



KODIAK'S 7th ANNUAL EMERALD ISLE ECO-CHALLENGE

OVERVIEW

The course remains secret to all competitors until approximately 2 hours prior to the start of the race. Teams are told only the disciplines and skill requirements they must possess in order to compete. The race takes between 6 and 12 hours to complete. The concept is simple: teams leave the starting line and navigate through numerous mandatory check points to the finish line as quickly as they can. Teams leave starting line together and finish together. To be considered ranked, all team members must cross the finish line together. Often several different routes may be taken; the teams choose their own course as long as each checkpoint is passed in order. Therefore, strategy and intelligence are as important as physical endurance.

ENVIRONMENTAL RULES

The following guidelines reflect Eco-Challenge's minimum impact philosophy. The requirements apply to all persons associated with the event including competitors, friends, family, event staff, hired vendors, film crews and invited press, sponsors and media personnel.

Environmental Service Project: A minimum of 4 people via competitors/support crew will be **REQUIRED** to participate in the Environmental Service Project. Teams will be notified in advance when and where their service project will take place. Teams off island must find a similar project and report back when they have finished their environmental service project. An Environmental Service Project could be cleaning up a park area or fixing a trail.

Refuse

All waste must be removed from the course! That means - you pack it in, you pack it out. As you know, failure to comply with this easy requirement will result in disqualification from the event.

Hiking

Wherever a trail exists, try to use it. Some of the areas we are traveling through do not have any trails; it is your obligation to find the safest and best route and not to leave a trail. Do not disrupt the soil such that a visible trail is detected. Where possible, walk side-by-side so no trail is created.

Biking

TREAD LIGHTLY! It's a simple message and it says it all. There may be some road sections where you may be required to bike on paved roads or active dirt roads. During these sections follow road biking rules; use hand signals and travel in single file with traffic on the side of the road or on the shoulder. Helmets must be worn at all times when biking.

FORMAT

The format of the ECO One Day Event is as follows:

1. Teams will be four-person, Co-Ed teams with a 3-1 or 2-2 Gender Ratio. This means either three men & one woman, or three women & one man, or two men & two women on each team.
2. This one-day event will traverse "known venues" with the course layout being disclosed the day of the event.
3. Trails will not be marked. Competitors will use topographic maps to navigate to consecutive **Passport Control Point (Check Point Areas)/Transition Areas (CPT/TAs)**.
4. Support Crew access will be allowed only at authorized CPT/TAs. Aid outside the authorized CPT/TAs will not be permitted. (See Rules and Penalties section)
5. Mandatory Gear List - Certain mandatory safety items must be carried by each team and will be subject to random checks along the course. Failure to carry mandatory items will result in penalties.
6. In order to remain true to Eco-challenge tradition, teams will be required to participate in an Environmental Service Project. Venue and dates will be provided by Friday, July 3, 2009.

DISCIPLINES

One-Day Event consisting of:

1. Distance Trail Walking/Hiking
2. Trekking
3. All Terrain Biking
4. Foot Racing
5. Land Navigation
6. Rafting

PREPARATION

Do Your Homework

1. Please train for all disciplines
2. **Do not** underestimate any event or discipline
3. Train with your team, work on hydration and fuel intake. You will enjoy your Adventure Racing experience much more if you finish. "To Finish is to Win"
4. Be prepared for weather changes, proper clothing attire for Kodiak. Dress in layers!
5. Know your equipment and how to use it. Compass and mapping skills are a must for this event!

REGISTRATION & ELIGIBILITY

1. Registration Deadline is Friday, July 3, 2009. **Race will begin at 8:00am on Saturday, July 3, 2009.** Competitors and support groups meet at Nemetz Gazebo, 6:00am. Nemetz Gazebo is Bldg. N44 on Tom Stiles Rd.
2. Each team will be comprised of participants that are age 18 (17 if Active Duty) and older.
3. Management reserves the right to refuse entry to anyone for any reason.
4. All participants must complete all the registration materials.
5. Each competitor is solely responsible for his/her training, preparation, and ability to decide whether or not to start, continue and/or pull from the event. Each participant further agrees to abide by the decisions of the medical staff and/or Race Management with respect to continuing the event.
6. The Team Captain is responsible for his/her team and Race Management will take into consideration his/her position.

