



Welcome to the 2022 Nanticoke Headwaters 4 Hour Adventure Race!

We hope to make all of our events as enjoyable for you as possible. Please read this document in its entirety and e-mail or call us with any additional questions you may have. We look forward to seeing you on May 21!

Official Event Hashtag: #NanticokeHeadwaters2022

RACE LOCATION: The Nanticoke Headwaters Adventure Race will start and end at the Cypress Point Pavilion in Trap Pond State Park, outside of Laurel, Delaware. Cypress Point is located on the north side of Trap Pond, and is accessed from the park entrance located on Goose Nest Road (the same entrance where the campground is). Once passing the camp store, instead of making a right into the campground continue straight down the road all the way to the end. Parking fees are in effect for Trap Pond State Park, for a price of \$4 per vehicle for in-state (Delaware) and \$8 per vehicle for out of state.

View a map of the race location at:

<https://drive.google.com/open?id=1OoyuuiHddjcmgyiFNOEHQidUseHa77bb&usp=sharing>

LODGING/CAMPING: Trap Pond has a great campground on site. Unfortunately, last update is they are currently sold out for the weekend of the race. You may call the campground at 877-987-2757 to be placed on a cancellation waiting list.

There are multiple hotels about a 25 minute drive away, in the towns of Georgetown, Seaford, Delmar, or Salisbury, MD.

CHECK-IN: Check-in opens at 7:00 AM on the morning of the event. Maps will be handed out as soon as check-in is complete. There will be a pre-race briefing at 8:30 that morning, just prior to the 9:00 AM start. This will be a time to go over any important rules or instructions, and to provide you the opportunity to ask any questions you may have.

RACE DAY SCHEDULE:

