

PCS Jr. Adventure Race Chetwynd

June 3, 2018

Overview:

The Peace Christian School Adventure Race is a 3-part race involving the disciplines of mountain biking, canoeing and hiking/running. Competitors will form a three-person team involving team members in grades 3-7. Younger may race, but may require adult assistance.

Teams will complete each section of the race together (within 100m), navigating through a marked course and traveling through mandatory checkpoints to the finish line as quickly as possible. To be officially ranked all three members of the team must finish together (including the bicycle).

The race will take approximately three to five hours to complete. To win, all members must complete each section unassisted with the necessary gear. Eg: all bikes must complete the bike section.

Mountain Biking

This section will be primarily on gravel roads and dual-track trails with elevation gains and descents. All roads and trails will be marked. The approximate distance is 10 km.

Hiking

This will be done primarily on marked trails. Approximate distance is 5 km.

Canoeing

This portion will take place on non-moving water (Big Lake). Approximate distance is 2 km.

Mandatory equipment

1. Mountain bicycle (Light bikes are a plus—heavy dual suspension will make things harder)
2. Helmet
3. One Canoe per team
4. Personal Floatation Device for each racer

Recommended equipment

1. Water bottle, hydration packs
2. Shoes/trail shoes
3. Wind-proof jacket
4. Change of clothes (esp. extra socks)
5. Energy bars
6. Toilet paper
7. Team spirit
8. Canoe paddle(s) – make sure we get it on video if you try without...

** Change of footwear highly recommended*

100 meter Rule

Team members must never be out of sight of each other (or have a distance greater than 100 meters separating the first member from the last member). You *must* race as a team.

Penalties

A team in which one member has withdrawn will be officially disqualified. Teams receiving outside assistance such as pushes from adults will be disqualified from winning. Failure to have mandatory safety equipment will result in disqualification of the whole team.

Team Responsibilities

- Teams and their sponsors/support vehicles are responsible to get all race equipment to the race start site and/or transition areas, and to remove all gear from the finish area.
- All teams will need to be represented at a mandatory informational meeting the night before at 6:00 pm, June 2, 2018, at Peace Christian School (Dokkie School Rd.)

Registration fee/deadline

Registration by Tuesday, May 29 is \$60.00/team, (please make cheques payable to Peace Christian School). This fee will include Saturday night refreshments, a post-race meal and a race T-shirt.

Late registration (May 30-June 2) is \$80.00/team and will jeopardize the availability of the race T-shirt.

Peace Christian School
Adventure Race 2018
"Registration Form"

Team Name: _____

Team Information *(please print)*

Team Name:		
Participant 1: Age:	Participant 2: Age:	Participant 3: Age:
T shirt size (Youth): S M L XL <i>(circle one)</i>	T shirt size (Youth): S M L XL <i>(circle one)</i>	T shirt size (Youth): S M L XL <i>(circle one)</i>

Each team member will have and must sign a separate waiver form and no team will be allowed to participate without this documentation.

Other information:

- ✓ Registration fee is **\$60 per team of 3** payable upon submission of this registration form.
- ✓ Late Registration (On and after May 30, 2018) is **\$80.00 per team of 3** payable upon submission of this registration form.
(Cheques payable to Peace Christian School)

Team Contact information:

email: _____

Telephone: _____

Peace Christian School
Adventure Race 2018
"Participant Waiver Form"
(Each team needs three of these)

Participant Name: _____

Age: _____

In consideration of Peace Christian School, event sponsors, volunteers, and organizers accepting this entry, I hereby for myself, my heirs, executors and administrators, waive and release any and all right and claim for damages sustained by me as result of this event, for any cause whatsoever, including negligence. It is expressly understood by the undersigned that this event is entered into at the sole risk of the undersigned and that the organizers and sponsors of the event are exempt from liability for any and all damages sustained and any and all injuries and loss, including personal and property loss arising from any cause whatsoever, including negligence.

I understand that I may appear in future race promotional material, social media, Peace Christian School publications, and/or keepsake DVDs.

All participants must sign this waiver, as a condition of participation and participants under 19 years of age will require a parent/legal guardian waiver signature.

Team Information

Team Name:		
Participant 1	Participant 2	Participant 3

Each team member will have and must sign a separate waiver form and no team will be allowed to participate without this documentation.

Parent/Legal Guardian Signature:

I, the parent/legal guardian of _____ (Name of the competitor, please print) hereby certify that I have read and agree to be bound by the terms of the above waiver on behalf of said competitor.

Signature of Parent/Legal Guardian

Date

Signature of Participant

Date