

East Grand Adventure Race Details (revised 3-1-17)

Check in Location: Enter the East Grand School Gymnasium located to the left as you face the school.

Late Registrations and those who have not turned in completed forms: Before you enter the registration line, pick up and complete waiver and registration forms. Make checks payable to East Grand Outdoor Ed. The cost is \$20.00 when turning in paperwork and making payment by Friday. May 12th and \$30.00 per person the day of the race.

Pick up your pin on race numbers, boat number (self-adhesive), course map and t-shirts. Next, load bikes and helmets into the appropriate trucks and trailers in front of the school. Be sure your helmet is clipped to your bike. Next you'll need to drive to the landing in town (ask for directions) and drop off your numbered canoe or Kayak. Be sure to place your paddles and life jackets in your boat so you don't have to search for them when arriving at the bike to canoeing transition point. We have blue painter's tape on hand to number your bike seat.

Schedule: check in is 7:30-8:00AM in the gym, Pre-race talk 8:45AM in the gym, load buses for the starting line at 9AM, we're aiming to start the race by 9:30am. Teams will go every 2 or 3 minutes and in the order of their number. After you are done with the canoeing leg of the race, volunteers will load your canoes and bring them back to the school where they will drop them off in front of the school. We'll transport you (or family members can meet you at the finish line to pick you up) back to the school where you can DO THE CLIMBING WALL CHALLENGE AND EARN MINUTES OFF YOUR OVERALL RACE TIME. Showers are available and access is both corners of the gym. Lunch is provided. We're aiming to do the awards ceremony at 4PM

Racing order: compass run 1+ mile, biking 10 miles, canoeing 8 miles, climbing wall challenge-1 person per team

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. The boating consists of flat, moving, and some easy quick water.

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 with bikes and canoes 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.

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.

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.

Equipment & Clothing

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

Canoes and Kayaks for Adventure Race: Recreation kayaks and canoes, canoes-16% at the 4" waterline, min. weight-6LBs plus 3LBs per ft. of length. These boats are usually made of ABS, Royalex, and Polyethylene materials (Example, Old Town Trippers, Discovery Series 169 and 174, Penobscot Series 17 & 18.5). Race canoes and kayaks are welcome in the open division only. Proper fitting type III PFDs that must be worn during the race. At least three paddles (one being a spare.), baler and painters (ropes) on both ends. In the event of cold and rainy weather, we recommended an extra set of warm clothes and or a farmer john style wet suit packed in a waterproof bag.

Clothing: Participants should have proper clothing and footwear. Clothing should be of synthetic materials (light fleece & Polypropylene) used with an outer shell such as a wind breaker. Footwear may be running shoes (good treads) worn with smart wool socks. **Buggy?** It may be buggy on Saturday; 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 repellent in your eyes. Bandana as a head band?

Need to rent equipment? Contact Dave well in advance to check on availability. **Gear for rent:** 169 Old Town Discovery Canoes: \$20.00, Life Jackets \$5.00, straight shaft aluminum/plastic paddles \$3.00 or \$30.00 for canoe, two life jackets and three paddles. Note: East Grand will not have extra Mountain bikes to rent out. Proceeds benefit the East Grand Outdoor Program.

Map and Compass: Know how to use your Map and Compass! We have a flier on line (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.

Optional Challenges along the Race Route May Include: Mud Crawl, Tomahawk Throwing, Two-person Cross Cut Sawing & Log Rolling. By taking part in these you could have five to ten minutes per challenge taken off your overall race time! You'll get 3 minutes off the log rolling & two-person cross cut sawing just for trying!

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! Toilet Paper available at the First transition point and the finish line...just ask.

Shower Locations: Men's locker room to the left and the women's locker room is located in the far-left corner of the gym.

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.

Eat a good breakfast prior to arriving: The Mill Yard is the only restaurant in town and serves a sit down or takeout breakfast. It is located on the left ¼ mile north on Rt. 1 beyond the school. They open at 6am Tel. #448-7119.

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 cabin rentals in the area, lodging, to pitching a tent on East Grand Lake.

For more information, please contact Dave Conley. Home Tel. 207-448-2743, Cell 207-551-8729

Email: dave@canoethewild.com

<http://www.canoethewild.com/east-grand-adventure-race/> to download application & race release forms