



THE SAVAGE ADVENTURE RACE

MAY 1, 2016



ORGANIZED BY GOALS ADVENTURE RACING ASSOCIATION
WWW.GOALSARA.ORG 610-466-7015 ♦ EMAIL: INFO@GOALSARA.ORG

Thank you for registering for the Cradle of Liberty Adventure Race. Below you will find race information and rules for the event. Should you have any questions, do not hesitate to contact us. Please read all the information carefully!

Bill Gibbons

Anne Gibbons

Mark Weiman

Becca Weiman

Sunday May 1
 Pavilion 4
 Hibernia County Park
 1 Park Road
 Coatesville, PA 19320

8:00 am – 9:45 am – Team Check in

9:00 am – Introduction to Adventure Racing for those new to the sport

10:00 am - Team meeting/race briefing

Race begins 10:30 AM

Super Mini Sprint AR – between 11:30am – 2:00 pm

(a foot/challenge taste of AR for friends and family to try out - \$10/adults \$5 kids)

DIRECTIONS TO HIBERNIA COUNTY PARK

From Pennsylvania Turnpike: Downingtown Exit (#23)

Exit onto Route 100 South
 Route 113 South
 Route 30 Bypass West
 Route 82 North
 Proceed 2 miles to Cedar Knoll Rd at crest of hill
 Turn left on Cedar Knoll Road, and follow the signs

From Pennsylvania Turnpike: Morgantown Exit (#22)

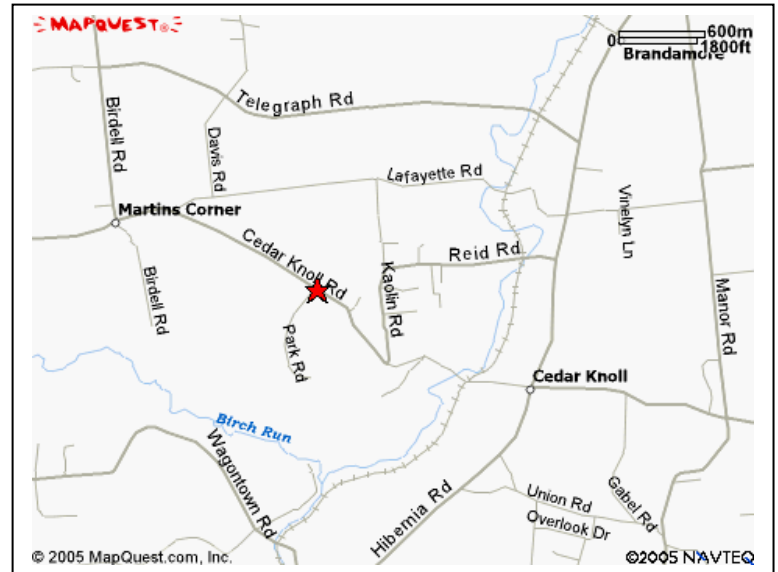
Exit onto Route 10 South into Morgantown
 Route 23 East
 Route 401 East
 Route 82 South, cross Route 322
 Turn right onto Cedar Knoll Road, follow signs

Pottstown Area and North:

Route 100 South
 Route 23 West
 Route 345 South
 Route 82 South, cross Rt. 322
 Turn right onto Cedar Knoll Road, follow signs

Honey Brook area and Northwest:

Route 322 East
 Route 82 south
 Turn right onto Cedar Knoll Road, follow signs



From Downingtown/West Chester and Southeast:

Take Route 322 West through West Chester and Downingtown; enter Route 30 Bypass West to Lancaster.
 - **or** - Enter Route 30 Bypass West in Exton
Either way, exit onto Route 82 North
 Proceed 2 miles to Cedar Knoll Rd at crest of hill
 Turn left on Cedar Knoll Road, and follow signs

From Nottingham/Oxford and Southwest

Route 10 North
 Route 30 East, Enter Rt. 30 Bypass/Coatesville
 Exit onto Route 82 North/Coatesville exit, turn left
 Proceed 2 miles to Cedar Knoll Rd at crest of hill
 Turn left on Cedar Knoll Road, and follow signs

