



Welcome to the 2026 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 2, 2026!

Official Event Hashtag: #ESSAR2026

RACE LOCATION: The Eastern Shore Sprint 6-Hour Adventure Race will start and end at the Jason Beach Pavilion in Trap Pond State Park, outside of Laurel, Delaware. Jason Beach 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 road all the way to the end. Park fees will be in effect that morning for Trap Pond 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=1OoyuuiHddjcmYgiFNOEHQidUseHa77bb&usp=sharing>

LODGING/CAMPING: The main campground at Trap Pond State Park has multiple sites available, and is conveniently located less than a mile from the race start. Bring your own camper, tent, or rent an RV from our friends and fellow adventure racers at Coast 2 Coast RV rental (they do delivery and set up as well!)



Coast 2 Coast RV Rental
Redeeming Camping Adventures

<https://coast2coastrvrental.com/>

There are also multiple hotels ranging from a 20-25 minute drive away, in the towns of Georgetown, Seaford, Delmar, or Salisbury, MD.

RACE DAY SCHEDULE:

7:00 AM – Check-in opens (maps will be handed out as soon as check-in is complete)

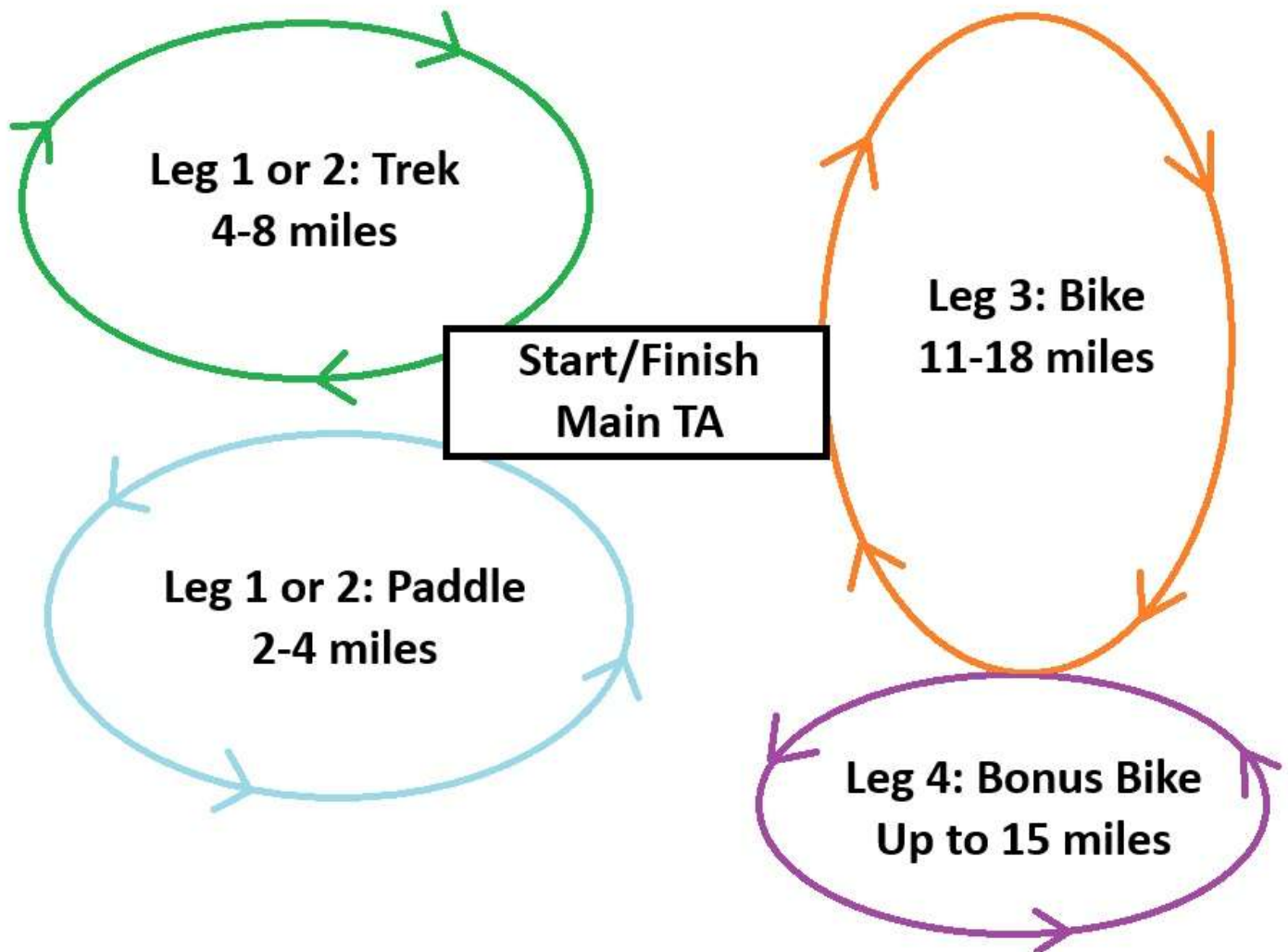
8:30 AM – Pre-race briefing/questions

9:00 AM – Race START

3:00 PM – Finish Deadline to be off the course. Racers arriving after this will receive penalties (see below under scoring)

4:00 PM – Awards

2026 Eastern Shore Sprint 6-Hour Adventure Race Course Schematic



Note: This is a Rogaine format adventure race, meaning participants can skip as many checkpoints as they choose and strategically "pick their own distance" for each discipline. Distance ranges above reflect the approx. distances needing to be covered to obtain 50% of the checkpoints on a section vs. clearing the entire section.

RACE COURSE: The race will consist of a trek leg, a paddle leg, and a bike leg. The bike leg has a "Leg 4 Bonus" section contained within it, with its own unique set of checkpoints (more on that below). Legs 1 through 3 all start and end at the Jason Beach Pavilion where your vehicles are parked, so you may stage any equipment you wish at that location, along with food or water resupply.

Each leg of the race will have a unique passport. Teams will check in with race staff at the end of legs 1 and 2, turn in their passports, and receive a new passport for the next leg. Therefore, checkpoints can only be obtained on the leg that they are assigned to.

Within each leg, participants may obtain checkpoints in any order that they choose. There are no mandatory checkpoints in the race. Teams will be ranked by the total number of CPs visited within the course time limit (6 hours). A team's finish time will serve as the tie-breaker if there is a tie for points. There will be a -1 point penalty assessed for every **2 minutes** a team is late past 3:00 PM

Legs 1 & 2: Some racers will complete the trek leg first and then the paddle leg, and some racers will complete the paddle leg first and then the trek leg. This order 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).

