

1st annual Firetrucker Alempics biking Pentathlon

- Participants can win gold, silver, and bronze medals in each of the 5 individual events.
- Bike Pentathletes can get gold, silver and bronze by having the highest total score across all 5 bike events with points from each event calculated by 30 points going to 1st place, 29 pts going to 2nd place, etc.
- Medals will be given for the best bike mechanic in in Bike Tire Change.
- Non-riders can participate in the Dead Man's Bike roll for a medal.

We are allowing only **30** people to signup per event to ensure we can get the events all finished before the 5 PM awards ceremony.

Prizes/Medals will be announced soon.

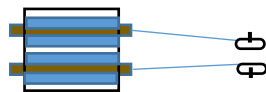
Biking Events

1) Slow Race

- Must move forward at all times (wheels to be rotating at all times while racing).
- Cannot place feet on the ground at any time
- Swerving side to side is not allow. Swerving more than 3 ft off your course centerline can get you disqualified by the race judge/s. May draw 3 ft lanes to help the judges decide this but bikers do not need to stay in a lane during the race.
- 8 bikes per heat in this timed event
- Race judge will enforce these rules

2) Bike pull (think tractor pull but with bikes)

- A pallet with wooden runners will be the base for this weight pulled. Ropes with 2 Carabiners will be used to hooked to the seat post of the participants bike



- Bricks or cement blocks will be used as weights
- Pull is completed when forward movement stops for longer than 3 seconds
- A full pull is 10 feet.
- Boundary lines will be 8 feet apart. If bike or pallet hits the boundary lines, the contestant will be disqualified
- NO JERKING weighted pallet. You must tighten ropes before pulling. (not sure have to test this rule)
- Multiple rounds held with increasing weight in each round, unless all remaining competitors fail a round then the last increase will be cut in half
- Pull officials reserve the right to add any additional rules or correct any problems that happen at a pull

3) Track Stand

- a. Feet can not touch the ground
- b. Bike wheels can not move outside a 3 ft diameter circle around the front tire
- c. Rider can roll into the 3 ft diameter circle to start but the tire cannot touch the circle once it enters to begin the track stand
- d. Timed event with person with longest time being the winner

4) Obstacle Course

- a. Fastest time through course wins. Timing will be tracked for each round.
- b. 4 obstacles in the course
 - i. 6 in wide Teeter-Totter 1 – 2 ft high in center
 - ii. 4 inch wide 10 ft long narrow ride section
 - iii. Up and down ramps to cross
 - iv. Hurdles to make riders jump off bike and carry it across
- c. If a participant falls off an obstacle or go outside the marked course they need to redo that complete obstacle or get 20 seconds added to their time
- d. There will be time for test rides before the event begins, 1 per participant

5) Bike Jousting, bags skills (similar to a biathlon event)

- a. Must use joust (long pole provided to you) to pick up bucket or bag with 3 cornhole bags in it in the first part of the course.
- b. The picking up to the bucket/bag of bags is timed with points given to the top 3 fastest people to pick up the bag of bags (3 for top 3 finishers, 2 for 4 - 6, 1 for 7 - 9) (this scoring may be adjusted before the event.
- c. The second part of the course, is a ride in which the rider throws the bags (one at time so 3 total passes) at the bag set getting the points designated for each hole a bag is thrown into
- d. The bag board is 10 ft by 5 ft and 2 – 4 ft off the ground
- e. Scoring is as follows:



- i.
- f. Total of points for both parts of course will be used to compute medal winners

Biking Mechanics events

- 1) Fastest tire change
 - a. Change both tube on both tires of the bike
 - b. No bike stand is allowed
 - c. We will provide bikes to use
 - d. Once tires are remounted and pumped up must ride the bike 20 ft.
 - e. Timing will end when your bike is completely across the finish line
 - f. Tire pressure will be measured and 10 seconds will be added to your time for each 10 psi you are below 50 psi

Non Biking Events

- 1) Dead Man Bicycle roll
 - a. Bike is pushed down a 20 ft wide course
 - b. The distance the farthest part of the bike makes when it comes to a stop it is recorded
 - c. Each participant gets 2 tries
 - d. Winner is designated by combining both distances with the person with the longest distance of both rolls getting gold, then silver, the bronze

- 2) Bike Tire Bowling (non medal event for fun)
 - a. Empty 2 liter bottles with a bit of weight in them are the bowling pins
 - b. Use an old bike rim as the bowling ball
 - c. 2 tries to knock down all the pins
 - d. 4 frames scored like bowling
 - e. Highest score wins.
 - f. This will be for fun and running all day long