



THE EDGE ADVENTURE RACE

October 16, 2016



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

Thank you for registering for the Edge 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

Ron

Ron Barron

RACER CHECK IN

Sunday October 16, 2016

Siegel JCC Community Center
 Amphitheater

101 Garden of Eden Rd,
 Wilmington, DE 19810

<https://goo.gl/maps/so63kn2nACv>

Check in 7:30am-9am

8:40am – Quick Adventure Racing Tutorial for New Racers

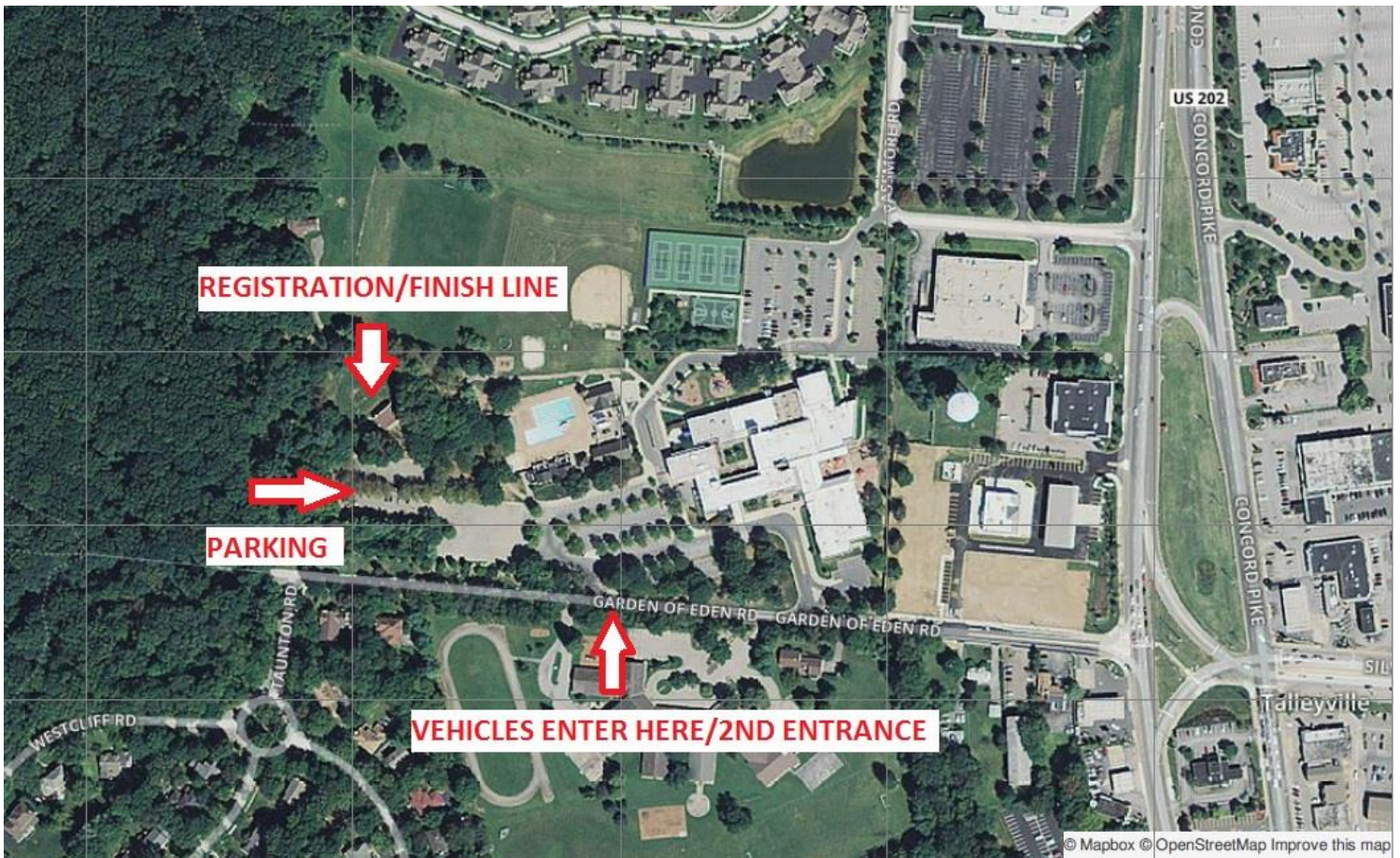
Team meeting/race briefing @ 9:10 am

Race begins 10:00AM

For parking purposes please come in one team vehicle if possible

Note: Be prepared to carry all of your gear (with the exception of paddling gear) for the entire race.
 We will have some water available at the main Transition Area

MAP OF SIEGEL JCC: 101 GARDEN OF EDEN ROAD, WILMINGTON



AREA LODGING OPTIONS:

For those of you coming in from out of town, there are several hotels in the area. Below are a few:

Courtyard by Marriot
320 Rocky Run Parkway
Wilmington, DE 19803
(302) 477-9500

Doubletree Hotel
4727 Concord Pike
Wilmington, DE 19803
302-478-6000

Quality Inn and Suites
4000 Concord Pike
Wilmington, DE 19803
(302) 478-2222

RACE DAY:

