



## Welcome to the 2018 Stream and Forest 3 & 6 Hour Adventure Races!

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 July 28!

**RACE LOCATION:** The Stream and Forest Adventure Race will start and end at the Cypress Point Pavilion in Trap Pond State Park, outside of Laurel, Delaware. Cypress Point is located on the north side of Trap Pond, and is accessed from the park entrance located on Goose Nest Road (the same entrance where the campground is. Once passing the camp store, instead of making a right into the campground continue straight down the gravel road all the way to the end. Parking fees are in effect for Trap Pond State Park, for a price of \$4 per vehicle for in-state (Delaware) and \$8 per vehicle for out of state.

View a map of the race location at:

<https://drive.google.com/open?id=1OoyuuiHddjcmgyiFNOEHQidUseHa77bb&usp=sharing>

**LODGING/CAMPING:** Trap Pond has a great campground which is only a short drive or bike ride from the race start location. Sites with electric and water hookups may be reserved through the park's website at: <http://www.destateparks.com/camping/trap-pond/index.asp>

**FREE** primitive tent camping will also be available on race location at Cypress Point the night before the race and the night after. There is a bathroom on site at Cypress Point, but no showers. If you wish to camp at Cypress Point, please indicate so when registering.

**CHECK-IN:** Check-in for both courses opens at 7:00 AM on the morning of the event. Each participant in the 6-hour course will need to purchase an \$8 one-day USARA racing license. Please bring exact cash. The racing license fee has been waived for the 3-hour course. There will be a pre-race meeting for both the 3-hour and 6-hour courses that morning. This will be a time to go over any important rules or instructions, and to provide you the opportunity to ask any questions you may have.

### **RACE DAY SCHEDULE:**

7:00 AM – Check-in opens

8:30 AM – Pre-race meeting for the 3-hour course

**9:00 AM – 3-hour course START**

9:15 AM – Pre-race meeting for the 6-hour course

**9:45 AM – 6-hour course START**

1:00 PM – Finish Deadline for 3-hour course. Racers arriving after this will receive penalties (see below)

4:45 PM – Finish Deadline for 6-hour course. Racers arriving after this will receive penalties (see below)

**RACE COURSE:** The race course will not be revealed until the morning of the event. Racers will receive at least some of their maps/course info at the time of check-in. This is one of our navigation friendly events, meaning that racers will be receiving detailed maps with the location of the checkpoints already plotted on them, as well as course instructions and rules of travel.

Racers in the 3 hour course will navigate using state park maps. You do not need any specialized navigation experience or training to be able to do this race, all you need is a good sense of direction and the ability to read a state park map!

Racers in the 6 hour course will navigate using a mixture of state park maps, road maps, and aerial photographs.

#### **FOOD/WATER PLANNING:**

All racers will need to be self-sufficient in these events. Racers will be re-visiting Cypress Point (same location as the start/finish) twice during the race, and will be able to stage food and water there for themselves to resupply. 3 hour racers should plan on carrying enough food, water, and electrolyte supplementation to last yourselves for up to 1.5 hours at a time between resupply stops, and 6 hour racers should plan on carrying enough food, water, and electrolyte supplementation to last yourselves for up to 3 hours at a time between resupply stops.

**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

The start and end of the paddle will be at Cypress Point (same location as the start/finish), so racers are permitted to use their own canoes or kayaks, PFDs, and/or paddles if they would like, or they may use the paddling equipment provided by race staff. If you plan on using your own canoes or kayaks, please let us know so we can plan accordingly.

**BIKES AND BIKE RENTALS:** Any all-terrain bikes are allowed in both our 3 and 6 hour courses. Road or triathlon bikes are prohibited. There will be off-road sections in both the 3 hour and 6 hour courses, and we always recommend mountain bikes in adventure racing. All of the off-road sections in both courses can be done on a hybrid, but certain trails in the 6 hour course have roots and sandy sections.

