



SLOW BIKE RACE RULES

- 1. Riders must wear helmets and ride a standard 2-wheel bicycle.**
- 2. Riders must stay in their lane and cannot go backwards.**
- 3. Riders cannot touch the ground with their feet or anything else on their person or bicycle.**
- 4. Any rider who goes backward, rides out of the lane or touches the ground is disqualified.**
- 5. Last one across the finish line wins, and advances to the next round of heats.**
- 6. Each rider is eligible to race a minimum of two heats through consolation rounds.**
- 7. In a heat where no rider crosses the finish line, the last rider standing before disqualifying wins.**
- 8. First Prize will be awarded to the Last Place Winner.**
- 9. Prizes are awarded for best costume, team spirit, and highest fundraiser.**
- 10. Have fun and thank you for supporting the Rail Trails!**