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Version June 15, 2009

Lake Mineral Wells Adventure Challenge June 20, 2009

Thank you for choosing to join **SteelSports.net, LLC** for fun in the great outdoors! Adventure racing is a team sport that requires you to negotiate various challenges using teamwork, skill, endurance and a positive attitude.

Friday, June 19, 2009:

Informal Check-in in evening. If we are around the main TA, feel free to ask to check-in; however, if you check-in we do require all team members to be there.

"Informal", because we did not want to require everyone to take off work Friday to race. :-)

Saturday, June 20, 2009:

- 5:00 am – TA opens
- 6:00 am – Race check-in;
- 6:30 am – Boat Drop Opens, (You should expect to portage your boat and you may leave all the necessary paddling gear and portage gear when you drop your boat.)
- 7:00 am – Pre-Race Meeting at TA
- 7:30 am – Race Starts
- 7:30 pm – Race cutoff



Race Information:

***NO COURSE SCOUTING STARTING WED. JUNE 17th.

This race will include various disciplines in the following estimated distances:

Mountain Biking – 20-25 miles – some of this will be on horrible SAND, but we will not beat you to death with it. We will try to put you in control of your route selection. NOTE: If you bike on the foliage, rather than naked sand, it will be an easier ride.

Paddling – 6-11 miles

Trekking/Trail Running – 8-12 miles

Climbing/Rappelling – The time you get to this section will be part of your strategy. The better strategy you have the less chance for bottle necks. You will have both a Rappel and a top rope climb. You SHOULD invest in a \$30 harness per team member and 2 Carabineers and one ATC. If you continue racing, you will likely use these again, anyway. Plus, it's a fun hobby.

*******PLEASE STAY WITHIN THE PARK BOUNDARIES DURING THE ENTIRE RACE. Failure to do so will DQ your team.**

Additionally, if a teammate does NOT want to climb, or rappel, we will allow them to serve a (probably 10 minute) penalty PER section. Time will be served in real-time, AFTER their team has finished.

Special Tests – May appear throughout race to test racers' abilities to work as a team and solve problems.

Required Gear:

Mandatory gear for the entire race:

- a) One (1) compass per team;
- b) One (1) Team First Aid kit – YOUR DISCRETION
- c) One (1) whistle per person;
- d) One (1) hydration system per person --
- e) A 1:24000 map grid (UTM Plotter);

Mountain Bike Leg:

- a) One (1) mountain bike helmet per person properly worn --;
- b) One (1) mountain bike per person --;

Paddle Leg:

- a) One (1) Type II or III PFD properly worn per person --;
- b) 1-2 kayak(s)/Canoe(s) per team as needed, plus kayak paddle per person--;

Ropes/Climbing Leg:

You SHOULD bring the following and use provided it passes gear check:

- a. Harness;
- b. ATC or Figure 8;
- c. Carabineers x 2
- d. Climbing Helmet or Mountain Bike Helmet;
- e. Optional Climbing shoes if you want.

Recommended Gear:

- a) Changes of clothes. Whether it rains or not, you WILL get wet;
- b) Tow system for your teammates – assist one another when/if one of you is having a tough time;
- c) Waterproof Map Case;
- d) Map pencils/pens;
- e) Bug Spray;
- f) Sunscreen;
- g) Headlamp; for slower teams just in case you get lost and dark arrives.
- h) Leg Gaiters!!!
- i) Combination Bike Lock (in case you want to lock your bike up at sometime during the course)

Weather Conditions:

