

# Purdue Outing Club Adventure Race 2014

## POCAR 2014 Preliminary Race Information

POCAR 2014 is now taking teams! Start training, get your team together and get registered! This packet has been updated from last year. Please read it thoroughly. A race packet with more details particular to this year's course will be released 1-2 weeks before race time. You can register online through <http://www.purdueoutingclub.org/pocar/2014>

See below for more details about registration.

### **Race Information:**

The Purdue Outing Club Adventure Race (POCAR) is a 48 hour orienteering race held over Martin Luther King weekend in Southern Indiana. This year's race will be held in Yellowwood State Forest. The race will begin at 9:00 a.m. Saturday, Jan 18, 2014 and end at 9:00 a.m. Monday, Jan 20, 2014. The course is about 25-30 miles as the bird files. Teams should be prepared to cover 50 miles on foot. There will be 2-3 fire/water checkpoints, as well as several mystery events. Teams will be given UTM coordinates for checkpoints, and must be able to plot their own points. Make sure that there are at least 1 or 2 people on your team that can do this – no assistance will be provided on the day of the race! Volunteers will be constantly patrolling roads during the race in case a team is lost, hurt, or decides to drop out of the race.

On Race day, teams are given a list of checkpoints with unique UTM coordinates. Teams must plot each UTM coordinate on the provided topographical maps, and navigate to each checkpoint to complete the race. The team that visits all required checkpoints in the least amount of time wins the race.

At each checkpoint will be an Orienteering Control Flag 12 inches or larger. All flags are attached to a 360 ring of reflective tape, a unique card punch and ID code.

The reflective tape will assist locating flags after dark. The ID code allows racers and course setters to confirm the checkpoint, and the unique punch allows race officials to confirm that each team has visited each Control Flag. Make sure the ID code for each control flag matches the ID code on your team's pass card! The UTM coordinates for each checkpoint is +/- 100 meters from each control flag.

Please be aware that not all checkpoints may be required to complete the race. In the past, decoy control flags have been placed on the course; new checkpoints have been revealed late in the race and some checkpoints must be completed in a particular order. Be ready for anything!

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## Registration:

To register for POCAR 2014, complete the online registration available through <http://www.purdueoutingclub.org/pocar/2014>, and submit payment and signed Hold Harmless Agreement to POCAR Registration (see below). An individual racer will be officially registered once we have received payment and signed Hold Harmless Agreements from at least four members of a team.

The cost to race this year (2014) has increased by \$5 per person in all categories, in order to include camping costs. Cost to register for POCAR 2014 is \$30 for all POC members, \$50 for all college students (undergraduate, graduate or professional school) and \$60 for everyone else. Payment is by cash or check only. **Make checks payable to "Purdue Outing Club"**. Snail mail must be postmarked by December 10, 2013 to:

Alex Schmidberger  
POCAR Registration  
2437 Antilles Lane  
West Lafayette IN, 47906

### **OR dropped off at any POC meeting on or before Tuesday December 10, 2013:**

Tuesdays at 7:00-7:30pm  
France A Cordova Recreational Sports Center (CoRec)  
Boilermaker Room  
Purdue Campus.

When submitting any paperwork or payment, please include a POCAR 2014 payment form (included on page 6 of this information packet). These forms help the race coordinators stay organized and help you get registered faster.

Hold harmless agreements must be signed by each racer and parent/guardian if applicable. A Hold Harmless forms is included in this packet for all team members (6 of them) Just hit print.

Teams must register by Tuesday December 10, 2013. Individual racers who do not pay by Tuesday December 10, 2013 will be assessed a late fee of \$10, may not receive a shirt and may not be able to race.

If we have room for more teams, registration may be extended beyond December 13. However, all racers will be accountable for the \$10 late fee and may not receive a shirt.

**Registration Fees are non-refundable and non-transferable.** Sorry. As long as registration is open, teams may add or drop racers. Please do not abuse this policy.

If you send incomplete registration paperwork ([Online](#) or by the [Paper form](#)) and waivers for each member before the deadline, you may not be able to race. If we allow it, you will be charged the \$10 late fee because your registration is not complete.

Send all Registration Paperwork to Alex Schmidberger, POCAR Registration, 2437 Antilles Lane, West Lafayette, IN 47906

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## Rules:

Teams will consist of 4-6 racers (no exceptions!). If a team member drops out of the race, the rest of the team may continue as long as there are at least 4 racers. If there are fewer than 4 racers, team members may join another team (6 total members, maximum). Any changes in teams **must** be reported to race officials.

