



# RANGELEY SKATING CLUB

## WINTERPALOOZAH! 2019

Sunday, February 17, 2019 - 9 AM - 4 PM

### PALOOZAH CARRY Rules Race Starts 3:00 PM

#### Prize Awarded to Winner!

Registration and Purchase of Paloozah Pass Required

- We've modified the North American Wife Carrying Championship rules for the Rangeley Paloozah Carry:

CARRIER	PERSON CARRIED	AGE LIMIT	WEIGHT LIMIT
Male or female	Opposite sex of carrier	18 or older	None

- Course starts at the Gazebo and is approximately 100 yards long; obstacles include snow and ice and the wooden steps leading up from the pond.
- The only equipment allowed is a belt worn by the carrier and an optional helmet by the carried.
- There are no restrictions on carry methods. Common methods include the Piggyback, Fireman's Carry (over the shoulder) and the Estonian Carry (most popular). In the Estonian Carry, the carried teammate hangs upside down with his/her legs around the carrier's shoulder; holding on to his/her waist.

#### THE RACE:

- Contestants run the course two teams at a time and they are timed. There is a 5 second penalty for dropping a teammate and teams may not advance on the course without one teammate being carried.
- After all of the teams have run the course, the team with the fastest time wins the prize!

**Thank you for your support!  
Have Fun!**

Rangeley Skating Club  
Rangeley Lakes Chamber of Commerce