

Webster County



Adventure Race

2013

Saturday, August 17, 2013
Brushy Creek State Recreation Area

Official Registration Packet



Greetings Adventurous Spirits,

The Webster County Adventure Race is a fun and challenging non-traditional triathlon hosted by the Webster County Conservation Board and the Friends of Webster County Conservation. This event was designed to combine great outdoor activities and to test your endurance! Most importantly we want you to have FUN!

Thank you for participating & good luck!!

The Course....

Your adventure will begin at Brushy Creek State Recreation Area

Race Day Sign In 8:00—9:00 a.m.

Pre-Race Meeting 9:00 a.m.

Race Start 9:30 a.m.

Participants will navigate their way through the beautiful Brushy Creek Recreation Area with only a map and their orienteering skills. Biking, Running, and Kayaking/ Canoeing will be your primary modes of transportation as you find the various check-points throughout the park. At each check point, racers will stamp their passport and move on to the next check point. Participants will also encounter a variety of challenges as they maneuver through the course. Upon successful completion of the challenges and check points, participants will race to the finish line to celebrate their ADVENTURE!!

The race should last 2-4 hours, depending upon ability level. All ability levels are welcome. (Participants 12-17 will require parental approval)

Participants may compete in solo, team, or relay divisions.

Medals will be awarded for the top three places in men's, women's, team ,a relay divisions. Finishing times will be posted on the Webster County website following the event.

Pre-registration is required for the race. No race day registrations will be accepted.



Frequently Asked Questions:

Participants

Who can attend? Anyone over the age of 18 may participate in the Adventure Race. Anyone 12-17 will need to have a waiver signed by a parent or guardian. All participants will be required to sign a liability waiver.

How much does it cost? You can race solo for \$30, as a 2 person team for \$60, or as a 3 person relay for \$90. Kayaks and canoes will be available for rent for \$15 (limited supply)

What should I wear? Comfortable clothes that are used for biking, running, and kayaking. Transition points will be centrally located to allow participants the opportunity to change footwear.

What do I need for gear? A mountain or hybrid bike, canoe or kayak, backpack (to carry your map, passport, water, & favorite race snack), & compass. **No cell phones or GPS units allowed**

Am I required to attend the pre-race meeting? Yes, this where you will receive the race map, passport, and race rules.

Can I register the day of the event? No, the race is pre-registration only. **Registration Deadline Aug. 9th**

How does the team work? You can compete as a 2 person team and do all events together or as a 3 person relay, with each person doing a different leg of the race.

What's included? Race t-shirt, map, passport, canoe/kayak/PFD/paddles (if rented), post-race snacks, water stations, and a GREAT ADVENTURE!

The Course

What will the course consist of? Participants will navigate a 2-4 hour course with biking, running, and kayaking/canoeing. Racers will use a course map to complete a variety of check points and challenges. Your passport will be stamped upon successful completion of each task. (Approximate distances—bike—? miles, run—? miles, kayak/canoe ? miles)

Where do we start & finish? TBD—we are working on the route. More info will be posted soon.

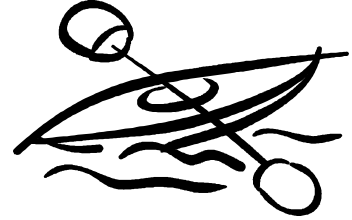
Can I use a kayak or canoe? Registered canoes and kayaks can be used (if required by Iowa Law). Team members must stay together during the race.

What are the challenges? Participants will complete a variety of obstacles along their journey. You will receive a stamp for each completed challenge.

Kayak/Canoe

Participants will navigate Brushy Creek Lake to locate a check point.

There are no restrictions on the length or weight of the vessel used for the kayak/canoe portion of the race. Life jackets are required. In the event of a capsized boat, swimming may be necessary.



If you do not have a kayak/canoe, you may rent one for the race for an additional \$15.00. Please mark the space on the registration form if you need a kayak/canoe.
(While supplies last)

If you are bringing your own kayak/canoe they can be dropped off and checked-in from 8:00 a.m.—9:00 a.m. at the Beach Area. Following the race you will be responsible for checking-out and picking up your boat.

Private kayaks/canoes must be registered.

Kayak course =TBD

(Team Division Only)

Team competitors may use a canoe or kayak for the water portion of the race. Team members must stay together as they navigate the course.

(Relay Division)

A 3 person team may compete as a relay. Each member of the team will complete a different leg of the race (bike, run, kayak/canoe).

****Canoe/Kayak rentals include: paddles & Personal Flotation Devices (PDF's)**

Run

Runners will navigate the Brushy Creek Trail System to the Run Check Point. Participants will encounter challenges along the route.

Running will take place on the Brushy Creek multi-use trail system and park grounds. Runners will encounter rock, mulch, grass, bridges, hills, water, mud, and sand. Shoes are required.



Relay team members should check-in at the start/finish area prior to the start of the race.

Run course = TBD



Bike Route

The biking portions of the race will take place on the Brushy Creek Trail System. A mountain or hybrid bike is recommended. The trail will consist of loose gravel, grass, and paved roads. The route will not be closed to other park users (please be considerate of other park visitors).

