



ORGANIZED BY GOALS ADVENTURE RACING ASSOCIATION
WWW.GOALSARA.ORG ♦ EMAIL: INFO@GOALSARA.ORG

Thank you for registering for the Uncontainable 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!

Anne Gibbons, Glen Lewis

RACE DAY CHECK IN

Pavilion # 4
 Nottingham County Park
 150 Park Road
 Nottingham, Pa 19362



Google Map Link to driving directions: <https://goo.gl/maps/B7zUFYNvsX7J87ah6>

Upon entering park, please proceed to Pavilion # 4 area.
 Parking will be in the field across from the pavilion.
 Check in at pavilion to sign your race waivers and receive your race maps, bibs, bike numbers.

8am – 9am Race Check in
 9:15 am Race Briefing/Tree planting demo
 10:00 Race Start

LIMITED GOALS SHIRTS FOR SALE SUGGESTED \$10 DONATION TO BILL GIBBONS MEMORIAL FOREST FUND.

GENERAL RULES

- Teams are strongly 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.
- All participants will yield to public park users – including equestrians, hikers, strollers, the young, the old, the handicapped, the non-handicapped --- you get the picture! We are guests at the park and will be sharing the park with the public. Please be respectful and friendly to other park users!!
- 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.
- 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. 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 AT ALL TIMES** during the race course. No alterations of the racing bibs are allowed
- Each team must carry a minimum of one operational, waterproofed, 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.
- 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. You will have the option to bike first or complete the foot section first. All checkpoints are optional EXCEPT the tree planting section. This is a mandatory stop for all competitors. Those who do not complete this team challenge will be ranked below all teams in the event.

The race is points based scoring. This means that each checkpoint has a certain point value. Your team has up to 4 hours to collect as many points as you can. Your strategy may include skipping some points within each section or trying to go for all of them.

SCORING

If you are over the 4 hour time limit, your team loses points. The time deduction begins after the first full minute (4:00:59). 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, contact the Race Director – Anne Gibbons 610-608-5483 or Steve Herzog 610-960-2331 (medical volunteer)
- 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.

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 park roads and multi-use trails, with some orienteering. Safety is of the utmost importance. All racers should pay special attention to public park users, vehicular traffic, and be vigilant to 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 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 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 at the Main Start/Finish area. The team will turn in their passport.
- 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
- In the case of a team withdrawal, the team must inform the race staff at the Main Start/Finish area. The team will turn in their passport.

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 (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, 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

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.

Fundraiser for Bill Gibbons Memorial Forests



PLEASE SUPPORT THIS GO FUND ME EFFORT, AND SPREAD THE WORD ON YOUR SOCIAL MEDIA.

WHEN SOMEONE DONATES, HAVE THEM PUT A NOTE THAT SAYS THEY ARE DONATING IN SUPPORT OF _____ (YOUR NAME)

WE WILL HAVE PRIZES FOR THE HIGHEST DONATIONS!

<https://www.gofundme.com/f/fundraiser-for-bill-gibbons-memorial-forest>

Founder of GOALS Adventure Racing Association -the late Dr. Bill Gibbons, dedicated his entire life to serving others, helping the community, and increasing outdoor experiential opportunities. GOALS has always held a strong commitment to the community, and that commitment continues to this day.

Unfortunately, Bill passed away in February 2020, leaving this Earth too soon. He left behind a legacy of others before self, the importance of family and friendships, the determination to try anything no matter how hard it might be, and of course his love of nature and the outdoors

As a tribute to Bill, and our commitment to the environment, we are raising funds to create 2 memorial forests for future generations to enjoy.

The first is a small plot of land by the banks of the river in Hibernia County Park. This park holds a lot of fun memories, as we have hosted many of our adventure races there. The banks of the river are eroding at a concerning rate, and the planting of the trees will help support and reinforce the area. It will provide additional habitat for wildlife, help with carbon reduction, and serve as a location where anyone can go to enjoy the woods created for Bill with love. An educational plaque will be placed in the area providing environmental information and commemorating the area in honor of Dr. Gibbons. This planting took place on September 11, 2021.

The second planting is taking place as part of the Uncontainable Adventure Race - it is a larger scale planting at Nottingham County Park. This area was decimated a few years ago due to a Southern Beetle infestation that wiped out all of the pitch pines. The goal is to replant that area with mixed hardwoods that would provide a small camping area, and significantly improve the watershed quality, as it sits above McPherson Lake. This will also serve as a location where anyone can go to enjoy the woods created for Bill with love. An educational plaque will be placed in the area providing environmental information and commemorating the area in honor of Bill.

Both plantings are in coordination with Chester County Parks and Preservation, Chester County Conservation District, and Penn State Extension Master Watershed Steward volunteers.

Our goal is to raise \$5,500 to support both projects. Donations will be made to GOALS, earmarked for this fundraising project. 100% of funds raised (minus GoFundMe fees) will be put toward the forest building.

This is a wonderful way to help the community, help the environment, and pay honor to an amazing person who touched SO many lives.

We are so close to our goal! We need about \$1500 more to fund the purchase of educational/memorial signage.

The Uncontainable Adventure Race : Mandatory 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.**

INDIVIDUAL GEAR

- 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
- Mountain bike & bike helmet
- Sunscreen, Lip balm (recommended)
- Long pants/long sleeves recommended
- Water/food

MANDATORY TEAM GEAR

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

Those in the solo division are responsible for this gear as well

- Waterproof map carrying case
- Check Point Passport (provided by GOALS ARA)
- First Aid Kit suitable for all three teammates
- Pen or fine point marker
- Compass
- At least one operational charged cell phone (water proofed in zip lock bag)
- 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.
- NO GPS PERMITTED

**EARN AN EXTRA BONUS POINT ON YOUR RACE!
BRING YOUR OWN SHOVEL 😊**

We will have about 30 shovels available for volunteers and racers. Make your day go easier by bringing your own shovel and earn a bonus point on your race score!

