

## East Grand Adventure Race Details (revised 4-3-17)

**Racing order:** Compass bearing challenge in the gym 8-8:40AM, compass run 1+ mile, biking 10 miles, paddle 8 miles, climbing wall and environmental challenge in the gym after the outdoor course is done.

**Two Transition Points:** These are at the compass run to biking, and biking to canoeing transition points. Your numbered bike and helmet will be placed in a numbered area (example 1-10) so you can find them easily. At the canoe transition point your paddles and life jackets will be in your canoe (as long as you placed them in your canoe when dropping off before the race). You can grab a snack and drink at each transition point. Need to shed a layer or leave something at a transition point? We will return items to the front of the school on a table. Bikes, canoes, & kayaks, dropped off in front of the school for you to pick up after the race.

**If a team needs to drop out:** due to an injury or other reason. You can do so at a check point and will receive a ride to the school by volunteers manning transition points. Volunteers will be patrolling the bike route if you need assistance.

**Safety:** Dirigo Search and Rescue of Bangor is providing support for the compass run and the Danforth Fire Department for the bike leg. We will provide 'sweeps' for all three sections of the race if all teams fail to cross a check point after a reasonable length of time has passed.

**34 Mile Flat Water Race: Check In is 7AM, load and go shortly after.** One division (canoe, kayak solo, tandem). Beginning at the headwaters of the Baskahegan off the White Farm Road in Kossuth and ending in Bancroft near Danforth, mostly stream travel with a 4.25 mile crossing on Baskahegan Lake and 3.5 mile crossing on Crooked Brook Flowage. This race will run in conjunction with the adventure race. We will have safety on the Lake (two motor boats) and Flowage (one motor boat) and shuttle service back to the school from the finish line (8 miles). Note: We'll transport you and your boat to the starting line. In the event of windy conditions on the lake, the race course will be shortened. This decision will be made the evening prior to the race. Map of race course available on line and will be given out during check in on race day. A compass is recommended for getting your bearings on the Lake and Flowage.

**Buggy?** If the forecast is for temperatures above 53 degrees, it may be buggy on race day. Racers may want to apply fly dope just prior to the compass run portion of the race. We recommend keeping repellants off your face so if you sweat, you don't end up with repellant in your eyes. Bandana as a head band?

**Map and Compass: Know how to use your Map and Compass!** We have a flier on line ([www.eastgrandschool.org](http://www.eastgrandschool.org)) to download with detailed instructions on how to use a map and compass, how to take into account for declination using a longitude line, and how to take a reading (bearing) for direction of travel. Be sure to review and become familiar with how to align a map and take a bearing prior to the race. Be sure to bring a compass with a base plate on a lanyard. A map will be given to you with a direction of travel line (start to finish). While cell phones are a nice thing to have in case you get into trouble, we are asking you not to use them for navigational purposes. No GPS units permitted.

**Compass run reminders:** We highly recommend wearing long pants to protect your legs from scratches (raspberry bushes and brush). Wear sunglasses or similar safety glasses to protect your eyes. Wear shoes that are broken in and proper fitting, laced up and with socks. **Watch your step!** Set a pace that prevents falling, spraining an ankle and getting hurt. **Whistle:** You'll want to bring a signaling whistle in the event you get 'mixed up' or hurt during the compass run. If you do get mixed up and can't figure your way, stay put and a safety crew is on hand and will do a sweep after a reasonable amount of time has passed.

**Biking reminders:** Wearing eye protection is recommended (sunglasses?). The bike course is mostly good gravel woods roads but keep an eye out for bridge crossings, pot holes and washouts! There may be obstacles along the way such as a stream crossing or mud hole. Use **CAUTION** when racing down steep hills so as not to lose control of your bike resulting in a nasty spill! The bike course is well marked with directional arrows (yellow signs on stakes).

**Bathroom Breaks?** We will have a portable toilet at the end of the bike leg. For all other legs including the starting and transition points.... head for the woods!

**Showers:** Available after the race in the gym (guys off to the left, girls far left corner of the gym).