From King of Prussia Area and East:

Schuylkill Expressway West exiting onto Route 202 South
 Exit onto Route 30 Bypass West towards Coatesville/Lancaster
 Exit onto Route 82 North/Coatesville exit, turn left
 Proceed 2 miles to Cedar Knoll Rd at crest of hill
 Turn left on Cedar Knoll Road, and follow signs

From Lancaster County and West:

Route 30 East; Enter Rt. 30 Bypass/ Coatesville
 Exit onto Route 82 North/ Coatesville exit; Turn left. Proceed 2 miles to Cedar Knoll Road at crest of hill
 Turn left on Cedar Knoll Road, follow signs

The following will take place at check in at Pavilion #4

- Registration confirmation and signing of waivers by all team members
- Collection of pledges made to the American Cancer Society
--We strongly encourage you to make every effort to raise pledge money for this worthy cause.
--Please have your funds and pledge sheets at pre-registration

AREA LODGING OPTIONS:

For those of you coming from out of the area, Exton is the closest town with hotel lodging/restaurants, etc. It is about a 25 minute drive to the park.

Inn At Chester Springs

815 N. Pottstown Pike Exton, PA

Holiday Inn Express Exton-Lionville, Pa

120 N. Pottstown Pike Exton, PA 19341

Hampton Inn

Route 100 and 113 Exton, PA 19341 610-363-5555 www.hamptoninnnexton.com

CAMPING: West Chester KOA 1659 Embreeville Road Coatesville, Pa 19320 610-486-0447

<http://www.koa.com/where/pa/38104/index.htm>

FUNDRAISING:

GOALS ARA believes in helping the community and in helping the environment. As an adventure racer, and participant in this event, we ask you to be a part of this.

How you can help raise funds for a worthy cause:

- This race is a charitable race to benefit the American Cancer Society We are asking all racers raise pledge money to help this worthy cause. Getting pledge money is not hard. You can actually earn your race registration fee back! For every \$100 you raise, \$10 gets knocked off your registration fee.
- Bring in your pledge sheet and monies to the race. The appropriate monies will be given back to you, or you may donate them to the ACS. Included in this package is more information on pledges.

RACE DAY:

General Rules:

- The start/finish and main transition area of the race will take place at pavilion #4. There is limited parking in the area. Teams are HIGHLY encouraged to travel in one vehicle to the park.
- Teams are eligible to race when the team is fully registered, fee paid in full, paperwork, waivers, and gear checks are complete.
- Any failure to comply with mandatory safety precautions will trigger time penalties or disqualification from the race.
- Each team will receive a race passport which must be carried with them though out the entire course.
- The race director has the authority to alter the race course due to weather and safety precautions. All teams will be notified of these changes if they occur.
- Teams must complete all check points and all team members must complete all disciplines in order to remain ranked in the competition. If a team of 3 loses 1 team member due to illness or injury, the team may choose to remain in the event, after the injured member is medically cared for and released to race staff. However, the remaining 2 members will not be ranked in the competition.
- Teams coming upon an injured participant MUST stop to provide assistance as needed. Failure to assist will result in disqualification from the race.
- Team members must stay within 100 meters of one another at all times during the event

- All racers must wear unaltered provided racing bibs on the outside of their clothing or PFD's AT ALL TIMES during the race course. No alterations of the racing bibs are allowed.
- Each team must carry a minimum of one operational and charged cell phone **for emergency purposes only**. Each team will also be given the cell phone number of the medical director and race director. This is to be used in the event of an emergency only. No other cell phone calls are permitted during the race.
- All competitors must wear PFD during canoe section. All competitors must wear bike helmet during biking section.
- All competitors are responsible for familiarizing and preparing themselves for any health and fitness requirements for the event. It is recommended that participants notify medical staff of medical conditions at pre-race check in.

What to expect for the race format?

At check in you will receive your race map. When the race begins there will be an opening activity where you will receive your race passport. This will determine if you will bike 1st, canoe 1st, or foot orienteer 1st. Teams rotate throughout the day.

