

# 2008 New Years Day Bike-Run Challenge

2 Hill Climbs and 1 Trail Run (5k, 10k, or 10mi)

Lowest Combined placing wins

## 1. Determine Hill Climb Handicap

Hill Climb Handicapping

40+ add 2 minutes

50+ add 2 minutes

60+ add 2 minutes

female add 4 minutes

pregnant add 4 minutes

example: 52 yr old female adds  $2 + 2 + 4 = 8$  min handicap

## 2. Hill Climb #1

Staggered start according to handicap time

At the top, time gaps are recorded and group moves to next Hill Climb.

## 3. Hill Climb #2

Staggered start according to Hill Climb #1 time gaps

At the top, finish order is recorded. This is your hill climb placing.

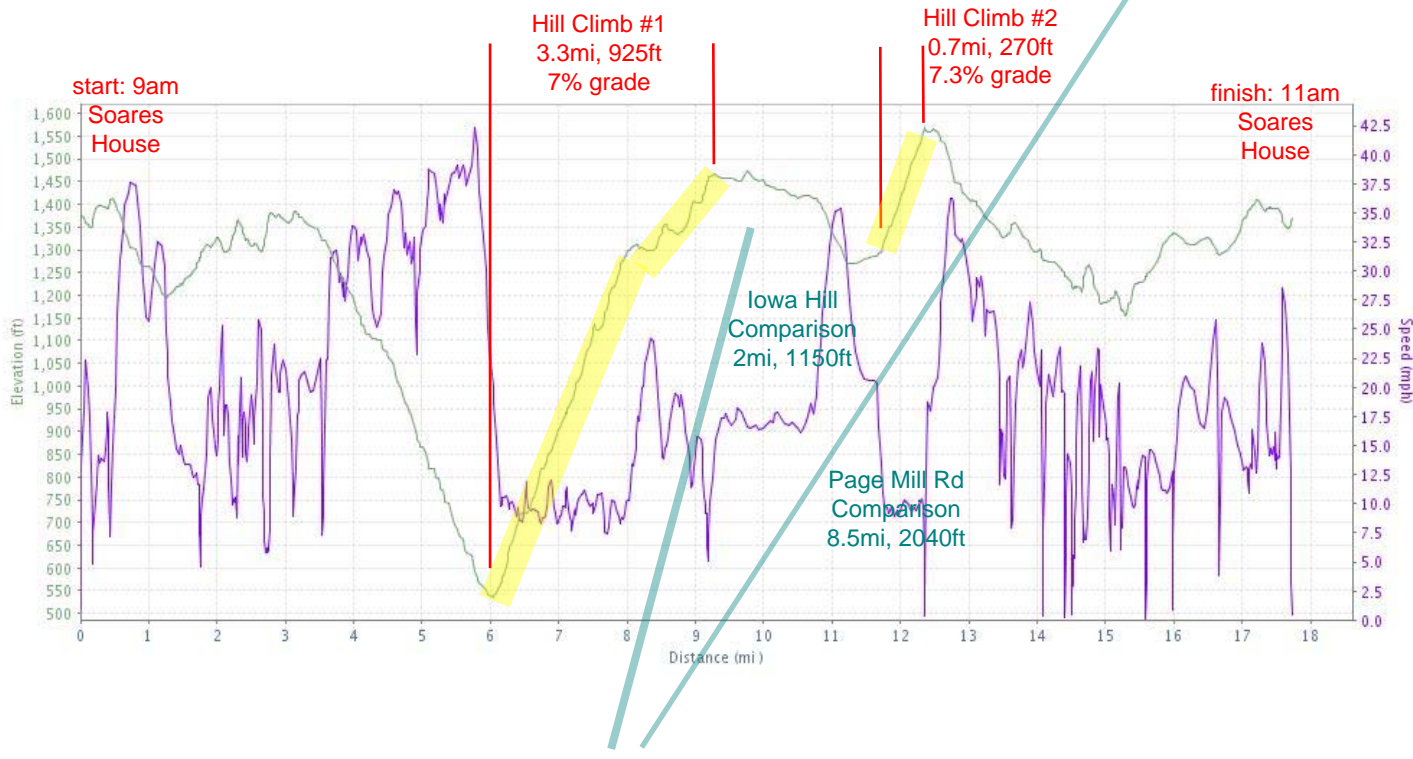
## 4. Trail Run\*

Can choose any distance.

Your trail run placing is whatever you place in your age group.

\*You can choose not to run - your place defaults to the middle of the age group.

# 2008 New Years Day Bike-Run Challenge 2 Hill Climbs



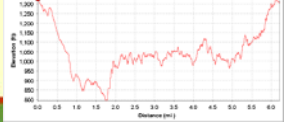
# 2008 New Years Day Bike-Run Challenge Bike Route



**Soares House  
Start & Finish**



Elevation Profile



2008 New Years Day  
Bike-Run Challenge  
10km Run Route

# 2008 New Years Day Bike-Run Challenge 10km Run Profile





2008 New Years Day  
Bike-Run Challenge  
10mi Run Route

# 2008 New Years Day Bike-Run Challenge 10mi Run Profile

