

North Georgia Adventure Race

NEWSLETTER 2

3 January 2010

Dear Racers,

Congratulations on your entry to the 2010 North Georgia Adventure Race! We are very excited about bringing the NGAR back – especially to the rugged and beautiful Fort Mountain Area!

This is the second and final newsletter before the race. Please read it completely and ask any questions you may have.

Captains, it is your responsibility to let your teammates know of any information that we pass along, and to respond with anything that is requested. We will follow up by posting this information on the website in the next couple days at www.northgeorgiaar.com.

We have put the rules and mandatory gear list at the end of this email. Please review them and ask questions if you have any.

Schedule for the NGAR:

Friday, January 15, 2010

2:00 pm – 6:00pm - Registration, Gear Check at the Global Retreat Center near Fort Mountain State Park.
6:45pm - Race Brief at Global Retreat Center near Fort Mountain State Park

Global Retreat Center site: <http://globalconferencecenter.org/>

Directions to the Global Retreat Center: <http://globalconferencecenter.org/directions.htm>

We will be in the lower auditorium – look for signs directing you where to go.

Notes:

- 1) Please bring completed Medical Forms and Race Waivers with you. We will have some at registration but the process will be quicker for you and your team if they are filled out prior to arrival. These are on the NGAR site.
- 2) You will receive maps and course directions after completing registration. Exactly what we need for you to complete registration is later in this newsletter. You'll be able to ask questions at the race brief

Saturday, January 16, 2010

9:00 am (sharp!) - Race Start

Note: You should plan on the race start NOT being at Fort Mountain State Park. We will go over this in detail at the pre-race brief. Please do not arrive at the start earlier than 8:00am

Sunday, January 17, 2010

3:00pm - Race Course Closes

Disciplines

Mountain Biking – a combination of paved roads, forest service roads, trails and some “hike-a-bike”

Hiking/Running – trails, forest service roads, and bushwhacking.

Paddling – this will be on flat water and/or mild moving water. The rapids you will experience will be mild – nothing more than class 1

Navigation – Throughout the course! You will be expected to navigate using maps and a compass. You are also expected to at any point on the course to be able to plot UTMS and mark your maps accordingly.

Skills Testing

There will be no specific skills testing at registration. However, at least one member of your team MUST be able to plot UTM coordinates on a 1:25,000 Map. You must also know how to read these maps and choose a route accordingly. If you do not have these minimal skills, you will not be able to complete the NGAR.

Maps

You will be given a large 1:25,000 map to plot most of the CPs. You will also be given four supplementary maps - 1 will be the paddle, 1 will be an additional paddle map for your support crews, 1 will be a trail map you'll find out about at after registration, and 1 will be a copy of the **Trails Illustrated Springer & Cohutta Mountains** map. I **strongly recommend** teams pick up an original of the Trails Illustrated map before arriving to the race as it has many trails/roads that are not on the USFS maps. While we will provide a copy of the area relevant to the course, the originals are waterproof and tearproof.

You will be given all O points in UTMs and you will be required to do any transposing from map to map.

Plan to waterproof all supplemental maps.

Lodging

Our official lodging partner is the Mulberry Gap Mountain Bike Getaway. At this point they and Fort Mountain are full. I have been getting many questions about where to stay. Without giving away too much of the course, Chatsworth is generally closer than Ellijay.

T-Shirts

Every racer will receive a long sleeve performance t-shirt as part of their entry fee. If you'd like to buy additional t-shirts for your support crew, family members, or friends, we will have them available when you register. They are black long sleeve performance tees with the NGAR logo on the left breast. The cost is \$10.

The exact shirt is here: <http://www.zorrel.com/catalog/details.aspx?catID=2&pID=135>

Volunteers

The NGAR still needs volunteers! We offer a competitive volunteer package, including t-shirts, food, and race credits for future races. If you know anyone who wants to volunteer, please have them contact us!

Post Race Food

We'll have some post race food available at the finish, probably pizza.

Awards

There will be no official award ceremony for the NGAR. As teams finish the course, we'll give prizes based on finish position.

2010 Checkpoint Tracker AR Series

IMPORTANT!!! The NGAR is the second race in the 2010 Checkpoint Tracker Adventure Racing Series, and the first race in the southeast. We're excited to be a part of this series! Please take the time to go to www.checkpointtracker.com and register your team as a part of the series. If you do not register before the race, your team's NGAR results WILL NOT count in the series. It takes about 5 minutes to register.

