

## **Rules for GAAR Participants**

- 1) **Athletes must check-in prior to 7 am. Boats should be staged near the boat ramp prior to the race briefing at 7:15.**
- 2) Participants will follow all GAAR Rules. Athletes behaving in variance to any of the rules during the GAAR will be considered for immediate disqualification by the GAAR Event Director.
- 3) All participants will act in a safe and reasonable manner in all areas of the GAAR.
- 4) Each entrant must certify and sign a release stating that they are in proper physical condition and fit enough to participate in strenuous physical activity.
- 5) All participants will wear their bib registration number and ensure it is visible at all times during the GAAR (except when wearing PFD).
- 6) GAAR participants must obey, without objection, all laws and any instructions from local law enforcement. Don't jeopardize yourself or other participants of the GAAR by paddling, running, riding, or driving in an unsafe manner.
- 7) Drafting along the bike route is strictly prohibited.
- 8) Each entrant's bicycle must be in excellent mechanical condition.
- 9) A CPSC/ANSI approved bicycle helmet shall be worn whenever the bicycle is being ridden during the event.
- 10) Athletes will be required to wear a coast guard approved personal flotation device (PFD) at all times while on the paddling portion of the GAAR.
- 11) 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 they left it. No short-cuts are allowed. If unforeseen conditions, such as road obstacles or trains, cause delay, please note the total time of the delay and race officials will correct your team time to reflect the delay.
- 12) In the event that you abandon the paddle, ride or run, you must contact the registration HQ at Ada Hayden Park Shelter. GAAR roving support crews will make every effort to transport participants back to the shelter.
- 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.
- 14) Should weather conditions pose a threat to participants, spectators or volunteers, GAAR officials reserve the right to delay or cancel the race.
- 15) HAVE FUN and BE SAFE!

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