



Krista Griesacker Memorial Hawk Mountain Adventure Race

Hawk Mountain, PA



SATURDAY July 29, 2017



ORGANIZED BY
GOALS ADVENTURE RACING ASSOCIATION

610-466-7015 ♦ EMAIL: INFO@GOALSARA.ORG ♦ WWW.GOALSARA.ORG

Race director contact phone numbers on race weekend:

Civil Air Patrol Base: 610-756-4170

Bill (cell) 610-608-5482

Anne (cell) 610-608-5483

Note: cell coverage not reliable in all areas near race

Thank you for registering for the Krista Griesacker Memorial 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!

Bill
Bill Gibbons

Anne
Anne Gibbons

Ron
Ron Barron

Mark
Mark Lattanzi

GENERAL INFORMATION

TEAM CHECK IN

DATE: Friday July 28

TIME: 6:30 pm-8:00pm

PLACE: Civil Air Patrol Hawk Mountain Ranger Training Area
218 Pine Swamp Road
Kempton, PA 19529
610-756-4170 (on race weekend only)

UTM PLOTTING AND NAV REVIEW @ 7:15PM FRIDAY JULY 28

TEAM MEETING---8:15PM FRIDAY JULY 28

Directions:

- From I-78.
- Get off at exit for Lenhartesville (Route 143).
- Make **left** off exit onto Route 143. Follow for about 10 minutes
- Make **left onto Hawk Mountain Road** (gas station on right).
- Hawk Mountain road forks, **stay to the left**. (you will be on this road for 3.2 miles).
- Make **left onto Pine Swamp Road** (there will be a sign there for CAP and GOALS ARA race).
- Follow Pine Swamp Road for one mile. Civil Air Patrol School is on the left.

**Parking is limited. Please come in one team vehicle.
If you are bringing an RV, let us know ahead of time. There are no hookup facilities.**

AMMENDED 7/24/17

WE WILL BE COLLECTING PADDLING GEAR ON FRIDAY NIGHT AT CHECK IN.

PLEASE USE A PADDLE BAG – PADDLES, PFD'S AND 3RD CANOE SEAT ONLY WE BE TRANSPORTED

We will be transporting bikes. Bikes must be grouped together with team number on the parade field by 6:45am Saturday

We will not transport bike helmets. Bike shoes may be duct taped securely to bike frame.

The following will take place at check in:

- Registration confirmation and **signing of waivers** by all team members
- Collection of USARA racing license fees.
 - A day or year membership in the USARA (United States Adventure Racing Association) is required for any racer participating.
 - USARA single event license \$8.00 for each team member
 - USARA yearlong membership \$35.00 for each team member
 - Single event license or year membership fees must be made payable directly to the USARA. **Please bring exact change or a separate check with you made payable to USARA.** If you are already a USARA member, your membership card is required.
- Collection of pledges for the *Pennsylvania Wing Civil Air Patrol*.
 - We strongly encourage you to make every effort to raise pledge money for this worthy cause. Raising funds is very easy. You simply ask your friends, family, etc to sponsor you in the event. They can donate any amount they wish. *Checks should be made payable to Pennsylvania Wing Civil Air Patrol.*
 - For every \$100 each racer raises, \$10 will be returned to you, or you may donate it to Civil Air Patrol.
 - Please have your funds and pledge sheets at pre-registration

WE ARE ASKING EACH RACER TO PLEASE RAISE AT LEAST \$50 EACH. THAT ONLY REQUIRES ASKING 2 PEOPLE TO SPONSOR YOU \$25 EACH. EASY!
Prizes will be awarded to the racer who raises the most pledges

50/50 RAFFLE – pay at registration

PUT IN YOUR BUCKS AT REGISTRATION, AND WALK AWAY WITH SOME CASH!! THE OTHER 50% GOES TO THE SEARCH AND RESCUE SCHOOL!

- GOALS ARA does not collect medical history or personal medical information from each racer. If you have a condition or health concern that we should know about, please speak with our medical staff at some time prior to the team meeting. Each team member should record their medical insurance number, any significant medical information and allergies into their team passport and/or carry a copy on their person in a waterproof baggie.

LODGING

- Teams may **camp for free on the Civil Air Patrol property** (bring your own tent camping, out house facilities, luke warm showers).

