

# Competitor Information Guide

for



**Saturday, September 25, 2010**

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## **- OVERVIEW -**

### **WHAT YOU NEED TO DO BEFORE RACE DAY**

1. Fundraise for SLHI
2. Obtain mandatory gear
3. Obtain lifejackets, paddles & a canoe
4. Get your bike tuned up
5. Obtain waiver forms for racers under 18 years old
6. Make hotel or camping reservations
7. Create your team costume or uniform
8. Get out in a canoe, on your mountain bike and in your running shoes
9. Strategize with team members on approach to the race
10. Check out Official GEAR Race Rules
11. Share Spectator Information with family and friends

### **WHAT YOU NEED TO DO ON RACE DAY**

#### **- BEFORE THE RACE -**

1. Travel to registration area
2. Check-in at GEAR registration
3. Drop-off your bikes at transition area
4. Drop-off your canoe at transition area
5. Drop-off your running shoes at transition area
6. Attend mandatory pre-race meeting
7. Stretch and warm up your body
8. Get settled with your team at the start line to be ready to race

#### **- DURING THE RACE -**

1. Follow the map and course descriptions to locate all checkpoints
2. Be Aware of Course Closing Time
3. Enjoy the Journey!!

#### **- AFTER THE RACE -**

1. Celebrate your accomplishment!!
2. Cheer on other participants as they cross the finish line!
3. Remove your bikes, canoe and gear from the transition areas
4. Remove any personal gear from the finish area
5. Enjoy the Post-Race Party!!

## - BEFORE RACE DAY -

### 1. Fundraise for SLHI

SLHI is hoping to raise \$5000 from this year's event. Teams are encouraged to obtain donations above and beyond the entry fee for the race! A special prize package will be awarded to the team that raises the most money above the entry fees. Please see the fundraising packet available on our website for helpful information (available on the GEAR main page [www.gethealthyslc.org](http://www.gethealthyslc.org)). Turn in all money by race day. Uncollected funds will not count toward your total donation amount. *Note: People may submit donations for a team from the Registered Teams Page by clicking on the "Team Donation" button next to your team name. All donations will be credited to your team.*

### 2. Obtain mandatory gear

You are required to carry the following gear during the race. *We may check that you have the required gear during the race and you may be assessed a time penalty for failing to show a required piece of gear.*

#### Minimum To Be Carried At All Times During the Race:

Per Participant	Per Team
2 Liter water capacity for each participant (bottle, bladder, hydration pack, etc.)	(1) First Aid Kit including bandages, ace bandage, moleskin, Benadryl
(1) Energy Bar (or similar) for each participant	(1) Writing Tool (fine point marker works best)
(1) Whistle for each participant	(1) Emergency Space Blanket
(1) additional synthetic Long-Sleeve Shirt	(1) Waterproof bag to hold map (ie 12" Ziploc)

Note: You can find these mandatory items at outdoor apparel & equipment stores.

#### Required Equipment – for Canoe Stage Only:

- Type 3 Coast Guard Approved Personal Floatation Device for each participant
- Paddle for each participant
- A 16 ft Canoe (or longer)

#### Required Equipment – for Mountain Biking Stage Only:

- Mountain Bike for each participant
- Appropriate Sized (Adult or Child) CPSC-Approved bicycle helmet for each participant
- Spare Tube for each participant
- Bike Pump, Tire Levers and Allen Key Set for each team

#### Required Equipment – for Trail Running/Trekking Stage Only:

- Comfortable Trail Running Shoes

#### Optional Equipment:

- Cell phone – in case of emergency. Program in the phone # of the Race Director: 315-212-2800. Note: Cell phone services may not be available during the race.
- Full water bottle on your bike or in your transition bag in addition to the water being carried.
- Zip Off Leg Pants – These may come in handy for protecting you against thorns and other scratchy bushes or weather changes.
- Be prepared for all kinds of weather (ie bring a rain coat). The race is on rain or shine!

### 3. Obtain Lifejackets, Paddles & Canoe

A limited number of canoes are available for rent for a cost of \$30/canoe (this rental includes PFDs & paddles). Please add your canoe rental fee to your registration payment (see registration form on our website). For those participants bringing their own equipment, you need to follow required equipment guidelines as stated in mandatory gear section above (kayaks are **not** an acceptable alternative). Please label all personal gear. If you are racing as a three-person team, you must use one canoe. If you are racing as a family, you cannot exceed 80% of the carrying capacity of the canoe. If you are a family of 5 or 6, you will need 2 canoes.

