



Participant Guide

Thank you for participating in the 1st Annual
Clearwater Forest Adventure-a-Thon!

Please read this guide along with any relay or team mates to prepare for the Adventure-a-Thon as it provides a ton of helpful information that will help you feel more confident and help your race go smoothly! This guide includes these items:

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Please contact the Clearwater Forest office with any questions:

office@clearwaterforest.org

OR 218-678-2325

General Race Information & Schedule

Purpose of this Event

This is a **community-building** event! The primary goal of this event is to gather as many people as possible to build relationships and engage in healthy activities. We will work as a team to put on the event and to create a positive, team-focused event where everyone cheers for everyone!

This is a **family-friendly** event! Our hope is that people of all ages can successfully participate in a safe, supportive environment. Participants can compete individually or work together as a relay or team (typically to paddle a canoe). These options allow people to work together to ensure that everyone can do their best and be successful!

This event is an **equitable** opportunity! We have worked to keep the price of the race low to allow as many people to participate as possible. Events like this can often become expensive due to the cost of watercraft, bikes, hotel rooms, and restaurants. We are offering watercraft and bikes for people to use. We have also scheduled the



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event during the afternoon so that people can easily travel to and from the event in one day. Finally, the LuWow will follow the Adventure-a-Thon with delicious food available free of charge. (But feel free to donate to our cause:)

This is a **fun** event! There will be elements of fun incorporated into the race! You might just find out that you have to wear a Hawaiian lei on the homestretch of the run...

This is an event that **supports a meaningful cause**! All proceeds of this event will go to supporting the vision and mission of Clearwater Forest Camp and Retreat Center. Clearwater Forest provides beautiful natural space for anyone to get away from the fray of daily life. It also offers a wide variety of programs for people of all ages. Clearwater Forest provides spaces for building community, such as lodges, cabins, and campgrounds to rent for family reunions, church events, or any group gathering. Clearwater strives to be a wise and faithful steward of financial, relational, and physical resources.

Equipment for the Event

Equipment for the race can be provided by participants or borrowed from Clearwater Forest. Clearwater Forest strives to provide equitable access to their events, so these items will be available from Clearwater Forest so that participants are not limited by their ability to obtain these items:

- Kayaks
- Canoes
- Personal Flotation Devices (PFDs)
- Mountain Bikes
- Bike Helmets

Participants are allowed to use canoes, solo canoes, kayaks, tandem kayaks, or stand up paddle boards during the 'paddle' portion of the event. All participants are **required to wear a personal flotation device (life jacket)** during the paddling portion of the event.



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The bike ride will take place on hiking and mountain biking trails on the Clearwater Forest property. All mountain bikers are **required to wear a helmet** during the biking portion of the event.

Pickle Events will be managing the timing of this event, and photos will be taken by various volunteers and posted on the Clearwater Forest website and Facebook page.

Emergencies or Breakdowns

- An EMT will be on site to assist with any injuries.
- A 'sag wagon' will be able to attend to racers who are unable to finish (due to injury or equipment failure).
- If there is a mechanical failure during the biking part of the race, please get off the trail immediately. You may carefully walk your bike the rest of the way to finish this part for timing.
- If you come upon an injured participant:
 - Ask if they need immediate help. Help if needed.
 - Encourage them to stay where they are.
 - If you keep riding, notify the next volunteer you see about the issue.
 - Call 9-1-1 for any serious emergency!

Event Cancellation

The event will happen if it is raining. If there is thunder and lightning, the event will be canceled. If the event is canceled or postponed at the last minute, please check our Facebook page (<https://www.facebook.com/ClearwaterForest>) for updates.

If you register and are unable to participate for any reason, all fees are non-refundable after July 1st.

Schedule

12:30-2 pm = check-in, racer packet pick-up, and equipment drop-off

2 pm = The Adventure-a-Thon begins!

4 pm ish = Awards!

5 pm = The LuWow! begins with a pig roast and live music from the Rusty Crayfish Brass Band (free of charge; donations encouraged:)



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Chip & Timing Instructions

Everyone who participates in this event must get their body marked with their number at the registration area before the race for safety reasons. A few other pieces of information related to timing:

- The chip must always be secured to the ankle of the participant with the Velcro strap that is provided.
- Timing mats are located at three spots near the transition area. You must cross the appropriate timing mat when entering or exiting the transition area.
- Participants CANNOT ride their bikes in the transition area. They must walk or run the bike to the transition area's timing mat.

RELAYS

- Captains will get one chip that must be passed from teammate to teammate in the transition area during the race. (Register the captain only.)
- All participants must get body markings.

TEAMS

- The team captain will get a chip that will stay with him or her until the end of the race. (Register the team captain only.)

Please do not forget to return your timing chip at the end of the race! There will be a \$30 fine for each unreturned chip (whether or not you participated).

Mountain Biking Etiquette

Please bike with caution...safety first! Here are a few tips to stay safe and have fun:

PASSING

- If multiple riders are vying for the same position, the leading rider does not have to yield to the challenging rider. However, a leading rider may not interfere with their body to impede the other rider's progress (no sticking out elbows or knees!). The leading rider owns the track. The overtaking rider is responsible for passing.



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- A rider who is trying to overtake another with the intent to pass should voice, “On your left,” “On your right,” or “When you get time” loud enough to be heard. The rider who will be passed should respond loud enough to be heard. (Ex: “Okay” or “Just after this corner...go now!”)
- If a rider catches another rider and does not voice for a pass, the caught rider may presume that the rider behind is comfortable for the time being.
- Riders who are being passed should give as much room to the passer as is safe for their skill level. Experienced riders are used to single track passing; others might be startled when this happens.

