

General Race Information

Passports & Checkpoints – Every solo/team will receive 1 official Adventure Xstream Passport/Guide Book. These Passports will not be replaced if lost or destroyed. So protect them well. Teams are required to complete the Passports in full by the finish of the race. There will be a series of Checkpoints located along the race route. These Checkpoints (CP's) will be found in strategic locations along the course and are positioned to maximize safety for the racers. Some check points will be manned, others will be unmanned. At all CP's racers must hole punch their passport before proceeding to the next CP. For all manned check points racers must check in with officials so we know your whereabouts at all times. Passports must be complete in order to finish the race. Penalties or disqualification may be enforced for incomplete or unrecognizable passports.

Self Sufficient – All athletes are required to be self sufficient while on the race course with the exception of the support crew areas. Support Crew areas are where you will typically change disciplines (ie.) Trek to Mountain Bike, Bike to Paddle, etc... Racers can have contact with their support teams at these support areas only. You can pick up or drop off any equipment or food you choose at these areas. However, ensure you have all equipment as per your mandatory equipment list. **Note: There will be no food or water available at any of the CP's except in the event of an emergency.**

Navigation/Course Markers – You will find your way from CP to CP using a combination of maps, UTM Coordinates, a compass, and your racer instructions. Please read your race instructions carefully. The most common reason for people getting lost is that they follow another person or team assuming that team knows where they are going. We strongly suggest you race your own race and make your own decisions.

Water Safety – You are required to wear your PFD at all times while in or near the water portions of the race. When applicable stay as close to shore as possible. If you encounter strong winds or lightning while on the water make your way to the closest land and stay put until the storm passes. Remember there will be other people using the river/lake at the same time and they won't necessarily know you are racing. Please be courteous to all other users on or near the water.

Injuries – If you are injured and cannot continue you must have a fellow racer notify one of the volunteers at the next CP of your race number, approximate location, and extent of the injury. If you are separated from your team or the race course blow your whistle three times repeatedly. Important – If you or a teammate is unable to continue for any reason you must notify one of the AdventureXstream staff. Please indicate to the volunteer your race number and the person's name. If a team has one of it's member drop from the race they are still entitled to continue racing if they choose. They will still receive an overall time, however they will not be officially ranked.

Mandatory Equipment – The mandatory equipment list is for your own safety and protection. There will be random checks throughout the race to ensure all racers have their mandatory equipment. A penalty will be assessed for each item you do not have.

Share the Trails – Please remember we are all here as guests. None of the trails, roads, waterways etc.. are closed for this event. We will be sharing these pathways with local residents, tourists and families who in many instances will not expect to see you racing by them. Please be courteous and safe at all times.

Pack it in/ Pack it Out – Everything you take with you must come back with you. Anyone identified as leaving garbage on the race route will be eliminated from competition.

Heat Exhaustion/Dehydration: This occurs when the body's normal cooling mechanisms become overwhelmed by the combination of heat and dehydration. This allows for the body temperature to rise dramatically. Fevers of 105°F or higher may occur. The most common symptoms are the combination of a warm body with flushed skin and an impressive lack of perspiration. Other symptoms include feeling faint, nausea, fast breathing, and abdominal pain. The nausea may overshadow the thirst mechanism, so it is not uncommon for athletes with heat stroke to not be terribly thirsty. Heat exhaustion can be avoided by consuming enough water to replace the fluids lost, and eating salty foods or drinking an electrolyte solution. **Drink because you know you should, not because you feel thirsty.** Maintain a pace that allows your body to adapt to the heat.

Acute Mountain Sickness or "high altitude sickness" can affect athletes of all abilities and endurance levels. Acute Mountain Sickness is caused by rapidly ascending to higher altitudes without having time to acclimate. Symptoms usually occur at 9,000 feet and above.

Some symptoms may include; loss of appetite, nausea, shortness of breath, dizziness, and headaches. The early stages of Acute Mountain Sickness can be difficult to diagnose as almost all athletes have had these symptoms at one point or another. If you feel you have symptoms the best thing to do is to descend to a lower altitude and to take oxygen if available. Stop the race and seek medical help if you feel severe symptoms of Acute Mountain Sickness.

Adventure Xstream Rules & Regulations

1. General Principles - 1.1. All racers should conduct themselves with the highest ethics regarding rules, fellow racers and volunteers. 1.2. All racers should conduct themselves with the highest regard for their fellow racers safety. 1.3. Underlying these rules and adventure racing is sportsmanship and the honor system. Remember, you have to live with yourself. 1.4. These rules are only a framework. Further interpretation during the race is possible by Race Directors. 1.5. Additional rules and instructions will be outlined in your Racer Guidebook, given to you at Racer Check-in.

