



Welcome to the 2018 Coastal Traverse 12 Hour Adventure Race!

We hope to make all of our events as enjoyable for you as possible. Please read this document in its entirety and e-mail or call us with any additional questions you may have. We look forward to seeing you on race day!

ATTENTION BEGINNERS! Two of the biggest hindrances for newer racers to try a 12 hour adventure race are (1) distance, and (2) difficulty with navigation. We have left options open for you in this race to overcome both of these obstacles, if you are looking to challenge yourself on your first 12-hour adventure race. Because of this, this is the perfect first 12-hour adventure race for those who have not yet completed one at this distance. **Look for the bold blue text below to explain how these beginner options will work.** Hope to see you there!

RACE LOCATION: The Coastal Traverse Adventure Race will start and end at the Main Beach Pavilion in Cape Henlopen State Park, outside of Lewes, Delaware. This is located in the main park, just north of the ocean bathhouse. Parking fees are in effect for Cape Henlopen State Park, for a price of \$5 per vehicle for in-state (Delaware) and \$10 per vehicle for out of state.

View a map of the race start location at:

<https://drive.google.com/open?id=1rjmivhNGA41hDQgj8EzRIUy8LWWO3eur&usp=sharing>

LODGING/CAMPING: Cape Henlopen has a campground which is in the park and less than a 5 minute drive to the race start location. Sites, if available, may be reserved through the park's website at:

<https://delawarestateparks.reserveamerica.com/>

If you are interested in lodging in a hotel, any hotel located in Lewes, DE, or along Coastal Hwy (DE route 1) in Rehoboth Beach should be no more than a 20 minute drive from the race start.

CHECK-IN: Due to schedule constraints with the State Park being closed overnight, on-site check in will have to be completed between 5:45 am and 6:30 am the morning of the race. We will be attempting to handle much of the usual paperwork online or electronically prior to the race to streamline the process. If you are registered to compete in the race, expect an e-mail with further check-in instructions within the two weeks prior to the event.

RACE DAY SCHEDULE:

5:45 AM – On-Site check-In, receive maps and swag bags, complete any remaining paperwork

6:30 AM – Pre-race meeting

7:00 AM – Race START

7:00 PM – Finish Deadline for 12-hour course. Racers arriving back at the finish after this will receive penalties (see below)

RACE COURSE AND DISTANCE: This is a “Rogaine” style course, meaning that each checkpoint in the race will have a unique point value, and racers will earn points for each checkpoint they obtain towards their total score. Point values of each checkpoint will vary, based on the checkpoint’s difficulty or distance to obtain, or how bad we want you to visit a particular checkpoint. The winner of the event is determined by who is able to obtain the maximum number of points within the allotted timeframe for the course. **Racers to not have to obtain every checkpoint, and may skip any checkpoints they choose,** but do need to make it to the race finish under their own power to be considered finishers.

Approximate distances to clear all the checkpoints in the entire course are 30 miles of biking, 15 miles of paddling, and 20 miles of trekking/coasteering. Up to 7 miles of the trekking sections are along the ocean in the sand.

For beginners, don’t let the full course distances intimidate you! The course layout is a large loop, with many optional sections along the way, and shortcuts you can opt to take, meaning you will be able to pick and choose what checkpoints you wish to obtain within those 12-hours according to your own physical ability. What points and distances you complete is entirely up to you! This adds a really cool element of strategy into the race. Your 12 hours can consist of as little as 10-15 miles of biking, 5-8 miles of trekking, and skipping the paddle altogether if you are looking for the shortest options. Or if you are up for the challenge, you could pick a mid-distance and aim on completing 25 miles of biking, 6-10 miles of trekking, and 5-8 miles of paddling. What is important to remember is that it is YOUR 12 hours, and you can complete as much or as little of the course in that 12 hours as you are able, at YOUR pace. Come out and see what you can do, you might surprise yourself!!

NAVIGATION: We will be offering 2 different map sets for this event, to keep it challenging for our seasoned racers, but at the same time making it beginner friendly for any newer racers who want to try it. Our standard map set will consist of a mixture of USGS topographic maps and state park maps. Many of the checkpoints will be pre-plotted, but there will be some points that will need to be plotted on your maps using UTM coordinates. All UTM plotting will be on 1:24,000 scale maps. Teams will receive UTM coordinates as soon as they check in on race morning. **Teams using our standard map set will receive 5 extra bonus points added to their score.**



Our simplified map set will consist of all state park maps and street maps for the biking and running sections, and a USGS topographic map for the paddle section. All checkpoints will be pre-plotted on the simplified map set, no UTM plotting required. If you wish to use the simplified map set, please e-mail us as soon as possible after registering to indicate your desire to do so. If we do not hear from you, we will assume you are using our standard map set.

MANDATORY GEAR: Please pay close attention to the mandatory gear list at the end of this guide, and make sure you have everything. Mandatory gear is for your safety on the course. Gear will be randomly checked on the course, and penalties will be incurred for any instances of teams failing to carry their gear.

SCORING: Racers will have 12 hours (7:00 AM – 7:00 PM) to obtain as many of the checkpoints on the course as possible. Racers **must be at the finish by 7:00 PM to avoid penalties.** Racers will be required to locate checkpoints using race provided maps, and magnetic compasses. GPS mapping devices are strictly prohibited.

In a rogaine style course, teams will be ranked according to the following rules:

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1. The team with the highest point value after any adjustments for bonuses or penalties will be the winner. Example: Team A obtains enough checkpoints to earn a total score of 45, with a finish time of 6:30 PM. Team B obtains enough checkpoints to earn a total score of 47, with a finish time of 6:45 PM. Team B will be the winner, even though they finished after Team A, because they obtained two more points than Team A did.

