

Are You Ready To Pull For Food?

Benefiting the
Emergency Foodshelf and BikeMN Safety Education Program
at the
Active Living Bike Expo
MN State Fairgrounds, St. Paul on April 29 & 30, 2011



Can You Pull This 300-Plus Pound Skid With A Bicycle and Help Make A Difference?

Theoretically, most people can comfortably pull a 300 lbs (137 kg) load with a typical mountain bike or cargo bike moving at 10 mph (16 km/hr) on level ground, with no headwind. A person exerting the same effort could pull a load of 600 lb. (275 kg) at a speed of about 8 mph (11-13 km/hr), and a 1000 lb load at about 6 mph. Now put that weight on a variable load (*a mini version to a tractor pull*) skid trailer and let the competition begin!

Bicycle Pull Contest General Information

Proceeds after payouts benefit the services to over 230 hunger relief programs and food shelves of the Emergency Foodshelf Network and the Share the Road, Educational Campaign at the Bicycle Alliance of Minnesota. One entry per Class to be entered. Registration for all single seat post Classes are \$25 with form on the back side of this page returned and postmarked by Monday, April 18th. If postmarked after April 18th, through April 29th for or on-site registration, the cost is \$35 for each class.

The Tandem (double seat posts) Class registration is \$35 with form, by April 18. After that date or on-site registration on April 29th, the cost is \$45. No registration, for competition excepted on April 30, the day of finals.

Payouts in each class 1st Place - Trophy & \$125 - 2nd Place \$50 - 3rd place \$35

Mountain Bike Stock categories: (Gearing 22 - 32 - 42 to: 11 - 36 Standard stock size tires)	Women's	Class I (under 160 lb) Class II (over 160 lb)	
	Men's	Class I (under 175 lb) Class II (over 175 lb)	
	Women's	Class I (under 160 lb) Class II (over 160 lb)	
	Men's	Class I (under 175 lb) Class II (over 175 lb)	
Cargo/Cross-Train Stock categories: (Gearing and tires sizes stock from manufacture)	Women's	Class I (under 160 lb) Class II (over 160 lb)	
	Men's	Class I (under 175 lb) Class II (over 175 lb)	
Tandem category: (Gearing and tires size stock from manufacture)		Class I (Under 350 lb combined weight) Class II (Over 350 lb combined weight)	
Fix Gear Bike competition: (Gearing 32 to: 20 - standard street tires)	Women's	Class I (under 160 lb) Class II (over 160 lb)	.
	Men's	Class I (under 175 lb) Class II (over 175 lb)	.
Modified Bike competition: (gearing and tires - anything goes)	Women's	Class I (under 160 lb) Class II (over 160 lb)	.
	Men's	Class I (under 175 lb) Class II (over 175 lb)	.



MINNESOTA'S FREE FOOD BANK





Bicycle Pull Entry Form

Friday, Saturday, April 30 10 a.m. to 5 p.m.



Name: _____

Drivers License #: _____

Address _____ City: _____ State: _____ Zip: _____

E-mail: _____ Phone: _____ - _____

Bike Make & Model:

Place an **X** next to class you want to perform in (**one entry per form**): Limited entries per class

MBT Stock: _____ FI _____ FII _____ MI _____ MII

Cargo/CT: _____ FI _____ FII _____ MI _____ MII

Tandem: _____ Class I _____ Class II

Fix-Gear: _____ FI _____ FII _____ MI _____ MII

Open/Mod: _____ FI _____ FII _____ MI _____ MII

Sorry
No electric assist categories this year

Bike pullers are urged to check-in early Saturday, April 30, for completion. All entrants pre-registered before Friday, April 29, are welcome test their equipment and develop a feel for course. To use the course you must sign in and pick up a number for rotational runs.

Your weight class is determined by pullers body mass, clothing and gear standing on the pedals. Bikes competing will be connected to the variable weight skid by a Chariot axel mount EZHITCH arm. Helmets required.

The show promoter, the Emergency Foodshelf Network and BikeMN reserves the right to cancel classes or adjust awards and prize money depending upon the number of entries received. In the event there are four or less entries in a class, only the first place prize will be awarded. All entrants pulling must be over the age of 18, have a valid picture I.D. and signed a full release form before using the course on April 29 or 30, 2011.

Absolutely no doping or alcohol allowed while competing. Any bicycle puller under the influence of either will be disqualified and forfeit their entry fee in the 2011 Bike Pull Competition. Indemnification Clause: *Participant shall indemnify, defend and hold harmless the show promoter, Lomarco, HavefunBiking.com, the Emergency Foodshelf Network, the Bicycle Alliance of Minnesota (BikeMN), the Minnesota State Fairgrounds facilities and the Minnesota State Agricultural Society.

Agents and Employees from any and all liability, claims, demands, expenses, fees, fines, penalties, suits proceedings and causes of any actions of any and every kind and nature arising out of or in any way connected with the participation in the Active Living Bike Expo Bicycle Pull on April 29 or 30, 2011 hold all parties holding this event harmless.

By signing this entry, participant acknowledge they have read and understand the rules governing this event and will abide by any and all rules and regulations set forth by the management of the Active Living Bike Expo.

Signed: _____ Date: _____

The entry must be post marked by April 23 or delivered in person by April 29 to be valid.

Enclosed please find payment of \$ _____ for the above class checked. (please use additional forms if you are registering for other categories.)

Mail this form with a check to:
Lomarco/Bike Pull Competition
12753 Ethelton Way
Apple Valley, MN 55124

Proceeds benefits:
Emergency Foodshelf Network
and the
BikeMN Education program

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