



Powell County PBR

Paddle/Bike/Run

Hosted by the Powell County Parks Board

Saturday, June 17, 2023

Check-in 8:00am ● Race begins 9:00am

Entry Fee: \$30 per person (includes T-shirt) or

\$15 per person (no T-shirt included) Paid to Powell County Parks Board

Participants may compete individually or in a group of three. Each participant must fill out a registration form. Submit to Amanda Cooley at the Powell County Planning Office at 409 Missouri Ave. Suite 114 Deer Lodge, MT 59722 by **June 5** to receive your t-shirt prior to the race. Prizes will be awarded to the top 3 finishers in individual and team categories. The event will occur rain or shine. We reserve the right to cancel with no refunds in extreme circumstances.

Race Registration Entry Form

First _____ MI _____ Last _____

Email _____

Phone _____ - _____ - _____ Date of Birth ____/____/____ Female: Male:

T-Shirt: Sizes (Unisex – Short Sleeve) : S M L XL 2XL

The primary goal of this event is to highlight the Powell County Parks and Trails. Event proceeds will go toward promoting future events and park/trail improvements in Powell County. A portion of proceeds will be donated to Powell County Search and Rescue.

[Continue to page 2 to sign event waiver. Registration is not valid unless waiver is signed].

RELEASE

In consideration of you accepting this entry, I, the participant, intending to be legally bound do hereby waive and forever release any and all rights and claims for damages or injuries that I may have against the Event Director, RunSignup.com, and all of their agents assisting with the event, sponsors and their representatives, volunteers and employees for any and all injuries to me or my personal property. This release includes all injuries and/or damages suffered by me before, during or after the event. I recognize, intend and understand that this release is binding on my heirs, executors, administrators, or assignees.

I know that participating in this race is a potentially hazardous activity. I should not enter unless I am medically able to do so and properly trained. I assume all risks associated with this event including, but not limited to: falls, contact with other participants, the effects of weather, traffic, and course conditions, and waive any and all claims which I might have based on any of those and other risks typically found in race participation. I acknowledge all such risks are known and understood by me. I agree to abide by all decisions of any race official relative to my ability to safely complete the race.

In the event of an illness, injury or medical emergency arising during the event I hereby authorize and give my consent to the Event Director to secure from any accredited hospital, clinic and/ or physician any treatment deemed necessary for my immediate care. I agree that I will be fully responsible for payment of any and all medical services and treatment rendered to me including but not limited to medical transport, medications, treatment and hospitalization.

As it applies to my participation in this race, I agree to abide by the Center for Disease Control (CDC)'s recommendations for the prevention of the spread of COVID-19 and attest to having read the CDC's guidance at: <https://www.cdc.gov>. I also agree to abide by any COVID-19 distancing and other safety guidelines issued by the state, the community or by this race for my participation in this race.

Further, I grant permission to all the foregoing to use my name, voice and images of myself in any photographs, motion pictures, results, publications or any other print, videographic or electronic recording of this event for legitimate purposes.

This event follows the standard running industry policy: All entry fees are non-refundable. We reserve the right to postpone or cancel the event due to circumstances beyond our control such as a natural disaster or emergency or as required to protect the safety of participants and staff. No refunds will be issued under these circumstances. We reserve the right to change the details of the event without prior notice. I understand that my entry fee is nonrefundable and bib numbers are non transferable.

By submitting this entry, I acknowledge having read and agreed to the above release and waiver including the no refund policy.

Signature: _____ Date: _____

Check this box if you are a parent signing for a minor. Name of minor _____

Powell County

Parks Board

Presents

POWELL COUNTY PBR

2 mile float / 6 mile bike / 2 mile run

Saturday, June 17, 2023 | Race Starts 9:00 a.m.

Check in at 8:00 a.m.

Racer Information



Event Description: The race will be on June 17, 2023 at 9:00 a.m. The race starts at Arrowstone Park – East Side and ends at Arrowstone Park – West Side in Deer Lodge, Montana. This is a 2 mile paddle, 2 mile run, 6 mile bike down the Clark Fork River and across some of the Powell County Trails. Proceeds from the race will go to the Powell County Parks Board and funds will be used to promote the use of trails in Powell County through future events. A portion of the proceeds will also be donated to Powell County Search and Rescue.

Event Registration: Participants who wish to receive a t-shirt must register by June 5th. Registration closes June 14th. To register, download a registration form from the following website:

<http://www.powellcountymt.gov/county-departments/planning-department/>

OR Signup online at <https://runsignup.com/Race/MT/DeerLodge/PowellCountyPBR>

Event Schedule:

Saturday June 17, 2023

8:00 a.m. **Check-In** at Arrowstone Park - East Side near the Boat Ramp.

8:15 a.m. 1st call for racers to begin staging their paddlers, bikers, and runners.

For racers competing in teams, runners will go to the A-OK Campground. Bikers will go to the visitor's center at Grant-Kohrs Ranch. *Transportation will not be provided.*

8:30 a.m. Last call for racers to stage their boats, runners, and bikes

9:00a.m. Paddlers start the race.

11:00 p.m. Awards Ceremony at Arrowstone Park – West Side

Check in: All participants should check in before proceeding to staging areas. Please be on time so that there is enough time to check-in and stage boats and bicycles.

- **Bikers are responsible for being ready at Grant-Kohrs Visitors Center** *following* check-in.
- Solo competitors are responsible for getting their bike to the Grant-Kohrs Visitors Center **AFTER** registration and **BEFORE** they launch their boat. A volunteer will be present at the ranch to indicate where to place bikes.

