

Rules for GAAR Participants

- 1) Athletes must check-in prior to 7 am. Boats must be staged and bikes placed in the transition area prior to the race briefing at 7:15. The mandatory race briefing will take place near the ramp.**
- 2) All entrants must certify and sign a release stating that they are in proper physical condition.
- 3) Participants will act in a safe and reasonable manner in all areas of the GAAR.
- 4) Participants will follow all GAAR Rules, and will obey, without objection, all laws and all instructions from GAAR Race Marshals and local law enforcement.
- 5) Athletes behaving in variance to any rule will be subject to immediate disqualification.
- 6) Do not jeopardize your safety or that of others by paddling, running, riding, or driving in an unsafe manner!
- 7) Drafting along the bike route is strictly prohibited.
- 8) GAAR participants must stay on the official route at all times. If a participant leaves the course to find needed services, they then must rejoin the course at precisely the point at which they left it. No shortcuts are allowed.
- 9) If unforeseen conditions (such as a train) cause delay, please note the total time of the delay. Race officials will adjust your time to reflect that delay.
- 10) A Coast Guard approved personal flotation device (PFD) shall be worn by all participants on the paddling portion of the GAAR.
- 11) A CPSC/ANSI approved bicycle helmet shall be worn by all participants on the bicycling portion of the GAAR.
- 12) In the event that you abandon the paddle, ride or run, please contact race officials. GAAR support staff will make every effort to transport participants off the course.
- 13) The GAAR is a rain or shine event. Race officials will be in contact with law enforcement and emergency personnel to assure that weather conditions are safe for the event. Should weather conditions pose a threat to participants, spectators or volunteers, GAAR officials reserve the right to delay or cancel the race.
- 14) HAVE FUN and BE SAFE!

In case of inclement weather, all athletes should look for notice from race officials and respond accordingly.