

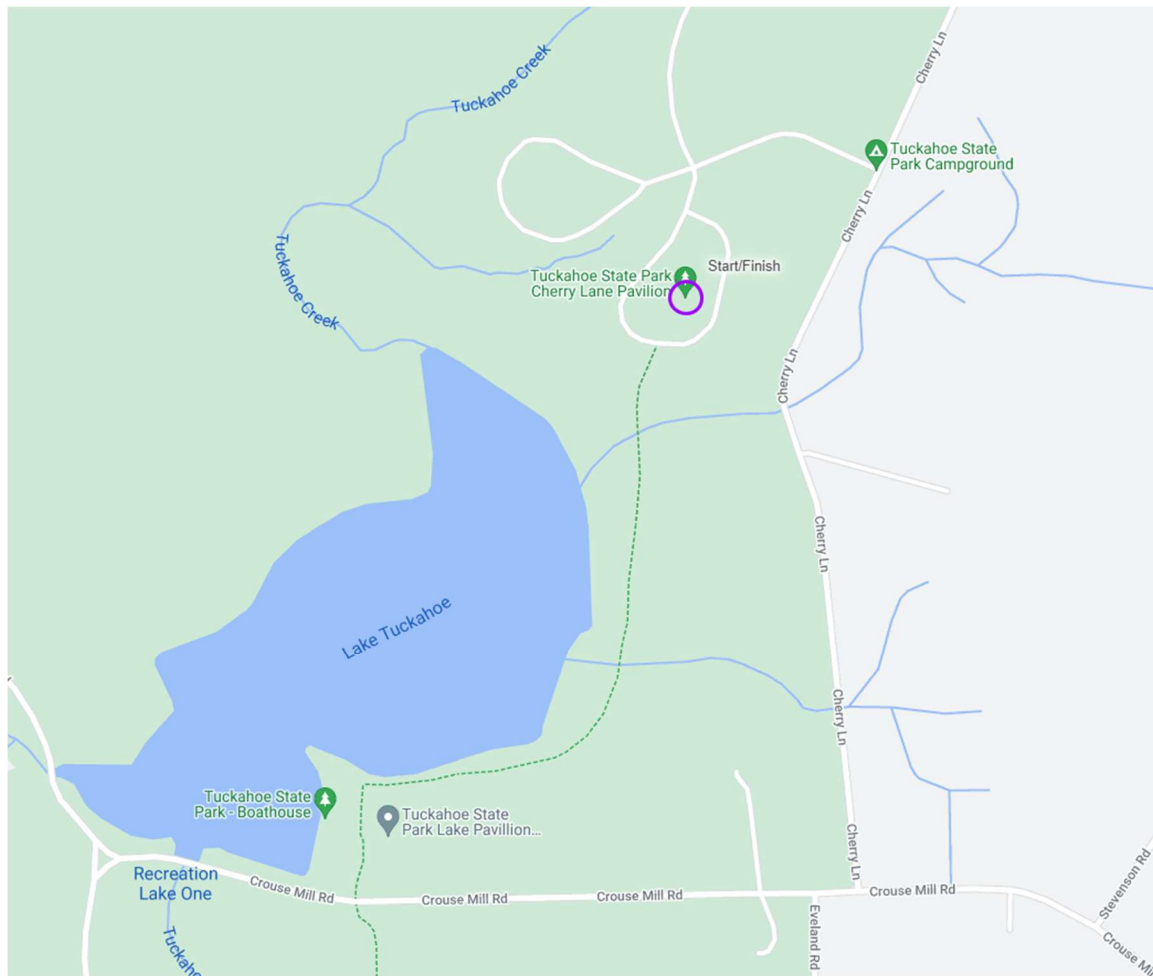


Welcome to the 2025 Eastern Shore Sprint 6-Hour Adventure Race!

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 May 3, 2025!

Official Event Hashtag: #ESSAR2025

RACE LOCATION: The Eastern Shore Sprint 6-Hour Adventure Race will start and end at the Tuckahoe State Park Cherry Lane Pavilion, located within the Tuckahoe State Park Campground off of Cherry Ln. This is on the north end of Tuckahoe State Park (for reference). An address of 13500 Cherry Ln, Queen Anne, MD will get you **CLOSE** to the entrance (either a bit north or south depending on individual GPS ap).



