

ASPA Distance Race – Saturday, February 27 2010

ASPA's Distance race will be open to a variety of participants. We welcome runners and canicross ("run-joring") in the 12 mile category and skijorers, winter bikers, and bikejorers in the 12, 20, and "bridge and back" (approx 28 miles – to Nordale Bridge and back to downtown) categories. Bikejorers will be limited to two dogs; skijorers may run with up to three in all distances. The race fee for ASPA members is \$10; for non-members the fee is \$15. **ALL participants are asked to pre-register.** We will need a minimum of ten participants pre-registered for this race by Monday, Feb 22 in order for the race to take place. Check-in will begin at the Graehl landing at 10 am, followed by a race meeting and bib handout at 10:30, and the race will begin at 11:00. We have no indoor heated space so be prepared and dress warmly for the time prior to the race.

The temperature cutoff is -15 at **9:00 am**. We will use the temperature available from the National Weather Service at 458-3745 1-1-1-3. Call the ASPA hotline (45SKIJOR) shortly after 9:00 to confirm the race director's decision if the temperature is close to the cutoff.

All ASPA race rules apply to those racing with dogs. Some of the most important of these include:

- * No nippy dogs
- * No loose dogs
- * No metal edged skis
- * We suggest necklines for multiple-dog teams.

***ONE ADDITIONAL RULE FOR BIKEJORERS: STUDED BIKE TIRES ARE MANDATORY! THERE ARE SIGNIFICANT AREAS OF ICE UNDER THE BRIDGES IN TOWN.**

Please refer to the ASPA website (<http://www.sleddog.org/skijor/racerules.html>) for all race rules.

The condition and safety of the river is a consideration. If there are dangerous spots in the trail the race may be cancelled or shortened. This is also not a race on a closed course, so racers may encounter other trail users. Snowmachines and loose dogs from other trail users are always a possibility. We will go over the course the night before and mark open water but racers are responsible for their own safe travel on the river.

The race will be a mass start, with different categories starting slightly behind each other. Skijorers will start at the first start line, followed in this order: bikjorers, bicyclists, and finally, runners/canicross. Because of the different types of competitors, we will follow a "yield to the person with the least control" rule along the course. Bikejorers have the right of way over everyone else. Skijorers yield to bikejorers. Bikers yield to skijorers and bikejorers. Runners/canicross yield to everyone. A "yield" is defined as moving to the side of the trail, and if racing with dogs, moving the dogs out of the way of the team you are yielding to.

This will be an out-and-back race with the race for all participants ending at the skijor start line. All distance turnarounds will be clearly marked, with the Nordale Bridge marking the turnaround point for the longest distance.

Skijorers and bikejorers will need to provide their own handlers or be able to handle their own dogs! Assistance will be limited. Although runners will be allowed to handle for skijorers and gain a slight advantage, it is recommended to plan ahead for your needs rather than count on finding someone to help you at the race.

Since we will have people finishing at various times from the various distances, everyone will receive a participation award and there will be no awards (other than the glory of accomplishment and maybe a mention in the newspaper!) for winners in each category.

Just to clarify, here are the categories:

Running: 12 miles

Canicross: 12 miles (1 dog)

Biking: 12, 20, 28 miles

Bikejoring: 12, 20, 28 miles (1 or 2 dogs)

Skijoring: 12, 20, 28 miles (1, 2, or 3 dogs)

As always, we need help with the race. Positions open for the race include timer, relief timer (you will be out a while in the cold!) and starter/general assistant. Want to help? Ready to register? Please contact Sara Tabbert at stabbert@hotmail.com or 479 0456.