## **- BEFORE RACE DAY –**

### **4. Get your bike tuned up**

It is highly recommended that you have your bike(s) tuned up in advance to avoid any mechanical problems on race day. Nothing spoils a race like discovering a mechanical bike problem mid-way through the race!

### **5. Obtain waiver forms for racers under 18 years old**

If a competitor is under 18 and his/her parent or legal guardian will not be at the event, please contact the office in advance to have a waiver and photo release mailed to the parent or guardian for signature. This can either be mailed back to SLHI or brought on race day. Competitors under 18 will not be allowed to compete if a waiver is not signed by a parent or guardian.

### **6. Hotel or Camping Reservations**

If you are coming from out of the area or if you would like to avoid driving home on Saturday evening – after a day of racing and enjoying the post-race party- then you can plan to stay in/near beautiful Potsdam. For camping please contact the race director for suggestions. If you prefer other accommodations, visit the Potsdam Chamber of Commerce website (<http://www.potsdam.ny.us/chamber/members.htm>) which provides information on a wide variety of accommodations as well as helpful visitor information. Please feel free to call our office for assistance also at 315-261-4760.

### **7. Team Costumes and Uniforms?**

Team Costumes or Uniforms are optional but we encourage you to wear something that represents your sponsor or represents your team for the race. Have fun with it!! A special prize will be awarded for the best costume/uniform.

### **8. Get out in a canoe, on your mountain bike and in your running shoes**

**Go Extreme Racers:** We suggest you should be getting out at least 5-6 days a week to train for a few months before race day.

**Go Energetic Racers:** We suggest you should be training at least 3-5 days a week for a few months before race day.

**Go Easy Racers:** We suggest you should have at least been on your bike, in a canoe and in your running shoes at least a few times before race day.

Check out the GEAR website [www.gethealthyslc.org](http://www.gethealthyslc.org) for training suggestions and links to other helpful websites.

### **9. Strategize with team members on approach to the race**

Do you want to read your maps before you depart on the course or will you read them along the way? What items do you want at transition areas? What will be your strategy for transition areas, organizing gear or just a free-for-all? Who will be responsible for map reading? Who will carry the check point passport? These are just a few questions you might want to decide before the day of the race. Check out the GEAR website [www.gethealthyslc.org](http://www.gethealthyslc.org) for advice from past racers.

### **10. Check out Official GEAR Race Rules**

Make sure you check out the official race rules on the GEAR website [www.gethealthyslc.org](http://www.gethealthyslc.org)! There are new rules for this year.

## 11. Share Spectator Information with Family and Friends

**View!** Spectators will be given maps and information on places to view parts of the race at the registration area after the race has started.

**Vote!** Spectators will be asked to vote on several awards including Best Team Name and Best Team Costume/Uniform (teams can vote too!). The awards will be given out after the race at the post-party!

**Update!** We will be posting updates of team's progress through the race. Look for the display at the start line!

**Celebrate!** Spectators are encouraged to attend the post-race festivities. There will be plenty of food (tickets are available online by going to the team registration page), raffle prizes and race awards.

## - ON RACE DAY - BEFORE THE RACE

### 1. Travel to GEAR registration area

Your team captain will be emailed registration times and directions to the GEAR registration area 2 days before the race. If your captain does not receive an email by 5 pm on Thursday, September 23<sup>rd</sup>, please email [carol@getthehealthyslc.org](mailto:carol@getthehealthyslc.org) or call the office at 315-261-4760 ext 223.

### 2. Check-in at GEAR registration area

**Registration for Go Extreme** will be from 7:30 – 8:30 am. Arriving after 8:30 am will jeopardize your ability to drop your bikes and canoe off in the Transition Areas, attend all the mandatory check-in tables, attend the pre-race meeting and be ready for a **9:00am start!**

**Registration for Go Energetic** will be from 8:30am – 9:30am. Arriving after 9:30am will jeopardize your ability to drop your bikes and canoe off in the Transition Areas, attend all the mandatory check-in tables, attend the pre-race meeting and be ready for a **10:00am start!**

**Registration for Go Easy** will be from 9:30-10:30am (*may be at 8:30am if minimum # of team registrations is not met*). Arriving after 10:30am will jeopardize your ability to drop your bikes and canoe off in the Transition Areas, attend all the mandatory check-in tables, attend the pre-race meeting and be ready for an **11:00am start!** (*may be at 10am if minimum # of team registrations is not met*)