2. General Rules - 2.1. Major injuries and medical emergencies take precedence over all Adventure Xstream rules. 2.2. Rules may be modified or issued during the race by Race Directors only, not volunteers. 2.3. A Race Director may modify race cut-off times at any time during the course of the race. 2.4. Race day printed materials or verbally issued en masse instructions to racers by a Race Director override this document. 2.5. A Race Director or First Aid Attendant may disqualify and bar from racing any individual that they feel is injured or appears to be in health risk. 2.6. A Race Volunteer may hold an individual for health reasons until a Certified First Aid Attendant or Race Director arrives to assess their ability to continue the race. In the event they continue the waiting time will not be credited to the racer.

3. Racers - 3.1. Teams must stay within 100 yards of each other throughout the race. Racers are required to be 100% self-sufficient between transition/support crew areas. 3.2. No assistance is allowed at any point from Adventure Xstream Directors and volunteers, media or any other 3rd party including first aid personnel. An exception will be made where a racer receives assistance from a fellow Adventure Xstream racer. 3.3. Where a queue or line up exists (e.g.: waiting to register at a checkpoint) your entire team must be present and together prior to queuing. 3.4. All racers must wear their official Adventure Xstream race numbers at all times. 3.5. All racers must have their official Adventure Xstream race number visible at all times, with the exception of the kayak leg. 3.6. While in any personal watercraft or any other time as dictated on race material racers must wear their life jackets. 3.7. Original passports must be filled in 100% correctly and be legible to race personnel or the team (if racing in team format) will be penalized. 3.8. One set of maps is given per team or individual. This is the only set provided. 3.9. Racers must complete the race under their own power with all their gear as indicated on the official Adventure Xstream gear list. The only exception is Team format where the Team must finish together utilizing the Teams' efforts (e.g.: a pack may be carried by another team member, a team member may be carried or assisted by their other Team members). 3.10. All solid waste must be packed out (i.e.: 'pack it in, pack it out').

4. Equipment - 4.1. A mandatory equipment list has been provided and must be followed at all times by all racers. 4.2. Any Adventure Xstream personnel may and will conduct random equipment spot checks that may include one or all racers at a given point on the racecourse. Time required for the spot check is counted in the racers' time, no credit is given. 4.3. No electronic navigational aids are permitted (e.g.: GPS). 4.4. No use of electronic communication devices of any type are allowed (e.g.: cellular phones, two-way radios). Except for Emergencies. 4.5. Oarlock devices, or anything serving as such, are not permitted on personal watercraft. 4.6. Racer driven oars and paddles may only power personal watercraft. No motor or other locomotion aid is allowed except sails or kites. 4.7. Race Directors may specify at any time additional illegal equipment.

5. Course & Navigation - 5.1. Racers are required to reach each CP in sequential order unless specifically stated otherwise in the instructions. 5.2. Every racer must visit every checkpoint and verify they have been marked present. 5.3. All team members must be at a checkpoint before being indicated present by race personnel. 5.4. No U.S. law may be broken during the race.

6. Protests & Appeals - 6.1. Protests to any violation must be filed with event staff within 60 minutes of the final racer of the day crossing the finish line. 6.2. Appeals to any rule decision or penalty application must be filed with a Race Director in writing within 60 minutes of the ruling.

7. Points & Series Standings - 7.1. Points are awarded to all teams that start the race. All teams are ranked regardless of how far, or how many checkpoints they reach. A team that misses cut-offs or simply chooses to bypass a checkpoint or opt for a "short-course" will still receive points, but will be ranked behind any team that completes more of the course. Additional rules or time penalties may be applied as outlined in your racer Guide Book.

8. Penalties - 8.1. Penalties can be issued for any violation to rules or instructions. 8.2. Penalties can include disqualification of a racer or entire team. 8.3. Penalties and disqualification can result from support personnel in rule violation. 8.4. Following are standard minimum penalties. These penalties will serve as a guideline for items omitted or overlooked.

1 Hour Penalties - Missing any item from mandatory gear during any check (1 hour per item), Unintentional Littering on the racecourse

1 Hour up to Disqualification (TBD by race director) - Unsportsmanlike behavior, Intentional destruction of the environment, Errors or omissions to a passport

Teams must follow all rules and race instructions as provided here and the racer Guide Book. The severity of the penalty will be determined by the race director for all violations.

The race director and Gravity Play Sports reserve the right to change, alter, add or omit, rules, penalties, or standings at any time that will lead to what we deem fair to participants and the particular circumstances of the event.