



# Krista Griesacker Memorial Hawk Mountain Adventure Race



1



**SATURDAY August 6, 2016**



## ORGANIZED BY GOALS ADVENTURE RACING ASSOCIATION

866-338-5167 ♦ (FAX) 610-466-7016 ♦ EMAIL: [INFO@GOALSARA.ORG](mailto:INFO@GOALSARA.ORG) ♦ [WWW.GOALSARA.ORG](http://WWW.GOALSARA.ORG)

Race director contact phone numbers on race weekend:

Civil Air Patrol Base: 610-756-4170 (landline)

Bill (cell) 610-608-5482

Anne (cell) 610-608-5483

Course Designer: Jeff Bell

note: cell coverage not reliable in all areas near race

**THERE IS POOR CELL PHONE COVERAGE AT THE CIVIL AIR PATROL BASE.**

Thank you for registering for the Krista Griesacker Memorial 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*

Bill Gibbons

*Anne*

Anne Gibbons

*Jeff*

Jeff Bell

*Bruce*

Bruce Kuo

## **GENERAL INFORMATION**

### **TEAM CHECK IN**

**DATE:** Friday August 5 5:30pm-8:15pm

**UTM Tutorial Class:** 6:30pm

**Rappel Tutorial Class:** 7:15PM

**TEAM MEETING:** 8:30pm

**PLACE:** Civil Air Patrol Hawk Mountain Ranger Training Area

218 Pine Swamp Road

Kempton, PA 19529

610-756-4170 (on race weekend only)

### **Directions:**

- From I-78.
- Get off at exit for Lenhartesville (Route 143).
- Make **left** off exit onto Route 143. Follow for about 10 minutes
- Make **left onto Hawk Mountain Road** (gas station on right).
- Hawk Mountain road forks, **stay to the left**. (you will be on this road for 3.2 miles).
- Make **left onto Pine Swamp Road** (there will be a sign there for CAP and GOALS ARA race).
- Follow Pine Swamp Road for one mile. Civil Air Patrol School is on the left.

**Parking is limited. Please come in one team vehicle.**

**If you are bringing an RV, let us know ahead of time. There are no hookup facilities.**

**THE RACE WILL BEGIN SOMETIME BETWEEN 4AM AND 7AM SATURDAY AUGUST 6<sup>TH</sup>**  
**(keeping within the 'expect the unexpected' theme!)**

**The following will take place at check in:**

- Registration confirmation and **signing of waivers** by all team members
- Collection of USARA racing license fees.
  - A day or year membership in the USARA (United States Adventure Racing Association) is required for any racer participating.
  - USARA single event license \$8.00 for each team member
  - USARA yearlong membership \$35.00 for each team member
  - Single event license or year membership fees must be made payable directly to the USARA. **Please bring exact change or a separate check with you made payable to USARA.** If you are already a USARA member, your membership card is required.
- Collection of pledges for the *Pennsylvania Wing Civil Air Patrol*.
  - We strongly encourage you to make every effort to raise pledge money for this worthy cause. Raising funds is very easy. You simply ask your friends, family, etc to sponsor you in the event. They can donate any amount they wish. *Checks should be made payable to Pennsylvania Wing Civil Air Patrol.*
  - For every \$100 each racer raises, \$10 will be returned to you, or you may donate it to Civil Air Patrol.
  - Please have your funds and pledge sheets at pre-registration
- **UTM plotting test given to all teams (map scales are 1:24000)**

**WE ARE ASKING EACH RACER TO PLEASE RAISE AT LEAST \$50 EACH. THAT ONLY REQUIRES ASKING 2 PEOPLE TO SPONSOR YOU \$25 EACH. EASY!**  
***Prizes will be awarded to the racer who raises the most pledges***

**50/50 RAFFLE – pay at registration**

**PUT IN YOUR BUCKS AT REGISTRATION, AND WALK AWAY WITH SOME CASH!! THE OTHER 50% GOES TO THE SEARCH AND RESCUE SCHOOL!**

