East Grand Adventure Race

Teens, Adults, Families

Saturday May 13, 2023

Hosted by the East Grand High School Outdoor Education Program

DOOR PRIZES/FAMILY DIVISION/KAYAKS WELCOME IN ALL DIVISIONS

15th annual adventure race. The 20-mile race will consist of four parts, 1st an off-trail compass run 1+ miles, 2nd will be a new mountain biking route for approx. 10 miles on woods roads & trails. 3rd is canoeing or kayaking for 8 miles on Baskahegan Stream. Note: distances are approximate, KAYAKS are WELCOME in all divisions. Challenges may include new and past challenges such as the mud pit crawl, scaling wall, culvert crawl, log rolling, paintball challenge, etc. Back in the gym after the outdoor course is completed is a climbing wall and new environmental challenge where racers need to identify branches of evergreen trees. Successful completion of challenges earns minutes off your overall course time!

Nine Divisions: Race in pairs in the High School Boys, Girls, Mixed, Adult Men, Women, Mixed. Jr./Sr., (Jr./Sr. minimum age is 12 and must compete with an adult. The new noncompetitive Family Division is for kids/teens with parents/adult mentors to participate without having to do the entire course. Can be 2 or more people, includes the compass run and paddle legs skipping the biking leg. Transportation provided from the end of the compass run to the start of the paddling leg. Open Division (can be solo, any size group, 3, 4,5, 6, race boats, kayakers, relay etc. Example of an Open Division team: Enter a team of six, two do the compass run, two do the biking and extra challenges, two do the paddling. Another example, enter a team of three-one does the compass run, one bikes and one paddles (canoe or kayak). You get to choose the size of your team and who does what!

34 Mile Flat Water Race: A separate canoe/kayak race from the headwaters of the Baskahegan Stream to Bancroft. This will run in conjunction with the Adventure Race. Note: race will be shortened if wind is forecasted. **34 mile racers check in is 7:00AM, then load and go!**

Pre-Registration: Entry fee is $20.00 per person when we receive your registration and payment no later than Friday, 1PM. **Registration the Day of the Race:** is $30.00 per person. Entry fee includes a generous lunch, adventure race t-shirt, and attractive trophies to the top three finishing teams. **Special pricing for the Families,** $20.00 per person for the 1st 2 and $5.00 per person for others, must be members of the same family.

AWARDS: Jet Boil Stoves and Gift Certificates to Ski Rack Sports (awarded to the High School divisions and the Juniors in the Jr/Sr division only): 1st place finishers each receive a Jetboil backpack stove valued at $100 each. 2nd place finishers receive a $75.00 gift certificate, 3rd place finishers receive a $50 gift certificate.

DOOR PRIZES: All racers will be entered in a drawing for a new 15'8" discovery Old Town Canoe with a retail value of $1300, donated by Old Town Canoe. 4- season day passes, hats and t-shirts donated by the **North Maine Woods.** Must be present during the awards ceremony to win.

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Race Details

Level of difficulty: While the race will be physically challenging. It is not beyond the reach of those who are in reasonably good physical condition. We highly recommend a routine of training, well before the race that includes biking, jogging/running and canoeing. There will be a water, Gatorade, and snacks located at each transition point.

Check-in (PLEASE READ CAREFULLY): Saturday at the East Grand School Gym 7:30 – 8:15AM to receive your race number, t-shirt and course map. Before 8:45AM you'll need to number your mountain bike (number provided) & boat (self-adhesive number provided, place on right front of boat) and drop off boat at the landing in town. There will also be a pre-race compass challenge in the gym that ends at 8:40AM so plan on arriving early enough to take care of pre-race equipment labeling, dropping off & challenge. **Note: Check-in closes at 8:15AM, late arrivals will miss the first indoor challenge. Those that register the day of the race may become a write-in entry beginning the race last and may also miss the first indoor challenge.** Pre-Race talk is 8:45AM, load buses at 9AM. Upon completion of the outdoor course, you will be transported back to the gym for lunch, and the climbing wall challenge 1:30PM to 3:30PM. We are aiming to do the awards presentations at 3:45PM and wrap thing up by 4PM.
34 mile racers Check in is 7:00AM, then load and go.