7. By registering for this event, all participants acknowledge adequate personal training, preparation and fitness in Hiking and All Terrain Biking as well as any other discipline that may be required during an event of this sort.
8. Competitors are encouraged to have multi-sport backgrounds as well as long distance experience. Please do your homework with respect to hydration and fuel consumption while on the move. This is NOT like a Sprint Adventure Race. While this is good experience, please remember you will be on the course at least a full day.

REGISTRATION PROCESS

1. Complete a registration form and waiver of liability.
2. Team Captain mails (postmarked no later than July 1, 2009) or hand-delivers Entry Fee, entry checks, and registration materials by July 8, 2009 to the following address:

ISC/MWR Kodiak, Building #2, PO Box 195027, Kodiak, AK. 99619.

3. Upon acceptance of a team's registration, confirmation and further info will be e-mailed to the team captain.

FEES

Entry Fee for each team will be \$150 + USARA membership fee of \$8.00/person. Entry fee will cover awards for 1st, 2nd & 3rd place teams as well as tee shirts for each competitor, race insurance, etc. The Entry Fee is **NON-REFUNDABLE**. Support Crew members can order tee shirts for \$15.00 each with the entry form provided for each team.

AWARDS

Awards Ceremony will be held on Sunday, July 19, 2009 at Nemetz Gazebo (Bldg. N44, Tom Stiles Rd.) at 1:00pm.

COURSE

This course is designed to test the physical & mental skills of both weekend warriors and competitive teams training for longer events.

1. Passport Control Point (Check Point)/Transition Areas (CPT/TA) will be used to direct the flow of the event. Competitors must pass through CPT/TAs in consecutive order to be considered official race finishers.
2. A passport will be issued to each team the day of the event. **Passport pictures need to be taken by July 11, 2009.** For passport pictures, please see Race Management at Gear Issue Desk. Passports must be carried throughout the event and must be signed, punched, dated and/or timed by a Race Official at a CPT/TA. If a team loses the passport, that team will be disqualified or unranked.
3. If a team misses a CPT/TA, the team may backtrack to the missed CPT/TA but must do so via any CPT/TAs already visited. Failure to check into a missed CPT/TA will result in disqualification from the official rankings.
4. To be officially ranked as a finisher, teams must turn the passport in to the Official Timer within 30 minutes of crossing the Finish Line.
5. BE ADVISED: This is a timed race and teams must try to complete each leg in a timely manner. The race committee has tested each leg of the race to provide approximate completion times for each leg. Teams who finish a leg after each pre-determined time period will be penalized.
6. The Race Director reserves the right to add, modify, cancel or change the course at any time.

TEAM & DIVISIONS

1. All members of each team will be issued a passport with the team's name, individual's names and pictures of each individual to be checked in at each CPT/TA area.
2. The entire team must start and must finish together to be an officially ranked team. The clock does not stop until all members of the team cross the Finish Line.
3. With the exception of injury, any team or team member that wishes to withdraw must do so at a Control Point and must notify a Race Official as soon as possible. Failure to notify Race Management of a withdrawal could result in the participant being held responsible for Search & Rescue costs.
4. Alterations in the team's members will only be allowed prior to the issuance of the team's passport. Once the team has been issued their official race passport, no substitutions will be allowed as Race Management will not have the time needed to issue another team passport with new photos.
5. Every competitor is solely responsible for his/her involvement in the competition. He/she is the sole judge of whether he/she should begin and continue competing or not. Furthermore, the panel of judges (Eco-Challenge Committee) reserves the right, with or without consultation of a doctor, to bar a competitor from starting or continuing the event.
6. Every Competitor must sign a copy of the rules, a liability waiver, and an image release before being allowed to compete.
7. All registrations/waivers, etc, must be turned in as a team.
8. The event organizers are not responsible for the behavior of event participants infringing the laws of the states/countries visited.

100 Yard Rule

Team members must never be out of sight of each other (or have a distance greater than 100 yards separating the first team member from the last team member) once the race begins. One warning will be issued if a team member is greater than 100 yards from the next team member. The next warning will warrant a timed penalty.