Bicycle helmets are required.

Biking relay team members should check-in at the bike corral area prior to the start of the race.

Bike course = TBD





Facilities and Activities

Picnicking/Shelters

Brushy Creek is a great place for picnics and large gatherings. Picnic areas are located around the park. They offer tables and fire grills. Two [open shelters](#) can be reserved online through the [park reservation system](#).

Equestrian Camping

Equestrian users enjoy one of the most modern camp facilities in the Midwest. The northern equestrian campground has a modern shower and restroom, 125 campsites (50 electrical), horse wash area, ample shade, a substantial hitch rail at every site (users are required to tie animals to rails) and a 100' by 200' arena. Water hydrants with potable water are available, as are picnic tables, grills, and a playground. In the future another shower/toilet building will be constructed.

The south campground has a modern shower and restroom with 62 electric, 22 non-electric sites, and 8 full water and sewer hookup sites with the same amenities as the northern campground. Advance campsite reservations can be reserved online through the [park reservation system](#). Half of the campsites are still available on a first-come, first-serve basis.

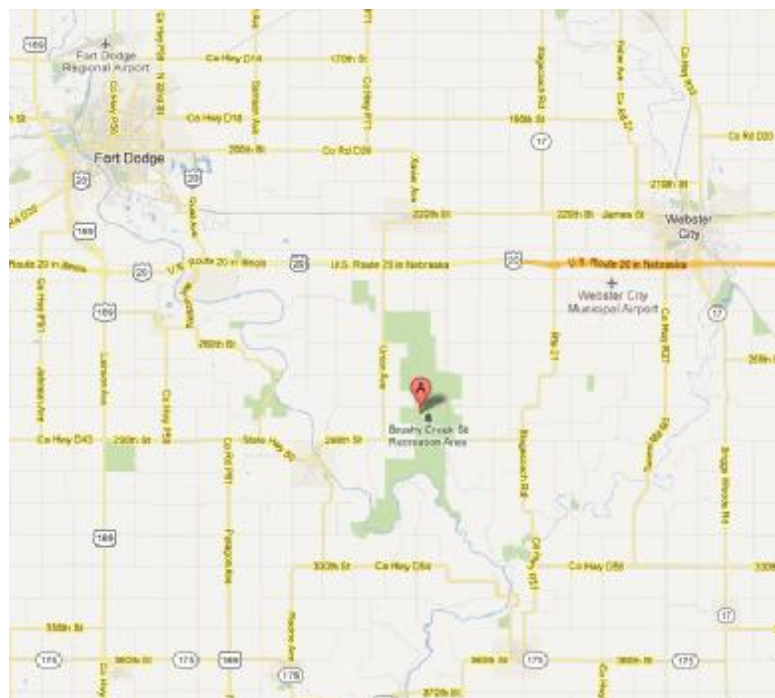
Horses are not to be hitched or tied to trees, shrubs or park facilities in a manner that will cause injury or damage to the plant or facility. Animals may be hitched to trailers for short periods of time for grooming and saddling. Animals must be stabled inside a trailer, at a hitch rail or in stalls or corrals if provided. Portable stall/pens or electric fences are not allowed.

