



Pain in the Pines Adventure Race March 12, 2011

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.



PARKING:

Please park in the parking lot with the Red Circle above. You may also park on the outer edges of Blackjack campground. Please do not park in a parking space at Blackjack, unless you have reserved a space.

NO TRAIL ACCESS FOR RACERS FROM WEDNESDAY, March 9th, UNTIL RACE START. VIOLATORS WILL BE DISQUALIFIED FROM EVENT.

Friday, March 11, 2011

- 6:00 pm – 8:00 pm** Informal Registration packet pick-up at Blackjack Campgrounds. We will have our travel trailer set up there Friday evening, so if you see me, feel free to stop by and check in. This will save time on Saturday.

Saturday, March 12, 2011

- 6:30 am **Transition area** Mountain Bike Trailhead and parking area. ***Drop boats, before pre-race meeting, on grass, near boat dock***;
- 7:00 am **Team Check-in**
- 7:30 am **Pre-race meeting**
- 8:00 am **Race Start**
- 8:00 pm **Race Cut-off**





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www.SteelSports.net

Special Thanks to our Sponsors:



SteelSports Events benefiting Extreme Missionary Adventures

SteelSports.net is excited to be working with XMA. Proceeds from our events are being donated to XMA to aid them in their missions for humanitarian aid throughout the world.



Extreme Missionary Adventures is a non-profit organization dedicated to helping volunteers make a positive impact on their world. Our volunteers share the love of Jesus with overlooked people in remote locations around our world and help with human needs such as medical, dental, construction, educational and other basic needs. Our lives have been changed for the better by what Christ did for us. We now want to help others with their physical needs, but more importantly show them how they can have lasting peace in their lives.

For more information, please visit www.XMAOnline.com

SPRINT Race Information:

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

- Mountain Biking – 10-12 miles
- Paddling – 1 mile;
- Trekking/Trail Running/Navigation – 5-8 miles
- Special Tests/Mystery Events – May be encountered throughout race to test racers' abilities to work as a team and solve problems.
- Ropes Course

12-Hour Race Information:

Approximate Distances (finish time 8-12 hours):

- Mountain Biking 20-30 miles;
 - Trekking 8-12 miles;
 - Paddling 3-6 miles;
 - Ropes Course;
 - Teamwork Challenges
-



Required Gear:

Our required gear list is very limited. You should be familiar with your own needs during a race. We provide an additional "Recommended Gear" list, but that is totally up to you.

Mandatory gear for the entire race:

- α) One (1) compass per team;
- β) One (1) 1:24000 map grid per team ;
- χ) One (1) Team First Aid kit – YOUR DISCRETION
- δ) One (1) hydration system per person -- NO ASSISTANCE ON THE COURSE IS ALLOWED, WITHOUT DISQUALIFICATION;

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. We will provide, unless you want to bring your own --;

Recommended Gear:

- a) Changes of clothes. Whether it rains or not, you may get wet on the mountain bike and probably the trekking legs;
- 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) Vaseline for blister protection;
- f) Moleskin for blisters;
- g) Duct Tape for everything;
- h) Hat to block sun;

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, tornadoes, the race may be delayed or postponed to protect participants.

RESTROOMS are located at the Blackjack parking lot

What is included in your Race Fee:

- Race Entry;
- Park Entry
- Race T-shirt, (Only guaranteed IF you registered before the pre-registration deadline);
- Maps;
- Swag;
- Post-race dinner, for racers only, from !

If you need anything, please feel free to email rodneym@SteelSports.net, or call (903) 871-8466.



Maps and 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.

All CPs should be punched or initialed by staff on your all-weather, paper passport.

- 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.
 - If a team is disqualified for a safety or compliance violation, no Steel Sports series points will be awarded for the race;

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.

- Maps are expensive – If you lose your map, you do not receive another. You will have to tag along with another nice team, or bring your own back-up map, that can be purchased by following the “MyTopo” link on this race's page;

Lodging Options:

- a. **RV camping available in Blackjack for normal fees of \$15, per night.**
- b. **Tent camping (not official) allowed just for this event in the middle, dirt section of Blackjack on Friday night only.**
- c. **Camping** at the state park can be reserved by calling **512-389-8900**. They have shelters and cabins with A/Cs
- d. **Hotels** If you chose to reserve a hotel room, please follow the hotel links from the www.SteelSports.net to reserve your hotel.



Pain in the Pines Racer

March 12, 2011

Please Admit ONE Racer for the event. SteelSports.net will
reimburse Tyler State Park

Racer Name: _____

Team Name: _____