



Which college has the biggest bite in the ultimate Espresso spring sprint - the Spring Breakaway! Get ready for two weeks of heat, red solo cups, and sweat!

Regionals: April 11 - 15
Championship: April 25 - 29

The Rules

Teams will compete to ride as many miles as they can in the Regionals. The top 3 teams from each region will move forward into the Championship. The teams that do not make it into the Championship will enter the Toilet Bowl consolation round. Rounds will begin and end at midnight USA Eastern time.

Team and Individual Prizes

Regional Champions

The top team from each region will be recognized as the regional champion.

Spring Breakaway Champion

The winning team, will be crowned Espresso Champion and take home the official Spring Breakaway trophy.

Toilet Bowl Champion

The winning team, will be crowned Toilet Bowl Champion and take home the official Toilet Bowl trophy.

All Tournament Team

The Top 25 riders contributing the most miles to their team throughout the tournament will be honored with custom “Spring Breakaway All Tournament Team” t-shirts. Individual riders on teams that do not make it into the Championship can compete for All Tournament Team honors as part of the Toilet Bowl.

Registration

Riders MUST have a My Espresso account prior to riding. Riders can register online at Espresso.com/Register.

The Fine Print

Guest rides, Manual Mode rides and Dragon Fit miles will not count towards your individual or team totals during the tournament.

If it is determined that more than one rider has used the same ID for the tournament then that rider will be disqualified from the tournament and the miles will be removed from the team totals.

Riders must be riding at the team they registered with for their miles to count towards the tournament.

For a ride to count it must be started, finished and reported during tournament play. Bikes must be connected to the internet with eLive and all rides must be reported directly from the bike. Neither team nor individual totals will be adjusted for rides not reported by the bikes, crashes, flat tires, missed workouts, or any other down time.