



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

Thank you for registering for the Meltdown 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!

Chris
Chris Bartges

Glen
Glen Lewis

Anne
Anne Gibbons

Bill
Bill Gibbons

TEAM CHECK IN

Sunday March 26th

Fair Hills Natural Resource Management Area
 Kennel Road & Ranger Skinner Drive
 Elkton, MD 21921

<http://dnr2.maryland.gov/publiclands/Pages/central/fairhill.aspx>

Start/Finish area will be at Fairgrounds Pavilion located near the intersection of Kennel Road and Ranger Skinner Road.
 Use entrance #3 off Route 273.

Check in 7:45am-8:45am

Team meeting/race briefing @ 8:50 am

6 HR race begins 9:15AM
 2 HR race begins 9:30AM

For parking purposes, we recommend that you come in one team vehicle.

RACE CHECK IN: 7:45am-8:45 am

- Registration confirmation and signing of waivers by all team members
- 8:50 am is a mandatory team meeting/briefing for all racers.

AREA LODGING OPTIONS:

We have partnered with the Red Roof Inn in Newark, De for this event. Visit the website below to receive your discount rate!

https://www.redroof.com/partners/the_meltdown_adventure_race/

FUNDRAISING:

This event will help to support our racing team for their 2017 goals. Please consider a donation at check in. All donations are tax-deductible.

RACE DAY:

General Rules:

- The start/finish of the race will be at the Fairgrounds Pavilion.
- There is limited parking in the area. Teams are encouraged to travel in one vehicle to the park.
- 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.
- At registration you will receive the race map with checkpoints on them.
- 6 HR 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 100 meters of one another at all times during the event.
- 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 usage is permitted during the race.
- 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: There are two separately scored events, a 2 hour Adventure Run and a 6 hour Adventure Race. Both events will occur at the same time so participants are only able to do one event.

2 HOUR ADVENTURE RUN:

This event will include navigation to a variety of checkpoints via foot travel only, and, of course, strategy. If there is snow cover, racers are welcome to optionally use snowshoes, skis, Yaktrax or spikes for any or all sections of the course.

At check-in you will receive your race instructions, checkpoint clue sheet and passport. The 6 hr event will begin first at 9:15am. Once the 6 hr event begins, you will be given your race map. It will be an orienteering map. You will have 15 minutes to look at the map and ask us any questions you may have. If you'd like to familiarize yourself with these types of

maps ahead of time the website below may be helpful. Essentially, these maps are super detailed maps of the trails and features in the park. http://www.gaorienting.org/Education/BeginnerGuide/map_reading.htm

At 9:30am the 2 hour race will begin. Solos and teams will have up to 2 hours to visit as many of the checkpoints as possible. When you find a checkpoint flag you will use the attached punch to mark the appropriate box on your passport.

The race is points based scoring. This means that each checkpoint is worth 1 point. You have up to 2 hours to collect as many points as you can and return to the finish area. Your strategy may include skipping some points, or trying to go for all of them.

If you are over the 2 hour time limit, you begin to lose points. If you are one minute late you lose a point. You have a cushion of 59 seconds. Once the clock hits 2 hours 1 minute, you lose a point. Additional points will be lost every 5 minutes late thereafter (2 hours 6 minutes, 2 hours 11 minutes, etc.).

In other words---don't be late!

6 HOUR FOOT/BIKE ADVENTURE RACE:

This event will include navigation to a variety of checkpoints via foot and mountain bike (weather permitting) travel, and, of course, strategy. If conditions do not permit, this event will be a foot only event. Due to potential winter weather, final decision on race format may not occur until day of event. If there is snow cover, racers are welcome to optionally use snowshoes, skis, Yaktrax or spikes for any or all sections of the course. If trails are too wet, modifications will be made to the biking section in order to minimize environmental impact.

