

# 2014 Adventure Race Chetwynd

## Presented by PCS

June 15<sup>th</sup>, 2014

### Overview:

The Peace Christian School Adventure race is a 3-part race involving the disciplines of Mountain Biking, Canoeing and Trail Running/Trekking.

Competitors will form a three-person team based on the criteria of the competition categories. To enter as a High School Team, *all* team members must be attending a Jr. High or High School. Adult teams will have one or more adults. This year, racers will have the option to sign up for either an “A” or “B” race course. Inexperienced adventure racers may find the “B” course to be a less intimidating, but still challenging, introduction to the sport. “A” course teams who fail to reach “the cut-off” prior to a predetermined time will be rerouted to the “B” course.

- Adult Open (mixed gender)
- Men’s Elite
- Women’s Elite
- High School Open (mixed gender)
- High School Men’s Elite
- High School Women’s Elite

Teams will complete each section of the race together (within 100m), navigating through a marked course and traveling through mandatory checkpoints to the finish line as quickly as possible. To be officially ranked all three members of the team must finish together.

The race will take approximately five to eight hours to complete.

Each team will need to provide their own *support team*. Support teams will:

- Transport your team’s race equipment to and from the race (bicycles/canoe).
- Assist your team with dry socks/clothing, race food, gel packs, etc. at designated locations on the course.
- Shuttle canoe to and collect the bikes at the designated transition point.

Each team is responsible to have a representative at the pre-race orientation meeting

@ PCS Chetwynd 6:30pm June 14, 2013

Further questions can be directed to race organizers @ Peace Christian School 250 788 2044

## Cross Country Mountain Biking

This section will be primarily on gravel roads and single track trails with elevation gains and descents. All roads and trails will be marked. The approximate distance is 30 km (B course) / 45 km (A course). Light bikes are a plus - heavy dual suspension will be a hindrance.

## Trail Running/Trekking

This will be done primarily on marked trails. Approximate distance is 12 km.

## Canoeing

This section will be on Moberly Lake. Approximate distance is 8 km. Each team is responsible for their paddling gear. Support teams will receive location for canoe drop off/bike pick-up at the pre-race meeting.

Post-race ceremony will include food and award presentation.

## Mandatory equipment

1. Mountain bicycle
2. Helmet
3. One Canoe per team
4. Personal Floatation Device for each racer
5. Paddles (traditional *or* kayaking) – make sure we get it on video if you try without...

## Recommended equipment

1. Bike repair kit
  2. Water bottle, hydration packs
  3. Shoes/trail shoes
  4. Wind-proof jacket
  5. Change of clothes (esp. extra socks)
  6. Energy bars
  7. Toilet paper
  8. Team spirit
- *Change of footwear highly recommended*

## 100 meter Rule - You *must* race as a team.

Team members must never be out of sight of each other (or have a distance greater than 100 meters separating the first member from the last member).

## Penalties

A team in which one member has withdrawn will be officially disqualified, but will be allowed to complete the course. Failure to have mandatory safety equipment will result in disqualification of the whole team.

## Team Responsibilities

- Teams and their sponsors/support vehicle are responsible to get all race equipment to the race start/transition site and removal at the finish.
- All teams will need to be represented at a mandatory informational meeting for course instruction the night before the race (June 14, 2014) at Peace Christian School.

## Registration fee

\$120/team, (please make cheques payable to Peace Christian School). This fee will include Saturday night refreshments, a post-race meal, a race T-shirt for racers who complete the course, and one race keep sake video for each team.

*\* This event is possible because of participating volunteers and sponsors.  
Please consider supporting local business sponsors. \**

## Registration

All attempts will be made to accommodate teams that register (including payment), prior to May 9, 2014. *Late registration will jeopardize the availability of the race T-shirt.*

Further questions can be directed to race organizers @ Peace Christian School 250 788 2044

Registration by mail: Peace Christian School  
PO Box 2050  
Chetwynd, BC  
V0C 1J0

Download online at: [www.peacechristianschool.ca](http://www.peacechristianschool.ca)

Peace Christian School  
Adventure Race 2014

**Participant Waiver Form**

(Each team needs to have three of these)

Participant Name: \_\_\_\_\_ Age: \_\_\_\_\_

In consideration of Peace Christian School, event sponsors, volunteers, and organizers accepting this entry, I hereby for myself, my heirs, executors and administrators, waive and release any and all right and claim for damages sustained by me as a result of this event, for any cause whatsoever, including negligence. It is expressly understood by the undersigned that this event is entered into at the sole risk of the undersigned and that the organizers and sponsors of the event are exempt from liability for any and all damages sustained and any and all injuries and loss, including personal and property loss arising from any cause whatsoever, including negligence.

I understand that I may appear in future race promotional material and/or keepsake DVD.

*All participants must sign this waiver, as a condition of participation and participants under 19 years of age will require a parent/legal guardian waiver signature.*

**Team Information**

Team Name: \_\_\_\_\_ Race Course Choice: A / B

Participant contact info: Phone: \_\_\_\_\_ Email: \_\_\_\_\_

*Each team member must sign a separate waiver form and no team will be allowed to participate without this documentation.*

\_\_\_\_\_  
*Signature of Participant*

\_\_\_\_\_  
*Date*

=====

**Parent/Legal Guardian Signature:**

I, the parent/legal guardian of \_\_\_\_\_  
(*Name of the competitor, please print*) hereby certify that I have read and agree to be bound by the terms of the above waiver on behalf of said competitor.

\_\_\_\_\_  
*Signature of Parent/Legal Guardian*

\_\_\_\_\_  
*Date*

Further questions can be directed to race organizers @ Peace Christian School 250 788 2044

Peace Christian School  
Adventure Race 2014

## Registration Form

Team Name : \_\_\_\_\_

Contact Phone #: \_\_\_\_\_

Mailing Address: \_\_\_\_\_

Category *(please place a check mark in the appropriate category)*

- |   |   |
|---|---|
| <input type="radio"/> Adult Open (mixed gender) | <input type="radio"/> High School Open (mixed gender) |
| <input type="radio"/> Men's Elite               | <input type="radio"/> High School Men's Elite         |
| <input type="radio"/> Women's Elite             | <input type="radio"/> High School Women's Elite       |

Team Information *(please print)*

Team Name:		
Participant 1 Name: Age: T shirt size: S M L XL <i>(circle one)</i>	Participant 2 Name: Age: T shirt size: S M L XL <i>(circle one)</i>	Participant 3 Name: Age: T shirt size: S M L XL <i>(circle one)</i>

Each team member *must* sign a separate waiver form. No team will be allowed to participate without this documentation.

Other information:

- ✓ Registration fee is \$120 per team of 3 payable upon submission of this registration form. (Cheques payable to Peace Christian School)
- ✓ Registration prior to Fri. May 9, 2014 will secure a Race T-Shirt. Racers are welcome after this date, but are unlikely to receive a race shirt.

Return waiver and registration forms to:

In Chetwynd: Peace Christian School

By mail: Peace Christian School (please do not mail cash)

PO Box 2050

Chetwynd,

BC V0C 1J0

Further questions can be directed to race organizers @ Peace Christian School 250 788 2044