- **Christmas Pines Campground:** 570-366-8866. Tent sites; RV hookup site. Can stay for just one night. Sites do fill, don't delay in reserving. Location is Route 895, 2 miles west of Route 61 near Auburn. About 20 minutes to CAP Base.
- **Blue Rocks Campground** (about 15 minutes from CAP Base) 610-756-6366 (tent and RV camp sites available; shower house; pool).
- **Hamburg Microtel** (15 minutes from CAP Base). 610-562-4234. Located on Route 61, just north of Route 61 and Route 78 intersection, across from Cabelas.
- **Country Inn, Frackville** (25 minutes to CAP Base) <http://www.countryinns.com/frackvillepa> 570-544-5201.
- **Quality Inn, Pottsville:** (about 20 minutes from CAP Base) 570-622-4600.
- **Hawk Mountain Bed and Breakfast** 610-756-4224 www.hawkmountainbb.com (about 10 minutes away from CAP Base. 2 ½ miles east of Route 143 on Stony Run Valley Road in Kempton)

Reserve early, these lodging options fill quickly!

RACE WEEKEND

General Rules:

Teams are eligible to race when the team is fully registered, fee paid in full, paperwork, waivers, gear check and any skills check are completed.

Any failure to comply with mandatory safety precautions will trigger time penalties or disqualification from the race.

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 as he deems necessary. All teams will be notified of these changes if they occur.

Teams must complete all check points and all team members 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

All racers must wear unaltered provided racing bibs on the outside of their clothing or PFD's **AT ALL TIMES** during the race course. No alterations of the racing bibs are allowed. Teams will also be provided with race shirts that they may choose to wear during the course.

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 medical director and race director. This is to be used in the event of an emergency only. No other cell phone calls are permitted during the race. **HOWEVER**, cell phone coverage in some sections of the race is not reliable, so do not count on it...a race volunteer with a radio is much more reliable. If you encounter an emergency, and are not able to get cell coverage. send a team member to higher elevation and try the call again.

The phone number for emergencies is Bill Gibbons 610-608-5482. If you cannot get through: CAP base at 610-756-4170

All competitors must wear their PFD during canoe 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.

Safety and Medical:

The race director may modify or change the course at any time.

Trained medical crews will be located throughout the course. The teams will be mobile; a race team may have to wait for personnel to arrive. It is highly recommended that at least one team member be trained in first aid and CPR.

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 should carry their health insurance information and emergency contact information with them on the course.

The event medical officer 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.

Racers that are allergic to bee stings MUST carry with them their appropriate medication. There are sections of the race course that it will take time for medical personnel to reach you. Racers must also be aware of the inherent risks involved including: snakes, ticks, poison ivy, bears, bees, rocky uneven terrain.

In the event of thunder and lightning, or severe wind, all competitors must remove watercraft immediately from the water, and seek shelter. An upside down canoe can be used as an expedient shelter. Teams on foot during a lightning storm should also move to lower ground and/or seek shelter until the storm cell passes.

Navigation:

Topographical maps will be pre plotted, with some of the points, and hung in registration area. It is the team's responsibility to accurately transfer the data to their race map.

Other points will need to be plotted. Map scale is 1:24,000

An altimeter is recommended

Race Breakdown:

This is a point to point race with a combination of mandatory and optional checkpoints. The course will include a foot section, river paddle, road and mountain bike, rappel, obstacle course, and a compass course.

The event will begin at 7am, and teams will have up to 12 hours to complete the course.

The foot sections of the race have a significant amount of bushwhacking. Teams are **STRONGLY ENCOURAGED to wear long pants and long sleeve shirts during this section of the race.** The foliage is thick, with many briar bushes, poison ivy, rocky areas, etc.

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 biking, and mountain biking. Riders are to use caution when riding on road sections.

Mountain biking section: 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 with respect and utilize the leave no trace rules

If you do fall and think you are injured, stop and evaluate your self. 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.

Canoe Type:

Made of Old Town's unique SuperLink3™, Discovery 158's glossy surface literally slips through the water, glides over rocks, and does it quietly...perfect for family outings. The 158's excellent maneuverability also makes it a fine choice to confidently challenge moderate whitewater.

The patented Discovery 158's SuperLink3™ hull is produced using a layer of closed cell foam sandwiched by layers of high-density polyethylene. The result is a molded hull with inherent structural integrity that does not require the clumsy metal framework or keelson found in single-layer linear polyethylene boats.