The Pavilion will serve as check-in, start, and finish of each leg. The entire area within that loop will be the transition area for bikes and gear. You may park around the perimeter of this loop and stage your gear anywhere within the circle (or at your car) that you would like.

RACE DAY SCHEDULE:

7:30 AM – Check-in opens (maps will be handed out as soon as check-in is complete)

9:30 AM – Pre-race briefing/questions

10:00 AM – Race START

4:00 PM – Finish Deadline to be off the course. Racers arriving after this will receive penalties (see below under scoring)

RACE COURSE: This race is a “rogaine” style race, meaning that instead of a fixed distance that must be completed to finish the race, racers strategize and compete to obtain as many course checkpoints as possible within the course time limit (6 hours). There are no mandatory checkpoints in the race, but certain checkpoints may have a higher point value than others. It is expected that at least some teams will be able to obtain all checkpoints within the 6 hour time limit. Teams that are unable to obtain all checkpoints will be ranked according to who obtained the most checkpoints without going over the course time limit, and returning to the race finish.

****The following is information based on our current course design as of today. There are a variety of factors that could result in some minor changes between now and race day.****

The race will consist of a paddle leg, a bike leg, and a trek leg. The Main TA at the Cherry Lane Pavilion will be visited during the race between each leg. The paddle put-in/take-out is at a different location than the Cherry Lane Pavilion (about 2-3 miles away), and racers may use their bikes to travel between these two points.

Checkpoints must be obtained only on the leg that they are assigned to.

Some racers will complete the paddle leg first, and some racers will complete the bike leg first. This will be determined by the outcome of the prologue (for our first timers, the prologue is a very short task or extra leg to complete at the beginning of a race to help spread out participants).

Racers will receive their maps, course instructions, and rules of travel at the time of check-in. All checkpoints will be pre-plotted on the maps, **with the exception of an A-D checkpoint set (see below for more details)**. Maps will be high quality topographic maps and/or aerial photographs.

There will be an A-D checkpoint set on the trek leg. This will be a series of 4 checkpoints in fairly close proximity where you must visit all 4 to get credit for the set. The full set will be worth 3 points. CP-A will be pre-plotted on your main race maps. A map showing the location of CP-B will be hanging from the orienteering flag of CP-A. A map showing the location of CP-C will be hanging from the orienteering flag of CP-B, and so on. Racers will have to transfer the locations of points B-D onto their own maps when completing the set.

PADDLE GEAR – Boats, paddles, and PFDs will be provided by race staff at the Paddle TA. There will be a mixture of kayaks and canoes. Canoes will be equipped with single blade paddles (2 per boat) and kayaks will be equipped with double blade paddles (1 for singles, 2 for tandems). Teams may opt to use their own paddles and/or PFDs if they desire. We will have a paddle gear drop at race check-in, and race staff will transport paddle gear between the Main TA and the paddle TA. To take advantage of race staff paddle gear transport, all paddle gear must be dropped off with race staff no later than 9:30 AM, no exceptions.

For teams, taking a canoe vs. tandem kayak will be first-come, first served. Boat assignments will be as follows based on team size:

Solo racers: 1 single kayak

2 person team: 1 canoe **OR** tandem kayak

3 person team: 1 single kayak and, 1 canoe **OR** tandem kayak

4 person team: 2 canoes **AND/OR** tandem kayaks

Teams **must take the assigned boats based on team size.**

- Example 1: A team of 3 cannot take 3 solo kayaks.
- Example 2: A team of 4 cannot take a canoe and a single kayak).

Teams **do not have to use all boats assigned to their team.**

- Example 1: A team of 3 is assigned a canoe and a kayak. All 3 team members are permitted to use just the canoe and leave the single kayak behind.

BIKE SELECTION: We do not mandate any specific bike type for this race, but **mountain bikes are strongly recommended**, as the majority of the bike leg is on trails. Trails vary in surface and difficulty from hard packed, flat cinders to technical singletrack with hills and roots. To aid in the confidence of our first timers/beginners, the more difficult trails will be pointed out on the map at the pre-race briefing, and as previously stated, there will not be any mandatory checkpoints on the course.

FOOD/WATER PLANNING:

All racers will need to be self-sufficient for the duration of the race.