We've received many questions about the Pending/Confirmed status on the CPT site. If you are receiving this newsletter you are paid and confirmed for the race. We'll make sure everything is set on the site by January 8, 2010. Please just ask us if you see an error after that date.

Race Registration

To complete race registration and receive your maps you and your team will need to complete the following:

- 1) Medical form (one each per racer and support crew)
- 2) Race Waiver (one per team signed by all teammates and support crew)
- 3) Inspection of the following mandatory gear:
 - a. Sleeping Bag
 - b. Canoe
 - c. Dry Bag

Mandatory Gear

You probably noticed that the mandatory gear list this year is very small. We've intentionally done this as every person and team's needs are different, and we want you to be able to make the gear choices you need. Remember, the NGAR historically has been very cold and very wet. The first NGAR was held in 2003 – the race start had temperatures well below zero degrees Fahrenheit and the high was about thirty degrees. The course had six to twelve inches of snow on it throughout the race. I say all this so you plan and train accordingly – it would be a shame to train for the NGAR and have your race cut short because of equipment choices.

Note that we have added a waterproof dry bag capable of holding all mandatory gear to the gear list for the canoe section. Multiple dry bags are acceptable provided that all gear can be stored in the set of dry bags. NO GARBAGE BAGS!

We will check mandatory gear on the course.

Renting Canoes

Unfortunately there are not a lot of places to rent canoes in the Ellijay or Chatsworth areas. We've partnered with Appalachian Outfitters in Dahlonega as a canoe partner. They offer boats for \$50 for the weekend. The owner's name is Ben – they are closed but leave him a message he will promptly call you back. 706-864-7117 www.canoegeorgia.com

Another place to rent is Go With The Flow in Roswell, GA.

Course and other Tidbits

Route Choice

As with all of our courses, we have tried our best to make the 2010 NGAR full of navigational decisions. This year's course will have many places where route choice will be the key in determining how quickly your team gets from CP to CP. Please take the time to practice your navigation skill prior to the NGAR. For those not from the eastern US, take time to learn about terrain in the Appalachians!

Orienteering Section

The 2010 NGAR will have an orienteering section. This section will be roughly twelve miles (depending on route choice, of course) and will have 11 orienteering checkpoints. As in an orienteering event, you will be able to get the CPs in any order you'd like. In addition, you will have the option of skipping all or some of this section. You will receive the UTMs for the orienteering section on the course (NOT at the race brief). Therefore, they will require plotting on the clock with the plotting tools you have with you.

Lock for Bikes

On (one of) the bike section(s) your team will be required to leave your bikes. You will bike into the CP, drop your bikes for a trek, and then return to your bikes at the same CP. Although it is not mandatory, we recommend buying a lock for your team's bikes that will secure all of the bikes to a tree. We will have CP staff keeping an eye on the bikes but locking your bikes will provide additional security for your team's equipment.

Finishing Position

Finish order will be determined by CPs acquired then time.

We have received several questions about gear/the course/SPOT units, etc. These are answered in no particular order below:

- SPOT units are ok
- Betadine is an acceptable replacement for tincture of benzoin
- A 40 degree sleeping bag with separate fleece liner to make it a 25 degree bag is acceptable (please ask if you have any questions)
- Separate dry bags are acceptable to hold all team gear on the paddle section. We're trying to avoid a situation where a team goes in the water and has no dry or reasonably dry clothing/sleeping bags to get into.
- Helmets are required on moving water.
- Pants capable of keeping your legs protected from thorns are strongly recommended

- Plan to waterproof your supplemental maps
- Outside maps are acceptable, although you should not need them.
- You will need to carry a working cell phone throughout the race. We will be checking this from time to time throughout the course and not having a working cell phone will be a DQ.
- We have had a lot of rain this year in the south. As such, there are some significant water crossings on both the bike and hike sections. Please plan accordingly. If it looks like there will be rain/snow in the few days prior to the race or on race weekend, plan on the course being very wet.
- Canoes must be non-composite, non-aluminum and less than 18 feet. Ask about this if you have questions before showing up.

That's about it for now! Thanks for registering for the 2010 NGAR – we are excited about welcoming everyone back to north Georgia!

Warmest regards,

Tony Berwald and Beth Berwald
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North Georgia Adventure Race Rules

Introduction

These rules are written to ensure the safety and integrity of teams and the race promoter. They will be enforced by NGAR staff and volunteers at all times.

