

THE EDGE ADVENTURE RACE

OCTOBER 22, 2017



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

Thank you for registering for the Edge 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!

Becca Weiman, Mark Weiman, Bill Gibbons, Anne Gibbons

RACE DAY CHECK IN

Sunday October 22
 Chalfont Road Parking Area
 Marsh Creek State Park
 Downingtown, PA 19335

If using GPS plug in this address – which is closest to start area – 120 Chalfont Rd. Glenmoore, Pa 19343

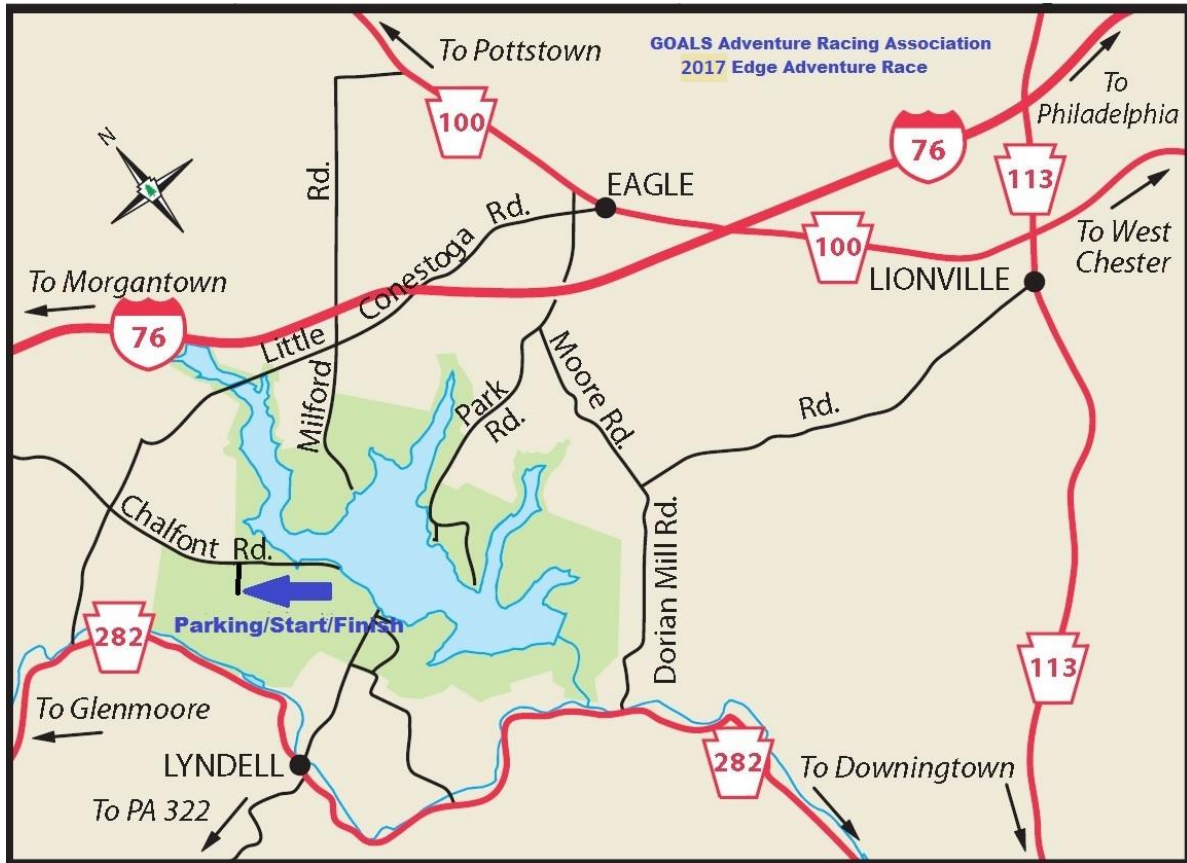
Team check in: 8:00-9:30am
 9:00 am – Introduction to Adventure Racing for New Racers

Team meeting/race briefing @9:40 am

6 HR Race begins 10:15 AM
3 HR Race begins 10:30AM

Checking in by 9:15 is highly encouraged. You will be getting race information and maps at check in.