The race is points based scoring. This means that each checkpoint has a certain point value. Your team has up to 3 or 6 hours to collect as many points as you can. Your strategy may include skipping some points, or trying to go for all of them.

If you are over the 3 or 6 hour time limit, your team loses points. . If a team is one minute late (you have up to 6 hours 59 seconds) your highest point will be deducted. The next highest point will be deducted every 5 minutes thereafter. (6 hours 6 minutes, 12 hours 11 minutes, etc.)

In other words---don't be late!

You must complete all sections together as a team unless otherwise specified by the race director.

Safety and Medical:

- The race director may modify or change the course for safety reasons at any time.
- There are no penalties imposed for receiving any type of emergency help or first aid treatment.
- For any injuries or conditions beyond the scope of first aid providers, the injured party will be transported to the nearest hospital facility. Transport may include ambulance services. Racers will carry their health insurance information and emergency contact information with them on the course.
- The event medical officer may remove any competitor they feel is in danger to themselves or others. Racers suffering from exhaustion, dehydration, or other race related injuries are also subject to removal.
- **In the event of thunder and lightning, or severe wind, all competitors must remove watercraft immediately from the water, and seek shelter.** An upside down canoe can be used as an expedient shelter.
- Only the official race map(s) are to be used on the race course.

Foot section of race:

- No trails or roads are closed for this event. The trekking and running sections of the race will take place on roads and multi-use trails, with some orienteering. Safety is of the utmost importance. All racers should pay special attention to vehicular traffic, and be vigilant with their surroundings.
- During the trail running section there are tree roots and rocks and other recreational users. It is important to watch you footing. Be vigilant of other recreational trail users which can include runners, bikers, and horse back riders. Treat the area with respect and utilize the leave no trace rules

Biking Section:

- All competitors will use and ride their own mountain bikes.
- Any and all mechanical problems encountered while racing will be handled by team members. No support crews, family, friends, or spectators are permitted to assist. However, if a team comes upon another team that is struggling with the bike repair, and assists them, then the assisting team will be granted a time bonus. **Both teams** must report that information to the next manned checkpoint.
- Competitors must wear a properly fitted ANSI or SNELL approved biking helmet while biking AT ALL TIMES. Failure to wear the helmet will result in disqualification from the event. Protective eye wear must also be worn. We also recommend riding gloves.

- The race course will include road biking and mountain biking. Riders are to use caution when riding on road sections. No roads will be closed to vehicular traffic.
- Use common sense when riding, especially down hill. If you feel you are beyond your limits, GET OFF AND WALK YOUR BIKE. Efficiency and safety, rather than speed, is most important during this section of the course. You will have a better finish time, and will not have to limp your way to the finish line. The trails are not closed for the race. Recreational users, including hikers, other bikers, horse back riders, could be on the trails. All racers must use caution. Treat the area with respect and utilize the leave no trace rules
- If you do fall and think you are injured, stop and evaluate your self. Your entire team must stop with you. If you feel you require medical attention, you must contact Medical director via event staff who will be located throughout the mountain biking course. Find a race volunteer, who will then radio event staff for medical assistance.

Rules of the Trail

The way we ride today shapes mountain bike trail access tomorrow. Do your part to preserve and enhance our sport's access and image by observing the following rules of the trail, formulated by IMBA, the International Mountain Bicycling Association. These rules are recognized around the world as the standard code of conduct for mountain bikers. IMBA's mission is to promote mountain bicycling that is environmentally sound and socially responsible.

