



Route Distance	Allowed	NOT Allowed
5k Run/Walk	<ul style="list-style-type: none"> <input type="checkbox"/> Standard running or trail shoe <input type="checkbox"/> Stroller or baby jogger with larger wheels <input type="checkbox"/> Expect 1 aid station <input type="checkbox"/> Run/Walk surface – mostly dirt road with a short section of grass field 	<ul style="list-style-type: none"> <input type="checkbox"/> No bicycles
9 mi Trail Run	<ul style="list-style-type: none"> <input type="checkbox"/> Standard running or trail shoe <input type="checkbox"/> Expect 3 aid stations <input type="checkbox"/> Run surface – mostly dirt road with at least one mile of double track trail 	<ul style="list-style-type: none"> <input type="checkbox"/> No bicycles <input type="checkbox"/> No strollers
10-Mile Route	<ul style="list-style-type: none"> <input type="checkbox"/> Standard Bicycle <input type="checkbox"/> Recumbent (w/ flag at least 6' high) <input type="checkbox"/> Hand Cycle <input type="checkbox"/> Para-cycling type bicycles <input type="checkbox"/> Tandem <input type="checkbox"/> Electric Bike (E-Bike) 	<ul style="list-style-type: none"> <input type="checkbox"/> Motorized vehicles (E-bike ok!) <input type="checkbox"/> Training Wheels <input type="checkbox"/> Kids Tricycles <input type="checkbox"/> Wheelchair <input type="checkbox"/> Scooters <input type="checkbox"/> Unicycle <input type="checkbox"/> Tag-A-Long/Burley Kart
25, 50, 62, 100-Mile Routes	<ul style="list-style-type: none"> <input type="checkbox"/> Standard Bicycle <input type="checkbox"/> Recumbent (w/ flag at least 6' high) <input type="checkbox"/> Hand Cycle <input type="checkbox"/> Para-cycling type bicycles <input type="checkbox"/> Tandem <input type="checkbox"/> Electric Bike (E-Bike) 	<ul style="list-style-type: none"> <input type="checkbox"/> Motorized vehicles (E-Bike ok!) <input type="checkbox"/> Training Wheels <input type="checkbox"/> Kids Tricycle <input type="checkbox"/> Wheelchair <input type="checkbox"/> Scooters <input type="checkbox"/> Unicycle <input type="checkbox"/> Tag-A-Long/Burley Kart
5k Ride Activity - no registration needed (same course as 5k run/walk)	<ul style="list-style-type: none"> <input type="checkbox"/> Wide tire adult or kids bikes <input type="checkbox"/> Bicycles that can handle grass, dirt and packed gravel terrain <input type="checkbox"/> Expect 1 aid station 	<ul style="list-style-type: none"> <input type="checkbox"/> No skinny road bike tires