Race Advisory Board

The race advisory board is made up of three members of the adventure racing community selected in advance by NGAR for the purpose of advising NGAR and to address protests filed by racers. In the event that a team or racer disputes a decision made by race management they may file a formal protest, in writing, by 3:30 ET 1/17/2010, for review by the Race Advisory Board. Protest forms will be available at all TAs and the Finish. Decisions made by the race advisory board are final. All decisions from the advisory board will be made within one week of race completion.

Mandatory Gear Check

There will be a minimal mandatory gear check at registration. Mandatory gear will also be checked at some point during the race.

Boat Information

Boats, PFDs, and paddles will be provided by teams. During paddling sections, portaging of boats is allowed. Boats and PFDs are mandatory gear during the paddle section. This means during the paddle if you are found to be more than 50 feet from your boat or PFD you will be disqualified. There are no exceptions. Transporting of boats is the responsibility of support crews. Upon exiting the paddle, teams must carry boats under their own power to the TA check in location. If a support crew assists a team prior to the TA check in location it will be deemed outside assistance and result in disqualification. Once teams have checked in to the TA, support crews may assist with transporting boats to the support vehicle.

Boats must be non-composite, non-aluminum, non-racing canoes less than 18 feet in length. If you have questions, please ask before the race.

Bike Information

When riding at night your handlebar mounted lights and rear red light must be on and visible. Night is between 5:00pm and 7:30am ET. The penalty for riding without visible front or rear lights is disqualification. Your bike and bike gear can be left on the course to obtain a CP.

Towing

Towing of teammates on the bike/paddle/trek is permitted.

Littering

Littering will not be tolerated. Any team (including support staff) found to have intentionally littered or left trash on the course or at any race venue will be disqualified.

100-Foot Rule

Racers must stay within 100 feet of teammates at all times during the race. Violation of this rule will result in disqualification of the offending team. This will be tested by requiring your team to gather in one place within 30 seconds.

Maps

Outside maps are permitted. Maps provided by race management will not be replaced. However, there is no penalty for misplaced maps.

Passports

A lost passport/punch card will result in disqualification. If a team punches an incorrect CP square on the passport, it will be assumed that they did not visit the CP. Upon entering a transition area, teams must leave their passport with the TA staff. When the team is ready to depart, TA staff will return the passport. It is the team's responsibility to ensure that Team Name and Team Number are written legibly on the Passport. It is also the team's responsibility to ensure CP staff sign the Passport correctly. It is the team's responsibility to make sure upon exiting a TA that they have their passport.

Misplaced or Stolen CPs

If a team believes a CP is misplaced or stolen, they are allowed to skip that CP and call HQ. Once arriving at the next manned checkpoint, they must also notify checkpoint staff. If the CP is deemed by race staff to

be misplaced or stolen, the team will not receive a penalty. If it is in the correct place, the team will not get credit for acquiring the CP unless they return and punch the CP marker. Unmanned CPs will be marked by an orange or pink orienteering flag and pink ribbon.

Information from Race Officials

From time to time, rules/course changes happen along a course. The race directors will notify CP staff of any changes. Teams have a right to request clarification at the CP where change information has been given. Example: Team A arrives at CP15, where they are notified of a course change by the CP staff. Team A has the right, without penalty, to have the CP staff call the race director for clarification if needed. Once Team A has left CP15, it is assumed that their understanding of the rules/course change is sufficient, and they will not receive any more direction from race staff.

Support Crew Rules

The NGAR is a supported race. Receiving any assistance from support persons (including family, friends, etc.) outside of designated transition areas is not permitted. Teams are permitted to buy items from commercial establishments during the race. Teams are allowed to receive directional assistance from members of the general public not affiliated with the race.

Alternate Course Rules

There are various time cutoffs for the race. If a team does not reach a designated cutoff point in time, there will be no alternate course provided. Teams are permitted to skip checkpoints to make a cutoff.

More Rules

Teams may continue if one person withdraws, upon race official approval. The team will be ranked as unofficial. Remaining competitors must carry full team mandatory gear. Voluntary withdrawals must occur at transition areas. However, members of a team may not continue alone. This means that if you are a two person team and your teammate withdraws, you may not continue alone.

Teams are permitted to help each other during the race. Teams may be awarded a time bonus for helping other teams in need. Time bonuses will be decided by the race advisory board.