DIRECTIONS TO MARSH CREEK STATE PARK_CHALFTONT ROAD AREA



If using GPS plug in this address – which is closest to start area – 120 Chalfont Rd. Glenmoore, Pa 19343

<https://goo.gl/maps/4UyqzmzLLTQ42>

RACE CHECK IN

- Registration confirmation and signing of waivers by all team members
- Collection of pledges made to the PPPFF.
 - We strongly encourage you to make every effort to raise pledge money for this worthy cause.
 - Please have your funds and pledge sheets at pre-registration

AREA LODGING OPTIONS:

For those of you coming from out of the area, Exton is the closest town with hotel lodging/restaurants, etc. It is about a 15 minute drive to the park.

Holiday Inn Express Exton-Lionville, Pa
120 N. Pottstown Pike Exton, PA 19341

Hampton Inn
Route 100 and 113 Exton, PA 19341 610-363-5555 www.hamptoninnexton.com

CAMPING: West Chester KOA 1659 Embreeville Road Coatesville, Pa 19320 610-486-0447
<http://www.koa.com/where/pa/38104/index.htm>

FUNDRAISING:

GOALS ARA believes in helping the community and in helping the environment. As an adventure racer, and participant in this event, we ask you to be a part of this.

How you can help raise funds for a worthy cause:

- This race is a charitable race to benefit the Pennsylvania Parks& Forests Foundation/Marsh Creek State Park. We are asking all racers raise pledge money to help this worthy cause. Getting pledge money is not hard. You can actually earn your race registration fee back! For every \$100 you raise, \$10 gets knocked off your registration fee.
- Bring in your pledge sheet and monies to the race. The appropriate monies will be mailed back to you after the race, or you may donate them to the PPF. Included in this package is more information on pledges.

General Rules

- There is limited parking in the area. Teams are encouraged to travel in one vehicle to the park. 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 though out 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.
- 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 be ranked below the other teams in their original category.
- 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 ***unless otherwise noted.***
- 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 race director. This is to be used in the event of an emergency only. No other cell phone calls are permitted during the race.
- All competitors **must** wear PFD during canoe section. 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 for the race format?

At check in you will receive your race map. When the race begins there will be an opening activity where you will receive your race passport. This will determine if you will bike 1st, canoe 1st, foot orienteer 1st or complete the team challenges 1st. Teams rotate throughout the day.

The race is points based scoring. This means that each checkpoint has a certain point value. Your team has up to 3 or 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 a team decides to not do an entire section (ex: paddle section) – they must still check in with the volunteer at the paddle TA

If you are over the 3 or 6 hour time limit, your team loses points. The time deduction begins after the first full minute (3:00:59). 1-5 minutes late, you lose your 1st highest point value, 5-10 minutes late you lose your next highest point value and so on. In other words---don't be late!

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.
- If a team needs medical assistance, **call the medical director, Bill Gibbons 610-608-5482**
- 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 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.
- **In the event of thunder and lightening, 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.
- Only the official race map(s) are to be used on the race course.

Foot section of race:

- No trails or roads are closed for this event. 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 you 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 biking and mountain biking. Riders are to use caution when riding on road sections. 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 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 through out 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.

SOLO RACERS WILL USE SINGLE PERSON KAYAKS

Teams of 2-3: 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:

- Teams will be issued 2-3 canoe paddles per team plus PFD's. Teams may opt to bring their own choice of paddles and PFD for the race.
- 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.
- Water safety crews and volunteers will be patrolling the canoe section. Teams must have out whistle (tied to your PFD) to notify race staff if they need safety or medical assistance during the canoe course.

