

POCAR 2017 Instructions

January 14-16, 2017

Welcome to POCAR 2017 in Yellowwood State Forest. The following are instructions for this year's race. Some of this will be a repeat of what was on our registration website and some of it will be updated information. Even if you've already read through all of that, give those parts in this a brief look over to make sure you didn't miss anything.

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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 10:00 a.m., January 14, 2017 and end by 10:30 a.m., January 16, 2017. 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 predetermined 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 cardpunch 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!

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!

Driving Directions for Yellowwood State Forest

Yellowwood State Forest can be accessed from SR 45; however, this is not recommended because it often requires a vehicle with high clearance to cross two natural fords on Yellowwood Lake Road. It is better to approach from SR 46 to the south of the main park area. There is a sign for Yellowwood State Forest on SR 46, where Yellowwood Lake Road heads north. Yellowwood Lake Road is about 12 miles east of Bloomington and it is about 6 miles south and west of Nashville on SR 46.

Take Yellowwood Lake Road north from SR 46. After 1.2 miles you will cross a small bridge and come to a junction where four roads come together at various angles. Turn left, staying on the main blacktop road, which is Yellowwood Lake Road. In a little less than a mile you will turn right, which is still Yellowwood Lake Road. There are signs for Yellowwood Lake Forest at this right turn. After turning, you will pass several campgrounds and the Yellowwood Lake Forest Headquarters on your left.

Once you get to Yellowwood Lake Forest Headquarters head south head south on Yellowwood Rd and take the fourth right and head east until you see the shelter.

Camping and Parking

Teams can camp and park at the campgrounds surround the picnic shelter house in Yellowwod State Forest. If you choose to camp during the race you will need to pay the camping fee at the kiosk near the ranger station. The fees are per night so if you set up a tent for one night you just pay for the one night. If you arrive on January 13, 2017 pop in and say hi to the race officials at the shelter in the picnic shelter house just so we know you're there. If you arrive on January 14, 2017, see the itinerary section for details (this also applies to teams arriving on the January 13, 2017).

Itinerary

Friday, January 13- Teams arriving early should report to the picnic shelter house in Yellowwood State Forest

Saturday, January 14

6 am- 8:30 am	Check in at the picnic shelter house - teams receive maps, UTM plotters, and their racer packets
9:00 am	MANDATORY pre-race meeting. All racers must attend
9:45 am	Race Group A report to start area
10:00 am	Race Group A start
10:15 am	Race Group B report to start area
10:30 am	Race Group B start

When teams report for their respective start times they will receive a sealed envelope containing a list of checkpoints. At the appropriate start times, teams will then be allowed to open the envelope and begin the race. To make sure all teams can start on time, please report 15 minutes before your start time (as indicated) so that the appropriate materials can be handed out in a timely fashion.

Monday January 16

10:00 am	Race ends for Race Group A
10:30 am	Race ends for Race Group B

Course Information

The race will begin and end at the picnic shelter house in Yellowwood State Forest. This year's course is approximately 31 miles as the crow flies with 3 legs. Teams are divided into two race groups, A and B, with respective start times of 10 am and 10:30 am. Race groups are assigned randomly and will be given during the check in process. 15 minutes prior to the start times each

team must report to the starting area where they will receive a sealed envelope containing a punch card for the first leg along with a list of all checkpoints, though all coordinates may not be available at this time. The envelope must remain sealed until instructed to open by the race director at race start.

Once teams have visited each checkpoint and punched the appropriate space on the punch card from the first leg, and checked in with F/W north, they should return to the picnic shelter house, where the first leg punches will be verified by race officials. The punch card will be collected, and teams will be issued their punch card for the second leg. Teams must stop by F/W south at some point during the second leg. When finished with the second leg teams proceed to the third and final leg. Upon completion of the race, or if dropping out (see official rules section on dropping out), all racers must return to the picnic shelter house, where officials will verify the completed punches and collect the punch card. Even if teams only complete a portion of a leg, the punch card must be turned in to race officials, as it will be used to tabulate race results. Failure to checkout, whether finishing the race or dropping out, will result in disqualification and potentially denied admission to future POCAR events.

Throughout the race, additional information may be provided to teams at various checkpoints. This information is indicated by a fluorescent orange streamer attached to the punch/flag, so please be on the lookout for that information!

Registration Information

To register for POCAR 2017, complete the online registration available through <http://www.purdueoutingclub.org/pocar/2017>, and submit payment and signed waiver to POCAR Registration (see below). A team will be officially registered once we have received payment and signed waivers from at least four members of a team.