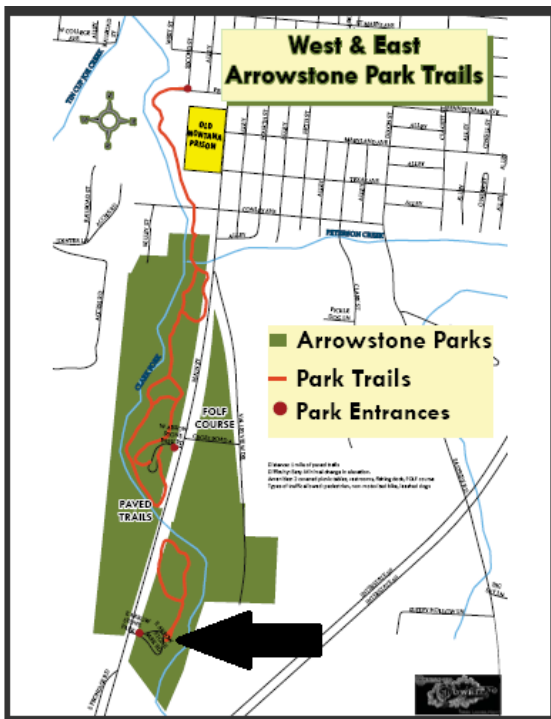
Race Equipment:

- **Boats** must be non-motorized. Rafts, kayaks, paddle-boards, and pack-rafts are suitable, though a kayak is recommended.
- **Paddlers** must provide their own **paddle** and **personal flotation device (PFD)**
- **Bikes** need to be suitable for road and rough gravel roads. Road bikes are not recommended

What to bring:

- Water Bottle
- Solo competitors can choose to wear their running shoes during the float or bring them in a waterproof bag to change into at the A-OK campground prior to starting the running portion.

Directions to the Start/Finish: Racers should report to the registration table located at the Arrowstone Park East Side near the Boat Ramp by 8:00 a.m. the day of the race. This is where the race will start, with the paddlers first. The race finishes with the bike portion at the West Side of Arrowstone Park, across the street.



Route Information and Course Description: Paddlers will enter the river at the Arrowstone Park – East Side Boat Launch. At 9:00a.m. they will float/paddle to the A-OK Campground and RV park, 2 miles downstream. Once floaters have their boat on shore and both feet on solid ground, they can tag the hand of their runner. Single competitors may begin their run as soon as their boat is securely out of the water. Volunteers will be available to help exit.

The Powell County Search and Rescue will be monitoring for safety. You can leave your boat here and pick it up after the race OR you can have someone pick it up for you. Racers competing in groups must find their own transportation back to Arrowstone Park – West Side, where the race will be finishing.

Runners will make their way up Milwaukee Street, over the bridge, and take a right on Washington Street. Runners will continue up Washington Street and onto the Old Yellowstone Trail which goes through Grant-Kohrs Ranch. The trail is gated and racers must go through the gate. They will continue on for about ½ mile until the trail heads east toward the ranch. The route goes through the ranch and then south toward the visitor center. Watch for signs and volunteers that will indicate the path.

Bikes and Bikers will be waiting near the visitor's center at Grant-Kohrs National Historic Ranch. Once the runner tags the bikers hand, bikers may begin peddling. Solo competitors can begin biking immediately. Bikers will head up North Main Street to Rainbow Street. Take a right (west) at Rainbow St. and take an immediate left (south) onto 2nd street. This is a somewhat blind turn so be mindful of traffic. You will pass through a 4-way stop at Milwaukee Ave. This is a state road. An officer will be present to help direct traffic. Head up 2nd street to Pennsylvania Ave. and turn west (right) to get on the trail that goes back to Arrowstone Park – West Side. At Conley Ave. you will turn LEFT and cross Main Street. Follow Conley up the road about ¼ mile to Eastside Road and turn right onto Eastside Road. Race to the end of the pavement, just past Mountain Lion Lane, turn around, and turn back the way you came. Follow the route back across Main Street until you come to the trail, just before the Conley Bridge. Turn LEFT to head back toward Arrowstone Park. You will come upon a footbridge and a VERY TIGHT corner. TAKE THIS CORNER VERY SLOW. Bikers will follow the Arrowstone Park – West Side trail around the entire park to the finish line near the maintenance sheds. Bikers must

follow the correct path in order to cross the finish line. The path will be marked with cones and arrows drawn on the asphalt.

The course is not closed to the public but volunteers will be present to try and help pedestrians be aware of the race.

Racers are strongly encouraged to familiarize themselves with the race route ahead of the race'

The course will close at 11 a.m. [see the attached course map]

Course Marking: Volunteers will be stationed along the course to direct racers. Cones will be present on some portions to indicate the route. Arrows will be painted on the asphalt on some portions of the route.

Restrooms: Restrooms are available at the start and finish of the race.

Emergency assistance: Members of the Powell County Search and Rescue Team and Powell County EMS will be on-site in the event of an emergency. Volunteers will be wearing race t-shirts and you can approach them to contact medical staff if needed.

Aid Stations: Water and light refreshments will be available at the A-OK Campground and at Grant-Kohrs Ranch for racers if needed.

Spectators: Spectators are encouraged to attend and cheer the racers on. Those wishing to watch paddlers can watch from the east side or west side of Arrowstone Park. We recommend staying off the trails at Arrowstone Park on the West Side as bikers will be coming through at the end of the race.

Awards: The top three finishers for single competitors and team competitors will be awarded a prize.