Required gear (see list below) must be with the team at all times. Electronic navigational aids, such as GPS, cell phones, or radios will not be allowed. Teams must stay together (within earshot) and cannot split up. We will be very strict about this. Do not attempt to hinder or sabotage other teams. Racers may not enter private property. Do not attempt to cross frozen rivers. The ice may not be thick enough to hold you. At 9:00 a.m. Monday, Jan 20, the race is officially over. All teams still on course must immediately proceed to the nearest patrolled road to be picked up by volunteers. Teams who drop out before the race ends must report to headquarters before leaving.

Failure to comply with these rules may result in disqualification, and may also jeopardize eligibility for future entry in POCAR.

## Required Gear:

- 1 Sleeping bag and 1 survival blanket; or 2 sleeping bags
- First-aid kit (1 ACE bandage, 2 adhesive bandages, 2 3X3 gauze pads, 1 antiseptic tube, 10 tablets aspirin, ibuprofen, naproxen, or acetaminophen, as a minimum)
- Maps (will be provided); Compass
- Whistle
- Water filter, iodine tablets, or micro-pur tablets
- Shelter - tarp, tent or equivalent
- Watch
- Each racer should carry: water bottles (2-3 quarts per person), warm hat, gloves, rain jacket or poncho, headlamp or flashlight, spare batteries, and warm clothing.

We will check throughout the race to make sure you have the required gear at all times!

# Purdue Outing Club Adventure Race 2014

## Recommended Gear:

- Breathable, wicking, synthetic clothing (cotton tends to soak up sweat and water and just stay wet; dressing in layers is key)
- Long winter underwear top and bottom; fleece jacket
- Rain gear; Good, well-fitting, comfortable footwear (Gortex-lining is great, hiking boots or supportive shoes are best)
- Wool socks (we recommend changing your socks every 8 hours)
- Blister stuff (such as Spenco Second Skin)
- Gaiters; High energy food - trail mix, Gatorade, protein/energy bars, electrolyte shots, jolt gum, candy, dried fruit, etc.
- Eat a little something every 45 minutes. Bring a wide variety of foods so that you wouldn't get sick of anything.
- Stove and cooking stuff – it's a good idea to take a break at a fire and water check point and cook a meal.
- Backpack (a small 1-2 day pack would be ideal)
- Pack cover, if your pack is not waterproof (or poncho, large trash bag, etc.)
- Knife
- Bandanna (one of the most useful emergency and non-emergency backing tools)
- Trekking poles

## Preparation:

Get some navigational practice!! It is mandatory that at least one person on your team has orienteering skills. You must know how to read and plot UTM's.

We highly recommend that you do some cardiovascular training before the race. This is going to really test you mentally and physically, and getting in shape now will really help your endurance. Training alone is no fun, and training with your teammates is a great way to build teamwork and also gives you a chance to get to know each other.

We also recommend that you meet as a team to discuss strategies, like whether or not to sleep. Make sure that you have all the gear you will need as a team. Discuss any ideas for training, strategy, etc. The time you spend together will help to not only prepare you, but also build camaraderie. This race is going to take a lot of teamwork, and so the more you get to know each other before the race the better!

Make sure you have all the gear you need. The club does not have enough gear for everyone that will be racing, so you will have to provide some of your own! You have plenty of time to ask Santa if you want a nice new Gortex rain jacket, gaiters, headlamp, etc.

# Purdue Outing Club Adventure Race 2014

**Websites Ryan Blank put together that you might find useful:**

**Topographic map symbols:**

<http://erg.usgs.gov/isb/pubs/booklets/symbols/>

**Topo-maps online:**

<http://www.topozone.com/>

<http://www.maptools.com/UsingUTM/>

<http://www.nps.gov/prwi/readutm.htm>

[http://geology.isu.edu/geostac/Field\\_Exercise/topomaps/utm.htm](http://geology.isu.edu/geostac/Field_Exercise/topomaps/utm.htm)

