



2024 RULES & REGULATIONS

1. Each team will consist of 5 riders. (Alternates are allowed, but only 5 riders will compete per heat.) All participants must be at least 18 years old. Accommodation will be made to include teammates of all abilities. Please let the event coordinator know by April 1st.
2. Teams are required to provide their own tricycle that meets the needs of their riders and these guidelines: The tricycle must be non-motorized, have three wheels (two in back and one in front) and the diameter of the front wheel cannot exceed 15" (including the tire). Modifications are allowed if these minimum criteria are met.
3. Riders must remain seated, facing forward, and always straddling the trike.
4. Riders must propel the tricycle by either pedaling with their feet or pushing off with their feet on the floor. No running starts or pushes from teammates.
5. Officials will monitor to ensure all riders comply with the rules above. Violations may result in disqualification, including but not limited to: Racers not remaining seated---if a rider does not remain seated, they will have to go back and start over from their spot; pre-mature handoffs/transition---a rider will have to go back and start over from their spot
6. Each team member will ride approximately 60 feet.
7. Sneakers are required as footwear. No cleats, sandals, or open-toed shoes. Helmets are optional.
8. There will be a minimum of three teams competing in each round. A relay will consist of the following: 3 team members will begin at one end of the course and the other 2 team members will begin at the opposite end. The first team member will ride to the opposite end, remaining seated on the trike the entire way, and will pass the trike to a waiting team member once the entire trike has crossed the line. This will be repeated until all 5 members of the team have completed their leg of the race. The first team to finish the race will advance to the final round. The number of rounds will be determined by the total number of teams participating in the event.
9. If a rider is unable to ride on day of, an alternate is acceptable, or another team member is allowed to relay twice.
10. NO RIDING BACKWARDS. Riders may not lift/carry the tricycle to run or walk with it.
11. In case of a mechanical problem, tricycles can be exchanged during the race. The rider will immediately stop and freeze right where they are, and a backup trike can be swapped out by your team or can be provided by UWGNH as available
12. **The registration fee is \$150 per team and must be received/raised by April 1st.** Teams that raise \$250+ by March 1st will receive a "head start advantage" and the team that raises the most by April 10th will also receive a head start. This is a fundraiser so we encourage teams to raise as much as they can!
13. **Reserve your spot by creating an online team page and making a \$30 donation.** Each team's fundraising page allows donations to be secured from their networks to reach the registration fee (and beyond if you'd like a head start at the race). The final registration fee is due by April 1st. Spots are limited!
14. Have fun!