

## The Exercise Place Garretson State Line Bike/Run

This guess your time race will be held to encourage participation in the Jesse James Days celebration. This is the first attempt (locally) to offer this type of event. We plan to start and finish the bike/run at the same time and place as the 5k (Garretson School). If bike riders to not want to RUN or do not have a teammate they will be encouraged to ride the route and guess their time . This would be a good option for families.

### Bike/Run

- 2 person teams, age group determined by adding ages together
- 3 classification groups: male, female or mixed
- winners determined by guessing the time to complete the course
- \$20 entry fee per team (checks payable to the Exercise Place)

### Rules

- one bike will be shared by each team
- at the start and finish of the race both team members must be together.
- the person on the bike will ride ahead and leave the bike near the road at a spot (distance determined by each team).
- race should be fairly quick because for most of the bike/run both team members will be running separately and the bike will be parked in the ditch or field approach.

### 4 or 9 mile Race Route

- Start on main street in front of GHS. Go north for 2 blocks
- turn right on 4<sup>th</sup> st. then go 2 ½ miles east
- turn right at the state line - Nussbaum Dairy then go south 2 miles
- turn right at gun club road then go 2 miles west
- turn right on hiway then go 1 1/4 miles north to Dowes Ave.
- turn left and go to main st.
- turn right and finish in front of GHS