**For all Racers** at check-in you will:

- be required to sign waiver and photo release forms. Each team member must sign their own forms. If a competitor is under 18 and his/her parent or legal guardian will not be at the event, please contact the office in advance to have a waiver and photo release mailed to the parent or guardian for signature. This can either be mailed back to SLCHI or brought on race day. Competitors under 18 will not be allowed to compete if a waiver is not signed by a parent or guardian.
- be asked to hand in all fundraised monies so we can tally each team's amount to determine prize winners.
- receive your race numbers. Each team member must wear a race number on their front at all times from the starting line until you finish the race.
- receive a swag bag and a meal ticket for each participant.
- receive race passport, which will be used during the race (see follow map section below)
- receive rental paddles & lifejackets (your canoe will be at the transition area)
- receive instructions & directions for dropping off your bikes, canoe and shoes at transition areas.
- receive course instructions which will give you an idea of the course layout ( ie, will you be biking first and then canoeing and then biking again, etc.). This will help in planning your transition bags.
- have your mandatory equipment checked. Please bring all required gear to the registration area including bike helmet, biking safety equipment & PFDs.

### **3. Drop-off your bike at the transition area**

**For All Racers:** You will be dropping-off your mountain bike, helmet, bike tools, biking shoes and transition bag at a designated location. Please have all personal items marked with your name and race number and attach your transition bag to your bike(s). Although we will have volunteers in the Bike Transition Zone starting at 7 am until all participants have completed the biking leg and bikes have been transported back to the finish line, we cannot take responsibility for lost or stolen bikes or accessories. You may choose to lock up your bike and accessories for additional security.

### **4. Drop off your canoe at the transition area**

**Rented Canoes:** If you have rented a canoe, you will need to drop off your paddles & lifejackets at the transition area along with a transition bag if you have one. You will be responsible for removing a canoe from the canoe rack, carrying it to the start area, and placing your PFDs, paddles and transition bag in it. You will be given a team number at registration, which you should tape on the canoe where it will be clearly visible.

**Bringing a Canoe:** When you drop your canoe off at the designated area your PFDs, paddles and transition bag (if you have one) should be placed inside the canoe and your team number (given to you at registration) taped to the canoe where it is visible. We recommend clearly labeling your paddles, PFDs and transition bag to avoid confusion at the end of the race.

### **5. Drop off your running shoes at the transition area**

**For all Racers:** If you are wearing different shoes for running you may want to pack them in a transition bag along with any other items you might need.

### **6. Attend mandatory pre-race meeting**

**For Go Extreme:** The Race Director will conduct a mandatory pre-race meeting at **8:45am**, at the start line, which covers vital race information.

**For Go Energetic Racers:** The Race Director will conduct a mandatory pre-race meeting at **9:45am**, at the start line, which covers vital race information.

**For Go Easy Racers:** The Race Director will conduct a mandatory pre-race meeting at **10:45am** (*may be at 9:45am if minimum # of team registration is not met*), at the start line, which covers vital race information.

### **7. Stretch and warm up your body**

**For All Racers:** Get your body ready for the race. See the GEAR website for suggestions at [www.gethealthyslc.org](http://www.gethealthyslc.org)

### **8. Get settled with your team at the start line**

**For Go Extreme Racers:** The race will start at **9:00 am** sharp!

**For Go Energetic Racers:** The race will start at **10:00am** sharp!

**For Go Easy Racers:** The race will start at **11:00am** sharp! (*may be at 10am if minimum # of team registrations is not met*)

**Please Note:** This is an unsupported race, which means no spectators are allowed to bring you water or other items during the race. You are allowed to have a transition bag at the bike & canoe legs so you don't have to carry your bike repair kit, extra water, food or any other items you feel you may need during the other race legs.

## **- ON RACE DAY -** DURING THE RACE

### **1. Follow the map and course instructions to locate all checkpoints**

At the race start, you will be given a course map(s). You will be able to find the various checkpoints on the course by looking at the map and reading the course instructions. There will also be some GEAR specific trail markers to help you out. Checkpoints will be marked with the appropriate checkpoint number. At each checkpoint, you will either punch your race passport or write on your passport. If you get to a fork on the course, look at the map and look for trail markers to help determine the direction to take. There is no compass navigation on this course and the course is entirely on trails or roads (no bushwhacking). However, the ability to read maps is imperative!!! There will be both staffed and un-staffed checkpoints along all courses.

We will have cut-off times at certain checkpoints. If a team doesn't reach the checkpoint by the cutoff time they will be stopped and instructed on the quickest way to get to the finish line. Cut-off times will be noted in the course instructions. The cut-off times will help make sure that teams get to the finish line by the course closing time. **For Go Energetic and Extreme Racers:** Please be prepared for a fixed rope challenge this year!

