



Welcome to the Oregon Triple Crown!

The Oregon Triple Crown features two Gran Fondo's with multiple distances for any level of rider. Also the final event at the Oregon Coast Bank "Oregon Coast Gravel Epic" features the Abomination route and the Son of Abomination route. In the next few pages, you will find some safety info and other information relating to your safety in areas with limited to no cell reception.

First and foremost a Gran Fondo is not a race, but rather a timed ride. If you choose to go fast and "race" that is your personal decision or attempt to beat a previous year's mark.

Safety

The Oregon Triple Crown values your safety and to that point a large percentage of the event budget is applied towards medical on the course and at the event. Many times when out in remote areas it will take an hr or more to reach you with an ambulance, and if you need lifeflight or air transport, this will cost you 28,000 on average if needed. With that being said, we would like you to know the following.

- No crossing the center line!
- Rules of the road apply
- If you come to a stop sign, you must obey the stop sign unless flagged through the intersection.
- Cars and trucks are bigger than u
- If you have not ridden in big groups before it is advised to find a few local group rides and get comfortable
- Some of the descents are 50+ miles an hr and with winding roads and cars coming to the other way, it is a wise choice to say the least to slow down and stay on your side of the lane, even when a backcountry road does not have a center line.
- Please hydrate well and help others if needed.

We have four aid stations on most of the routes and various food choices at the aid stations. Also, one select point on the course will allow 1 Gallon Zip lock bags for your personal favorite food or a few bottles ready with your powdered mix ready to fill with water.

Rider ID

- All Riders will have a two numbers per rider to track you on a course or in an injury identify you to safety personal.
- Gran Riders will have a different colored bib from Medio or Piccolo Riders
- Only Gran Riders will have a Calf Marking for Age as of 12/31 current year
- Only OTC series riders are participating for age group awards (1st place) and cumulative time for all 3 events that you must complete to receive a Pactimo Jersey at the post series party for finishing the Oregon Triple Crown long courses.

If you DNF for any reason please notify me at 541-225-7946 or event personal and or radio communications at each aid station.

Gran riders dropping to Medio or "GTM."

Over the years, we have had difficulty when Gran Riders for personal reasons decide to do a shorter distance. This can effect the timing of the Gran Route when a Gran Rider cuts 30+ Miles off of the route. The Oregon Triple Crown appreciates you knowing your limits and doing what you have to do to get home safely. If you do take the medio route as a Gran Rider, you will get a mark on your bib and right calf at the next aid station to signify this to the people timing the event.

Riders changing from Gran to Medio will be placed in the results and given a time of GTM. In some cases these faster riders may have been at the front of the pack overall in the Gran, but have a old injury that flared up, or other ailment that would place them first in the medio by simply riding home.

Team Category: A fun way to rally your friends to the Oregon Triple Crown.

Team category rules

Have FUN first and foremost

- (Plaque for overall team, "all divisions" at each event will be given out and four free entries to next years event)
 - Minimum number to cross the line or finish for cumulative team time (4)
 - Maximum number of members on a Team (10)
 - Minimum number of Women or Men on a Coed Team (1 per 5 Members)
- (please note that for coed teams you must have the coed portion of your team "women or man" to count as one of the fastest 4)
- Masters Teams all over 40 (yes we need a 50+ and will do so once participation warrants)

- Open Men
- Open Women
- Open Coed
- Coed Masters 40+
- Masters 40+
- Masters 40+ Women

Please note all teams must be declared 1 week prior to the event to count. Please e-mail mike@mudslingerevents.com No day of or day prior Team declarations.

Be safe, have fun and bring a friend!

Oregon Triple Crown