



Women Rock!

MULTISPORT ADVENTURE

AGENDA:

- Race Description (15min)
- Safety (10 min)
- Equipment, Checkpoints & Transitions (20 min)
- Q&A (10 min)

Race Director
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RACE DESCRIPTION

1. Purpose:
 - a. Get outside & use all your gear at once.
2. Leave No Trace: leave no trash, avoid damaging terrain, annoy no Boy Scout Please help minimize our impact in neighborhoods, the Boy Scout camps, etc...
3. Course-
 - a. Description: Start & Finish at Mirror Lake. This is a self-supported race.
 - b. Points Format. A minimal number of mandatory checkpoints but a number worth various points. You have the freedom to find as few, or many, in the allotted 6 hour time.
 - c. Nots: You will not be traveling to Beach Lake. You will not be finishing at the chalet. You will not have foot massages, (unless your tell your significant other you deserve one.)
 - d. Start: Mirror Lake picnic area.
 - i. Pre-Race: 8 am- Check-in begins (Waivers verified, maps handed out, passports, race bibs, gear check). All gear is brought to the Start.
 - ii. 8:45 am- Team Captains briefing
 - iii. 10-10:10am Race starts
 - e. Transition Area
 - i. There is one "hub" called TA1, and one bike-to-trek TA.
 1. Biking will have several legs out from the TA1; thus a "hub". Extra gear can be left here. (mandatory gear excluded.) But whatever you carry to TA1, you must carry away from the TA1. No gear transport will be provided to/from TA1.
 2. The final bike leg will take you to TA2. We will transport 1 bin per team to TA2. You will leave your bikes at TA2. We will transport your bike back to the Finish.
 3. There will be mystery events at the TA's.
 - ii. Locations will be revealed the morning of the race
 - f. Finish-
 - i. You must finish with mandatory gear. Only the boat itself can be left at waters edge.
 - ii. Warm water foot baths (with aromatherapy) will be provided. Bring your own towel.
 - iii. Plan on having your own post-race food and drinks. We'll have a campfire and a campstove available to warm things up. Your vehicle(s) will be at the Start/Finish.
 - g. Checkpoints:
 - i. Easily seen if you are at the correct location.
 - ii. May be on the ground, usually at chest height, but could be hanging from a tree
 - iii. Punch the passport at each checkpoint. FOLLOW ANY INSTRUCTIONS ON THE ATTACHED CARD.
 - iv. A volunteer camera crew(s) may be roaming the course. Fake a smile.
 - h. Elevation: about 2,000 feet on the bike. Relatively flat trekking course.
 - i. Winning: It's a Points Format. But points won't count if the minimum checkpoints are not punched. Ranking's will be tallied regardless if a team doesn't punch all mandatory checkpoints.
 - i. Different point value for different CP's
 - ii. Winner determined by total points. Finishing time breaks ties.
 - iii. 30 minute penalty for finishing <5 minutes over 6 hour limit. Disqualification if finishing beyond 5 minutes over 6 hour limit.
 - j. Maps:
 - i. A set of maps will be provided.

- ii. Due to the area trail maps being inconsistent, you can use any printed type of map. Ask the Race Director if you have any questions.
- iii. Be conscious that various trails of different types will be used. Be ready to navigate unmarked foot paths, wide ski trails, powerlines and unnamed streets. Bushwacking is allowed but not if “No Trespassing” signs are posted.
- k. Be ready for last minute instructions on how you will work the course.
- 4. Gear
 - a. Carry mandatory gear at all times.
 - b. No food, water, or directions, can be given by your supporters outside the Start area. If you have folks to cheer you on, the Race Director can give them directions to good observation areas. Please discourage your supporters from meeting you out on the course. Disqualifications might result.
 - c. Caching anything before the race is not allowed.
- 5. Areas off limits
 - a. Private property
 - b. Railroad bed (meaning any portion of the gravel railbed) and tracks. Crossing the railroad is prohibited except at road crossings.
 - c. Do not violate ‘No Trespassing’ signs. Powerlines and existing ATV trails are usable, but not if it’s someones backyard. Checkpoints are placed so you can access them legally.
 - d. Crossing Glenn Highway. Only use vehicular under/over passes
- 6. Disqualifiers
 - a. Not rendering aid to ones’ fellow woman, including non-racers.
 - b. Transportation by any non-human powered means.
 - c. Not carrying mandatory gear
 - d. Unsportsmanlike conduct
 - e. Exceeding the time limits
 - f. Stashing equipment or supplies before the race.
 - g. Being more than 50ft from your teammates.
 - h. Crossing railroad tracks or Glenn Highway other than at vehicular crossings.

