

## FREQUENTLY ASKED QUESTIONS

1. What is Adventure Racing (AR)?

Adventure Racing is the best-kept secret in the world, is one of the most unique sports in the world, however AR is combination of two or more endurance disciplines, including orienteering, Mountain Biking, Cross-country running or trekking and paddling (Kayaking, rafting, canoeing etc.) over an unmarked wilderness course with races extending anywhere from two hours up to two weeks in length.

2. Do we need any prior experience?

NO Prior experience is required

3. Disciplines and terrain.

- i. **Kayaking:** Team will be provided with a two seater Sit on top Kayak, safety jacket & helmet and paddles, where a team will be kayaking on a almost still water
- ii. **Orienteering:** Is also called as MAP READING. Orienteering is an exciting outdoor adventure sport which involves walking or running whilst navigating around a course using a detailed map and sometimes a compass. The aim is to navigate in sequence between a set of control points and decide the best route to complete the course in the quickest time
- iii. **Mountain Biking:** MTB section will be off road, jeep track, single track, tarmac roads with some downhill as well as uphill sections.
- iv. **Trail Running:** Running section will be off road, jeep track, single track, tarmac roads with some downhill as well as uphill sections.
- v. **Hiking:** Team will might have to hike to the nearest check point on a small hillock with or without any elevations

4. I do not Know Orienteering or Map Reading?

Google Maps will be provided for Orienteering and No Prior experience is required.

5. Event Rules?

Post team registration you will receive in your registered mailbox or check our website.

6. Is there a maximum time to complete the race circuit, or we can take our sweet time?

4 Hours is the maximum time a team can take.

7. How will the race be split up?

- MTB 60% Trail Running / Kayaking 15% Hiking 15% / Trail Running 10%
- Orienteering 100%

8. What kind of bike do I need for cycling section? Will I be ok on my Road/hybrid bike?

Mountain bikes are highly recommended, as portions of the race will be mix of single-track jeep tracks, gravel roads and sometime no roads.

9. Is there a forest and wildlife activities?

Indeed, it's a small forest with no animal activities.

10. Is the race starting at 3.00 PM on Saturday March 7<sup>th</sup> ? Is that true?

Indeed, you have to report by 1.45 PM and Race scheduled to start by 3.00 PM so you can have a great race and enjoy the venue in the evening with loads of other activities.

11. Is it a relay? Can I do just a run and others will do rest of the activity?  
NO, this is not a relay. Team must complete the entire event as a team of TWO
12. What happens if I cannot find some of the check points?  
Team will get a time penalty and will not be eligible for the Podium. And make sure you find the Check point.
13. Do we have a camping option?  
Yes, we have a camping option and we recommend choosing from available camping options as post-race you can take much needed rest with an amazing view.
14. Can I Bring my family and friends?  
Oh yeah! Bring on your family and friends and use our serene venue at a nominal cost.
15. I'm interested in the race, but need help finding a team to race with. Can you help me find some teammates?  
Sure, hit us up [explore@nthadventure.com](mailto:explore@nthadventure.com) – subject: Need a Teammate.

## **RULES & REGULATIONS**

### **Generic**

- Participants must be of 18 years of age.
- No spot registrations - Only online entries will be accepted.
- No refunds or credits on cancellation or No show
- All tickets are non-transferrable
- Photo identity proof is must (for both the members)
- Every participant will be required to sign in indemnity bond at the venue before start of the race
- Participants with incomplete forms, incorrect documents, missing indemnity form will not be allowed to race
- The event will take place as scheduled. Adverse weather conditions (rain, hail, lightning, tornados etc.) will not affect event and the organizers do not take any responsibility if conditions affect participants in any way. Entrants with safety Concerns can select not to participate by informing race marshal's en-route and there are no cancellation refunds
- CIVIC & TRAFFIC rules should be followed at all the time
- Decision made by the RACE BOARD is the final and Rules may be modified or altered at the discretion of the RACE BOARD at any given time

### **Race Rules**

- Participants must complete the entire racecourse without any assistance or support
- Teams must travel and complete the course together, without substitution, and with team members being close enough to see and communicate with each other.
- Both the participants must be together at all the time and distance should not more than 50 meters between each other
- Both the team members should cross all the checkpoint as well as finish line together else team will be disqualified
- Participants are required to follow the course as designed by the Race Board

- Markings on your passports on every Check Point are Must
- Missing any check points or transition point will lead to direct disqualification without notice
- Every check point mark is different from one another. At the end of the race all the marks will be matched before announcing the Race Winners.
- Participants will trail run, hill climb, abseiling and mountain bike on an unmarked course and they must leave their cycles & helmets at the transition areas in their designated cycling area
- BIB should not be removed until the race finishes
- All the mandatory equipment's should be carried by the team (Registered participants will get this info thru Email)
- If One of the participant is injured or like to discontinue the race at any given point, team should inform the event volunteer or marshal, team will be marked DNF (Did not Finish) however the other participant can still continue and finish the race.