Cost to register for POCAR 2017 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 14, 2016 to:

Attention: Traves Freeland/POCAR Admissions
355 N. Martin Jiske Dr.
West Lafayette IN, 47907

OR dropped off at any POC meeting on or before Tuesday December 6, 2016:

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

When submitting any paperwork or payment, please include a POCAR 2017 payment form. These forms help the race coordinators stay organized and help you get registered faster.

Teams must register by Wednesday, December 14, 2016. Individual racers who do not pay by Wednesday, December 14, 2016 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 14. 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 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.

Rules

Teams

Size

Teams consist of 4-6 racers. Teams may reassign or substitute racers for as long as registration is open. Once registration is closed, Team rosters are final.

During the race, teams must remain together. That is to say, teams must maintain line of sight and earshot of one another. This will be strictly enforced.

Should one or more members of the team be unable to complete the race, the team can continue so long as at least four able-bodied individuals remain. If your team drops below four members, please see 'frankien-teams', below.

Frankien-Teams

During the race, partial teams may combine into 'frankien-teams'. Frankien-teams are subject to the same size restrictions and regulations as regular teams; the only difference is that they are no longer officially racing. The finishing time of the team will be posted, but it will not count in finishing places. Of course, race officials must be notified of any change to a team.

We recommend that newly formed frankien-teams continue to race under an officially registered team name. Timing frankien teams is difficult, and we cannot guarantee that we will be able to reliably time and track frankien-teams formed during the race, but we do encourage all teams and participants to finish.

Race Deadline

At **10:00 am Monday, Jan 16**, the race is officially over. All teams still on course must immediately proceed to the nearest patrolled road to be picked up by volunteers.

Race Checkout

Race Checkout occurs at the same location as pre-race registration: **the picnic shelter house in Yellowwood State Forest**.

When teams are finished racing, all teams must check out with all remaining racers present. During checkout teams must complete a roll call of remaining racers and turn in any incomplete punch cards for tabulation in race results. Individual racers dropping out of the race early may check out individually. If an individual fails to check out the entire team will be disqualified.

IMPORTANT: Any team or racer announcing dropout at a remote Fire/Water station or to a POCAR shuttle driver does not constitute race checkout. All checkouts must be completed at the official race check in/start/finish line. Proper checkout of all teams ensures that we do not initiate an unnecessary search and rescue in the race area. Failure to complete a proper checkout may result in race disqualification.

Teams-helping-teams

Teams may not assist each other in any way. Teams giving or receiving assistance (providing navigational support, exchange of supplies, pacing or otherwise) will be disqualified. This rule is to prevent scout or supply teams from unfairly helping someone win the race. Good sportsmanship is always encouraged.

If another team needs assistance, teams are required to notify race officials at their CONVENIENCE. Teams are not required, or expected to provide assistance to other racers, even those in need. Teams should notify race officials at their convenience, and then continue with the race. The Purdue Outing Club and its complement of volunteers will handle all emergency situations. As always, good sportsmanship is encouraged.

Teams also may not hinder or sabotage other racers or the race course in anyway. Teams altering, obscuring, moving or purposefully damaging control points in any way will be disqualified.

Race Area

Entering private property within Yellowwood State Forest and/or leaving the designated race area is strictly forbidden and grounds for disqualification. Bounds of private property are marked on all maps; we expect all racers to respect these bounds.

Logistic Support

Teams can keep a supply of personal items/race gear at the race start, which they can access at their discretion during the race. The Purdue Outing Club will not be responsible for the loss or

damage of these items. Aside from the supply at the race start, teams are expected to carry all gear and supplies they will use during the race.

Teams are strictly forbidden from stashing gear, food, supplies or otherwise in the forest to be used during the race, and from discarding gear, supplies or otherwise into the forest. Similarly, all trash should be disposed of into appropriate containers. Teams are encouraged to resupply themselves with potable water whenever available, but may not stash supplies of potable water in the race area.

Electronic Navigation aids

Electronic navigation aids are strictly prohibited. This includes, but is not limited to GPS, **cellphones**, radio and computers. Teams utilizing electronic devices which may or may not assist navigation during the race will be disqualified and may not be able to participate in future races. If you have any questions regarding this please speak with the race coordinator.

CELLPHONE USE OF ANY KIND IS NOT ALLOWED. You may NOT use a cellphone at any point during the race, even as a timepiece or camera (a **WATCH IS a REQUIRED** piece of gear). Race officials have no way to ensure you are not using it for communication purposes. There is no need to contact family, friends or otherwise during the race – race officials will have emergency contact information and will handle emergency situations should the need arise. **IF A CELLPHONE IS SEEN IN USE AT ANY TIME DURING THE RACE YOUR TEAM WILL BE DISQUALIFIED IMMEDIATELY, NO QUESTIONS.**

Mechanical Navigation Aids

Simple mechanical aids such as rulers, slide rules and protractors are allowed. Compasses are required. Although not prohibited, you can leave your sextant at home.