SUPPORT CREWS

1. Support crews will be permitted to aid in transitions and prepare the team's changes of gear, water, food, and clothing. With the exception of an actual emergency, a CPT/TA is the only location in which the support crew or any other person or persons may aid a team.
2. If a team accepts and/or receives assistance from a Support Crewmember or any other outside help in any portion of the course other than an authorized CPT/TA, the team will be assessed a 30 minute penalty, to be accepted at the last control point before the Finish Line. The assessment will be reviewed by Race Management, which may amend the time penalty.
3. No Support Crews, outside assistance, reporters, or accompanying persons will be allowed on the course without obtaining written approval from Race Management before the event starts.
4. All support groups will be required to attend course briefing 2 hours prior to race.

PASSPORT CONTROL POINTS

An Eco-Challenge Passport will be issued to each team. The Passport should be stamped or punched by a designated Passport Control Staff member. Date and time of arrival will be noted at every CPT/TA area. Teams must follow the instructions of the Passport Control personnel; failure to do so may incur time penalties or disqualification from the competition. Mandatory equipment will be checked at checkpoint areas randomly.

1. Passport Control points must be completed in the designated sequence.
2. All four members must enter and leave the checkpoint area together.
3. Missing a checkpoint area will result in the team being disqualified unless they backtrack to the missed checkpoint area via checkpoints already visited. The team must then precede from the first missed Checkpoint area back through all check points as per the mandatory sequence (even if the team will have passed through that check point before).

SAFETY

1. Team members must never be out of sight of each other or have a distance greater than **100 yards** separating the first and last team member during any phase of competition.
2. Each team will be required to carry certain Mandatory Safety Items. At a minimum, these items will include a survival signaling mirror, survival space blanket, a folding lock-blade knife, whistle, GPS, food and drink, compass, First Aid kit, topography map, VHF radio, and bear horn. The compass, First Aid Kit, topography map, VHF radio, and bear horn will be issued by Race Management. The GPS unit, with extra batteries, will be supplied by the team. The VHF Radio and GPS will be vacuum-sealed. Extra batteries for the VHF Radio will be provided with the radio by Race Management, but they will NOT be placed in the radio until radio is used. **This vacuum-sealed item is for emergency use only! GPS is also not to be used in this event unless for an emergency.** (See Rules and Penalties section).
3. If only one member of a team withdraws, the remaining three members of that team may continue on the course if they so desire. If they complete the remainder of the course, they will be listed as official finishers but cannot win or place in the event. If more than one member of a team withdraws, the entire team is disqualified and must cease participation.

MANDATORY EQUIPMENT LIST

Registered competitors of the race will be provided a complete Mandatory Equipment List specific to the race course. Competitors will supply their own food and drink for the entire event.

Mandatory Equipment List

Full Time Safety Equipment (to be carried at all times)

Mandatory Equipment Supplied by Team

1. Survival mirror-1 per team
2. Survival blanket/space blanket-4 per team
3. Knife with locking blade-1 per team
4. Whistle-4 per team
5. GPS-1 per team + extra set of batteries (vacuumed sealed prior to race)
6. Food and drink for the event (only checked at start of race)

Mandatory Equipment- Supplied by Race Management

1. Compass-1 per team
2. First aid kit-1 per team

3. Laminated topography map-1 per team
4. VHF Radio-1 per team w/batteries
5. Bear horn-1 per team

Mandatory Biking Equipment-Supplied by Team

1. Properly rated bike helmet
2. Properly sized bike helmet
3. Knowledge of hand signal for road biking

Forbidden Equipment

1. Weapons
2. Any mode of transport other than natural or those supplied by the event organizers
3. Any maps other than those provided by the event organizers
4. Radios or cell phones other than those provided by the event organizers
5. Possession of any of these entails immediate disqualification