2. In the event that two or more teams obtain the same point value, the team's finish times will break the tie.

3. It is imperative for teams to be off the race course no later than the prescribed time cutoff of 7:00 PM. Teams will receive a -1 point penalty for every 5 minutes they are late after the prescribed time cutoff, according to the race director's official time, starting at 7:05 PM. Racers will have opportunity to sync their watches with race director's official time at the pre-race meeting.

Example: Team C arrives at the finish at 7:20 PM, with a total score of 50 points. Team C will receive a -4 checkpoint penalty, which will reduce their score to 46. They will be ranked as if they finished the race at 7:20 PM, and obtained a total score of 46.

FOOD/WATER PLANNING:

All racers should plan on being self-sufficient for this race for food and electrolyte replenishment. Once you leave the start in the morning you will not be back to your vehicles until near the very end of the race. Coastal Delaware has a lot of "urbanish" areas, and you will pass locations that you could purchase food or water on the go, so bring cash and plan accordingly.

PADDLE GEAR – Kayaks, double blade paddles, and PFDs will be provided by race staff at the start of the paddle. Teams will be given the following boat configurations:

Solo racers: 1 single kayak

2 person team: 1 tandem kayak

3 person team: 1 single kayak, 1 tandem kayak

4 person team: 2 tandem kayaks

If racers wish to use their own paddles or PFDs, you will need to carry them with you for the entire duration of the event (due to how the course is laid out).

BIKES AND BIKE RENTALS: Any all-terrain bikes are allowed in the race, including hybrids, however we recommend the use of mountain bikes. There will be both on and off road riding. Off road riding will be on surfaces that include cinders, gravel, sand, and roots in a few spots.

If you do not have a mountain bike or hybrid, hybrid bikes are available to rent from Seagreen Bicycle in Lewes, DE. Call early to reserve your bikes if needed, and request a "fitness hybrid." If interested, please contact:

Seagreen Bicycle - (302) 645-7008

209 Monroe Ave

Lewes, DE 19958

<https://www.seagreenbicycle.com/>



TICKS/BRIARS: This course should be relatively free of bushwhacking, due to the nature of the state parks in Coastal Delaware. There are probably still ticks around, and bug spray with DEET is strongly recommended.

GENERAL CONDUCT RULES:

All racers are expected to be examples of good sportsmanship. Racers must treat fellow racers and race staff with courtesy and respect. Teams must assist fellow teams in need of medical attention.

Race officials reserve the right to remove a team from the course for health, safety or other reasons, at the discretion of race officials and medical personnel.

Any team withdrawing from the race must notify a “live” person by checking in with a race staff member or by calling the race director. Failing to notify race officials will result in that team being responsible for search and rescue expenses.

Race Officials reserve the right to assess penalties for infractions of these general conduct rules based on the severity of the infraction. Any protest must be filed in writing within one hour of the team’s finish and will be reviewed by the Race Officials. The Race Officials’ decision in the matter will be binding and final.

RACE RULES:

Team members must remain within 100 feet of teammates at all times, and all team members are expected to be present when punching a checkpoint. It is **unacceptable** for a “faster” team member to run ahead and punch a checkpoint while the other team members remain behind and rest.

PENALTY: -1 Point from total score for each offense.

Racers must not travel along any restricted roads or in any restricted areas. All restricted areas will be either clearly marked on maps or clue sheets, or will be clearly told to racers at the pre-race meeting.

PENALTY: -2 Points from total score for each offense.

Mandatory gear must be carried at all times and may be checked at random points on the course.

PENALTY: -1 Point from total score for each piece of missing gear.

NO LITTERING! Leave no trace!

PENALTY: -1 Point from total score for each offense

PFDs must be worn properly at all times while paddling, with PFDs correctly fastened or secured.

PENALTY: For wearing PFD incorrectly -1 Point from total score

PENALTY: For not wearing PFD – Disqualification

Bicycle helmets are required at all times during the biking legs.

PENALTY: For wearing bike helmet incorrectly (unfastened chin strap, etc.) -1 Point from total score

PENALTY: For not wearing bike helmet – Disqualification

Passports must be carried the entire race.

PENALTY: Lost passport - Unranked Finish

No handheld GPS devices are permitted. GPS watches are allowed as long as they are tracking distances or pace only, and have no ability to tell a participant information about their location.

PENALTY: Disqualification

Use of cellular phones are permitted for emergencies, taking photos, or posting about your awesome experience on social media!

Absolutely no usage of the mapping or GPS functions is allowed.

PENALTY: Disqualification

MANDATORY GEAR LIST

Individual Gear: - Must be carried by each racer at all times

Compass
Working headlamp or flashlight
Emergency blanket
Whistle
Rain jacket
Water, electrolyte replenishment, and food to last the duration of the event

Team Gear: - Must be carried by each team at all times

Cell phone
First aid kit
Sunscreen
Insect Repellent (DEET strongly recommended)
Map case or ziplock bag for safe keeping of maps
Pen or Fine Point Sharpee

Paddling Gear: - Must be carried by each team at all times due to the layout of the course

Bilge pump or bailer (one per team, "gallon jug" type OK)
Throw bag (one per team)

*Race Staff will provide boats, PFDs, and paddles for all participants at the paddle start/stop.

Biking Gear: - Must be carried at all times while biking

Bikes capable of both on and off road travel (Mountain bikes strongly recommended.)
Bike helmets (must be worn at all times while biking)
Front mounted white bike light on each bike (on at all times on active roads)
Rear mounted red bike light on each bike (on at all times on active roads)
Bike repair kit (one per team, containing at least the following)
- Tire pump or CO2 inflator
- Bike multi tool
- 1 spare bike tube per bike on the team