

PURDUE OUTING CLUB ADVENTURE RACE 2018

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PURDUE OUTING CLUB ADVENTURE RACE 2018

General Information

POCAR 2018 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 by paper or online through: purdueoutingclub.org/pocar/2018

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 Jr. weekend in Southern Indiana. This year's race will be held in Hoosier National Forest. The race will begin at 10:00 a.m. Saturday January 13, 2018 and end by 10 a.m. Monday January 15, 2018. Teams will be given UTM coordinates for checkpoints, and must be able to plot their own points. Make sure that there is 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 equipped with 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!

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!

PURDUE OUTING CLUB ADVENTURE RACE 2018

Registration

To register for POCAR 2018, complete the online registration available through: purdueoutingclub.org/pocar/2018 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.

Cost to register 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 15, 2017 to:

Attention: Traves Freeland
POCAR Registration
355 N. Martin Jischke Dr.
West Lafayette IN, 47907

OR dropped off at any POC meeting:

Tuesdays at 7:00pm
France A. Cordova Recreation and Wellness Center (CoRec)
Boilermaker Room
Purdue Campus

When submitting any paperwork or payment, please include a POCAR 2018 payment form (included on page 13 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 form can be found under "Required Forms" on the registration page. Print them out and submit them with your team registration.

Teams must register by Friday December 15, 2017. Individual racers who do not pay by Friday December 15, 2017 will be charged 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 15; 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. As long as registration is open, teams may add or drop racers. Please do not abuse this policy.

If your team has incomplete registration paperwork (Online or by Paper Form) and/or waivers on file by the deadline, you may not be able to race. If we allow it, you will be charged the \$10 late fee due to your registration being incomplete.

PURDUE OUTING CLUB ADVENTURE RACE 2018

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 as long as at least four able-bodied individuals remain. If your team drops below four members, please see 'Franken-Teams' below.

Franken-Teams

During the race, partial teams may combine into 'franken-teams'. Franken-teams are subject to the same size restrictions and regulations as regular teams; the only difference is that they are no longer officially racing. Of course, race officials must be notified of any change to a team.

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

Rules

Race Deadline

At 10:00 a.m. Monday Jan 15, 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. 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 check-out. All check-outs must be completed at the official race check-in/start/finish line. Proper check-out of all teams ensures that we do not initiate an unnecessary search and rescue in the race area. Failure to complete a proper check-out may result in race disqualification.

You must check-in at headquarters prior to leaving Hoosier National.

Teams-Helping-Teams

Teams may not assist or hinder 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.

In the event of a legitimate medical emergency, other teams are **REQUIRED** to find help or provide aid if possible as soon as possible. If another team needs assistance that is non-life threatening, teams are required to 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 may not hinder or sabotage other racers or the race course in any way. Teams altering, obscuring, moving or purposefully damaging control points in any way will be disqualified.

Race Area

Entering private property within Hoosier National 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 may 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. This includes stashing gear at a fire/water station on their way to obtaining a point.

Electronic Navigation Aids

Electronic navigation aids are strictly prohibited. This includes, but is not limited to GPS, **cell phones**, 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.

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')

Also note that beasts of burden must be registered as team members (open division only) and many of the challenge events require that all team members have opposable thumbs. Also, despite what your teammates say, you are not a beast of burden. Even if you train like an animal.

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

Animals that are not registered support animals may not be allowed this year due to forest regulations. This year we are at Hoosier National Forest and in most cases animals may not be allowed, therefore it is your responsibility to check the regulations before coming to POCAR.

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

Due to cold weather, 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.

Leave No Trace

All teams are required to follow the Leave No Trace principles while in the forest. Most importantly, dispose of waste properly, leave what you find, camp in appropriate spaces, respect wildlife, and be considerate of other visitors.

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 Restrictions

Weather will be monitored by the event organizers. At a 10 minute time to frostbite, as determined by the NWS frostbite chart, the race will be stopped and racers are to make their way to the nearest F/W station or patrolled road. The race may be cancelled due to weather conditions or acts of god at any time should the organizers deem the conditions overly hazardous. That decision will be made by the race coordinator.

Fire/Water Stations and Patrol Roads

IMPORTANT: Teams must check in with volunteers at a F/W station when they arrive for the first time. Volunteers will have a binder with sheets to record the team name and time of arrival/departure. If a team stops at the F/W station aside from the first time, they just need to check in with the volunteers.

Patrol cars will be flashing their hazard lights while on the course and shall have other markings (such as flags) denoting they are affiliated with 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 of aspirin, ibuprofen, naproxen, 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
 - Warm clothing

NOTE: Pay close attention to the weather. If your gear cannot stand up to the cold weather, the race coordinator may withdraw your team from the race. Temperatures in the past have gotten extremely cold, and unprepared teams suffered. Organizers may disqualify a team should they be determined as ill-equipped for the conditions or otherwise posing an undue danger upon themselves, other teams, volunteers, or other park visitors.

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.

It is 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.

I 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!

Also, make sure your emergency contact knows that you have listed them!

1. Notify us at headquarters if you are backing out of the race
2. Make sure your emergency contact is aware!

Recommended Gear

Make sure you have all the gear you need, especially the required gear. Below is a list of additional 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/moleskin”
- 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 checkpoint, and cook a meal.
- Backpack (a small 1-2 day pack is 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

Useful Links

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://poc.purdue.org/docs/orienteer.doc>

Winter issues

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

<http://www.call->

[wild.com/quinzee.html](http://www.wild.com/quinzee.html)

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

Contact Information

If you have any questions do not hesitate to contact the Race Coordinator, Gavin Achtemeier (gachteme@purdue.edu).

For questions about the registration process, please contact the Registration Coordinator, Victoria VanEtten (vvanette@purdue.edu).

POCAR 2018 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. Thank you.

All payments and Hold Harmless forms are due by Friday, December 15, 2017. 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 2017.

Submission of Payment

All forms and payments can be mailed to:

Attention: Traves Freeland/POCAR Registration
 335 N. Martin Jischke Dr.
 West Lafayette, IN 47907

OR turned in at any Purdue Outing Club Meeting:

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

Make checks payable to: Purdue Outing Club

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

Team Name: _____

Team Member Name	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	