Banned Substances

1. No alcohol
2. No Non-authorized drugs

RULES AND PENALTIES

1. A vacuum pack that is found to have been opened for any non-emergency reason will result in an immediate disqualification.
2. Any team that is incomplete at any CPT/TA or at the Finish Line will be disqualified or listed as an unofficial finisher. Additionally, a 30-minute penalty will be assessed upon any team who allows more than 100 yards of separation between the first and last team member or who loses sight of one another at any time during the race. Teams may finish the race if one team member withdraws, but must be disqualified immediately if more than one person withdraws.
3. Except for emergencies, any team who elects not to finish the race for any reason **MUST** proceed to the nearest checkpoint area to inform Race Officials. If a team elects to finish the race, but will not be ranked for any reason, such as loss of one team member, they must proceed to the nearest checkpoint area to inform Race Officials.
4. Sabotage, destruction of property or land, unsportsmanlike conduct by Competitors or Support Crew will result in disqualification.
5. If a team loses the passport, that team will be disqualified or unranked.
6. Failure to check into a missed CPT/TA will result in disqualification from the official rankings.
7. Any mandatory equipment item found missing at the finish line will result in a 30 minute penalty per item.
8. The use of two-way radios or cellular phones by any competitor in any situation other than an actual emergency is prohibited. Any appearance or evidence of a team using these items will result in the immediate disqualification of the offending team.
9. Littering will result in immediate disqualification. All trash, including wrappers, water bottles etc., must be carried out or left at a CPT/TA with their Support Crew. In other words: "You pack it in, you pack it out".
10. Helmets that are required for a specific discipline must be worn by all members. A 10 minute penalty will be assessed for each missing helmet.

11. Possession or use of any map or chart other than that provided by Race Management will result in a 15 minute penalty.
12. Teams are responsible for the actions of their Support Crews. Penalties will be assessed upon a team should their crew break one of the Rules.
13. Except in cases of emergency, Support Crews may not assist any team outside authorized CPT/TAs. Failure to observe this rule will result in a 30 minute penalty for the offending team. If a team accepts and/or receives assistance from a Support Crewmember or any other outside help on any portion of the course other than an authorized CPT/TA, the team will be assessed a 30 minute penalty. If a Support Crewmember from one team assists another team, both teams will be assessed a 30 minute penalty.
14. Any penalties may be announced by Race Management after reviewing video tape or photos or upon being presented with amplifying information from another race team or a Race Official.
15. Any protest must be made to management within 15 minutes of finishing and must include proof of infraction. Official results will be posted 30 minutes after completion unless Race Management needs to review information from Race Officials, video, or photos.

Penalties

A team in which one member has withdrawn will be officially disqualified. That team may finish the race without their fourth member, but will NOT be ranked. Any piece of personal or team mandatory safety equipment not being worn or found missing from the competitor or team will result in the team being held at the passport control point where the deficiency was discovered until the piece of missing equipment has been replaced (if replacement is possible). If the piece of equipment cannot be replaced, the team will be disqualified and removed from the course. The minimum penalty will be 30 minutes. Absolute compliance with the Environmental Rules is required. Any breach will result in a 30-minute penalty. Repetitive penalties may result in disqualification. Failure to comply with the Eco-Challenge Rules on Banned Substances will lead to immediate disqualification for the offending team.

MANDATORY SAFETY ITEMS FOR ECO-CHALLENGE

To be carried with team at all times. Random checks for mandatory safety items will be checked at the Check Points and Transition areas. Any missing safety items, team will be subject to penalties/DQ and cannot advance to next CPT/TA until missing item(s) is replaced.

Mandatory Full Time Safety Equipment (to be carried at all times):

Mandatory Equipment Supplied by Team:

1. a survival mirror- 1 per team
2. a survival blanket/space blanket- 4 per team
3. a knife with locking blade- 1 per team
4. whistles - 4 per team
5. a GPS + extra set of batteries - 1 per team (to be vacuum sealed prior to race)
6. food and drink for the event (only checked at start of race)

Mandatory Equipment Supplied by Race Management:

1. a compass- 1 per team
2. a first aid kit- 1 per team
3. a Topo map- 1 per team
4. a VHF Radio w/batteries- 1 per team (to be vacuum sealed prior to race)
5. One bear horn

***The GPS unit (supplied by the team) and the VHF Radio will be vacuum sealed prior to race day. Please bring in your GPS unit, with fresh batteries, to Gear Issue Desk when your team comes in for your passport photos. GPS unit will be locked up and sealed with Race Management until race day. The GPS and VHF Radio will be used for emergency purposes only. ***

Mandatory Safety Items for Biking:

1. Properly rated bike helmet per person
2. Properly sized bike helmet per person
3. Knowledge of hand signals for road biking

Other Highly Important Equipment:

Food and drink rations for one day!