Leg 3: All participants will complete the bike leg following their completion of the trek and paddle legs. There will be 2 different sets of checkpoints within the bike leg. The bike checkpoints assigned to leg 3 will have the same characteristics as the checkpoints in the rest of the race (optional, racers may obtain as many or as few as they wish). The second set of checkpoints within the bike leg (the "Leg 4 Bonus Bike") **will only have a point value if racers have cleared all of the checkpoints from legs 1, 2, and 3.** Therefore, racers who opt to skip any checkpoints prior to leg 4 should not attempt to complete any of the Leg 4 Bonus Bike checkpoints, as they will have no point value.

Racers will receive their maps, course instructions, and rules of travel at the time of check-in on Saturday morning. All checkpoints will be pre-plotted on the maps. Maps will be high quality topographic maps on water resistant paper.

PADDLE GEAR – Boats, paddles, and PFDs will be provided by race staff at the Main 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.

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: Riding surfaces will be a mix of paved roads, dirt & grass fire roads, cinder trails, and singletrack. We do not mandate any specific bike type for this race, but bikes must be capable of off-road travel (i.e. no road or tri bikes) and **mountain bikes are strongly recommended**, as the singletrack section does contain roots/sandy sections, etc. For our newer racers, do not fear, the singletrack sections and the checkpoints located on them can be skipped if you do not feel comfortable with that type of trail.

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 Jason Beach at the end of both the trek leg and the paddle leg. Racers should plan on being able to carry on their person enough food, water, and electrolyte supplementation to last for each individual discipline.

TICKS/BRIARS/POISON IVY: 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 may 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 Zanfel after the race.

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 3:00 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, 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 2:30 PM. Team B obtains 15 checkpoints with a finish time of 2:45 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 3:00 PM. Teams will receive a -1 point penalty for every **2 minutes** they are late, beginning at 3:02 PM. *Example:* Team A arrives at the finish at 3:20 PM, with 23 checkpoints (20 minutes late). Team A will receive a -10 checkpoint penalty, which will reduce their score to 13. They will be ranked as if they finished the race at 3:20 PM, and obtained a total of 13 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; loss of credit for additional CPs if going off course gave an advantage.

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 – No credit for CPs for which a punch is not presented

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
- 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 sharpener
- 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 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.