Standard features include black vinyl gunwales, polyethylene decks with grab handles, polyethylene contoured seats, and ash carrying yoke and thwart. Cane seats are optional.



LENGTH	WIDTH	WIDTH at 4" Waterline	BOW HEIGHT
15' 8"	35.5"	35.5"	21.5"
DEPTH	WEIGHT	CAPACITY	COLOR
13.5"	80 lbs.	980 lbs.	Red, Deep Forest

Canoe Section:

Race director has the discretion to alter or cancel the canoe section due to weather or other safety concerns. All teams will be properly notified of the change or cancellation.

It is mandatory that all participants wear US Coast Guard Type III or better life jackets (PFD) at all times while when participating in the water event. Any member removing PFD will cause in disqualification of the team.

All care should be given to respect and not damage any watercraft provided. Any damaged watercraft will result in time penalties. Racers are responsible for all costs to repair any damaged equipment.

All teams must have appropriate waterproof bags to contain and keep equipment water tight while on waterways.

Scoring: Race is points based with a mix of mandatory and optional checkpoints. Teams will have 12 hours to collect as many points as they can. If a team is one minute late (you have up to 12 hours 59 seconds) your highest point will be deducted. The next highest point will be deducted every 5 minutes thereafter. (12 hours 6 minutes, 12 hours 11 minutes, etc.)

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 withdrawal. Official withdrawal occurs upon surrender of the passport to the race official.

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 their entire team has crossed the finish line.

Finish times 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.

Disqualification

- 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 (PFD, bike helmet)
- Un-sportsmanlike behavior.
- Being disrespectful to any volunteer or member of the public you may encounter during race course
- Use of forbidden equipment such as GPS, weapons, etc\ Riding out of control, and not exercising proper safety during any part of race, especially mountain bike section
- Littering and/or not assisting in clean up of Transition areas

One hour penalty

- Not wearing racing bib (unless directed by race director) on outside or altering racing bib
- Failure to return paddles or other equipment
- Team mates not remaining within 100 meters of one another

Refunds and Transfers

Participants will get 100% of registration fee refunded if the event is cancelled by GOALS ARA, or there is a date change made by GOALS ARA less than 30 days before the event.

No refunds are given to any team who withdrawals from the event, for any reason, with less than 7 days notice to race director. The active.com processing fee cannot be refunded.

Full refund, or credit toward future event(s), will be granted if team withdrawals 30 days or more from date of event.

Prizes

- Great gear and vouchers from REI, PEET Shoe Dryer, Tiger Balm, The Right Stuff, GOALS ARA, and so much more!
- The top 4 Coed and the top 4 Open (all male or all female) teams will receive an invitation to the 2017 USARA Adventure Race National Championship.
The top placing Coed team will receive USARA Regional Champions Jackets.
- The top placing Coed team will receive a \$400 Regional Qualifier sponsorship from GOALS ARA to be applied towards their entry fee into the 2014 USARA Adventure race National championship.

The Krista Griesacker Memorial Adventure Race



Mandatory Individual Gear

Each racer must have the following gear at all times during the race. 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.

- Racing bib (unaltered, with no additional logo placement, worn and visible from the front throughout the entire event). (provided by GOALS ARA)
- Headlamp (hands free and water-resistant with one extra set of batteries and in working order)
- Hydration System/water bottles
- Whistle
- Waterproof jacket
- Protective eyewear
- (recommended) Sunscreen, insect repellent, lip balm
- Bike helmet
- Duct tape (recommended)
- Rear bike light (red and flashing) – each bike should have
- Front mounted bike light
- Rappel harness
- Leather gloves for rappel

Canoe paddles, pfd's and canoes will be provided. Racers may bring their own paddles and pfd's if they choose.

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:

- Compasses (2, carried by separate individuals)
- Waterproof map carrying case
- Check Point Passport (provided by GOALS ARA)
- At least one operational charged and waterproofed cell phone
- Pen
- First Aid Kit suitable for all teammates (please refer to recommended breakdown)

- Electrolyte replacement tabs or powder
- Analgesic tablets (at least 3)
- Antacid tablets (at least 3)
- Decongestant tablets (at least 3)
- Antihistamine tablets (at least 6)
- 1 inch bandages (3)
- Half-inch adhesive tape (1 roll of at least 25 feet, duct tape is OK)
- Moleskin or blister treatment (enough to supply teammates)
- Band-Aids

-Sewing needle

-First aid tweezers

-Scissors.