If you do not have a mountain bike or hybrid, hybrid bikes are available to rent for \$30 each from Seagreen Bicycle in Lewes. We unfortunately were unable to find a bike rental provider closer to the race venue. Bikes may be picked up in Lewes any time during business hours on Friday, and dropped off before the close of business hours on Saturday. Call early to reserve your bikes if needed. 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:** There are plenty of ticks and mosquitos in southern Delaware in July. Bug spray with DEET is strongly recommended. There will not be any sections on the 3 hour course that would require bushwhacking. On the 6 hour course, if you plan on travelling point to point (i.e. shortest distance possible) there will be some bushwhacking, so be prepared to encounter some thorns, briars, possible poison ivy, etc. You can opt to not bushwhack on the 6 hour course, but it will add some distance to your route. ;)

### **SCORING:**

Both the 3 and 6 hour courses will be run in a “Rogaine” format. This means that all checkpoints in the race will be worth 1 point, and that 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 do not have to obtain every point, but do need to make it to the race finish under their own power to be considered finishers.

Typically a 3 hour race would be given a 3 hour limit, and a 6 hour race given a 6 hour limit. However, since we recognize that there will be many new and first time racers in these events, and we want you to get to experience as much of these awesome courses as possible, we will be allowing you one extra hour to try to clear the entire course. 3 hour participants will have a maximum of 4 hours to obtain all the points on the course before penalties will be incurred **(must be at the finish by 1:00 PM to avoid penalties)**. 6 hour participants will be given a maximum of 7 hours to obtain all the points on the course before penalties will be incurred **(must be at the finish by 4:45 PM to avoid penalties)**.

Teams will be required to locate checkpoints using race provided maps, and magnetic compasses. GPS mapping devices are strictly prohibited. All checkpoint locations will be pre-plotted on the provided maps, and racers will **not** have to plot UTM coordinates in either of these events.

Teams will be ranked according to the following rules:

1. The team that obtains the highest number of checkpoints **within the allotted race course timeframe** will be the winner.

Example: Team A obtains 14 checkpoints with a finish time of 12:30 PM. Team B obtains 15 checkpoints with a finish time of 12:45 PM. Team B will be the winner, even though they finished after Team A, because they obtained one more checkpoint than Team A did.

2. In the event that two or more teams obtain the same number of checkpoints, 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 cutoffs (1:00 PM for the 3 hour course, 4:45 PM for the 6 hour course). Teams will receive a -1 point penalty for every 5 minutes they are late after their prescribed time cutoff, according to the race director's official time. Racers will have opportunity to sync their watches with race director's official time at the pre-race meeting.

Example: 3 Hour Team A arrives at the finish at 1:20 PM, with 23 checkpoints. 3 Hour Team A will receive a -4 checkpoint penalty, which will reduce their score to 19. They will be ranked as if they finished the race at 1:20 PM, and obtained a total of 19 checkpoints.

### **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 CP or TA volunteer or by calling the race director. Failing to notify race officials will result in that team being responsible for all 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.**

Front and rear bike lights must be on and functioning at all times during bike legs. You will not be allowed to leave a staffed CP/TA if your bike lights are not functioning properly.

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

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**

Race officials may provide water at some transition areas. Athletes may not receive outside assistance except from other registered teams, unless told otherwise at pre-race meeting.

**PENALTY: Disqualification and/or 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**

## **3 HOUR ADVENTURE RACES - 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

Compass

Light Rain Jacket (no ponchos)

Pen or Fine Point Sharpie

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 recommended, as there is usually some off-road riding. No road or triathlon bikes.)

Bike helmets (must be worn by each racer)

Front mounted white bike light on each bike (on at all times)

Rear mounted red bike light on each bike (on at all times)

## 6 HOUR ADVENTURE RACES - 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

Compass

Emergency blanket

Whistle

Light rain jacket (no ponchos)

Pen or Fine Point Sharpee

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 recommended. No road or triathlon bikes.)

Front mounted white bike light on each bike (on at all times)

Rear mounted red bike light on each bike (on at all times)

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