

RAMBLER 120

TEAM CHALLENGE

October 16, 2010 • 6:15 a.m. (race starts at 7:30 a.m.)

Randolph Recreation Park at Canyon Lake

Entry fee: Xtreme \$100, Relay \$150

(Registration & entry fee due Sept. 27, 2010)

Park Address:

781 Jacobs Creek Park Rd.
Canyon Lake, TX 78133

Divisions: Relay (5 - 8 person relay team) or Xtreme (4 person team)

Categories: All male, All female, Coed

Race includes 22 miles of biking, 6 miles of road running, 2 miles of rafting and a mystery event.

- Each team must have 4 team members on the course at all times
- There are designated areas for substitution between team members
- Each team must provide their own helmets and eye protection for the bike event
- No bike or tire restrictions
- Rafts, paddles and life jackets are provided for the raft event



REGISTRATION FORM

Race Division: Relay (5 to 8 person team) Xtreme (4 person team)

Categories: All Male All Female Coed

Team Name: _____ Team Color: _____

Team Members (first name, last name, rank)

1. Team Captain: _____ Sex: M F Age: _____ T-Shirt Size: _____

POC Phone Number: _____ POC e-mail: _____

2. _____ Sex: M F Age: _____ T-Shirt Size: _____

3. _____ Sex: M F Age: _____ T-Shirt Size: _____

4. _____ Sex: M F Age: _____ T-Shirt Size: _____

5. _____ Sex: M F Age: _____ T-Shirt Size: _____

6. _____ Sex: M F Age: _____ T-Shirt Size: _____

7. _____ Sex: M F Age: _____ T-Shirt Size: _____

8. _____ Sex: M F Age: _____ T-Shirt Size: _____

_____/I/We understand that there are no refunds.

Return registration form and payment to Mr. Steve Knechtel NLT Sept. 27, 2010. For questions call (210) 652-6508 or email stephen.knechtel@randolph.af.mil. **Payment:** cash, check payable to ITT or credit card at ITT (Discover and American Express cards are not accepted)

Mail to: Community Programs
415 B Street East
Randolph AFB, TX 78150
Drop off in person: ITT, Bldg. 897



www.rbfcu.org

No federal endorsement of sponsors intended.



Responsibility Matters.



RULES

Any violation will be penalized five minutes and will be added to the team's final time at the end of the race. Serious violations or inexcusable foolish behavior will result in disqualification.

Overall

- Teams will start in heats of five teams. There will be a two minute break between each heat to avoid congestion.
- **TEAMS MUST STAY TOGETHER.** Each active team member is required to stay within 50 yards of each other at all times. *Failure to stay together will result in a five minute penalty for each infraction.*

Bike

- Helmets and eye protection are mandatory. Each bike team will carry a cell phone.
- Bikers must ride single file on the right side of the right shoulder.
- Overtaking teams call out and pass on the left side of slower teams. Slower teams must allow faster teams to pass unobstructed.
- When substituting, all racers and team vehicles must be off the road.
- No bike or tire restrictions.

Run

- Run on the RIGHT side of the road, until otherwise directed to avoid conflict with bikers.

Raft

- All four rafters must check in at checkpoint. Raft, life jackets and paddles will be issued.
- All four rafters must stay in the raft at all times. (NO SWIMMING)
- Life jackets must be worn at all times.
- Wear shoes! You will need them going to and from the water.
- No sabotaging other team's rafts or interfering with their progress.
- After rafting, do not run with your raft until you have gotten to the road. The road to the finish line is very rough.

Team Vehicle rules

- Only one team vehicle per team!
- Carry cell phone for emergency purposes (in addition to the cell phone carried by bikers).
- Use extreme caution and do not interfere with racers.
- No team vehicles allowed on the road during the rafting portion from beach area to pavilion. This is to alleviate congestion on this narrow road during the bike and run.
- Carry extra water and food for team members.