

Lost Trail Powderkeg Guidelines

All racers are expected to be examples of good sportsmanship. Racers must treat fellow racers & race staff with courtesy and respect. Insubordinate and rude behavior will result in disqualification.

Teams are required to hand touch in the transition area between incoming and outgoing team members. A mandatory racers' meeting will be held at 7:45 am on race day at Lost Trail. This meeting will cover race-day procedures, information about the trails and any other questions regarding the race. Support crews will not be allowed on any portion of the event, including the transition area.

Timing:

All competitors must complete the race in 3 hours or less. Times for 2011 are a single result at the end of the race. Results will be posted on the Lost Trail Powderkeg registration website after the race. Timedsports.com is giving a lot to make this happen.

Ski Leg:

Racers are to be loaded on Chair 4 by 10:00 for a race start at 10:30. The lift up is 18 minutes. After the last rider dismounts the chair, all skier/snowboarders are to line up on Upper Sacagawea and await instructions and the race start.

On Sacagawea, racers descend to the bottom of Chair 3. From this point, racers climb up Gunsmoke run to the top of Chair 3, turn left and enter the Lost Trail Powder Mountain parking lot. NO gear may be left on the ski racecourse. Pack it in, pack it out. Helmets must be worn.

Biking Leg:

Racers can stage their bicycles in the area marked off, which is at the exit of the ski hill from the top of Chair 3. This area is very close. Racers are not to park cars in this area, however, you can stage your bicycle gear and transition out of skiing and into downhill bicycling.

Racers descend to the Sula Store, at the base of the pass. Racers will enter the Sula Store area, dismount, and begin the boat journey.

All bicyclists must obey all traffic laws. Bicyclists will come to a complete, motionless stop at all stop signs. Concurrently, at least one foot will be pulled off the pedal and placed on the ground. There shall be no support persons for assistance. Traffic will not be stopped or controlled. It is solely the responsibility of the bicyclist to determine when it is safe to proceed on Highway 93. Failure to comply will result

in disqualification, serious injury and/or death. Judges will be present to determine compliance.

No bicycle drafting will be tolerated. Bicyclists shall not ride closer than two (2) bicycle lengths behind another rider nor closer than three (3) feet to the side except when passing. Helmets are required. ANSI or SNELL approved helmets must be worn during the bike.

Boating Leg:

Boats allowed are paddle boards, kayaks, and canoes. All boats, wet suits, and dry suits must be cleaned to disallow contaminants and invasive species from entering the water.

Must display a number on the starboard bow above the water line (remember your bow wave!) Boat number on the starboard side, must be visible to the timing crew at the finish line. Boats must pass through the finish gate and exit the river on the right side of the river. If your number is not visible, please do not expect a time. Life jackets must be worn by all competitors in the boating leg. Teams without life jackets will be disqualified.

Right of Way:

Rule appropriate for Nordic & Boating Legs ONLY. Belongs to the overtaking competitor in all circumstances. The slower competitor shall heed a warning and yield, yet the overtaking racer shall use extreme caution and not expect the slower racer to yield in areas of danger. No interference will be tolerated.

End of Race: Gather up your stuff and head to the Naughty Moose for a buffet and the Powderkeg!

Gear:

Identify gear by owner and Bib number. Powderkeg Staff and Sponsors cannot be responsible for stolen items.

The Good Samaritan Rule is in effect throughout the race, with each competitor accepting the responsibility to assist another.

Support Crews can NOT ever cross the finish line. You MUST have a bib on to cross the finish line. Violators will be dis-qualified.

NO DOGS ALLOWED! Violators will be disqualified.