7:00 AM – Check-in opens

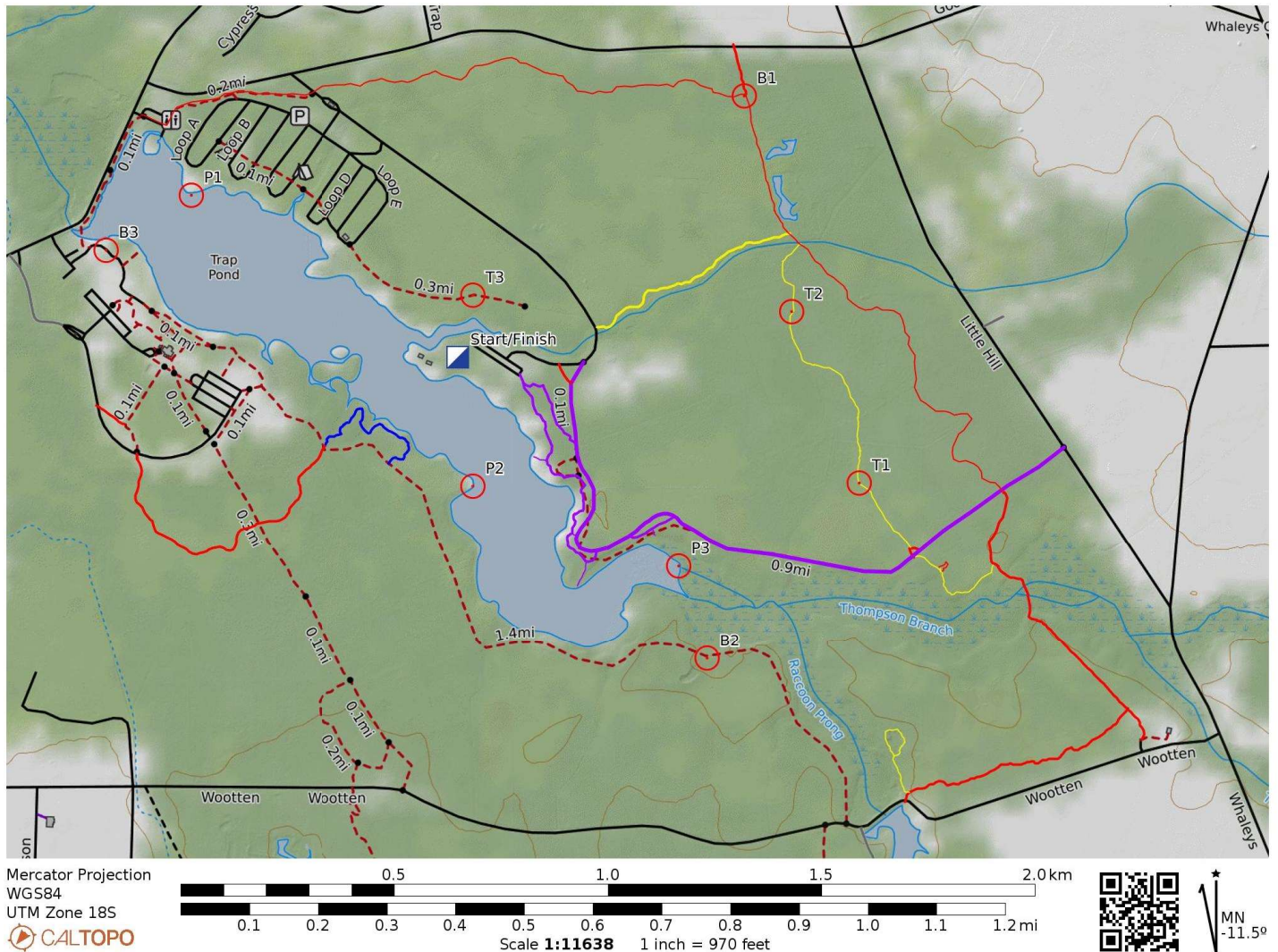
8:30 AM – Pre-race briefing

9:00 AM – Race START

1:00 PM – Finish Deadline to be off the course. Racers arriving after this will receive penalties (see below)

RACE COURSE: This race is a 4-hour “rogaine” style race, meaning that instead of a fixed distance that must be completed to finish the race, racers strategize and compete to obtain as many course checkpoints as possible within the 4 hour time limit. It is expected that at least some teams will be able to obtain all checkpoints within the 4 hour time window. Teams that are unable to obtain all checkpoints will be ranked according to who obtained the most checkpoints without going over the 4 hour time limit to return to the race finish.

Racers will receive their maps, course instructions, and rules of travel at the time of check-in. All checkpoints will be pre-plotted on the map. Maps will be high quality topographic maps with trails added to them. Below is an **example** of what a race map may look like: (**please note that checkpoints in the image below are sample checkpoints, and are not actually checkpoint locations in the race**).



There will be one biking leg, one trekking leg, and one paddling leg. The order that teams will complete these legs will be randomly assigned, with some teams completing the paddling leg first, and some teams completing the paddling leg last. Checkpoints will be prefixed with a B, T, or P, which will indicate if they are a bike checkpoint, a trek checkpoint, or a paddle checkpoint. Checkpoints may ONLY be obtained on the leg that they are assigned to (example: you may not get a bike checkpoint while on the trekking leg, etc.) Racers will return to the Start/Finish/Transition Area after they have completed each leg, and will receive a new punchcard to use on their next leg.

FOOD/WATER PLANNING:

All racers will need to be self-sufficient for the duration of the race. Racers will be re-visiting Cypress Point (same location as the start/finish) twice during the race, at the end of each leg, and will be able to stage food and water there for themselves to resupply. Racers should plan on being able to carry on their person enough food, water, and electrolyte supplementation to last for 1-2 hours.

PADDLE GEAR – Kayaks, double blade paddles, and PFDs will be provided by race staff at the start of the paddle. Teams will be given the following boat configurations:

Solo racers: 1 single kayak

2 person team: 1 tandem kayak

3 person team: 1 single kayak, 1 tandem kayak

4 person team: 2 tandem kayaks

The start and end of the paddle will be at Cypress Point (same location as the start/finish). Racers are permitted to use their own personal paddles or PFDs, but must still use the race provided kayaks.

BIKE SELECTION: Any all-terrain bikes or hybrids are allowed in this race. Mountain bikes are strongly recommended. Road or triathlon bikes are prohibited, as they will not be suitable on some of the trails in the race. Trail surfaces will be primarily cinders or packed dirt. There are a few bike checkpoints that will be on trails that contain roots, mud, and/or sandy sections.

TICKS/BRIARS/SNAKES: There are unfortunately plenty of ticks in southern Delaware in the warmer months. Bug spray with DEET is strongly recommended.

Racers will not have to bushwhack, unless they choose to as a strategic decision. All checkpoints will be located near or on trails or waterways. If racers choose to bushwhack, there may be some briars or thorns encountered depending on route selection.

Trap Pond State Park is known to be home to the occasional venomous copperhead snake. In the years of time I have spent in the park, I have only seen copperheads there twice, and both times they were eager to get away from me. If one is encountered, please leave the snake alone and avoid. They generally have no interest in attacking and will only pick a fight if threatened.



Eastern Copperhead

SCORING:

As previously stated, this race will be scored in a “Rogaine” format. This means that all checkpoints in the race will be worth 1 point, and that the winner of the event is determined by who is able to obtain the maximum number of points within the allotted timeframe for the course. Racers do not have to obtain every point, but do need to make it to the race finish under their own power to be considered finishers.

Racers will have a maximum of 4 hours to obtain all the points on the course before penalties will be incurred **(must be at the finish by 1:00 PM to avoid penalties)**.

Teams will be required to locate checkpoints using race provided maps, and magnetic compasses. GPS mapping devices are strictly prohibited. All checkpoint locations will be pre-plotted on the provided maps, and racers will **not** have to plot UTM coordinates.