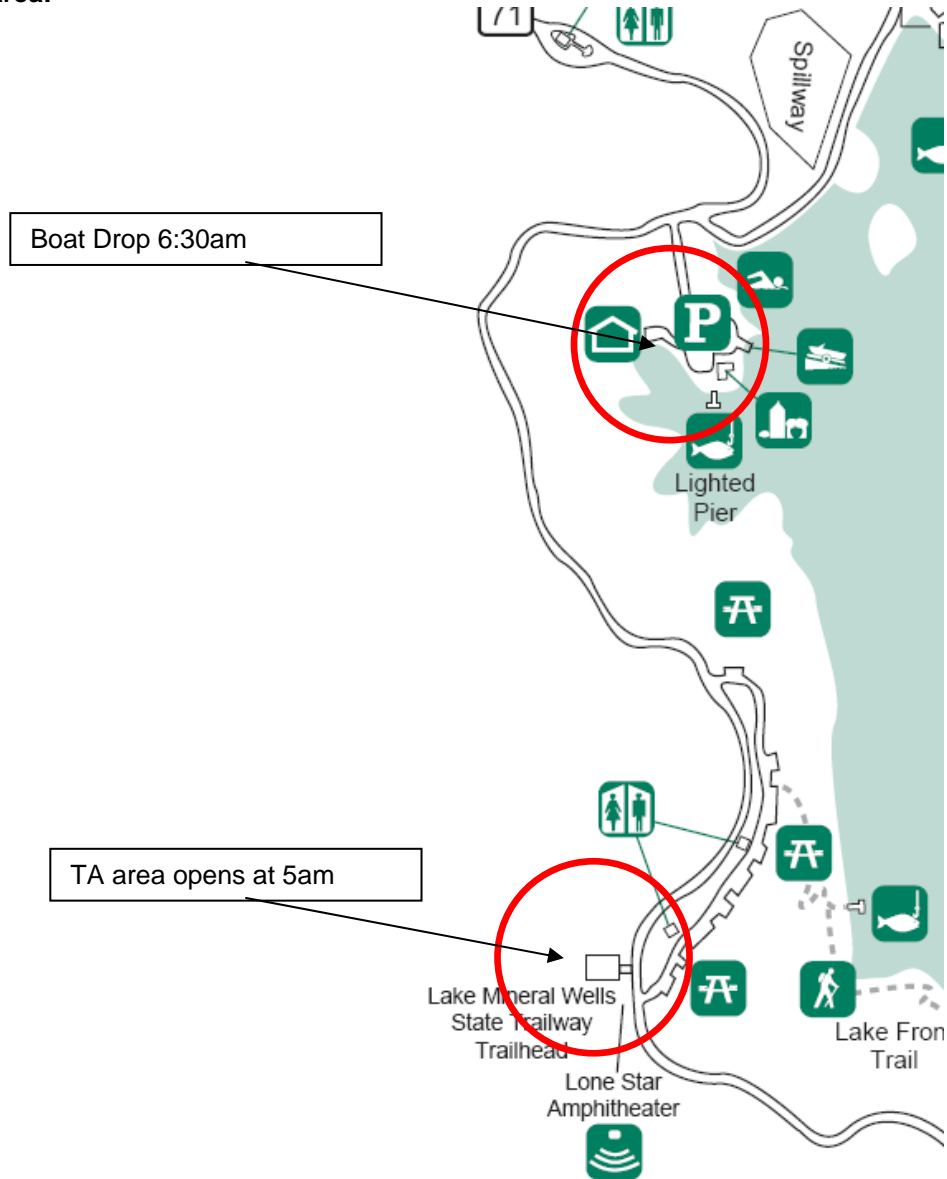
In the event of significant rainfall, the race will continue, but may have a change in race routes.

In the event of local lightening/thunderstorms, tornados, the race may be delayed or postponed to protect participants.

Awards:

Awards will be based on the follow criteria per division. If 6 teams pre-registered in that division then we will go three deep, If 4 teams pre-registered then we will go two deep, If 2 teams or less in that division then we will go one deep. Awards are based on pre-registered teams, not teams that show up race morning.

Transition Area:



TA at the Trailhead parking lot. You can set your tent up Friday night, if you want. You may also camp there, but please let us know the night before at the TA, so we can get a head count. Price is \$6 per team for camping in that area Friday and/or Saturday night.

Support crews are allowed to assist your team in the transition area, with bikes, supplies, food, etc. Fans are allowed to watch from the transition area. Support received away from the TA will result in disqualification.

RESTROOMS are located at the parking lot. It's NOT fancy. There are better toilets in the restroom near the Penitentiary Hollow.

What is included in your Race Fee:

- Race Entry
- Park Entry, if you don't have a conservation passport;
- Maps;
- Swag;
- T-Shirts;
- Other Goodies

If you need anything, please feel free to email reneauj7@gmail.com, or call **(318) 237-3086**.

Passports:

Racers will stay together throughout the race, unless instructed otherwise. Teammates must be within 30 seconds or eyesight of each other, whichever is closer. Steel Sports uses a passport system to insure team travel together to each CP.

