

2009 Adventure Race Rules & Required Gear

RULES:

Automatic reasons for disqualification:

- Leaving teammate behind
- Mode of travel not specified for each segment of the race
- Use of any electronic navigation device
- Littering on course
- Non-assistance to person in danger

On the Race Course:

- Each team will visit a series of checkpoints that are described on the clue sheet. You must visit all the checkpoints in order (unless otherwise stated by the race director) and using the mode of transportation described. The team that visits all the checkpoints in the least amount of time will be the winner.

- Each team will receive a control card, a.k.a. passport. You will punch the control card at each checkpoint starting at the 1st square until you have visited all the checkpoints.

- There will be no time penalty for missing a checkpoint. Teams that find all checkpoints will be ranked higher than teams that missed a checkpoint(s).

- All original members of each team must check in together at each checkpoint. All members of each team must remain within 100 feet of each other at all times during the event. All team members must cross the finish line at the same time.

- All racers and spectators must follow a "Leave-No-Trace" ethic.

- No littering of any kind will be allowed. Any team found littering will be automatically disqualified.

- Teams must follow race instructions and avoid off-limits areas.

- Teams must exclusively travel under their own power during the race. Any team using motorized transportation will be disqualified.

Transition Areas:

Team members will not be allowed to receive support in the transition areas by anyone not racing. Non-team members are not allowed on the course without approval of the race directors.

Required Gear:

- Teams must carry all required gear throughout each leg. Gear checks may be performed on the race course.

- Each individual team member must wear a race number at all times.

- Helmets must be worn during all mountain biking legs.
- All racers must have a red blinking tail light on their bike at all times.
- All team members must properly wear a Coast Guard Approved Type III Personal Flotation Device (provided) at all times while on the water.
- No GPS equipment will be allowed. Any team found using a GPS will be automatically disqualified.

Required Gear List:

Individual Gear (to be carried by each team member at all times during the race):

- Pack with hydration system (40 oz. minimum)
- Whistle

Individual Gear (mountain bike leg):

- Approved mountain bike (no road bikes, cyclocross bikes or tandems allowed)
- Bike helmet
- Flashing red light mounted on bike

Individual Gear (paddling leg):

- Paddle (provided by race staff; personal paddles are allowed)
- Type III PFD (provided by race staff; personal PFDs are allowed)

Team Gear (to be carried at all times during the race):

- 1 Compass

Team Gear (mountain bike leg):

- Tube patch kit
- Tire pump / CO2 cartridge inflator
- Spare tube

Race Management:

- The time recorded by the race staff will be the official time.
- Grievances shall be given to race HQ in writing within one hour of the completion of the event.
- Rules may be added or changed at any time before the event.
- Team members must sign all waivers and be present at the safety and pre-race meetings in order to race.
- No illegal drugs shall be used during the event.
- The race staff is not responsible for stolen, lost, or damaged equipment.

- Time penalties can result for failure to stay on the prescribed course, not carrying required gear, not having race numbers visible, and unsportsmanlike conduct.

- All decisions of the race staff will be final.