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 an entire team has crossed the finish line and handed in their passport.
- Time periods may be adjusted to compensate for unforeseen circumstances

Penalties:

- Penalties will be deducted from the overall score
- 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 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 (PFD, 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, night vision goggles, weapons, etc
- Riding out of control, and not exercising proper safety during any part of race, especially mountain bike section
- Use of unauthorized maps
- Littering/ and or not assisting in clean up of Transition areas

Prizes and awards:

- Prizes will be awarded to the top finishers in each race category. Highest prize will go to co-ed team of 3
- Various prize packages including gift certificates and gear will be awarded.
- Due to the charitable nature of this event, no cash prizes will be awarded
- All participants will receive a goodie bag & T-shirt.

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. Any team that does receive a refund and who registered through Active.com, will get a race registration refund, but the processing fee with active.com will not be refunded.
- Full refund, or credit toward future event(s), will be granted if team withdrawals 7 days or more from date of event.

THE EDGE: 3 and 6 HOUR RACES

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.

- Racing bib (unaltered, with no additional logo placement, worn and visible from the front throughout the entire event). Provided by GOALS ARA. Return at end of race.
- Hydration System/water bottles
- Whistle
- Protective eyewear (sunglasses OK)
- Mountain bike and bike helmet
- Long sleeves/long pants highly recommended

Canoes will be provided for teams. Single person kayaks for solos.

Paddles and pfd's will be provided. Teams may opt to bring their own. (labeled clearly with team name/#)

Mandatory Team Gear

Those racing solo are expected to have this gear as well.

Teams must at all times possess the following mandatory team gear in addition to the mandatory individual gear being carried by all team members:

- Waterproof map carrying case
- Check Point Passport (provided by GOALS ARA)
- First Aid Kit suitable for all teammates
- Pen or pencil
- At least one operational charged cell phone (water proofed in zip lock bag)
- Bilge pump or bailer (1 per team) (small bucket OK)
- Knife (Locking or fixed-blade, 2 inch minimum)
- 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.
- Water for the team.
- Compass

Forbidden Equipment

Weapons

G.P.S. (Global Positioning Systems)



THE EDGE ADVENTURE RACE

October 22, 2017

RACER NAME _____

PLEDGE SHEET

TO RECEIVE A RECEIPT: PLEASE PRINT CLEARLY

NAME	ADDRESS/PHONE	AMOUNT PLEDGED	METHOD (CASH/CHECK)

**Make checks payable to “PPFF”
Memo line – “Marsh Creek State Park”**

GOALS Adventure Racing Association ♦ www.goalsara.org ♦ 610-466-7015 ♦ info@goalsara.org

ON LINE DONATIONS:

<https://www.z2systems.com/np/clients/ppff/donation.jsp?campaign=75&&test=true>

IN COMMENTS SECTION PUT “MARSH CREEK STATE PARK FROM GOALS ARA ADVENTURE RACE”



HELP GIVE BACK TO THE ENVIRONMENT!

Pennsylvania Parks and Forests Foundation (PPFF) began as a statewide nonprofit organization to provide a voice for the Commonwealth's 120 state parks and 2.2 million acres of forest land. With PPFF, citizens can donate or bequeath money to state parks and forests, become active and involved volunteers in the park and forest system, and find some fun and educational opportunities. PPFF's status as a registered charity allows chapter friends groups to operate on our public lands for the benefit of everyone.

In 1999, a handful of visionary leaders, believing that each generation is responsible for leaving a legacy of conservation, came together with the goal of giving people a positive way to contribute to the conservation of our publicly owned lands. And so the Pennsylvania Parks & Forests Foundation was born.

PPFF is the only foundation in Pennsylvania organized solely to support state parks and forests. Establishing friends groups and engaging people in outdoor recreation, education and volunteerism are just a few of the ways your gift will help us continue to build a culture of stewardship for our public lands.

100% of your donations will go directly to Marsh Creek State Park to help them with various environmental projects!

<https://www.z2systems.com/np/clients/ppff/donation.jsp?campaign=75&&test=true>

IN THE COMMENTS SECTION WRITE

**“MARSH CREEK STATE PARK,
FROM GOALS ARA ADVENTURE RACE”**