

# DIY At Home POLE PEDAL PADDLE CHALLENGE

Saturday, May 16th, 2020

Sadly, this year's PPP is cancelled, but we still want to remotely bring the community together to celebrate outdoor recreation with people of all abilities! Join us for the first ever (+ hopefully last) DIY At Home PPP Challenge, where you come up with your own version of the PPP and "compete" with your current **quaran-teammates**.

**What:** The PPP is a six leg multisport race where individuals, pairs or a team complete any/all legs to complete the race. You will pick six "legs" to do at home. You may only use stuff you already have at home and only compete with folks you live with OR virtually with others. Costumes encouraged.

**When:** Anytime on Saturday, May 16th - please pick times where you are able to avoid running into other people.

**Where:** At home, YOUR home. Indoors or outdoors, whatever is safest for you. If you are feeling ill, stay inside, rest + root for your friends!

**Why:** FOR FUN, to connect and celebrate recreation, facetime your friends/family before/during/after. Donations to OAS/MBSEF encouraged.

**How:** Most creative entry wins. To enter, post a video on social media and tag OAS + MBSEF on instagram or facebook or email to [info@oregonadaptivesports.org](mailto:info@oregonadaptivesports.org).

**Prize:** Winner must be located in Central Oregon - OAS will deliver a Hydroflask backpack filled with local business prizes.

**YOU MUST MAINTAIN SOCIAL DISTANCING AT ALL TIMES.**



## Leg #1: Downhill

This leg starts with athletes running uphill 200 feet, finding their skis/boards, clicking in and racing down through gates on an intermediate run.



## Leg #2: Nordic

The Cross Country leg is an 8 km skate ski. Hint: what can you do to repeat the motion of skate skiing with poles while in town.



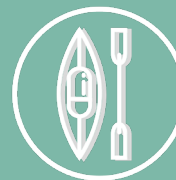
## Leg #3: Bike

The bike leg is a 22 mile road ride.



## Leg #4: Run

The run leg is a 5 mile trail run.



## Leg #5: Paddle

The paddle on the Deschutes goes upstream .5 mile, downstream .75 mi then back upstream .25 mi. This is going to be fun to GET CREATIVE with!



## Leg #6: Sprint

The race ends with a 1 mile sprint finish.



**Community Support:** Each year, the PPP - run by Mount Bachelor Sports Education Foundation - brings together 1,000s of athletes to recreate. Oregon Adaptive Sports supports over 50+ adaptive athletes on 10 teams for the event each year. If you, are able please consider making a donation to support their efforts.

# Pole Pedal Paddle Challenge



## Leg #1: Downhill

This leg starts with athletes running uphill 200 feet, finding their skis/boards, clicking in and racing down skiing through gates on a beginner/intermediate run.

**Your At Home Race Leg #1:**



## Leg #2: Nordic

The Cross Country leg is an 8 km skate ski.  
Hint: what can you do to repeat the motion of skate skiing with poles while in town.

**Your At Home Race Leg #2:**



## Leg #3: Bike

The bike leg is a 22 mile road ride.

**Your At Home Race Leg #3:**



## Leg #4: Run

The run leg is a 5 mile trail run.

**Your At Home Race Leg #4:**



## Leg #5: Paddle

The paddle on the Deschutes goes upstream for .5 mile, downstream for .75 mile then back upstream .25. This is going to be a fun one to GET CREATIVE with!

**Your At Home Race Leg #5:**



## Leg #6: Sprint

The race ends with a 1 mile sprint finish.

**Your At Home Race Leg #6:**

Most creative individual or group entry wins. To enter, post a video on social media (facebook or instagram) and tag OAS @oregon\_adaptive\_sports and MBSEF @mbsefppp or email to [info@oregonadaptivesports.org](mailto:info@oregonadaptivesports.org).