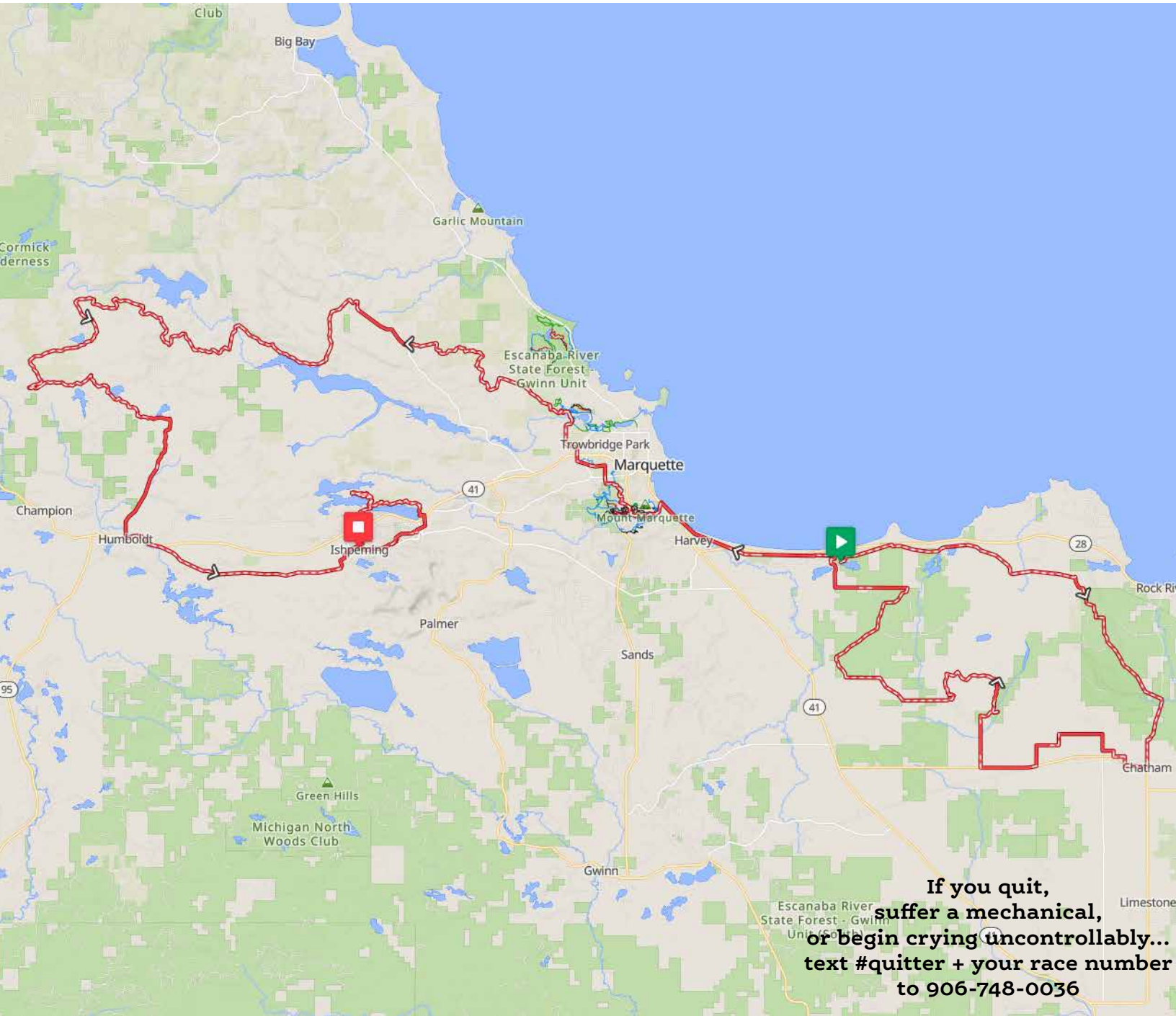




*PR-ULTRA | There Is No Finish Line*

# PR-ULTRA 150

POLAR ROLL COURSE



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

CLICK OR SCAN TO OPEN ON GOOGLE MAPS



# P LAR ROLL



**BABY TODD  
IS STILL LAUGHING AT YOU**



# 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.

# THANKS FOR JOINING US ON THIS ADVENTURE



# 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

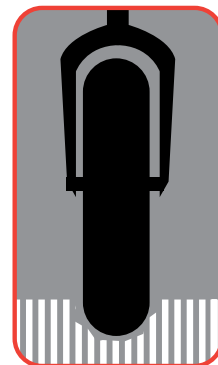
Usually dry snow with no moisture or wet snow in above freezing temps.

1-4\* PSI

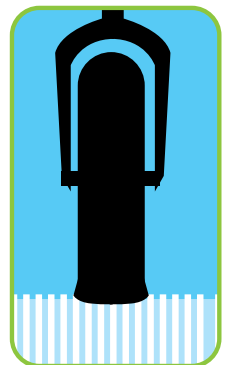
### HARD SURFACE AND BASE

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

6-8\* PSI



NO



YES

\*depending on rider weight

# **CARE** 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.

# 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**



## 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:**



# 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 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.