



SMALL BUSINESS DEVELOPMENT CENTER
OFFICE OF ECONOMIC DEVELOPMENT

P. O. Box 213
NORTH HERO, VERMONT 05474
PHONE: 802-372-8400
FAX: 802-372-5107

Third Annual

F-F-Frozen Chosen Regatta

On City Bay in North Hero Village, Rte. 2 in North Hero VT 05474

Saturday, February 14, 2010

11am to 3pm

Rules of the *F-F-Frozen Road*

- This event is a lot less about rules, and more about safety, great exercise and fun.
- All ages welcome! Bring your machine or just a hot pair of skates.
- Enter on race day or online at www.champlainislands.com.
- Registration Booth opens at 10:30a.m.
- \$20 entry fee per machine, payable on Race Day. Proceeds benefit the restoration of the North Hero Community Hall. Local island schools may enter any number of machines for a single \$20. fee.
- Tech School class members (or class teams) may register for free in the initial year.
- At least 3 types of racing: 100m Drag Racing, Full Oval Racing and 100m Straight-Away Speed Trials. Enter as many as you like. Final distances depend upon the ice conditions and rink size.
- Helmets are required as well as heavy protective clothing and thick gloves. Reason? Most tires will be steel studded, and sharp!
- No ramming of any kind. Always steer wide of your nearest competitor.
- All machines must have a way to be stopped on the ice.
- Each contestant should pay particular attention to his/her safety and the safety of other participants and fans.
- Ice racers in other parts of North America recommend tire studding that protrudes only 1/8 inch. Longer studs slow you down.
- Vehicles can only be human-powered. No engines, sails, slings, etc.
- A single vehicle can be powered by one or several riders.
- Tire studding can be completed in a number of ways. Popular choices include flat-head screws, sandpaper, industrial carded cloth, ScotchBrite pads, etc.
- Ice racers will be inspected. No protruding sharp objects allowed either on the contestants or machines, except for exposed tire studding.

Where New England borders on Lake Champlain, Canada and Perfection

www.champlainislands.com ♦ Email: islandfun@champlainislands.com



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- All contestants race at their own risk, and must sign a short waiver of release before competing. Minors must have the waiver signed by an adult family member.
- The decisions of the Official Judges and Safety Inspectors are final.
- Hot food, beverages and warm-up space is available at the Harborside Market at the north end of North Hero (802-372 4443), and at the Hero's Welcome General Store in North Hero Village (802 372-4161).
- Parking available in North Hero Village.
- For technical tips and advice, click on Minnesota's human-powered racing website @ www.mnhpva.org. For local information call the Islands Chamber at 802 372-8400 or Hero's Welcome at 802 372-4161.
- Racers will be divided into classes: a) Kids Under 14yrs, and b) Adults.
- Machines will be divided into a.) Two-wheels Only (bikes with studded tires) b.) all other machines c.) Human-powered skaters. Same age sub-classes will apply
- Prizes will be awarded in each race, and an overall Froz Choz Champion will be selected by the Judges.

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