



WHITEWATER RACE SERIES

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4 HOUR 8 HOUR

LONG CREEK
ADVENTURE RACE

11.16 2019

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 U.S. NATIONAL
WHITEWATER CENTER

RACE DESCRIPTION:

The Long Creek Adventure Race tests teams of two or three, as well as solo participants, to utilize their navigation and endurance skills during this 4 or 8 hour multi discipline adventure. Designed to engage participants via foot, bike and paddle, racers will traverse 40 – 60 miles of various forms including singletrack trails, flatwater, paved roads and forested land to find a series of self-plotted UTM coordinate checkpoints. Racers will use an map provided at the start of the race to seek out the checkpoints dispersed throughout the USNWC property, surrounding public lands and Catawba River. Strategy is vital when setting your course to capture each checkpoint as there is no right or wrong route. Teams/Solo participants with the most completed check points in the least amount of time will come out on top.

SCHEDULE:

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Friday, November 22

- 5:30pm – 6:30pm Optional map and compass navigation clinic
 - This free clinic for racers will go over the basic techniques for using a map and compass to plot UTM points. This clinic will be held at the USNWC (standard parking fees apply)
 - Any racers who are not advanced in map and compass navigation are highly encouraged to attend this optional clinic

Saturday, November 23

- 7:30am – Day-of registration, packet pick-up and boat drop (flatwater dock) begins – [Ridge Pavilion](#)
- 7:30am – Competitors may begin plotting points
- 8:45am – Day-of registration and packet pick-up ends
- 8:50am – Mandatory pre-race meeting for all participants
- 9:00am – Long Creek Adventure Race starts (4 Hour and 8 Hour)
- 1:00pm – Long Creek Adventure Race – 4 Hour Division Ends
 - Note: Teams that are not back by this time will be Disqualified... plan accordingly
- 1:30pm – 4 Hour Division Awards
- 5:00pm – Long Creek Adventure Race – 8 Hour Division Ends
 - Note: Teams that are not back by this time will be Disqualified... plan accordingly
- 5:30pm – 8 Hour Division Awards

SCORING:

- Teams will be ranked on the total number of points collected from successfully completing various checkpoints
- Points will be worth more than time
- Tiebreaker will go to the team which collects the most points in the fastest time

AWARDS:

Awards will be given out to the top three in the following divisions

4 Hour:

- Men's solo
- Women's solo
- Team Women's
- Team Men's
- Team Co-ed

8 Hour:

- Men's solo
- Women's solo
- Team Women's
- Team Men's
- Team Co-ed

COMPETITION RULES:

- There is no marked/set course. Teams must strategically complete as many checkpoints as possible in the least amount of time.
- No cycling is allowed in Gaston county. Checkpoints on the western side of the Catawba River must be collected on foot or by boat.
- Each team will be given one map prior to the start of the race at check-in
- Teammates must always be in visual contact of each other
- Cell phones/GPS may not be used in any way, either as a communication device or as a navigation device.
 - In case of emergency, please use cell phone to call 911 and then notify Whitewater Race Series staff (704-692-1484)
- PFD's must be worn and buckled at all times during paddle portion
- Helmets must be worn for biking portion
- Racers must stay within marked boundary lines where applicable
- Watercrafts must be picked up and dropped off at the flatwater dock
 - This applies to both personal boats and USNWC boats
- Altering or moving any race course markings will result in a DQ
- Any team withdrawing from the race **must** notify race officials
- No use of motorized transportation, including e-bikes will be permitted.
- Teams or competitors found or observed to be in violation of any of these rules will be disqualified

MANDATORY EQUIPMENT (PER PERSON):

This equipment is to be provided by competitors and will not be provided by the Whitewater Center unless otherwise indicated. Each competitor must have the following.

- Pack to carry gear
- Snacks/food for replenishment through the duration of the event
- Hydration
- Closed toe shoes
- Compass
- [Map Protractor](#)
- Bicycle (for off road use) and helmet
- Kayak, paddle and PFD (can be rented from USNWC)
- Headlamp (8 Hour only)
- Bike Lights (8 Hour only)
- Cell phone (for emergency use)
- Pencil
- Permanent marker

RECOMMENDED EQUIPMENT (PER TEAM):

The following list is optional, but highly recommended equipment.

- Personal first aid kit
- Bike repair kit
- Bike gloves
- Gaiters
- Portage wheel
- Rain gear
- Extra layers
- Dry bag
- Map bag

ADDITIONAL DETAILS

- There will be **no** course support during the race.
- Teams should plan to carry what they need and be prepared to endure changing conditions and navigate successfully back to Race HQ without assistance.
- Keep in mind rivers and trails, as well as county and state roads, are not closed for this event.
- The weather changes hourly, so please keep an eye on the weather forecast and dress accordingly. Race check-in and race start will be located at the [Ridge Pavilion](#).
- Check in and boat drop-off begins at 7:30am and will close at 8:45am.
- Note: You are able to begin plotting points as soon as you check in (after 7:30am), so the early bird gets the worm!
- Both the 4 hour and 8 hour divisions will start promptly at 9:00am. If you are new to adventure racing or need a refresher check out [MapTools.com](#) for [tutorials](#).

Please reach out to racedirector@usnwc.org if you have any questions. We look forward to seeing you on race day.