

## Sunflower State Games Adventure Race Frequently Asked Questions

### **What is an adventure race?**

Adventure races can vary in length, duration, activity, and location. A few common denominators are the team aspect (teams of two to five), multiple disciplines (usually trekking, trail running, fixed ropes, biking, and some form or forms of water travel), map-reading, UTM plotting, and orienteering. (Check out wikipedia.org for more on the world of adventure racing.)

The Sunflower State Games Adventure Race is considered SPRINT race, which typically takes less than six hours to complete. During our race you will kayak, mountain bike, and run. The course will be marked, but course maps will not be available before the start of the race. The order and organization of the race will vary depending on the conditions on race day.

In addition, the race will feature several unique "team challenges " designed to test your mental and physical skills. (Don't ask, we won't tell! Just like the Amazing Race.)

### **Do I need to know how to read a map or compass?**

No. The course will be marked. We may require you to read a map, but you do not need orienteering skills. However, a compass may be helpful if you find it difficult to figure out which way is north.

### **What about Checkpoints and Control Cards?**

A unique feature of the race is the use of Control Cards, Punches, and Checkpoints. At the beginning of the race (or near the beginning) your team will receive a Control Card and be required to punch the card at each of the Checkpoints on the course. Punch cards look like this:



Checkpoints are marked with a 3-sided Checkpoint Markers with this design on three sides:



### **How much food and water should I bring?**

Bring extra. Don't count on us to have the hydration and nutrition you need to finish the race. Please bring enough food and water for your team, including pre- and post-race goodies. You will be getting Hammer Gel and E-Caps Endurolytes in your race bag (compliments of Hammer Nutrition) and bars from Harvest Lark, but this will probably not be enough for the race.

**Do I have to have a mountain bike to do the race?**

Probably. You will at least need an off-road capable bike. You may be riding on gravel roads, mountain bike trails, pavement, fields, grass, beaches, through water and other terrain. A road bike will not withstand the torture. (And don't forget extra spare tubes and flat repair kit.)

**What will the Novice Division entail?**

We're designing the Novice Division course so that it is shorter and less intense than the regular event. The Novice Division is a great way for you to check out the sport and still be able to finish the race. Total distance will be in the 15-mile range. The course for the other divisions will range from 22 to 27 miles.

**What are the event guidelines?**

- You are required to wear the PFD's we provide at all times when you are on the water.
- Certified helmets **MUST** be worn and buckled for all bike segments of the event. Helmets approved for skateboarding and BMX don't necessarily have this certification. Please check before you come to the race.
- Radios, headphones, MP3 players, iPods, and CD players are not permitted during the race. This is for your safety.
- Baby joggers and bike trailers will not be permitted.
- Unlike triathlons, bike racks will **NOT** be provided in the transition area.

**Mandatory Gear:**

(You will not be able to start the race without this gear. We will be checking!)

- Photo ID (both team members)
- Mobile phone (one per team, make sure you have a waterproof bag/container)
- Off-road capable mountain bikes (one for each team member)
- 1 helmet for each rider (One of the following certifications must be on a label inside the helmet: CPSC, ASTM F1447, ANSI, SNELL B90 or B95, EN 1078, or CE.)
- Trail running shoes for each team member
- Hydration packs (50-70 oz bladder) or 2 large water bottles. You must be able to carry water with you on the bike. You may not be returning to the transition area until the end of the race. (You are responsible for your own food and water during and after the race- there are no aid stations.)

**Recommended Gear:**

(We won't be checking, but you may have a better experience if you have this gear.)

- Food (bars, Hammer Gel, PBJ, etc.)
- Waterproof jacket/shell
- Bike/flat repair kit (one per team)
- Tire pump or CO2 inflator
- Basic first aid kit (one per team)
- Clothing appropriate for the weather

We supply:

- Canoes
- Paddles
- PFD's (must be worn at all times on or in the water)

**Can I do the adventure race by myself, solo, without a teammate?**

No, the State Games Adventure race is built on the concept of team competition and cooperation.

**How old do I have to be?**

You have to be at least 13 years old on the day of the race to compete. Anyone 17 or under must complete and submit a waiver signed by a parent or guardian.

**What are the event distances?**

Due to the nature of adventure racing, the exact course distance is a closely guarded secret. In general, Male, Female, and Co-Ed teams should expect to finish the event in 3 to 5 hours (Novice Division: 1.5 to 2 hours) with the following distances:

- Kayaking: 2 to 3 miles
- Mountain Biking: 15 to 18 miles
- Trail Running: 5 to 6 miles
- Team Challenges: ???

**Race Day Schedule:**

- Packet Pickup: 6:30 a.m. to 7:30 a.m. (get there early to avoid lines)
- Mandatory Pre-race Meeting: 7:35 a.m.
- Race Start: 8:00 a.m. (or thereabouts)
- Awards and door prizes will start when about 2/3 of the teams have finished

**How do I get a registration form?**

We are encouraging everyone to register online at [www.sunflowergames.com](http://www.sunflowergames.com). Paper registration forms are available in the Sunflower State Games Event Guide.

**Refund Policy.**

There will be no refunds of entry fees except for the following: Entries received after the maximum number of individuals have been accepted.

**Where can I pick up my race packet?**

Packet pickup is the morning of each race from 6:30 to 7:30 a.m.

**What if it rains or there is road construction?**

We reserve the right to alter the course distance, delay the start time, or cancel the race entirely in the event of severe weather or other unexpected complication. However, the race will not normally be cancelled due to rain. Refunds will not be given in case of cancellation. Sorry.

**What awards will be given?**

Awards will be given for the top three teams overall. We will award 1 place for every three teams entered in each of the four divisions: male, female, co-ed, and masters. If only one or two teams are signed up for a division, we will not award medals for that division. All participants will receive a State Games t-shirt.

**Will photos be available? Pending.**

**What lodging is available?**

There are four campgrounds at Perry State Park, totaling 102 sites with electricity and water hookups, and seven primitive campgrounds with over 200 sites. Contact the Park Office directly for more camping information: (785) 246-3449.

**We adhere to the principles of Leave No Trace:**

- Plan Ahead and Prepare
- Travel and Camp on Durable Surfaces
- Dispose of Waste Properly
- Leave What You Find
- Minimize Campfire Impacts
- Respect Wildlife
- Be Considerate of Other Visitors

Visit [www.LNT.org](http://www.LNT.org) for more information.

Anyone caught littering on the course (which is public land) will be disqualified from the event. Please respect the land we are privileged to use and the future generations riding, walking and running on it.

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