Teams will be ranked according to the following rules:

1. The team that obtains the highest number of checkpoints **within the allotted race course timeframe** will be the winner.

Example: Team A obtains 14 checkpoints with a finish time of 12:30 PM. Team B obtains 15 checkpoints with a finish time of 12:45 PM. Team B will be the winner, even though they finished after Team A, because they obtained one more checkpoint than Team A did.

2. In the event that two or more teams obtain the same number of checkpoints, the team's finish times will break the tie.

3. It is imperative for teams to be off the race course no later than the prescribed time cutoff of 1:00 PM. Teams will receive a -1 point penalty for every 5 minutes they are late, beginning at 1:05 PM.

Example: Team A arrives at the finish at 1:20 PM, with 23 checkpoints (20 minutes late). Team A will receive a -4 checkpoint penalty, which will reduce their score to 19. They will be ranked as if they finished the race at 1:20 PM, and obtained a total of 19 checkpoints.

GENERAL CONDUCT RULES:

All racers are expected to be examples of good sportsmanship. Racers must treat fellow racers and race staff with courtesy and respect. Teams must assist fellow teams in need of medical attention.

Race officials reserve the right to remove a team from the course for health, safety or other reasons, at the discretion of race officials and medical personnel.

Any team withdrawing from the race must notify a "live" person by checking in with a CP or TA volunteer or by calling the race director. Failing to notify race officials will result in that team being responsible for all search and rescue expenses.

Race Officials reserve the right to assess penalties for infractions of these general conduct rules based on the severity of the infraction. Any protest must be filed in writing within one hour of the team's finish and will be reviewed by the Race Officials. The Race Officials' decision in the matter will be binding and final.

RACE RULES:

Team members must remain within communication distance of teammates at all times, and all team members are expected to be present when punching a checkpoint. It is **unacceptable** for a "faster" team member to run ahead and punch a checkpoint while the other team members remain behind and rest.

PENALTY: -1 Point from total score for each offense.

Racers must not travel along any restricted roads or in any restricted areas. All restricted areas will be either clearly marked on maps or clue sheets, or will be clearly told to racers at the pre-race meeting.

PENALTY: -1 Point from total score for each offense.

Mandatory gear must be carried at all times and may be checked at random points on the course.

PENALTY: -1 Point from total score for each piece of missing gear.

Front and rear bike lights must be on and functioning at all times during bike legs. You will not be allowed to leave a staffed CP/TA if your bike lights are not functioning properly.

PENALTY: -1 Point from total score for each offense

NO LITTERING! Leave no trace!

PENALTY: -1 Point from total score for each offense

PFDs must be worn properly at all times while paddling, with PFDs correctly fastened or secured.

PENALTY: For wearing PFD incorrectly -1 Point from total score

PENALTY: For not wearing PFD – Disqualification

Bicycle helmets are required at all times during the biking legs.

PENALTY: For wearing bike helmet incorrectly (unfastened chin strap, etc.) -1 Point from total score

PENALTY: For not wearing bike helmet – Disqualification

Passports must be carried the entire race.

PENALTY: Lost passport - Unranked Finish

Athletes may not receive outside assistance except from other registered teams, unless told otherwise at pre-race meeting.

PENALTY: Disqualification and/or Unranked Finish

No handheld GPS devices are permitted. GPS watches are allowed as long as they are tracking distances or pace only, and have no ability to tell a participant information about their location.

PENALTY: Disqualification

Use of cellular phones are permitted for emergencies, taking photos, or posting about your awesome experience on social media! Don't forget to attach our official hashtag - **#NanticokeHeadwaters2022** so we can all enjoy everyone's race photos!

Absolutely no usage of the mapping or GPS functions is allowed.

PENALTY: Disqualification

EVENT MANDATORY GEAR LIST

INDIVIDUAL GEAR - Each racer must have the following in their possession at all times during the race:

- Personal food and water/electrolytes for duration of the event
- Compass
- Whistle
- Emergency blanket
- Rain coat

TEAM GEAR - Each team must have the following in their possession at all times during the race:

- Plastic map case or ziplock bag for safe keeping of maps
- Pens or fine point sharpies
- Cell phone (must be kept on airplane mode at all times, used only for photos or emergencies)
- First aid kit

BIKE GEAR - Each racer must have the following in their possession at all times during the bike leg:

- Bike capable of both on and off-road travel (we recommend mountain bikes, as you will encounter a variety of off-road trail conditions, including roots, and sandy/muddy spots)
- Properly fitting bike helmet
- Front mounted white bike light (small flashing light OK)
- Rear mounted red bike light (small flashing light OK)
- Bike repair kit (one per team, containing at least the following)
- Tire pump or CO2 inflator
- Bike multi tool
- 1 spare bike tube or tire patch per bike on the team