Racers will be re-visiting the main TA at the Cherry Lane Pavilion twice during the race (between each leg), and will be able to stage food and water there for themselves to resupply. Racers should plan on being able to carry on their person enough food, water, and electrolyte supplementation to last for up to 2-3 hours at a time.

TICKS/BRIARS/POISON IVY/SNAKES: There are unfortunately plenty of ticks on Delmarva in the spring. Bug spray with DEET is strongly recommended, and racers should spray themselves several times during the race. Racers should also check themselves for ticks immediately following the race.

Depending on route selection, you will probably also encounter briars and thorns, particularly during the trek leg. Please plan accordingly and wear pants or gaiters if desired.

There is some poison ivy/oak on the course. Please be on the lookout for it in the woods; it is a good idea to have legs/arms covered if you are someone who is highly allergic, and wash with a product such as Tecnu or Zanol after the race.

Delmarva is home to the occasional venomous copperhead snake, although sightings of them in Tuckahoe are extremely rare. If one is encountered, please leave the snake alone and avoid. They generally have no interest in attacking and will only pick a fight if threatened.



Eastern Copperhead

SCORING:

As previously stated, this race will be scored in a “Rogaine” format. This means that all checkpoints in the race will have a 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. Racers do not have to obtain every checkpoint, but do need to make it to the race finish under their own power to be considered finishers.

Racers will have a maximum of 6 hours to obtain as many points on the course as they can before penalties will be incurred (**must be at the finish by 4:00 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 (with the exceptions of CPs B-D), and racers will **not** have to plot UTM coordinates.

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 3:30 PM. Team B obtains 15 checkpoints with a finish time of 3:45 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 course time cutoff of 4:00 PM. Teams will receive a -1 point penalty for every 5 minutes they are late, beginning at 4:05 PM. *Example:* Team A arrives at the finish at 4:20 PM, with 23 checkpoints (20 minutes late). 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 4:20 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 easy communication distance of teammates at all times.

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: -1 Point 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

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 for recording race data for fitness tracking (Garmin AR mode for example), but may not be used for any pace or distance counting, and must have no ability to tell a participant information about their location.

PENALTY: Disqualification

Use of cellular phones are permitted for emergencies or taking photos only on Airplane mode. Please use integrity and do not cheat. Help us protect the integrity and uniqueness of the sport! Don't forget to attach our official hashtag - **#ESSAR2025** so we can all enjoy everyone's race photos!

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

PENALTY: Disqualification

EVENT MANDATORY GEAR LIST

INDIVIDUAL GEAR - Each racer must have the following in their possession at all times during the race:

- Personal food and water/electrolytes for duration of the event
- Compass
- Whistle
- Emergency blanket
- **(Trekking leg only)** Orange, neon yellow, or neon green vest, shirt, hat, or backpack/backpack markings
- Rain coat (**requirement may be dropped the morning of the race if no rain is in the forecast**)

TEAM GEAR - Each team must have the following in their possession at all times during the race:

- Pen or fine point sharpee
- Cell phone (must be kept on airplane mode at all times, used only for photos or emergencies. No mapping or GPS functions.)
- First aid kit

BIKE GEAR - Each racer must have the following in their possession at all times during the bike leg:

- Bike capable of off-road travel (we **STRONGLY recommend mountain bikes**, as some optional checkpoints will be located on singletrack trails that contain steep inclines, roots, and sandy/muddy spots)
- Properly fitting bike helmet
- Front mounted white bike light (small flashing light OK)
- Rear mounted red bike light (small flashing light OK)
- Bike repair kit (**one per team**, containing at least the following)
 - Tire pump or CO2 inflator
 - Bike multi tool
 - 1 spare bike tube **OR** tube patch (**OR** tubeless plug kit if using tubeless tires) per bike on the team.

RECOMMENDED GEAR:

- Plastic map case or ziplock bag for safe keeping of maps
- Bug Spray (with DEET)
- Sunscreen

PROHIBITED GEAR:

- Handheld GPS devices

**Garmin watches may be worn if they are in "Adventure Race" mode.

**Garmin or fitness watches that do not have AR mode may be left on in the racer's backpack for logging their fitness activity, but must remain in the backpack at all times and may not be used for navigation or distance tracking purposes.