- GPS units prohibited, unless provided by Race Director;
- 2-way radios are allowed to communicate with your support crew; however, no CP location help is allowed. Please honor the Adventure Race spirit in allowing your team to negotiate the race course unassisted. All safety communication should be shared with Race Directors ASAP;
- Parking areas will be arranged to provide maximum enjoyment and safety to race participants. Please comply with Staff instructions to relocate if necessary;
- **Fair Warning:** Any team member or crew in violation of race rules or staff instructions will be subject to disqualification without refund. Disqualification will depend on severity; however, please understand that the Rules or instructions may be for YOUR SAFETY, the safety of other participants, or our COMPLIANCE with the HOST SITE GUIDELINES.

NOTE: Please be nice to the race staff and any visitors you may see. We couldn't have a race, if we didn't have the staff, and the visitors you encounter, MAY be the people who gave us permission to use their land.

Boats:

- **Canoes** rentals are on your own. SteelSports.net, LLC has nothing to do with boats this race:
 - State Park concession area 940-325-7152 or Jenny at 940-445-1949
 - This option will require you to coordinate with Jenny how and when to pick up your canoe, PFD and paddles for the race's 6:30 am boat drop, since they open at 8:00 am, When you are done with the kayak you or your support crew could return the boat back to the concession.

Lodging Options:

- a. Camping at the Trailway Trailhead Parking lot Friday night with the rest of us; (\$6)
- b. Many hotels in Weatherford or Mineral Wells.
 - a. Super 8 in Weatherford off of I-20 (close to StarBucks). It's new and clean. 720 Adams Drive, Weatherford, TX 76086, **(817) 598-0852**
 - b. OR, at Best Western Suites in Mineral Wells. It's new and clean. 4410 Hwy 180 East, Mineral Wells, TX 76067, **(940) 325-2270**

Each racer must sign the waiver below. There are two waivers on each page, so 4-person teams should print that page twice. Please bring with you to race check-in to expedite process. We will also have each person sign the climbing waiver list at team check-in Friday night or Saturday morning.

Thanks,
Justin Reneau, Race Director
(318) 237-3086

P.S. Starting Wednesday June 17th I will be in the woods and without internet connection. If you have a question you can call or text my cell phone at (318.237.3086). If I don't answer just leave a message and I'll get it later that day and call you back.

SteelSports.net, LLC Waiver and Release

Every participant (or participant's parent or guardian if the participant's is under 18) must read and sign this waiver form prior to participating in the Steel Sports Event. Signatures on this form indicate and attest that each person signing has read, understands, and agrees to the following statement and information:

There are risks associated with my participation in this event and its related activities.
Outdoor Events are held in remote areas. You may be 45-90 minutes away from the nearest Emergency Room.
Wild animals inhabit the race area, such as snakes, alligators, insects, etc. There is a possibility of injury or illness should you encounter.

Participation: If the participant is under 18 years of age, I am the legal guardian and he/she has my permission and consent to participate in the Steel Event. I understand that if there are certain portions of the event that I deem are too dangerous for me, I am expected to pull myself out of the event. Neither SteelSports.net, LLC, nor the host site(s), mandate that I undertake risks for which I am not properly trained or conditioned.

Litigation: I release and discharge SteelSports.net, LLC, Texas Parks & Wildlife, Louisiana State Parks, event sponsors, event workers, or any of the subsidiaries, affiliates, directors, officers, or employees of any of the above from all liability, actions, suits and demands whatsoever, in law or in equity, for losses or damages of any nature resulting from injury (including death) caused in whole or in part by the acts or omissions of any of the above parties or by any other cause. I hereby waive any right to assert such a claim or cause of action and covenant not to sue any of the above-named parties. I hereby waive any right to assert such a claim or cause of action and covenant not to sue any of the above-named parties.

Marketing: I grant full permission for the event organizers to record any or all of my participation in this event for photos, motion pictures, TV, radio, recordings, videotapes, and other media known or unknown, and to use such recordings or images, no matter by whom taken, in any manner for publicity, promotions, advertising, trade, or commercial purposes, without any fee to reimbursement of any kind due to me.

Participant NAME (please print)

Participants Signature

Date (Or parent's or guardian's if participant's under 18)

*****IF UNDER 18 YEARS OF AGE*****

Who is the ON-SITE person responsible for them?

Print Name Please

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