-Antibiotic ointment packets (at least 3)

- Water purification tablets or water filtration system
- Any personal medications. If you are allergic to bees, you must bring medications.
- Throw bag (1 per team, minimum of 25 feet in length) (safety line used when boating. Available at canoe/boat stores, and certain outfitters.
- Bilge pump or bailer (1 per team)
Knife (Locking or fixed 2 inch minimum blade)
- 2 extra bicycle inner tubes or a minimum of two patches (appropriate size).
- 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.

Recommended Gear

Altimeter

The Krista Griesacker Memorial Adventure Race Hawk Mountain, PA



BENEFITS OF RAISING FUNDS

1. You are raising money to help support volunteer search and rescue training. Krista and many others were inspired and trained to be leaders, skilled outdoorsmen, and selfless search and rescue personnel at the [Civil Air Patrol Hawk Mountain Search and Rescue School](#).
2. You are helping yourself by raising funds to allow you to race for free.
3. You will be educating the public about adventure racing and about volunteer search and rescue, as these questions will often be asked when you approach someone for aid. It's a great way to spread news about both these topics.

HOW DO TEAMS RAISE MONEY FOR SEARCH AND RESCUE?

Adventure racers have a unique opportunity to raise money for volunteer search and rescue, and race for free! For every \$100 each racer raises, \$10 will be deducted from your registration fee.

Simply ask friends, neighbors, co-workers, etc. to help sponsor you in the event.

Explain to them that you are doing a 12 hour adventure race (which will usually lead to the conversation of what is adventure racing – so you get to do some education about the sport)

Ask them to pledge to you a set amount that they feel comfortable with. Fill out the [pledge sheet](#). If they choose to pay by check, ask them to make the check out to "Pennsylvania Wing Civil Air Patrol" This is a tax-deductible donation.

Bring your [pledge sheet](#) and your collected monies with you to race registration. We will then deduct the appropriate amounts from your registration fee, and return it to you.

You and your team must pre-register for the race, and pay the entry fee ahead of time. Any funds that should be returned to you will be done so at the date of the race.

BASIC FACTS ABOUT THE HAWK MOUNTAIN SEARCH & RESCUE SCHOOL

The Civil Air Patrol's Hawk Mountain Search and Rescue School is the longest continually running civilian search and rescue school in the country. Begun in 1953 by pioneers of the C.A.P., the Hawk Mountain Ranger School used military instructors to teach the skills of field operations. The textbook that was developed for the school, The Land Search and Rescue Manual is often referenced by many of today's search and rescue texts.

Today, the Hawk Mountain Search and Rescue School teaches the latest techniques from electronic search to high angled rescue. The students who leave the school are energized to help in their community and organization to be available to help when someone is in need.

Funds raised for this non-profit organization will be used to help the school keep up its legacy of high quality educational training, improve the facilities, and provide youth with continued outdoor training opportunities. The school trains its own staff with an ongoing leadership development program. Krista became involved in the Staff Training program early in life and excelled in skill and leadership ability. She received her Expert Ranger rating before the age of 20. When she became involved in adventure racing it was this training that enabled her to quickly move to become an accomplished racer.

Anyone who met Krista knew her to be warm and friendly and always willing to give support to anyone who needed it. Her dedication to training was inspirational to many. Her passion for the sport of adventure racing led her to live in the area that would also claim her.

While training with her fiancé in the higher elevations of Wyoming, they were caught in a terrible lightning storm. Both were struck and perished.

We believe that there can be no better memorial to her than to combine the two activities that Krista truly loved.

Pennsylvania Wing Civil Air Patrol
United States Air Force Auxiliary
Building 3-108 Ft Indiantown Gap
Annville, Pa 17003
717-861-2335

https://pawg.cap.gov/hawk_mountain

**WE ARE ASKING EACH RACER TO PLEASE RAISE AT
LEAST \$50 FOR THIS WORTHY CAUSE.**

**THAT'S SIMPLY ASKING 2 PEOPLE TO SPONSOR YOU
\$25 EACH!!**

Prizes awarded for the racer that raises the most money!