Signaling

Racers may not engage in long-distance communications within or between teams, **except in emergency situations**. Long distance communications includes, but is not limited to loud sounds (whistle, bull horn or otherwise), visual displays (smoke signals, signal lights, or otherwise) and electronic transmissions (receiving of radio signals or otherwise).

Transmission of radio signals is limited to remote GPS recorders, whose records can only be accessed after the race. If you are using such a device, or something similar, please inform race officials so unnecessary confusion can be avoided on race day.

Locomotion

Racers must complete the entire race under their own physical power. All vehicles are prohibited, including those with a source of stored energy (gasoline/battery powered ATVs, dirt bikes or otherwise) and those without a source of stored energy (solar powered vehicle, mountain bike, or otherwise). During the race, cars may be used as a shelter, but the power system cannot be engaged. I.e. use of the car radio, heaters, headlights, etc. is prohibited. The only electronic system of a car which may be used are electronic door locks or passive cabin lights.

Devices that mechanically store energy for the purpose of locomotion are also prohibited (power striders or otherwise). However, pogo sticks are allowed. Any racer who completes the entire course propelled only by a pogo stick will race for free. Probably forever.

Beasts of Burden

A beast of burden is any animal that accompanies the teams for the duration of the race. Beasts of burden physically capable, legally possessed and permitted by park regulations may race. However, the Purdue Outing Club must be able to provide the beast of burden the same level of safety as every other racer. For example, the POC does not possess the materials or resources to safely move and administer first aid to an injured horse. Therefore, horses cannot race. Similarly, the Purdue Outing Club does not possess the ware withal to supervise lone beasts of burden. Therefore, should a beast of burden be unable to complete the race, a simian teammate may also resign from the race to properly chaperon the beast of burden. (Please do not register a chimpanzee and make me regret the use of the word 'simian')

Keep the weather in mind. Temperatures are known to frequently dip below 0oF during January and can be harmful to your dog/beast of burden.

Permitted locomotion aids

First aid material (non-prescription braces, mole skin and otherwise) and medical devices (braces, prosthetics, and otherwise) are permitted. Walking sticks with and without shock absorbers are also permitted.

Drugs and alcohol

Alcohol is strictly prohibited for all participants. Over the counter medicine and prescription medication dispensed by a licensed doctor is permitted to the extent that it does not compromise the safety of the racers or volunteers. Please carefully consider the side effects of any medication you currently take, or plan to take, during the race.

Crossing rivers, lakes or other significant bodies of water

Crossing frozen rivers, lakes or any other significant body of water is strictly forbidden. If the ice does not hold you, there is no possibility for a rescue; only a recovery.

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

Weather

January in Indiana can get extremely cold, especially at night. Make sure you are prepared for changes of as much as 30-40°F within the 48hr race time. Look at the forecast for the weekend close to race day and plan accordingly. Volunteers have the authority to hold back one person or all of your team if they see signs of hypothermia or other cold-related heath emergencies. If your

gear can't stand up to the temperatures and it creates a hazardous situation for you, the race coordinator has the authority to withdraw a single person or the whole team from the race.

Required Gear

These items must be carried at all times and volunteers will check periodically to make sure you have everything

1 Sleeping bag rated for the temperatures 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, or something equivalent as a minimum)

Maps (provided), Compass

Visibility vests (provided)- these must be visible at all times

Whistle

Water filter, iodine tablets, or micro-pur tablets

Shelter - tarp, tent or equivalent that all team members can fit under. Note: bivy sacks can count as a sleeping bag and shelter, but only for one person as only one person can fit in it at a time.

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.

NOTE: pay close attention to the weather. If your gear cannot stand up to the cold weather, the race coordinator can withdraw your team from the race. Temperatures in the past have gotten extremely cold and unprepared teams suffered.

Recommended Gear

Breathable, wicking, synthetic clothing (cotton tends to soak up sweat and water and just stay wet; dressing in a few layers is key)

Long winter underwear top and bottom

Fleece jacket

Rain gear/waterproof outer shell

Good, well-fitting, comfortable, waterproof footwear (Hiking boots or supportive shoes are best)

Several pairs of wool socks (Recommend a change of socks ~ every 8 hours)

Blister care items, including "second skin"

Gaiters

High energy food - trail mix, Gatorade, protein/energy bars, electrolyte shots, jolt gum, candy, dried fruit, etc.

Stove/cooking supplies– 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 tools)

Trekking poles

Contact Information

If you have any questions don't hesitate to contact the race coordinator, Elizabeth Tigner, at: tigner@purdue.edu

If you have questions about registration contact the registration coordinator, Natalie Juhl, at: njuhl@purdue.edu