**Navigation:**

<http://www.discoverjasper.com/RMHiking/navigat.htm>

<http://www.scottishsport.co.uk/walking/compass.htm>

<http://www.purdueoutingclub.org/files/backpacking/docs/orienteer.doc>

**Winter Issues:**

<http://www.hypothermia.org/>

<http://www.call-wild.com/quinzee.html>

<http://world.std.com/~bostonhb/docs/winterclothes.html>

<http://www.call-wild.com/quinzee.html>

<http://www.hypothermia.org/>

<http://www.purdueoutingclub.org/files/backpacking/docs/orienteer.doc>

<http://www.scottishsport.co.uk/walking/compass.htm>

<http://www.discoverjasper.com/RMHiking/navigat.htm>

[http://geology.isu.edu/geostac/Field\\_Exercise/topomaps/utm.htm](http://geology.isu.edu/geostac/Field_Exercise/topomaps/utm.htm)

<http://www.nps.gov/prwi/readutm.htm>

<http://www.maptools.com/UsingUTM/>

<http://www.topozone.com/>

<http://erg.usgs.gov/isb/pubs/booklets/symbols/>

## Race Contact

If you have any questions do not hesitate to contact either our Race Coordinator Stephen Burd (sburd@purdue.edu) or our Registration Officer Sara Weaver (weaver42@purdue.edu).

# Purdue Outing Club Adventure Race 2014

## POCAR 2014 Payment Form

This document will help the organizers of POCAR track your payment and will greatly speed your registration. It is highly recommended that you submit all payments and forms with this sheet filled out. Simply enter the names of the racers in the table below, and check where appropriate.

All payments and Hold Harmless forms are due by Tuesday December 10, 2012. Failure to turn in Hold harmless agreements and full payment will result in a \$10 penalty fee per racer, no race shirt and may jeopardize the racers chance to participate in POCAR 2014.

### Submission of Payment

All forms and payments can be mailed to:

Alex Schmidberger, POCAR Registration, 2437 Antilles Lane, West Lafayette, IN 47906

OR turned in at any Purdue Outing Club Meeting:

Tuesdays 7:00-7:30pm France A Cordova Recreational Sports Center (CoRec);  
Boilermaker Room; Purdue Campus

**Enter the name of your team members and check all appropriate boxes**

**Team Name:** \_\_\_\_\_

Team Member	Payment for POCAR Included	Hold Harmless Agreement Signed and Included
	\$30 \$50 \$60	
	\$30 \$50 \$60	
	\$30 \$50 \$60	
	\$30 \$50 \$60	
	\$30 \$50 \$60	
	\$30 \$50 \$60	

# Purdue Outing Club Adventure Race 2014

## Waiver, Release and Hold Harmless Agreement

In consideration of permission granted by Purdue University allowing me to participate in the Purdue Outing Club Adventure Race (the "Activity"), which will occur on January 18, 2014 to January 20, 2014, which is sponsored by Purdue Outing Club, I (together with my parent or guardian, if I am under the age of eighteen or under a legal disability) represent, covenant and agree, on behalf of myself and my heirs, assigns, and any other person claiming by, under or through me, as follows:

1. I acknowledge that participating in the Activity involves certain risks (some of which I may not fully appreciate) and that injuries, death, property damage or other harm could occur to others or me. I accept and voluntarily incur all risks of any injuries, damages, or harm, which arise during or result from my participation in the Activity, regardless of whether or not caused in whole or in part by the negligence or other fault of Purdue University, The Trustees of Purdue University, and/or its or their departments, trustees, affiliates, employees, officers, agents or insurers ("Released Parties").
2. I waive all claims against any of the Released Parties for any injuries, damages, losses or claims, whether known and unknown, which arise during or result from my participation in the Activity, regardless of whether or not caused in whole or part by the negligence or other fault of any of the Released Parties. I release and forever discharge the Released Parties from all such claims.
3. I agree to indemnify and hold the Released Parties harmless from all losses, liabilities, damages, costs or expenses (including but not limited to reasonable attorneys' fees and other litigation costs and expenses) incurred by any of the Released Parties as a result of any claims or suits that I (or anyone claiming by, under or through me) may bring against any of the Released Parties to recover any losses, liabilities, costs, damages, or expenses which arise during or result from my participation in the Activity, regardless of whether or not caused in whole or part by the negligence or other fault of any of the Released Parties.
4. I have carefully read and reviewed this Waiver, Release and Hold Harmless Agreement. I understand it fully and I execute it voluntarily.

EXECUTED this \_\_\_\_\_ day of \_\_\_\_\_, 20\_\_\_\_\_.

\_\_\_\_\_  
Student / Participant Signature

\_\_\_\_\_  
Printed Name

\_\_\_\_\_  
Parent or Guardian Signature (if applicable)

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