

2012 Sunflower State Games Adventure Race Rules and Gear List

Rules

- ALL team members must sign all waivers and be present at the safety and pre-race meeting in order to race.
- All mandatory gear/visible race bib # are subject to check before/during event by race staff. Failure to bring or carry required gear may result in DQ or penalty.
- The race staff is not responsible for stolen, lost or damaged equipment.
- Grievances shall be given to race HQ in writing within one hour of completion of the event.
- Each team will receive a Checkpoint Sheet, with coordinates for Checkpoints ALREADY plotted.
- Certain checkpoints may have mandatory cut-off times. Teams who miss mandatory cut-off times or checkpoints will NOT receive an official finish. Teams that voluntarily skip a section of the race (that is not mandatory) will still be ranked, but behind teams who finish all or more of the course as outlined for the event.
- There will be no time penalty for missing a checkpoint. Teams that find all of the CPs will be ranked higher than those who did not, regardless of finish time.
- Team members must be within 100 ft of each other while on the course unless instructed differently. 1st violations of this rule will result in a 1 hr penalty, 2nd violation will result in DQ.
- Teams can get checkpoints in any order unless further specified. Follow all instructions and avoid off limit areas. Violations of this rule will result in a 1 hr (or as otherwise stated) penalty for each offense.
- Respect the environment. No littering. Carry out what you carry in. Violations of this rule will result in DQ.
- Respect the volunteers. Any unsportsmanlike conduct toward volunteers will result in DQ, staff discretion.
- Outside assistance is not allowed except in specified transition areas. Violations of this rule will result in DQ.
- If a racer has a major medical issue, other teams are REQUIRED to aid assistance.
- Checking a teammate out of the race early must be done at a manned checkpoint. Leaving a teammate on the course will result in DQ. Continuing on the course after checking out a teammate at a manned checkpoint will result in an official time in adjusted division.
- Kayaks and canoes are not to be dragged on ground (unless OK'd by race staff). Violations will result in DQ.
- Each team will receive a passport. Punch the card at each checkpoint coordinating with the number on the checkpoint marker flag. Losing a passport will result in penalties up to CP in which a new one is requested.
- Useage of GPS unit, cell phone or any electronic device with GPS capabilities will result in disqualification.
- Each team is responsible for their nutritional/fluid needs during the race.
- The race organizers reserve the right to assess time penalties, bonuses, or disqualifications.
- Race organizers may determine whether a person or team may continue for health, safety or other reasons.
- Race organizers may change the rules or the course at any time, based on weather or other acts of nature.
- Director rulings are final.
- Teams may be required to show a form of ID at check-in.

Required Individual Gear

- ✓ Mountain or Hybrid Bike (mountain bike recommended)
- ✓ Bike rear red blinking light (MUST be operational)
- ✓ Bike Helmet
- ✓ Spare bike tube
- ✓ Backpack
- ✓ Minimum of 2 liters of water (*can be combination of hydration pack and bike water bottles).
- ✓ Sufficient food and electrolyte replacement

Required Team Gear

- ✓ 1 Cell phone (fully charged)
- ✓ Compass (lensatic or base plate, personal preference)
- ✓ Writing utensil
- ✓ Bike and chain repair tool
- ✓ Tube patch kit
- ✓ Air pump (1) or CO2 Cartridges (2)
- ✓ First Aid kit ample for team-- (bandages, gauze, tape, several ibuprofen, moleskin, antibiotic ointment)

Recommended Individual Gear

- Hat or cap, sunglasses
- Bee sting kit (if allergic)
- Padded bike seat or padded bike shorts
- Long pants
- Personal compass

Recommended Team Gear

- Waterproof map case and passport holder Camera
- 3 Person teams-Padding for 3rd person (no canoe seat)
- Bug spray, sunscreen
- Poison Ivy block/ointment
- Rope for towing (at least 10 ft long)
- Extra electrolyte replacement tablets/food/water

FAQs on GEAR

- All bike gear can stay with bikes, including bike shoes (you need not carry). Recommended to have an under bike seat pack to store all tools/tubes.
- Canoes (for 2 & 3 person teams) and kayaks (for solos), paddles and PFDs are provided. Solos may opt to bring their own kayak and be responsible for staging before the race and pickup within 30 minutes after the race.
- Teams may bring their own PFDs or PADDLES, however—if you bring your own, you will carry it the whole race. Teams that bring their own paddles—no more than 2 blades can be used (1 kayak paddle equals 2 blades).
- If your team does NOT own a cell phone without GPS capability, inform the race staff at check in.