- **Navigation & Rappel Help if needed:** Feeling a little shaky on you nav? We will have a 6:30 pm UTM plotting and nav tutorial followed at 7:15PM with a brief clinic on Rappel technique. Also check out our website for tips: <http://goalsara.org/training/navigation-tips/>
- GOALS ARA does not collect medical history or personal medical information from each racer. If you have a condition or health concern that we should know about, please speak with our medical staff at some time prior to the team meeting. Each team member should record their medical insurance number, any significant medical information and allergies into their team passport and/or carry a copy on their person in a waterproof baggie.

**LODGING**

- Teams may **camp for free on the Civil Air Patrol property** (bring your own tent camping, out house facilities, luke warm showers).
- **Christmas Pines Campground:** 570-366-8866. Tent sites; RV hookup site. Can stay for just one night. Sites do fill, don't delay in reserving. Location is Route 895, 2 miles west of Route 61 near Auburn. About 20 minutes to CAP Base.
- **Blue Rocks Campground** (about 15 minutes from CAP Base) 610-756-6366 (tent and RV camp sites available; shower house; pool).

- **Hamburg Microtel** (15 minutes from CAP Base). 610-562-4234. Located on Route 61, just north of Route 61 and Route 78 intersection, across from Cabelas.
- **Country Inn, Frackville** (25 minutes to CAP Base) <http://www.countryinns.com/frackvillepa> 570-544-5201.
- **Quality Inn, Pottsville:** (about 20 minutes from CAP Base) 570-622-4600.
- **Hawk Mountain Bed and Breakfast** 610-756-4224 [www.hawkmountainbb.com](http://www.hawkmountainbb.com) (about 10 minutes away from CAP Base. 2 ½ miles east of Route 143 on Stony Run Valley Road in Kempton)

**Reserve early, these lodging options fill quickly!**

## **RACE WEEKEND**

### **General Rules:**

Teams are eligible to race when the team is fully registered, fee paid in full, paperwork, waivers, gear check and any skills check are completed.

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 throughout the entire course.

The race director has the authority to alter the race course as he deems necessary. 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 **numerical** 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. **HOWEVER**, cell phone coverage in some sections of the race is not reliable, so do not count on it...a race volunteer with a radio is much more reliable. If you encounter an emergency, and are not able to get cell coverage. send a team member to higher elevation and try the call again.

The phone number for emergencies is Bill Gibbons 610-608-5482. If you cannot get through: CAP base at 610-756-4170

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.

### **Safety and Medical:**

The race director may modify or change the course at any time.

Trained medical crews will be located throughout the course. The teams will be mobile; a race team may have to wait for personnel to arrive. It is highly recommended that at least one team member be trained in first aid and CPR.

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 should 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.

Racers that are allergic to bee stings **MUST** carry with them their appropriate medication. There are sections of the race course that it will take time for medical personnel to reach you. Racers must also be aware of the inherent risks involved including: snakes, ticks, poison ivy, bears, bees, rocky uneven terrain.

**In the event of thunder and lightning, or severe wind, all competitors must get out of the water immediately.** Teams on foot during a lightning storm should also move to lower ground and/or seek shelter until the storm cell passes.

### **Maps:**

Topographical maps will be not be pre plotted. Scale is 1:24000

An altimeter is recommended but not required

### **Race Breakdown:**

Expect to carry ALL mandatory gear with you for the entire race. Bike tools and bike lights may remain on bikes.

The foot & Bike sections of the race has a significant amount of bushwhacking. Teams are **STRONGLY ENCOURAGED to wear long pants and long sleeve shirts during this section of the race.** The foliage is thick, with many briar bushes, poison ivy, rocky areas, etc.

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.

Mountain biking section: 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.

### **Scoring:**

This is a point to point race. All CP's are mandatory and worth one point. Scoring will be based on highest score and fastest finishing time. There will be a short course for those not making the appropriate time cut offs.