At check-in you will receive your race instructions, checkpoint clue sheet and passport. The race will begin with a prologue activity during which you will receive one of two race maps, either foot section map or bike section map (if weather permits biking). The foot and bike sections of the race will be done separately. You will have the choice to either start with the foot map section or the bike map section. Once you collect as many checkpoints as you can in your initial event you will return to the start/finish area to score your initial event and receive the other race map. All checkpoints are optional.

The race is points based scoring. This means that each checkpoint is worth one or two points. Your team has up to 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 6 hour time limit, your team loses points. If you are one minute late you lose a point. You have a cushion of 59 seconds so once the clock hits 6 hours 1 minute, you lose a point. An additional point will be lost every 5 minutes late thereafter (6 hours 6 minutes, 6 hours 11 minutes, etc.).

In other words---don't be late!

You must complete all sections together as a team unless otherwise specified by the race director.

The start/finish area may optionally be used as a transition area during the race. Except for biking gear, all mandatory individual and team gear must be carried at all times during the race. All mandatory biking gear must be carried during the biking sections of the race. Racers are permitted to leave biking gear and some food and water with their bike when not biking.

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 director 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.
- 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 except as indicated on the official race description and map and as noted in the pre-race meeting. 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 and may only do so where it is not specifically prohibited as indicated on the official race map. 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 and other trail users with respect and utilize the leave no trace rules.
- If you do fall and think you are injured, stop and evaluate yourself. 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.

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 withdraw. Official withdrawal occurs upon surrender of the passport to the race official at main start/finish area.
- 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.

Causes for 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 (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
- Riding out of control, and not exercising proper safety during any part of race, especially mountain bike section

Refunds and Transfers

- Participants will get a future race credit of registration fee that may be used for any future GOALS ARA event if the race is cancelled by GOALS ARA.
- 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.

The Meltdown Gear List

2 HOUR FOOT EVENT 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.

- Food and water for the race
- Whistle
- Protective eyewear
- Appropriate clothing for weather: rain shell, fleece, hat, gloves, etc.

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:

SOLO RACERS ARE ALSO RESPONSIBLE FOR THIS GEAR

- Waterproof map carrying case (sturdy zip loc bags OK, but don't work well in wet conditions)
- Check Point Passport (provided by GOALS ARA)
- First Aid Kit suitable for up to three teammates
- Ball point pen, or permanent marker
- At least one operational charged cell phone (water proofed in zip lock bag)
- Water for team
- Compass

Recommended Gear (as per weather conditions)

- **RECOMMENDED – SMALL MAGNIFYING GLASS TO HELP IN READING MAP DETAIL**
- Extra wool socks
- Waterproof, insulated shoes/boots
- Layered clothing
- Chemical hand & foot/toe warmers
- Snow shoes, cross country skis, Yaktrax or spikes and trekking poles, if conditions permit

Forbidden Gear

GPS

6 HOUR FOOT/BIKE EVENT

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.

- Backpack to carry gear for race
- Food and water for the race
- Whistle
- Emergency blanket
- Protective eyewear
- Appropriate clothing for weather: rain shell, fleece, hat, gloves, etc.
- Mountain bike and bike helmet

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:

- SOLO RACERS ARE ALSO RESPONSIBLE FOR THIS GEAR
- Waterproof map carrying case (sturdy zip loc bags OK, but don't work well in wet conditions)
- Check Point Passport (provided by GOALS ARA)
- First Aid Kit suitable for up to three teammates
- Ball point pen, or permanent marker
- At least one operational charged cell phone (water proofed in zip lock bag)
- Bike 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.
- Water for team
- Compass

Recommended Gear

- **RECOMMENDED – SMALL MAGNIFYING GLASS TO HELP IN READING MAP DETAIL**
- Extra wool socks
- Waterproof, insulated shoes/boots
- Layered clothing
- Chemical hand & foot/toe warmers
- Snow shoes, cross country skis, Yaktrax or spikes and trekking poles, if conditions permit

Forbidden Gear

GPS