- **Ride On Open Trails Only**
- Respect trail and road closures (ask if uncertain); avoid trespassing on private land; obtain permits or other authorization as may be required. Federal and state Wilderness areas are closed to cycling. The way you ride will influence trail management decisions and policies.
- **Leave No Trace**
- Be sensitive to the dirt beneath you. Recognize different types of soils and trail construction; practice low-impact cycling. Wet and muddy trails are more vulnerable to damage. When the trail bed is soft, consider other riding options. This also means staying on existing trails and not creating new ones. Don't cut switchbacks. Be sure to pack out at least as much as you pack in.
- **Control Your Bicycle!**
- Inattention for even a second can cause problems. Obey all bicycle speed regulations and recommendations.
- **Always Yield Trail**
- Let your fellow trail users know you're coming. A friendly greeting or bell is considerate and works well; don't startle others. Show your respect when passing by slowing to a walking pace or even stopping. Anticipate other trail users around corners or in blind spots. Yielding means slow down, establish communication, be prepared to stop if necessary and pass safely.
- **Never Scare Animals**
- All animals are startled by an unannounced approach, a sudden movement, or a loud noise. This can be dangerous for you, others, and the animals. Give animals extra room and time to adjust to you. When passing horses use special care and follow directions from the horseback riders (ask if uncertain).
- **Plan Ahead**
- Know your equipment, your ability, and the area in which you are riding -- and prepare accordingly. Be self-sufficient at all times, keep your equipment in good repair, and carry necessary supplies for changes in weather or other conditions. A well-executed trip is a satisfaction to you and not a burden to others. Always wear a helmet and appropriate safety gear.

Keep trails open by setting a good example of environmentally sound and socially responsible off-road cycling Remember that all mountain bicyclists will be judged by your actions.

Team Challenge Sections:

All teams will come upon team challenge sections during the race course. These require critical thinking, and self confidence more than athletic skill. A team may choose to not complete one or more of the team challenge areas.

Paddling Section: solos will use single person sit in kayaks. Teams will use canoes

Canoe Type:

Made of Old Town's unique SuperLink3™, Discovery 158's glossy surface literally slips through the water, glides over rocks, and does it quietly...perfect for family outings. The 158's excellent maneuverability also makes it a fine choice to confidently challenge moderate whitewater.

The patented Discovery 158's SuperLink3™ hull is produced using a layer of closed cell foam sandwiched by layers of high-density polyethylene. The result is a molded hull with inherent structural integrity that does not require the clumsy metal framework or keelson found in single-layer linear polyethylene boats.



LENGTH	WIDTH	WIDTH at 4" Waterline	BOW HEIGHT
15' 8"	35.5"	35.5"	21.5"
DEPTH	WEIGHT	CAPACITY	COLOR
13.5"	80 lbs.	980 lbs.	Red, Deep Forest

Canoe Section:

- Teams will be issued 2-3 canoe paddles per team plus PFD's. Teams may opt to bring their own choice of paddles and PFD for the race. These will be kept at the main transition area until you are to go on the paddling section.
- Solo racers will paddle in single person sit in kayaks
- Race director has the discretion to alter or cancel the canoe section due to weather or other safety concerns. All teams will be properly notified of the change or cancellation.
- It is mandatory that all participants wear US Coast Guard Type III or better life jackets (PFD) at all times while when participating in the water event. Any member removing PFD will cause in disqualification of the team.
- All care should be given to respect and not damage any watercraft provided. Any damaged watercraft will result in time penalties. Racers are responsible for all costs to repair any damaged equipment.
- All teams must have appropriate waterproof bags to contain and keep equipment water tight while on waterways.
- Water safety crews and volunteers will be patrolling the canoe section. Teams must have out whistle (tied to your PFD) to notify race staff if they need safety or medical assistance during the canoe course.

Team Withdrawal from Competition:

- In the case of a team withdrawal, the team must inform the race staff by the best means available, and the shortest possible time, usually by going to the closest check point or race official and informing them of intent to withdrawal. Official withdrawal occurs upon surrender of the passport to the race official at pavilion #4.
- If a team fails to notify the race staff of its withdrawal and the organization is forced to bring about a specific search for the team, the financial responsibility of said search will fall on each competitor who has not taken the necessary steps to officially inform the race staff of whereabouts and withdrawal from the competition.
- In cases where a team has lost a member due to inability to continue, health, or other reasons, the entire team must wait until help has arrived for the disabled team member before consideration can be given to allowing the remaining team members to continue racing.
- Any emergency evacuation, either by land or helicopter, is reserved for sick or injured parties only. Fees associated with this type of rescue are borne by the injured party.

