

21st Annual MNOC Adventure-O, 2023

Race Rules

- Team members must remain within ten meters/30 feet of teammates & within visual contact at all times while on foot.
- Team members must remain within thirty meters/100 feet of teammates & within visual contact at all times while on bike or paddling.
- All team members must check in together at each checkpoint and TA. Do NOT send a “runner” to punch a CP while the rest of the team waits more than 10 meters away.
- If one member must leave the course, they must do so at a TA and notify race management. Incomplete teams may continue unranked.
- Any team withdrawing from the race must notify a “live” person by checking in with a TA volunteer or by calling the race director.
- Teams will be ranked according to who obtained the most points in the shortest time.
- Race cutoff for the 7-hour race is 7 hours after the mass start. Teams will lose one CP for each portion of a minute they are late. For example, if a team’s elapsed racing time is 7:00:01-7:01:00 – loss of 1 CP, 7:01:01-7:02:00 – loss of 2 CPs, etc.
- Race cutoff for the 3-hour race is 4 hours after the mass start. 3-hour racers will not accrue overtime penalties until after 4 hours. This is to encourage new racers, and to give them more time to complete race sections without worry about overtime penalties.
- Race officials reserve the right to alter time cut-offs or the course itself to accommodate changing conditions.
- Mandatory gear must be carried at all times and may be checked on the course.
PENALTY: One CP for each piece of missing gear.
- GPS watches MUST NOT be used to help you during the race. GPS watches in “Adventure Race” mode or stowed in a pack are allowed.
- PFDs MUST be worn at all times while paddling.
- Bike helmets MUST be worn at all times while biking.
- NO LITTERING! Leave no trace!
- Use of cellular phone is for emergencies only. No other use is allowed.
- Teams may not receive aid from friends/family. You may receive aid from other teams or unplanned sources that any other team could also use (i.e. gas station, another hiker, etc.)
- Any protest must be filed in writing within one hour of the team’s finish and will be reviewed by the Race Committee.
- Teams must stay off all private property.
- Teams must turn in their fingersticks at the finish.
PENALTY: Team captains will be assessed \$45 to cover the cost of replacing a lost fingerstick.

Race Directors: Phil (952)891-5851, Mike (612)414-3407

Race Course Instructions

Verify your race packet contains:

- Race course instructions (you're reading them now!)
- Clue sheet
- Two 11x17 maps (Overview map and Trek A map)
- Four 8.5x11 maps (Paddle map, Bike map, Trek B map, and Trek C map)
- One e-punch stick per team

Pre-race to-do's:

- Drop your bikes and bike gear at the Bike Drop location at the south end of Bertram Lake. Hopefully you've already done this! If not, do this right away.
- Drop any personal paddle gear at the Paddle Drop location at the south end of Bertram Lake. Hopefully you've already done this! If not, do this right away.

Other info:

- HQ = Headquarters
- TA = Transition Area.
- CP = Checkpoint – a three-sided orange and white flag with an e-punch box. Insert your e-punch stick into the box and you will hear a 'beep'
- PFD = Personal Flotation Device (life jacket)
- Off limits areas are marked with purple slashes on maps

Pre-Race Meeting

Pre-Race meeting will be held in the amphitheater on the north end of Bertram Lake, 15 minutes before race start. Be there on time so you do not miss any important information.

The Course

Sections need to be done IN ORDER (unless otherwise specified on the clue sheet).

CPs within each section may be obtained in ANY ORDER, except as specified on the clue sheet. CPs for each section must be done during that section (e.g., you can't obtain a Paddle CP while you are doing a Trek section).

TAs

Check in with the volunteer when you first arrive at each TA. Check out with the volunteer when you leave that TA

Tell them your team name. If requested, tell the volunteer where you are going next.

Finish

You must be back to the finish line within 7 hours from the mass start (4 hours for the 3-hour race). Punch the "finish" CP.

Proceed to the results table immediately to download your results and return your e-punch stick.

Race Emergency Procedures

Injured Competitor(s)

If a member of a team becomes injured during the event, the following procedure should be carried out:

- Ensure your own safety and that of the casualty, preventing further injury.
- Treat the casualty with first aid as much as practically possible.
- Make the casualty as comfortable as possible and provide shelter from the elements, e.g. space blanket.
- Use the international distress signal – a series of 6 blasts of a whistle.
- If you have cell reception, call for help (either 911 for an emergency or race staff for a non-emergency) providing exact location, time of accident, and nature of injury.
- If you do not have cell reception and if other teams or members of the public find you, send them for help. Write down a message giving exact location, time of accident and nature of injuries.

Lost Team or Competitor

If a team or team member becomes lost, they must follow the procedure detailed below:

- Move to a location where distinctive landmarks can be seen. You will never be unreasonably far from a roadway. If visibility is very poor, move in a steady direction until you reach a road or trail.
- Use your cell phone, or if you are unable to get a signal, keep moving until you have signal or until you find a public telephone or person with a phone that works. Consider looking for a house with a phone or flag down a vehicle and ask to use their phone offering to pay for the call and phone 911 if an emergency or if it is a non-emergency, contact race directors Phil Stromme at 952-891-5851, or Mike Carlson at 612-414-3407.
- On the phone you will also be asked to describe your location as best you can to allow the organizers to pinpoint where you are.
- Any competitor(s) who become(s) lost or injured and are forced to use an emergency phone number are automatically disqualified from the race rankings. However, they or the remainder of their team may be allowed to complete the event as a non-ranking team.
- If a team comes in contact with another team that is in an emergency situation they are required to stop and help. Failure to do so may result in disqualification. Teams that offer assistance in an emergency situation will be compensated for loss of time.