#### **Cut OFF – 25k AR Series:**

- Podium - 2 Hours 30 minutes
- Short course – 4 hours

#### **25K AR Paid entry – JUNE 2020:**

- The winner for each category within cut-off will get paid entry to next 25KM AR
- Each category should consist minimum of 5 teams to qualify for the Paid entry for next 25KM AR
- In any case if there are less teams in Men, Mixed or Women categories, will be merged into OPEN category without any notice.

#### **Supporters**

- Support members are welcome to support their competitor's
- Support members are not allowed to follow the participants anywhere in the entire racecourse
- No physical support is allowed, any form of physical support will lead to the team's disqualification.

#### **Medical Assistance**

- Medical crews will be available for medical treatment and consultation Post, pre and on the go of the race.
- Medical treatment is limited to basic first aid and advice. Should a competitor require advanced life support, active fluid replacement therapy (IV), the administration of any oral or intravenous drug, then that competitor, subject to the Race Board's final decision, will be prevented from continuing with the race.
- The medical crew has the authority, on confirmation of the Race Board, to withdraw a competitor from an event should the competitor's further participation in the event possibly result in permanent injury, disability or death to the competitor.
- Competitors are obliged to carry their personal medications on them. The medical crew will not be on hand to supply personal medication should the competitors concerned have failed to supply their own.
- The medical crew will provide immediate emergency treatment and stabilization. Should a competitor require transport by road or air ambulance, the cost of any transport out of the race environment will be carried by the competitor.

#### **Results, Complaints & Appeals**

- Competitors crossing the finish will be given a "line finish position". This is pending the outcome of illegal substance test results, complaints and/or any further information coming to the organizers' knowledge.

#### **NthAdventure 25KM Adventure Race Series**

- The top 3 teams to complete the event, having complied with all rules and regulations, will be considered as winners. All complaints and/or queries are to be directed to the organizers and/or their Management Team.
- In the event of there being discrepancies in finishing positions resulting from such reports and/or complaints, the Prize giving will only take place after a verdict has been reached by the Race Board.
- Any objections to positions announced at prize giving must be given immediately; once prizes have been handed over the results will be final.
- Abusive language and personal attack will not be tolerated. Persons wishing to express outrage will do so in a controlled manner.
- Winners must be present at Prize distribution ceremony
- Any competitor wishing to appeal or complain any aspect of the event can do so. Complaints are to be received by the Race Board within 30 minutes of the competitor crossing the finish line. Complaints may only be made with first-hand knowledge.
- The Event Organizer, as advised by senior marshals, will consider appeals.

#### **Disqualification/Time Penalties**

- Any competitor/team who has not completed the entire course will be marked Did Not Finish.
- Any individual, male or female, will be barred from all events for life if found to have used physical or verbal violence during the event with any co participants, management or any locals.
- Any abuse of or disregard for instructions given by race marshals by any competitor will result in immediate disqualification.
- Any competitor found to have transgressed the rules and regulations of the event and/or acting contrary to the spirit of the event will be liable for disqualification.
- The Race Board may impose a disqualification or penalty taking into consideration the spirit of the event. A statement will be requested from the applicable competitor should he/she wish to explain or justify his/her actions.
- Team missing any Check Points will be slammed with time penalty & DNF.

#### **Spirit of the Race**

- No cheating regarding the rules and regulations of this event and the sport.
- Where one competitor finds another in need of emergency medical attention – they must stop & assist Abiding by the rules and regulations of this event and sport.
- Being eco-friendly, polite and prepared to assist a fellow man in need.
- No misleading organizers and/or marshals with inaccurate/incomplete Information.
- No removing or changing or damaging direction boards, Check points or signage of any sort.

#### **ECO Brigade:**

- NthAdventure is trying hard to go as NO/LESS plastic and making sure we do not leave any footprints behind and request all the participants to follow the same and embrace nature rather than disturbing it.
- Request everyone to follow the rule of **L N T – Leave No Trace** wherever you go.
- You will be passing thru many fields, farms, villages, hamlets and communities wish them politely and try not to disturb the vegetation as well as livestock.
- Making of fires, whatever the circumstances and no matter how small, are prohibited along the entire route
- Any waste to be carried to the closest transition or check points.
- No tree, rock etc. may be defaced in any manner.
- Be our Eco Brigade and spread the awareness and plant and maintain simple plant.

- Be polite and courteous to local villagers and pass quietly through all the settlements.

AT ANY POINT OF TIME ANY QUESTIONS SHALL BE ASKED TO RACE BOARD, ORGANAZING TEAM AND OR ANY OTHER AUTHORITIES/VOLUNTEERS. For any further queries, reach out to [explore@nthadventure.com](mailto:explore@nthadventure.com)

WE HOPE TO DELIVER A GREAT EXPERIENCE AND BUILD ADVENTURE RACING COMMUNITY IN INDIA – HELP US SPREAD THE WORD OF ADVENTURE RACING.

Thank You.

**Team NTHADVENTURE**

**Amplify your ADVENTURE**

[www.nthadventure.com](http://www.nthadventure.com)

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