Race Timing:

- The official race clock begins at the start of the race and stops for each team when an entire team has crossed the finish line.

- Time periods may be adjusted to compensate for unforeseen circumstances

Penalties:

- Penalties will be deducted from the team's overall finish time/points.
- Any necessary adjustments will be applied across the board to all teams, unless the adjustments are due to infractions, penalties, or other unforeseen circumstances.
- The race director has final decision on all time penalties.
- The list below is a general guideline, and may not cover all situations that may arise during the event. Race director has discretion to evaluate additional situations as they occur.

Disqualification from the race

- Disobeying an instruction from a race official or written race rules
- Abandoning a teammate
- Not assisting a person in danger or hurt
- Not wearing safety gear during specific discipline (PFD, bike helmet)
- Un-sportsmanlike behavior.
- Being disrespectful to any member of the public you may encounter during race course
- Riding out of control, and not exercising proper safety during any part of race, especially mountain bike section
- Use of unauthorized maps
- Littering/ and or not assisting in clean up of Transition areas

Loss of highest points

- Not wearing racing bib (unless directed by race director) on outside or altering racing bib
- Failure to return paddles or other equipment
- Team mates not remaining within 100 meters of one another

Prizes and awards:

- Prizes will be awarded to the top finishers in each race category. Highest prize will go to co-ed team of 3
- Various prize packages including gift certificates and gear will be awarded.
- Due to the charitable nature of this event, no cash prizes will be awarded
- All participants will receive a goodie bag compliments of our sponsors.

Refunds and Transfers

- Participants will get 100% of registration fee refunded if the event is cancelled by GOALS ARA, or there is a date change made by GOALS ARA less than 30 days before the event.
- No refunds are given to any team who withdrawals from the event, for any reason, with less than 7 days notice to race director.
- Full refund, or credit toward future event(s), will be granted if team withdrawals 7 days or more from date of event.



THE SAVAGE ADVENTURE RACE

3 AND 6 HOUR ADVENTURE SPRINTS

May 1, 2016

Mandatory Individual Gear

This is a minimum list for this event. You are welcome to carry any other equipment you feel is necessary. Racers are responsible for carrying all their own food and water for the entire race.

- Racing bib (unaltered, with no additional logo placement, worn and visible from the front throughout the entire event). ***Provided by GOALS ARA. Return at end of race.***
- Hydration System/water bottles
- Whistle
- Protective eyewear
- Bike helmet
- Sunscreen, Lip balm (recommended)
- Each member must provide their own mountain bike and helmet
- HIGHLY RECOMMENDED- LONG PANTS AND LONG SLEEVE SHIRTS

Canoe paddles will be provided but racers may bring their own choice of paddles

Canoes will be provided.

PFD's will be provided, or you may bring your own.

Mandatory Team Gear

Teams must at all times possess the following mandatory team gear in addition to the mandatory individual gear being carried by all team members:

SOLO RACERS ARE RESPONSIBLE FOR CARRYING "TEAM GEAR"

- Waterproof map carrying case
- Check Point Passport (***provided by GOALS ARA***)
- First Aid Kit suitable for all three teammates
- Pen or pencil
- At least one operational charged cell phone (water proofed in zip lock bag)
- Bilge pump or bailer (1 per team) (*small bucket OK*)
- Knife (Locking or fixed-blade, 2 inch minimum)
- 2 extra bicycle inner tubes or a minimum of two patches (appropriate size).
- Repair kit (*multi tool with Phillips and flat head screw drivers, chain break tool, allen wrench set, two tire levers, at a minimum*). *Note...one per team is OK.*
- Water for Team
- Compass



THE SAVAGE ADVENTURE RACE

RACER NAME _____



PLEDGE SHEET

TO RECEIVE A RECEIPT: PLEASE PRINT CLEARLY

NAME	ADDRESS/PHONE	AMOUNT PLEDGED	METHOD (CASH/CHECK)

Make checks payable to “The American Cancer Society”

American Cancer Society Fact Sheet

The American Cancer Society is the nationwide community-based voluntary health organization dedicated to eliminating cancer as a major health problem by preventing cancer, saving lives, and diminishing suffering from cancer through research, education, advocacy, and service. With more than two million volunteers nationwide, the American Cancer Society is one of the oldest and largest voluntary health agencies in the United States

Organization

the American Cancer Society, Inc. consists of a national Society, with chartered Divisions throughout the country and more than 3,400 local Units.

