



## Welcome to the 2018 Coastal Traverse 6 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!

**RACE LOCATION:** The Coastal Traverse 6 Hour 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:** 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:**

7:30 AM – On-Site check-In opens, receive maps and swag bags, complete any remaining paperwork

8:30 AM – Pre-race meeting

**9:00 AM – Race START**

3:00 PM – Finish Deadline for 6-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 25-30 miles of biking and 10ish miles of trekking/coasteering.

**NAVIGATION:** No specialized navigation skills are required for the 6 hour course. 6 hour course maps will consist of all state park maps and street maps, with all checkpoints pre-plotted on them.

**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 6 hours (9:00 AM – 3:00 PM) to obtain as many of the checkpoints on the course as possible. Racers **must be at the finish by 3:00 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:

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 20, with a finish time of 2:30 PM. Team B obtains enough checkpoints to earn a total score of 22, with a finish time of 2:45 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 3:00 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 3:05 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 3:20 PM, with a total score of 25 points. Team C will receive a -4 checkpoint penalty, which will reduce their score to 21. They will be ranked as if they finished the race at 3:20 PM, and obtained a total score of 21.

**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 likely 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.

**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**

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

Personal food and water/electrolyte replenishment for duration of the event

Emergency blanket

Whistle

Rain jacket

Pen or Fine Point Sharpie

Compass (one per team)

Cell phone (one per team)

Small first aid kit (one per team)

Plastic map case or ziplock bag (one per team) for safe keeping of maps

\*Sunscreen & Insect Repellent not mandatory to carry, but strongly recommended\*

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

All-terrain bikes (Mountain bikes are what we recommend).

Bike helmets (must be worn at all times).

Front mounted white bike light on each bike (on at all times when riding on the road)

Rear mounted red bike light on each bike (on at all times when riding on the road)

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