General Rules:

- The registration/finish of the race will take place at the JCC.
- **There will be a central Transition Area located on the race course. Be prepared to carry all mandatory gear with you for the entire race course. (Except paddles and pfd's). We will have water available at the TA.**
- At registration you will receive the race map with checkpoints on them. Those who check in early will have more time to study the race maps before the team meeting.
- Teams are eligible to race when the team is fully registered, fee paid in full, paperwork, waivers, are complete.
- Any failure to comply with mandatory safety precautions will trigger penalties or disqualification from the race.
- After the opening event, 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 due to weather and safety precautions. All teams will be notified of these changes if they occur.
- Teams 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 20 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 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 areas may not be reliable. A race volunteer with a radio is much more reliable.
- 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. During the team meeting you will be instructed as to where to go for the actual start of the race. **YOU MUST BRING ALL OF YOUR GEAR WITH YOU!!!** (with the exception of personal paddles and pfd's) 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 hours 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 3 hours 59 seconds or 6 hours 59 seconds) your highest point will be deducted. The next highest point will be deducted every 5 minutes thereafter. In other words---don't be late!
- You must complete all sections together as a team unless otherwise specified by the race director.
- Racers should expect to be out on the course for the full 3 or 6 hours.
- Long pants are highly recommended. The park has some areas with thick thorns and poison ivy.

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 lightening, 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:

- **Eye protection must be worn (sunglasses are OK)**
- 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 your 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 crossings and mountain biking on trails. Riders are to use caution when crossing roads. 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.

Paddling Section

Solo racers will paddle single person kayaks

For teams of 2-3: 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.

Standard features include black vinyl gunwales, polyethylene decks with grab handles, polyethylene contoured seats, and ash carrying yoke and thwart. Canoe seats are optional.



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

- 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.
- 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
- 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:

- 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 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
- Use of forbidden equipment such as GPS, night vision goggles, weapons, etc
- Riding out of control, and not exercising proper safety during any part of race, especially mountain bike section
- Use of unauthorized maps
- Failure to return paddles or other equipment

One hour penalty

- Not wearing racing bib (unless directed by race director) on outside or altering racing bib
 - Team mates not remaining within 20 meters of one another
 - Littering/ and or not assisting in cleanup of Transition areas

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.
- Many thanks to all of our sponsors!
- All participants will receive a goodie bag and T-shirt.

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.
- Refund, or credit toward future event(s), will be granted if team withdrawals 7 days or more from date of event.

GEAR LIST:

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
- PFD (Minimum of USCG Type III) OR you may use one provided by race staff
- Mountain bike & bike helmet
- Sunscreen, Lip balm (recommended)
- Canoe paddles and PFD's will be provided but racers may bring their own

- Canoes will be provided

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:

- Those in the solo division are responsible for this gear as well
- Waterproof map carrying case
- Check Point Passport (provided by GOALS ARA)
- First Aid Kit suitable for all three teammates
- Pen or fine point marker (updated 9/25/16)
- Compass (updated 9/25/16)
- 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)
- 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.
-
- NO GPS PERMITTED



THE EDGE ADVENTURE RACE

October 16, 2016



BENEFITS OF RAISING FUNDS

1. We're giving back to the environment—help out the Friends of the Brandywine Creek State Park.
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 environmental awareness 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 THE ENVIRONMENT

WE ARE ASKING EACH RACER TO RAISE AT LEAST \$50 FOR THIS EVENT.

Adventure racers have a unique opportunity to raise money to help the park, 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 an 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 "The Friends of the Brandywine Creek State Park". All pledges go directly to the charity, and are tax deductible.

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 a check will be returned 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 after the race.

WHO ARE THE FRIENDS?

First and foremost the Friends are people who care deeply about the beauty of Brandywine Creek State Park. We are a 501c3 organization that raises and distributes funds to protect the park, enhance visitors experience, support our volunteers, and promote education programs at the park.

Our projects are varied and we are open to new ideas and suggestions. Will you give us yours?

WHAT DO THE FRIENDS DO?

Past Successful Projects

Construction of a 75 seat amphitheater that is used for programming and can be rented for community events.

Purchase of canoes and trailer for park programming.

On-Going Projects

Scholarship program. Currently the Friends provide a \$1000.00 scholarship fund for the parks educational programs. To date this has assisted 600 students to attend programs that they would not otherwise have been able to attend.

Birding Programs. The Friends provide a continental breakfast for the birders once a month.

Projects under consideration: Install a year-round pet-watering fountain for the Nature Center. Improving and repairing the lighting system for the amphitheater.



THE EDGE ADVENTURE RACE

OCTOBER 16, 2016



RACER NAME _____

PLEDGE SHEET

PLEASE PRINT CLEARLY SO WE CAN MAIL YOU A RECEIPT

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

Make checks payable to “Friends of Brandywine Creek State Park”

GOALS Adventure Racing Association ♦ www.goalsara.org ♦ info@goalsara.org