The National American Cancer Society

The national Society is responsible for overall planning and coordination of public and professional education; providing technical help and materials to Divisions and Units; and administering programs of research, medical grants, and clinical fellowships. The National Board of Directors includes representatives from the Divisions and from the general public.

The Divisions

The Divisions are governed by volunteer members of Division Boards of Directors, both medical and lay, throughout the United States and Puerto Rico.

The Units

More than 3,400 local Units are organized to cover the counties and communities in the US. Thousands of community leaders direct the Society's programs at this level.

Volunteers

More than two million volunteers carry out the Society's mission of eliminating cancer and improving quality of life for those facing the disease. These dedicated volunteers donate their time and talents to further cancer research; educate the public about early detection and prevention; advocate for responsible cancer legislation in the local, state, and federal governments; and serve cancer patients and their families to help make the cancer experience a little easier.

How the American Cancer Society Fights Cancer

Research

The aim of the Society's research program is to determine the causes of cancer and to support efforts to prevent and cure the disease. The American Cancer Society is the largest source of private, nonprofit cancer research funds in the US, second only to the federal government in total dollars spent.

Beginning in 1946 with \$1 million, the Society's research program has invested \$2.5 billion in cancer research. The Society has funded 38 Nobel Prize winners early in their careers.

The research program focuses primarily on peer-reviewed projects initiated by beginning investigators working in leading medical and scientific institutions across the country. The research program consists of three components: extramural grants, intramural epidemiology and surveillance research, and the intramural behavioral research center.

Education

knowing the facts about cancer can save lives. With both prevention and early detection information, people can take an active role in how cancer affects them.

Primary cancer prevention means taking the necessary precautions to prevent the occurrence of cancer. Prevention programs are designed to help adults and children make healthy lifestyle choices that continue throughout life. The Society's programs focus primarily on:

- Tobacco control
- Relationship between diet and physical activity and cancer
- Comprehensive school health education
- Skin cancer reduction

- Regular medical checkups and recommended cancer screenings

In addition to taking proactive steps to help prevent the disease, it's important to know how cancer is found and what screening options are available and appropriate. Finding cancer in the earliest stage possible gives the patient the greatest chance of survival. For this reason, the Society seeks to provide the public and health care professionals with the latest cancer resources to help them make informed decisions. Through national conferences and workshops, audiovisual and print publications, a Web site (www.cancer.org), and the National Cancer Information Center (1-800-ACS-2345), the Society works hard to reach everyone with this lifesaving information.

Patient Services

because cancer takes a toll on the person diagnosed as well as family and friends, the American Cancer Society offers support and service programs to try to lessen the impact. These programs cover a wide range of needs – from connecting patients with survivors to providing a place to stay when treatment facilities are far from home.

Advocacy

Cancer is a medical, social, psychological, and economic issue, and it's also a political issue. Policymakers at all levels of government make decisions every day that impact the lives of nearly nine million cancer survivors, their families, and all potential cancer patients. The Society's advocacy efforts strive to influence public policies at all levels, with special emphasis on laws or regulations relating to:

- The use, sale, distribution, marketing, and advertising of tobacco products, particularly to youth
- Improved access for all Americans, particularly poor and underserved Americans, to a range of health care services for the prevention, early detection, diagnosis, and treatment of cancer
- Increased federal funding and incentives for private sponsorship of cancer research to prevent and cure cancer
- The rights of cancer survivors

American Cancer Society advocacy volunteers, as part of a community-based grassroots network, drive this successful initiative. This network also includes other collaborators who have influenced or supported laws and regulations furthering the fight against cancer.

www.cancer.org