

2017 Get Your Bearings Adventure Race

4/20/2017

Greetings Racers!

This is a pre-race update for the 2017 Get Your Bearings Adventure Race. It contains some updates and changes from what has been posted on the website. Please review details closely and come prepared!

Island Lake Recreation Area off-limits prior to race:

Island Lake Recreation Area is off-limits to racers or anyone scouting for racers starting Friday, May 5th until check-in Saturday morning.

The race day timeline is as follows:

Saturday May 6th, 2017

Registration/Check-In: 7:00am to 7:45am

Race Briefing: 8:00am

Race Start: 9:00am for all racers

Race Cutoff: 1:00pm for all racers

Registration/Race Check-In:

Race check-in/registration will be in the park at a location to be announced in the final update which will be sent out a few days prior to the race. We will be sending out a park map in the final update which will identify the check-in location. Be prepared to print off that map – which you will be able to use as a supplemental map during the race.

On race day, you need to arrive at registration with your teammate(s) and go through the process together.

You will be doing a number of things at check-in, including:

1. Check-in (turn in canoe form and get swag bag)
2. Collect race maps and instructions
3. Preliminary planning, map prep, use restrooms

Park Entrance:

A Michigan State Park pass is required for each vehicle. If you don't have a Park pass you will need to purchase at least a day pass (\$7) from park staff when checking in.

Race Waiver and Canoe Rental Form:

Note: You electronically accepted the Race Waiver terms when you registered online, so you do not need to bring a Waiver to check in with you.

A Heavner Canoe Rental form is being sent with this update. The cost of the canoe rental was included with your race entry, however, each team still needs to complete a rental form (2 forms for 4-person teams). The form can also be found on the GYB race website. Please print and complete the form prior to going through check-in to make the process faster for everyone.

Maps:

Teams will be provided and use two 8.5"x11" Orienteering maps (1:10,000 scale) to navigate through the race. In addition, teams may use the Park Map that will be sent with the final update.

Preliminary Course Info:

The course is designed so that racers will be leaving the start for consecutive sections of orienteering, paddling, and biking. Teams will need to work their way through the course and, assuming all checkpoints are collected in these sections in order and under 4 hours, your team would earn an official finish in the 2017 Get Your Bearings Adventure Race!

However, additional adventure and a better finish ranking can potentially be achieved by continuing onto an optional orienteering course at the end. In this final section, teams will be able to choose to go after additional checkpoints on foot, collecting them in any order and as many as possible. Remember that your team still needs to finish before the 4-hour cut-off time to receive an official ranking. Teams will be ranked based on the number of checkpoints recorded via punches on their team passport. Teams with the same number of checkpoints will then be ranked further by finish time.

The only time teams will have a chance to stop at their vehicles and replenish food/hydration, is prior to this final section. Plan on carrying food/hydration to get through the first sections of the race...which is anticipated to take 2 ½ hours for the fastest teams and up to 4 for the slower (or lost!) teams. Teams may encounter wells on the course to pump and refill water.

Family teams will have the potential to visit all of the same checkpoints as the other divisions – only they will not be doing the canoeing. Racers on Family teams that have separate trek and bike shoes should plan on carrying that extra pair of shoes with them.

Canoe:

Racers are required to properly wear life jackets while paddling. Most people do not wear backpacks while paddling – they lay in the bottom of the canoe. To keep packs from getting soaked, racers may want to consider bringing a dry bag – or at least a garbage bag.

The canoe livery is providing canoes, canoe paddles, and life jackets (pfd's). Racers have the option of using their own paddles and life jackets.

Post Race:

We will be providing great food (Guido's pizza, cookies, and more!) for racers and volunteers after the race. We will only have water to drink (both during and after the race), so bring a cooler full of electrolyte replacement drinks (or your beverage of choice).

Around 1:15 pm we will have a small awards/recognition ceremony.

Island Lake Recreation Area is a beautiful State Park and there will be multiple opportunities for family and friends to see the action and look for your team. So invite them to come out and join us all for the post-race celebration!

Last Minute Questions:

If you should have questions, please e-mail them to:

Cooper at cgreen@miadventureclub.com

Michelle at mgreen@miadventureclub.com

Good Luck & we look forward to seeing you in a couple weeks!

MI Adventure Club and Get Your Bearings Race Staff

Gear List:

Below is the official gear list for the 2017 Get Your Bearings Adventure Race. Besides the Mandatory Gear listed, you may want to bring a number of other items for a day in the woods, like a backpack to carry everything, snacks, sunscreen and bug/tick repellent. We'd also recommend long pants to protect against thorns and potential poison ivy.

Full Time Mandatory Gear (to be carried at all times during the race)

Personal (per person)

ITEM	QTY
Hydration system 20 oz. minimum (water bladder, or bottles)	1
Whistle	1
Compass	1

Team (per team)

ITEM	QTY
Race Passport (provided by race staff at check-in)	1
Waterproof map case (gallon Ziplock OK) or plan to laminate maps	1
Team Cell Phone (turned off)	1
Dry bags (for cell phone and Passport - Ziplocks are OK)	1

First Aid Kit (per team) - Contents to include the following as a minimum

ITEM	QTY
Closure bandages (Band-aids)	4
Painkiller tablets (Acetaminophen, Ibuprofen, aspirin etc...)	4
Anti-histamine tablets (Benadryl)	4

Canoeing (To be carried during all paddling sections.)**Personal (per person)**

ITEM	QTY
Life jacket (provided, Coast guard type III or better - no inflatables)	1
Paddle (provided, Canoe or Kayak style)	1

Team (per team)

ITEM	QTY
Canoe (provided)	1*

Mountain Biking (to be carried during all mountain biking sections)**Personal (per person)**

ITEM	QTY
Mountain bike	1
Certified bike safety helmet	1
Spare tube	1

Team (per team)

ITEM	QTY
Allen Key Set	1
Set of Tire levers or quick stick	1
Chain repair tool	1
Tire pump (cartridges are acceptable, but a pump is recommended)	1

Notice: Gear checks can and will be done by race officials at any time during the race.