From time to time there will be a prescribed mandatory route described in the passport directions. Where designated, teams must follow this course. If found off the mandatory route, the penalty is disqualification. At all other points it is up to the team to decide navigation from CP to CP.

The winner shall be determined as the fastest mixed gender complete team of three to complete the course after any penalties/bonuses have been applied. Teams will be of three competitors, either mixed gender, male, or female. Sponsor prizes will be awarded to teams based on finishing order.

Use of cell phones will result in disqualification (with the exception of noting a misplaced CP). Teams should only use their cell phones in emergency situations.

Once a team has been given race maps and passport instructions, they are not allowed on the course. The penalty for a team or support crew being on the course after maps are distributed is disqualification.

Unless specified in the passport instructions, each team, with all of its team members, must pass through checkpoints in numerical order. If a CP is missed, the team is not permitted to return once they visit the next CP. For example, if Team A misses CP5, then visits CP6, they cannot return to CP5 to acquire the point.

Rankings

Teams will be ranked by number of CPs acquired, then by finish time. Teams arriving at the finish after the thirty hour cutoff will be unranked.

Penalties

The penalties are described below:

Disqualification:

- Unless specified in the passport instructions, failure of a team to pass through each checkpoint in numerical order, having their passport signed or punched at each checkpoint

- Use of ANY electronic device other than non-GPS watches, bike computers, and altimeters (including laptop computers, GPS, cellular telephones, etc.). SPOT units are ok.
- Travel on the Appalachian Trail
- Using a mode of travel other than the one specified for each leg
- Any travel other than human-powered travel
- Littering on the course
- Lighting a fire
- Arriving more than fifteen minutes late to the starting line
- Exceeding the deadline for any section
- Disobeying instructions from a race official
- Disobeying instructions not to advance
- Unauthorized road/trail travel
- Non-assistance to a person in danger
- Not wearing a helmet in running waters
- Not wearing or improperly wearing a life jacket in the boat
- Not wearing a helmet while on the bike
- Riding without visible lights on bike (front and red rear) from dusk to dawn
- Paddling at night (5:00pm to 7:30 am) without glowsticks visible in the front and rear of boat
- Possession and/or use of a weapon
- Violation over the identity of a competitor or change of a team member during race
- Removing/altering a punch device, trail sign, or marking
- Teammates not staying within 100 feet of each other (verified by requiring teammates to gather on one location within 30 minutes)
- Picking up and dropping off of gear in a place other than at designated Transition Areas.
- Lost Passport
- Mandatory gear must be carried at all times. This includes the passport in a usable condition.

Checkpoint Tracker Event Points

You must create a profile on the [Checkpoint Tracker](#) site PRIOR to the race if you want the NGAR to count towards your 2010 Checkpoint Tracker Series ranking.

North Georgia Adventure Race Mandatory Gear List

The following is the mandatory gear list for the NGAR.

We have done our best to keep the gear list to a minimum, as individual needs vary from person to person. Please remember that the NGAR has historically had very difficult weather conditions and you and your team need to prepare and carry gear to be self sufficient during the duration of the race. While we will have safety staff available, the NGAR course is in remote areas that can take a considerable time to reach. Additionally, we're not going to baby you by telling you to bring obvious things like a water purification system, headlamp, extra tube, or paddle. Figure out what you need and bring it.

Please take the time to train in conditions that could mirror what you will find at the NGAR and learn what you need to stay safe.

Mandatory Gear List

Team (throughout duration of race):

Sleeping bag (at least 30 degrees)

Emergency Flare/Strobe Light

Fully charged Cell Phone

Trowel

Emergency Medical Kit:

- (8) 2x2 or 3x3 sterile dressing
- (2) 3x4 non adherent sterile dressing
- (1) conforming gauze bandage
- (4) 1x3 adhesive bandage
- (3) knuckle adhesive bandage
- (1) tape ½"x 10 yards
- (1) swift wrap elastic bandage
- (8) 200mg. Ibuprofen
- (1) moleskin
- (5) towelettes
- (3) antibiotic ointment
- (1) tincture of benzoin
- (3) butterfly closure bandage
- (1) tweezer
- (3) safety pins

Individual (Throughout duration of race):

Whistle

Emergency Blanket

Mountain Bike sections (per individual):

White light mounted on front of bike

Red light mounted on rear of bike

Paddling sections (per individual):

PFD

Canoe (1 per team)

Waterproof dry bag capable of holding all teams mandatory gear (no garbage bags)