USARA Adventure Racer Code of Ethics:
 I will practice minimum impact traveling
 I will respect the land and inhabitants in which I travel
 I will not litter
 I will practice good sportsmanship
 I will lend aid to those in need during competition
 I will abide by the rules & regulations of the event

SAFETY

- 1. Mother Natures tendencies
 - a. Expect wet feet. There’s some mud and snow on the trails. Also expect to navigate some brush (minimal Devil’s Club or alders). Precipitation may wet the underbrush.
 - b. Unpredictable weather. A calm morning may change to winds and heavy precipitation. DON’T wear cotton. Use polypro base layers like Capilene or Coolmax. Consider rain gear for your TA equipment.
 - c. Check the weather predictions the day before and bring extra gear accordingly
 - d. hypothermia: getting wet from rainfall &/or wind or falling into water. SPRING RACING IN ALASKA FOR THIS TIME AND DISTANCE CAN EASILY BRING ON HYPOTHERMIA.
- 2. Animals
 - a. moose- avoid newborn calves, they have angry mothers. Prevalent throughout area. DON’T annoy them, they are likely to take it out on the next set of bright yellow bibbed humans.
 - b. bear- Are in the area. Bear spray allowed. Make noise as a team, constantly. Determine your teams bear avoidance technique.
 - c. self-rescue
 - i. 911 is available via cell access throughout most of the race area. You are responsible for your own rescue & subsequent expenses.
 - ii. Consider:
 - 1. call Race Director @ 230-3295. At best, there might be a team nearby. Cellphone reception is pretty good
 - 2. call other teams.
- 3. Humans
 - a. man-made
 - i. Street traffic is NOT in normal patterns or speeds. It’s confusing for drivers to see groups of riders, so DON’T assume you will be seen and avoided. Ride single file on road shoulders. Be the courteous one, especially because you’ll be wearing a bright yellow jersey
 - ii. You have NO special privileges as racers. Our permits states you must follow all rules regarding being a pedestrian or cyclist along the various roadways.
 - iii. No trespassing. Power lines with existing trails are permissible if not in someones backyard.
 - b. Trains may be moving in area. Be VERY careful as they can exceed 50mph.

EQUIPMENT, CHECKPOINTS & TRANSITIONS

- 1. Start
 - 1. Check-in at Registration table:
 - 2. Get your maps. Mark maps with checkpoints and updates.

3. No gear check. However you may be randomly checked on the course. DQ's could result for non-compliance.
4. Retrieve race instructions
5. Ready boats with gear
6. Team captains stand-by for briefing at 15 minutes before Start
2. Checkpoints
 - a. Orienteering control flag, ribbons, cameras
 - b. Bathrooms facilities are at Start/Finish and parking area of Mirror Lake.
3. Finish
 - a. Results will be posted by 4:30pm.
 - b. Any complaints or discrepancies about the race must be reported to Race Director by 4:40pm
 - i. Consultation with team captains may occur and would be done between between 4:40. Race Director reserves right to decide outcomes. Safety, good sportsmanship and following written directions will weigh heavily in resolving discrepancies.

IN GENERAL:

Carry gear, food and hydration to sustain you and deal with cold, wet, weather. Taking time to change to dry socks during a leg is often a smart move that reduces blisters, injury and improves morale. Many of the trails are ATV sized trails accessed by neighborhood streets or parks.

PRERACE: GEAR CHECK, MAPS HANDED OUT, BIBS PASSED,