### **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 withdraw. Official withdrawal occurs upon surrender of the passport to the race official.

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 their entire team has crossed the finish line.

Finish times may be adjusted to compensate for unforeseen circumstances

### **Penalties:**

Any necessary time 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 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**

- Disobeying an instruction from a race official or written race rules
- Traveling on the AT and Rte 61 other than at designated crossing areas
- 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 volunteer or member of the public you may encounter during race course
- Use of forbidden equipment such as GPS, weapons, etc\Riding out of control, and not exercising proper safety during any part of race, especially mountain bike section
- Littering and/or not assisting in clean up of Transition areas

### **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. The active.com processing fee cannot be refunded.

Full refund, or credit toward future event(s), will be granted if team withdrawals 30 days or more from date of event.

### **Prizes**

- Great gear and vouchers from REI, AAS, Trail Runner Magazine, ROAD ID and GOALS ARA!
- The top 4 Coed and the top 4 Open (all male or all female) teams will receive an invitation to the 2016 USARA Adventure Race National Championship.  
The top placing Coed team will receive USARA Regional Champions Jackets.
- The top placing Coed team will receive a \$400 Regional Qualifier sponsorship from GOALS ARA to be applied towards their entry fee into the 2016 USARA Adventure race National championship.

### Mandatory Individual Gear

There is a restriction of 2 large bike bottles per racer, no hydration bladders. Other equipment that you feel will benefit you or your team is encouraged.(i.e. tow-lines, raingear, etc.) Gear will be checked at registration and on-course. Photographers will be on-course.

- Your choice of clothing (you will get wet and tired). There will not be a TA to replenish gear. if you want something, carry it with you!
- Your own nutrition for the day
- 2 large bike bottles (Max capacity is 25 fl. bike bottles or alike) – NO hydration bladders allowed.
- Knife
- Whistle
- Personal Flotation Device: should be Type I,II or III PFD. (boats may or may not be available)
- Rappel Harness
- Leather gloves
- Mountain Bike and Certified Bike Helmet (CPSC marked helmet)
- Front bike light/rear bike light (red and flashing)
- Dry bag (individual or team is OK)
- Head light
- Eye protection

### Mandatory Team Gear

- Waterproof map carrying case
- At least one operational cell phone - charged and waterproofed
- First Aid Kit suitable for the team - If allergic to bees, or even suspicious that you could be allergic---you MUST bring medications
- Water Purification System\*\*(Tablets are NOT acceptable. It MUST be a purification system.)
  - This can be individual straw/in-line/bottle filters, within the 25oz bottle limit, for each team member. It can also be a pump or Steri-pen that will be used by the whole team. Large capacity gravity filtration systems that require bladders/reservoirs will not be allowed.
  - Tablets are not allowed because of the “race” environment. They require 20-30 minutes to be effective before you can drink the water. You will not have that amount of time to wait or risk poisoning from unpurified water.
- UTM plotting tool (2) 1:24000 scale maps
- Compass
- 2 extra **bicycle** inner tubes/patches + repair kit
- pen or pencil

### Recommended Gear

- Altimeter
- bush-whacking clothing and bug repellent

You may leave your bikes lights and repair kit on your bicycle, but be prepared to carry everything else with you for the entire race.

\*\*GOALS Racers can get a 20% discount on water purification systems, insect repellents, first aid supplies and much more from our sponsors at Sawyer.

[www.sawyersafetravel2.com/index.php](http://www.sawyersafetravel2.com/index.php)

Use the code "GOALS"



# The Krista Griesacker Memorial Adventure Race

## Hawk Mountain, PA

### August 6, 2016



#### BENEFITS OF RAISING FUNDS

1. You are raising money to help support volunteer search and rescue training. Krista and many others were inspired and trained to be leaders, skilled outdoorsmen, and selfless search and rescue personnel at the [Civil Air Patrol Hawk Mountain Search and Rescue School](#).
2. You are helping yourself by raising funds to allow you to race for free.
3. You will be educating the public about adventure racing and about volunteer search and rescue, as these questions will often be asked when you approach someone for aid. It's a great way to spread news about both these topics.