### **2. Be Aware of Course Closing Time**

The course will close at **3:00pm**. All racers need to be off course by this time or they will be disqualified from the race.

### **3. Enjoy the Journey!!**

Enjoy the opportunity to paddle a beautiful St. Lawrence County waterway, trek/trail run and mountain bike on some sweet trails and handle some mystery challenges along the way!

#### **Canoeing:**

Canoeing will be on flat water but be prepared for wind. All participants must wear a PFD at all times. Teams will be immediately disqualified from the race if one of our "river rats" spots them not wearing a PFD while in the boat. Upon exiting the canoe, please do not ram the canoe into the landing area. A 20 minute time penalty will be assessed for ramming your canoe. Your team must carry your canoe to the designated area. All personal gear being left at the transition area should be bagged, labeled and placed in the designated area. Also, please be patient with other racers as put in and pull out areas may be too small for multiple boats to unload at one time.

#### **Trekking/Trail Running:**

The course presents a variety of terrain for trekking/trail running. The course may involve traveling on paths and trails containing dirt, gravel, pavement, rocks and/or water. There may be times when your feet get wet so bring an extra pair of socks and shoes to wear during the post-race party.

#### **Mountain Biking:**

Mountain biking will be done on marked trails and on roads. All participants must wear their bike helmet while riding. Teams will be immediately disqualified from the race if they are spotted not wearing a helmet. There are some hills to climb and some areas where participants may feel more comfortable walking their bikes (i.e., gullies, steep sections, etc.) Please be safe and ride under control at all times! Please only cross roads at designated road crossings. A 30 minute time penalty will be incurred for crossing in other locations. Racers must obey all standard bike safety procedures while riding on paved roads.

#### **Mystery Challenges:**

We hope you enjoy the little diversions we've got for you! At certain checkpoints or transition areas you will be presented with mystery challenges. They are designed to test your physical and mental abilities, your ability to work as a team and, potentially, your adventurous spirit!

#### **Teams:**

Teammates are required to stay within sight or 100 feet (whichever is the shortest distance) of each other at all times. A 30 minute time penalty will be incurred if this rule is broken. Unless specifically directed, all team members must complete all parts of the course and challenges.

## **Water and Food:**

There are no water stations on the course – you are required to carry your water with you. It is required that you have capacity to carry 2L of water and an energy bar on your back. It is recommended that you have a full water bottle on your bike and additional water and food may be stored in your transition bag at transition areas.

## **Littering & Unsportsmanlike Conduct:**

Please pack out everything you bring with you. There's nothing worse than seeing a beautiful trail littered with wrappers. And, please be courteous to fellow participants. A 30 minute penalty will be assessed for any littering or unsportsmanlike conduct to fellow participants, volunteers or spectators.

## **Bathroom Facilities:**

There are no bathroom facilities along the course. Please use "Leave No Trace" ethics if nature calls while you are out on the course.

## **SAFETY is #1 Priority.**

Please go at a pace that allows you to be in control at all times. When in doubt, use caution. If you do get seriously hurt, stay where you are and have a teammate or another participant summon help at the nearest transition area and race personnel will contact emergency service. On Race Day, the Emergency Cell Phone number connecting to the Race Director is **315-212-2800**. Cell phone communication is not guaranteed during the race though. Communication stations will be set up at various checkpoints along the course.

## **- ON RACE DAY - AFTER THE RACE**

### **1. Celebrate your accomplishment!**

GEAR has been developed to promote getting people outside to enjoy a variety of different sports and to enjoy the beauty of St. Lawrence County. Celebrate your accomplishment – whether that means finishing the race or placing in the top of your category or simply enjoying a fun day of outdoor exercise.

### **2. Cheer on other participants as they cross the finish line!**

Please stick around to cheer on other participants as they cross the finish. There is nothing better than having a cheering party when you cross the finish line.

### **3. Remove your personal equipment from the finish line**

Please make sure all of your personal equipment is removed from the finish line area.

### **4. Remove your bikes and canoe from the transition areas**

Please remove your bikes, canoe and gear from the transition areas by no later than 3:30 pm. Some transition area items might be transported for you to the post-race party location.

### **5. Enjoy the Post-Race Party**

The post-race party will officially begin at 3:30pm but is open if racers want a warm, dry place to hang out after they finish the race. There will be planned activities, music, a chance to share stories of your adventures, awards, raffle prizes, and food.