OBSTACLES & HILLS

- If a rider fails to negotiate an obstacle or hill, he or she must immediately get out of the way. Do not stop at the top of the top of a hill or at the end of an obstacle if it will negatively affect the riders behind you.
- If you are walking your bike for any reason, be sure to stay out of the way of other riders.
- Feel free to refer to the IMBA website for more details regarding mountain biking etiquette (www.imba.com).

Driving Directions, Drop-Off, Pick-Up, and Parking

- Follow directions to Presbyterian Clearwater Forest
- Drive all the way down the driveway (about 1 mile) to the signs that tell you to turn right toward the Summer Cabins and Pavilion
- Loop past the registration area to drop off any equipment
- Continue through the loop to the parking area (volunteers will direct you)



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Suggested Packing List

Here are some items that might help the event run smoothly:

- ☐ Canoe, kayak, stand up paddle board (can borrow from us)
- ☐ Paddle(s)
- ☐ Bike (can borrow from us)
- ☐ Bike helmet
- ☐ Personal Flotation Device aka life jacket
- ☐ Sunscreen
- ☐ Bug spray
- ☐ Lip balm
- ☐ Water bottle(s) - stay hydrated!!
- ☐ Sunglasses
- ☐ Appropriate footwear
- ☐ Long pants/tall socks (to avoid poison ivy...)
- ☐ Change of clothes for after the race
- ☐ A positive attitude!

Course Map of Clearwater Forest

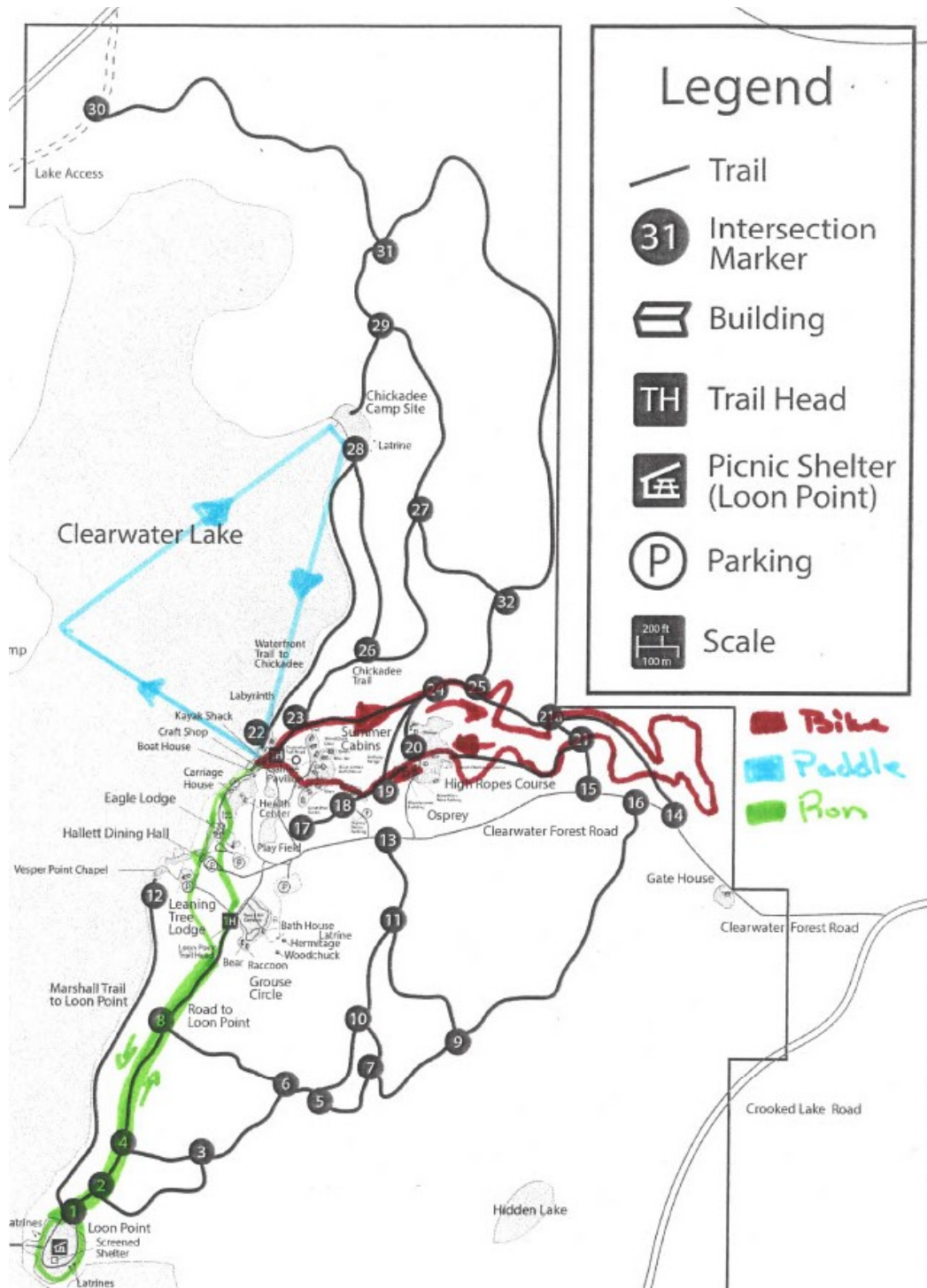
- Paddle = 1.8 miles
- Bike = 1.7 miles
- Run = 1.7 miles

Thank you for your support of





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Equipment for Use



20 Canoes



40 Kayaks



20 Bikes