#### HOW DO TEAMS RAISE MONEY FOR SEARCH AND RESCUE?

Adventure racers have a unique opportunity to raise money for volunteer search and rescue, and race for free! For every \$100 each racer raises, \$10 will be deducted from your registration fee.

Simply ask friends, neighbors, co-workers, etc. to help sponsor you in the event.

Explain to them that you are doing a 12 hour adventure race (which will usually lead to the conversation of what is adventure racing – so you get to do some education about the sport)

Ask them to pledge to you a set amount that they feel comfortable with. Fill out the [pledge sheet](#). If they choose to pay by check, ask them to make the check out to "Pennsylvania Wing Civil Air Patrol" This is a tax-deductible donation.

Bring your [pledge sheet](#) and your collected monies with you to race registration. We will then deduct the appropriate amounts from your registration fee, and return it to you.

***You and your team must pre-register for the race, and pay the entry fee ahead of time. Any funds that should be returned to you will be done so at the date of the race.***



## **BASIC FACTS ABOUT THE HAWK MOUNTAIN SEARCH & RESCUE SCHOOL**

The Civil Air Patrol's Hawk Mountain Search and Rescue School is the longest continually running civilian search and rescue school in the country. Begun in 1953 by pioneers of the C.A.P., the Hawk Mountain Ranger School used military instructors to teach the skills of field operations. The textbook that was developed for the school, The Land Search and Rescue Manual is often referenced by many of today's search and rescue texts.

Today, the Hawk Mountain Search and Rescue School teaches the latest techniques from electronic search to high angled rescue. The students who leave the school are energized to help in their community and organization to be available to help when someone is in need.

Funds raised for this non-profit organization will be used to help the school keep up its legacy of high quality educational training, improve the facilities, and provide youth with continued outdoor training opportunities. The school trains its own staff with an ongoing leadership development program. Krista became involved in the Staff Training program early in life and excelled in skill and leadership ability. She received her Expert Ranger rating before the age of 20. When she became involved in adventure racing it was this training that enabled her to quickly move to become an accomplished racer.

Anyone who met Krista knew her to be warm and friendly and always willing to give support to anyone who needed it. Her dedication to training was inspirational to many. Her passion for the sport of adventure racing led her to live in the area that would also claim her.

While training with her fiancé in the higher elevations of Wyoming, they were caught in a terrible lightning storm. Both were struck and perished.

We believe that there can be no better memorial to her than to combine the two activities that Krista truly loved.

Pennsylvania Wing Civil Air Patrol  
United States Air Force Auxiliary  
Building 3-108 Ft Indiantown Gap  
Annville, Pa 17003  
717-861-2335

[https://pawg.cap.gov/hawk\\_mountain](https://pawg.cap.gov/hawk_mountain)

**WE ARE ASKING EACH RACER TO PLEASE RAISE AT  
LEAST \$50 FOR THIS WORTHY CAUSE.**

**THAT'S SIMPLY ASKING 2 PEOPLE TO SPONSOR YOU  
\$25 EACH!!**

**Prizes awarded for the racer that raises the most money!**

# THE KRISTA GRIESACKER MEMORIAL ADVENTURE RACE

## SATURDAY AUGUST 6, 2016



Racer name \_\_\_\_\_



Please help support the Civil Air Patrol. By sponsoring a race team, you are helping this vital search and rescue resource. We will be happy to send you a receipt if you provide your address.

### PLEDGE SHEET:

**THOSE WHO PROVIDE NAME AND ADDRESS WILL RECEIVE A RECEIPT LETTER FOR DONATION**

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

**Make your tax-deductible donation payable to "Pennsylvania Wing Civil Air Patrol"**  
*C/O GOALS Adventure Racing Association - 1302 Spellman Drive - Downingtown, PA 19335*