

East Grand Adventure Race


For Teens, Adults, Families

Saturday May 13, 2017



Hosted by the East Grand High School Outdoor Education Program

Nine Divisions!

Like Us on 

This is our 12th adventure race. The 20 mile race will consist of four parts, 1st an off trail compass run 1+ miles, 2nd will be mountain biking for approx. 10 miles on woods roads, trails with a few extra challenges along the way which may change from year to year. In the past these challenges have included: TOUGH MUDDER CRAWL, LOG ROLLING & TOMAHAWK THROWING, and TWO PERSON CROSSCUT SAWING COMPETITION. 3rd is canoeing or kayaking for 8 miles on Baskahegan Stream (Note: distances are approximate, kayaks are welcome in all divisions). ALSO A CLIMBING WALL CHALLENGE BACK IN THE GYM!

Nine Divisions: High School Boys, Girls, Mixed, Adult Men, Women, Mixed, Family, Other: Jr./Sr., (Jr./Sr. minimum age is 13 and must compete with an adult. Open Division (can be any size group, solo 3, 4,5, 6, race boats, kayakers, etc.). Family Division allows for younger kids to take part with parents/adults sponsors in the compass run, challenges and paddling while skipping the biking portion of the race. Note: entering as an **OPEN DIVISION TEAM IS A GREAT WAY TO TAKE PART WITHOUT HAVING TO DO THE ENTIRE RACE!** Example: Enter a team of six, Two do the compass run, two do the biking and extra challenges, two do the paddling. Another example, enter a team of three-one does the compass run, one bikes and one paddles (canoe or kayak). You get to choose the size of your team and who does what!

34 Mile Flat Water Race: A separate canoe/kayak race from the headwaters of the Baskahegan Stream to Bancroft. This will run in conjunction with the Adventure Race (Min. age is 16 unless accompanied by an adult). Note: race will be shortened if wind is forecasted. **34 mile racers check in is 7:00AM sharp, then load and go!**

Sign Up is by Pre Registration: Entry fee is \$40.00 per team (pairs) which includes lunch, adventure race t-shirt, and attractive trophies to the top three finishing teams. Be sure to go on line and download entry forms. When signing up in advance, we will assign you your race number so you can arrive with your equipment labeled which greatly speeds up the check-in process. **Registration the Day of the Race:** is \$30.00 per person (Please call first to see if there is room).

Sponsored in Part by

*Conserving Land's and Water's
for Future Generations.*



First Settler's Lodge



All proceeds will help benefit the school's outdoor education program.

Race Details

Level of difficulty: While the race will be physically challenging. It is not beyond the reach of those who are in reasonably good physical condition. We highly recommend a routine of training, well before the race that includes biking, jogging/running and canoeing. There will be a water, Gatorade, and snacks located at each transition point.

Pre-Registration is \$20.00 per person (due Friday May 12th) and greatly assists us with helping to make the check in process run smoothly.

Registration the Day of the Race: is \$30.00 per person

Schedule & Meeting Place: Checkin is on Saturday at the East Grand School Gym 7:30 – 8:00AM to receive your race number, T-shirt and course map. You'll also need to number your canoe (right front) and drop it off at the landing in town. Pre Race talk is 8:45AM, load buses at 9AM. We meet back at the gym for lunch after the race 1:30PM to 3PM. We are aiming to do the awards presentations at 3:30PM and wrap thing up by 4PM. Eat a good breakfast prior to arriving at East Grand. (Millyard Cafe serves breakfast and is located 1/3 mile north of the school on Rt. 1) **34 mile racers Check in is 7:00AM sharp then load and go.**

Racing Number: Each team will be issued a number to place on the right front of your canoe, on Mt. bikes, loose gear and clothing needed at transition points and to wear over clothing.

Equipment & Clothing

Bikes: Mountain bike (any style of mountain bike is fine), Helmets required.

Canoes & Kayaks: General recreation includes canoes sold for general recreational use. In general ABS and Polyethylene canoes (Example, Old Town Discovery Series 169 and 174, Penobscot Series 17 & 18.5. Race boats & race kayaks are welcome in the open division). Two proper fitting type III PFDs and these must be worn during the race. At least three paddles (one being a spare.), baler.

Compass: A basic compass with lanyard that includes a base plate with direction of travel arrow. Know how to use your compass!

Proper clothing and footwear: Clothing should be of synthetic materials (fleece & Polypropylene) used with an outer shell such as a wind breaker or raincoat. Check the forecast and plan accordingly. Volunteers will be available at check points to collect a shed layer of clothing or provide extra clothing to racers. You may want to secure a waterproof bag with a set of warm clothing or a farmer jon style wetsuit in your canoe in case of cold, rainy weather or if a canoe upsets.

Need to rent a canoe? We rent Old Town Discovery 169s with life jackets and paddle for \$30.00 When renting, we need to know your heights and weights in advance so we can supply you with right sizes. We DO NOT have mountain bikes for rent.

Showers available in the gym: You may want to shower up after the race especially if it's been a wet, cold and muddy day!

Staying overnight: If you are coming a long distance and prefer to come the night before. Please contact Dave for accommodation options. They range from pitching a tent on East Grand Lake, to lodging in the area. (Links to lodging available on our website.)

Directions To East Grand High School

When coming from central and southern Maine, take 95 north to exit 227. In Lincoln, take a left onto Rt. 6. Follow Rt. 6 through town and east to Springfield. In Springfield, take a left onto Rt. 169, bear right twice over the next 20+ miles for Danforth. In Danforth, cross over the train tracks go up over the hill and take a left onto Rt. 1 north, the school is on the right. From the Houlton area and points north, take Rt. 1 South to Danforth, the school is on the left. From Down East Maine, take Rt. 1 north, Rt. 1 makes a right turn in Danforth, turn right and the school is on the right.

Questions? please contact race coordinator Dave Conley Hm. tel. 207-448-2743, Cell 207-551-8729 Email: dave@canoethewild.com

East Grand Adventure Race Registration Form

Division (circle one): High School Boys, Girls, Mixed, Adult Men, Women, Mixed, Jr./Sr., Open, 34 mile race (separate race)

Name _____ Male or Female (____) School you are representing (High School Division only)

Age at race time (____) Adult T shirt sizes only, (sm. med, lg, xl, xxl) (____)

Mailing Address _____

(City, State, Zip) _____

Tel. # home _____ Cell# _____ Other _____

Email Address _____

Name _____ Male or Female (____)

Age at race time (____) Adult T shirt sizes only, (sm. med, lg, xl, xxl) (____)

Mailing Address _____

(City, State, Zip) _____

Tel. # home _____ Cell# _____ Other _____

Email Address _____

Canoe Rental: \$30.00 _____ body weights and heights for both team members for sizing equipment. weights _____, heights _____, _____

We need to have forms and payment by Friday, May 12th to avoid a \$10.00 late fee per person. Make checks payable to East Grand Adventure Race.

Be sure to download Release, How to Use a Compass, and Race Details forms. Minors will need a parent or guardian signature on release form in order to participate.

Email last minute registrations to jgilman@eastgrandschool.org

Race Information on line at www.eastgrandschool.org

Send registrations to:

Jennifer Burgman Gilman

East Grand School Adventure Race

31 Houlton Road, Danforth, ME 04424