



What You Need

1. A teammate. Must be human, sorry no pets. The course requires 2 people to complete most of the obstacles. Teams can be coed.
2. One bike per person. Each teammate needs their own bike - any bike will do as long as you're comfortable riding the event distance on it. Tandems are welcome (1/team).
3. Athletic shoes. Participants are advised to wear/bring shoes that will be comfortable for activities **off the bike** such as running and jumping. **Clip in bike shoes are not recommended as the only pair of shoes** for the Warrior Bike Ride.
4. Helmet: They must be worn at all times during the cycling portion of the event.
5. Cellphone: 1 phone for each team - for emergencies.
6. Water Bottles: We will have water at all of the checkpoints, but no cups (to reduce waste).
7. Bike repair kit: Should you get a flat or break a chain, be prepared to fix it. We have a mechanics station at the start line as well as a ride along mechanic but save your self time by being prepared.
8. Dry clothes: You will get wet, you may get messy so bring some dry clothes for the after party.
9. ID and money are always a good idea! There will be merchandise and extra meal tickets for sale at the finish line.

Obstacles

Teams must complete obstacle challenges at each checkpoint in order to advance. These will be physical and mental challenges that will take no more than 10 minutes per checkpoint to complete. Ride should take 1hr 45 min. - 2hr 15 min. start to finish.

We strive to make every obstacle fun and accessible to every racer no matter their age or ability. However, if you ever feel you cannot complete an obstacle for any reason, we do offer the option to skip the obstacle and move forward.

Rules

1. Team of 2 people must complete all obstacles in order to advance and qualify for the raffle. Teams will be given a map with directions to the next checkpoint once the challenge has been completed.
2. If there is a line at a checkpoint, teams must wait until their turn before they can complete the challenge.
3. Team members must ride together and complete checkpoints together.
4. Participants cannot use motorized transportation for any assistance.
5. Participants must wear a helmet **AT ALL TIMES WHILE CYCLING ON THE ROAD!**
6. Must be 10 years old to participate. A responsible adult 21yrs + is required to ride with participants 10yr -16yr of age.
7. You can make changes to your team up to August 21, 2012. To make changes you must contact Sandee and receive confirmation that the change has been made. Sandee 503-544-1480 e-mail sandeecano@gmail.com
8. No official timing on the ride. The goal is to challenge yourself, finish, and have fun!