



Welcome to the 2018 Salt and Sand 3 & 6 Hour Adventure Races!

We wish to make these 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 May 19!

RACE LOCATION: The Salt and Sand Adventure Race will start and end at the Gordon's Pond Pavilion in Cape Henlopen State Park. This is located at the extreme south end of the park, and cannot be accessed from the main park entrance in Lewes. Instead, you must access Gordon's Pond at the very north end of Ocean Drive in Rehoboth Beach. This will serve as the check-in location on the morning of the race, as well as the start and finish of both the 3 and the 6 hour courses. Parking fees are in effect for the Gordon's Pond pavilion area, 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 location at:

<https://drive.google.com/open?id=1535q8ZXemII94wLOWGqBrhv5hzzUjhok&usp=sharing>

LODGING/CAMPING: Since the race check-in is accessed from the north end of downtown Rehoboth Beach, the closest hotel and lodging options would be to find something in the town of Rehoboth Beach, or close to it. Cape Henlopen also has a very nice campground with cabins, and water/electric RV sites, however be advised that there is no road access in the park from the campground to Gordon's Pond, and campers would have about a 25 minute drive from the campground to get to Gordon's Pond.

CHECK-IN: Check-in for both courses will open 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.

At 8:30 AM there will be a pre-race meeting for all participants. This will be a time to go over any important rules or instructions, and to provide you the opportunity to ask any questions.

3-Hour Course Start: 9:00 AM

6-Hour Course Start: 9:30 AM

RACE COURSE: The race course will not be revealed until the morning of the event. This is one of our navigation friendly events, meaning that each racer will be receiving detailed park maps with the location of the checkpoints plotted on them, as well as course instructions, rules of travel, and estimated leg distances. 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!

FOOD/WATER PLANNING – Please plan on carrying enough food and electrolyte supplementation for yourselves for the duration of the event. Race staff will provide water for refilling hydration devices/bottles at one of the transition areas. For the 3-hour course you should plan on carrying enough water to last you for 2 hours, and for the 6-hour course you should plan on carrying enough water to last you for 3 hours.

PADDLE GEAR – Sit on top kayaks, 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

BIKE RENTALS: We are allowing both hybrid bikes and mountain bikes in our **3 hour course**. If you do not have either of these types of bikes and wish to rent, rental hybrids are available for \$30 each from Seagreen Bicycle in Lewes, DE. Bikes may be picked up 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: There are lots of ticks in Cape Henlopen State Park in the spring. Bug spray with DEET is strongly recommended.

SCORING:

Both the 3 and 6 hour courses will be run in a "Rogaine" format. This means that all checkpoints in the race carry a predetermined point value, 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.

3 hour participants will have a maximum of 4 hours to obtain all the points on the course (**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 (**must be at the finish by 4:30 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.

SCORING CONTINUED:

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, 4:30 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.

RACE RULES CONTINUED:

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 as directed in participant's guide

Compass

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

Bikes (Mountain bikes preferred, as there will be off-road riding. Hybrids are also permitted. 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 as directed in participant's guide

Compass

Emergency blanket

Whistle

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

Mountain bikes for your team (no road bikes, cyclocross, or hybrids)

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)

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