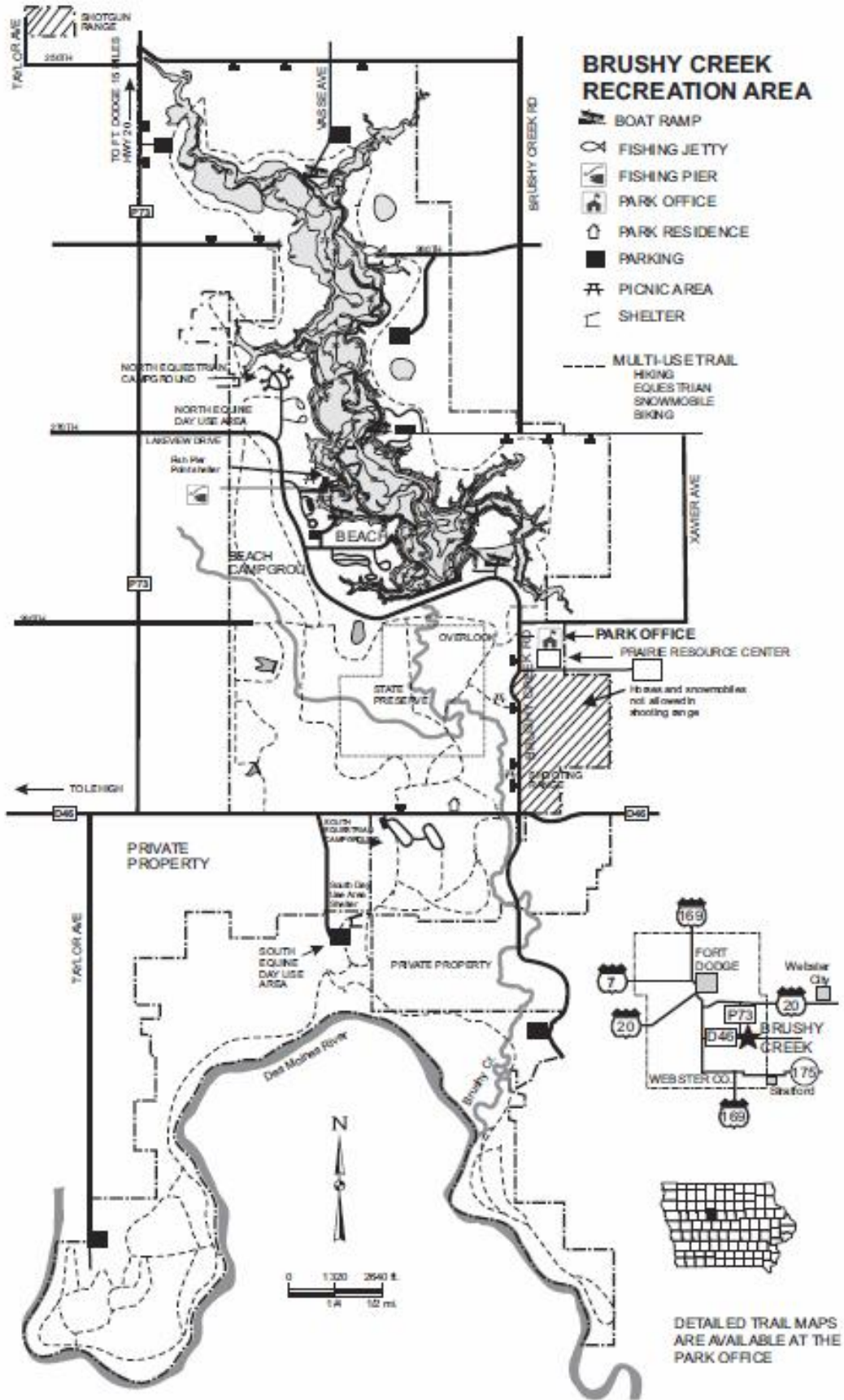
Non-Equestrian Camping

A non-equestrian campground has 47 sites including 39 electric sites, and 8 with full water and sewer hookups. This location makes the campground very inviting to those using the nearby boatramp and beach. This area is also available for picnicking. Non equestrian campers are also welcome to use any of the equestrian campgrounds. Half of these campsites can be reserved online through the [park reservation system](#). The rest of the campsites are available on a first come/first serve basis.

For more info:

Brushy_Creek@dnr.iowa.gov





What is an Adventure Race? The race is an informal triathlon that tests participant's wayfinding & endurance as they bike, kayak, and run.

Race information packet can be found at www.webstercountyia.org

What is included in the entry fee? All participants will receive a T-Shirt and refreshments following the race.

How long is the course? Participants will navigate a 2-4 hour course through Brushy Creek State Recreation Area. The race will include a variety of checkpoints & challenges along the way!

Do I have to run/bike/kayak? No, if you are not comfortable with an event you may enter as a 2 person team or 3 person relay.

What if I don't have a kayak/canoe? Kayaks/Canoes will be available for rent. (\$15) **Limited Supply**

Is there a minimum age? 12 years old. Under 18 will require a parental signature.



WEBSTER COUNTY ADVENTURE RACE

****Brought to you by Webster County Conservation & Friends of Webster County Conservation****

Saturday, August 17th, 2013 - Brushy Creek State Recreation Area **Pre-registration required.**

Race Day Sign-In Starts at 8:00 a.m. Pre-Race Meeting at 9:00 a.m. Race Starts at 9:30 a.m.

(RAIN OR SHINE**)**

ENTRY FORM (Please check below)

Mail to: **Adventure Race Cost:** \$30 Individual _____
 Webster County Conservation
 1415 Nelson Avenue, Fort Dodge, Iowa 50501 \$60 team (2) _____ **TOTAL \$** _____
 Fort Dodge, Iowa 50501 \$90 relay (3) _____
 \$15 Kayak rental _____
Registration Deadline Aug. 9th \$15 Canoe rental _____

Name: _____ Age: _____ Sex: _____ T-Shirt Size: S M L XL XXL

Mailing Address: _____

City: _____ State: _____ Email: _____

Release of Liability I understand that participating in an adventure race is a potentially hazardous activity. I should not enter or participate unless I am medically able and properly trained. I assume all risks associated with participating in this event including but not limited to: falls, contact with other participants, the effects of weather, including high heat and humidity, traffic, water conditions and the condition of the road/trail. I understand that the roads will not be closed in this race and that I will have to watch out for traffic while biking. I further understand that the kayak course will not have a lifeguard on duty and swimming may be necessary in the event of boat capsizing. Having read this waiver and knowing these facts and in consideration for accepting my entry, I for myself and anyone entitled to act on my behalf, waive and release the Webster County Conservation Board & Staff, Webster County, the IDNR, State of Iowa, and all sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participating in the event, though that liability may arise out of negligence or carelessness on the part of the persons named in this release of liability. I am over 18.

Name

Date

****Make checks payable to Friends of Webster County Conservation****