Equipment & Clothing
Bikes: Mountain bike (any style of mountain bike is fine), Helmets required.
Canoes & Kayaks: General recreation includes canoes sold for general recreational use. In general ABS and Polyethylene canoes (Example, Old Town Discovery Series 169 and 174, Penobscot Series 17 & 18.5. Race boats & race kayaks are welcome in the open division). Two proper fitting type III PFDs and these must be worn during the race. At least three paddles (one being a spare.), baler.
Compass: A basic compass with lanyard that includes a base plate with direction of travel arrow. Know how to use your compass!
Proper clothing and footwear: Clothing should be of synthetic materials (fleece & polypropylene) used with an outer shell. Check the forecast and plan accordingly. Volunteers will be available at check points to collect a shed layer of clothing. You may want to bring a waterproof bag with a set of warm clothing or a farmer Jon style wetsuit to place in your boat in case of cold, rainy weather or in the event of an upset.
Staying overnight: If you are coming a long distance and prefer to come the night before. Please contact Dave for accommodation options. They range from pitching a tent on East Grand Lake, to lodging in the area. (Links to lodging available on our website.)

Directions To East Grand High School
When coming from central and southern Maine, take 95 north to exit 227. In Lincoln, take a left onto Rt. 6. Follow Rt. 6 through town and east to Springfield. In Springfield, take a left onto Rt. 169, bear right twice over the next 20+ miles for Danforth. In Danforth, cross over the train tracks go up over the hill and take a left onto Rt. 1 north, the school is on the right. From the Houlton area and points north, take Rt. 1 South to Danforth, the school is on the left. From Down East Maine, take Rt. 1 north, Rt. 1 makes a right turn in Danforth, turn right and the school is on the right.

Questions? please contact race coordinator Dave Conley Hm. tel. 207-448-2743, Cell 207-551-8729 Email: dave@canoethewild.com

East Grand Adventure Race Details Continued

Racing order: Compass bearing challenge in the gym 8-8:40AM, compass run 1+ mile, biking 10 miles, paddle 8 miles, climbing wall and environmental challenge in the gym after the outdoor course is done.

Two Transition Points: These are at the compass run to biking, and biking to canoeing transition points. Your numbered bike and helmet will be placed in a numbered area (example 1-10) so you can find them easily. At the canoe transition point your paddles and life jackets will be in your canoe (as long as you placed them in your canoe when dropping off before the race). You can grab a snack and drink at each transition point. Need to shed a layer or leave something at a transition point? We will return items to the front of the school on a table. Bikes, canoes, & kayaks, dropped off in front of the school for you to pick up after the race. **Note:** You may want to consider bringing a set of clothing or extra layers to change into at the landing after completing the mud/water obstacles prior to the paddle course, place in your boat at the landing when dropping off pre-race.

If a team needs to drop out: due to an injury or other reason. You can do so at a check point and will receive a ride to the school by volunteers manning transition points. Volunteers will be patrolling the bike route if you need assistance.

Safety: Dirigo Search and Rescue of Bangor is providing support for the compass run and the Danforth Fire Department for the bike leg. We will provide 'sweeps' for all three sections of the race if all teams fail to cross a check point after a reasonable length of time has passed.

Buggy? It the forecast is for temperatures above 53 degrees, if may be buggy on race day. Racers may want to apply fly dope just prior to the compass run portion of the race. We recommend keeping repellants off your face so if you sweat, you don't end up with repellant in your eyes. Bandana as a head band?

Map and Compass: **Know how to use your Map and Compass!** We have a flier on line (www.eastgrandschool.org) to down load with detailed instructions on how to use a map and compass, how to take into account for declination using a longitude line, and how to take a reading (bearing) for direction of travel. Be sure to review and become familiar with how to align a map and take a bearing prior to the race. Be sure to bring a compass with a base plate on a lanyard. A map will be given to you with a direction of travel line (start to finish). While cell phones are a nice thing to have in case you get into trouble, we are asking you not to use them for navigational purposes. No GPS units permitted.

Compass run reminders: We highly recommend wearing long pants to protect your legs from scratches (raspberry bushes and brush). Wear sunglasses or similar safety glasses to protect your eyes. Wear shoes that are broken in and proper fitting, laced up and with socks. **Watch your step!** Set a pace that prevents falling, spraining an ankle and getting hurt. **Whistle:** You'll want to bring a signaling whistle in the event you get 'mixed up' or hurt during the compass run. If you do get mixed up and can't figure your way, stay put and a safety crew is on hand and will do a sweep after a reasonable amount of time has passed.

Biking reminders: Wearing eye protection is recommended (sunglasses?). The bike course is mostly good gravel woods roads but keep an eye out for bridge crossings, pot holes and washouts! There may be obstacles along the way such as a stream crossing or mud hole. Use CAUTION when racing down steep hills so as not to lose control of your bike resulting in a nasty spill! The bike course is well marked with directional arrows (yellow signs on stakes PLEASE DON'T CONFUSE WITH SNOWMOBILE OR ATV LARGER YELLOW SIGNS THAT ARE UP YEAR AROUND).

Bathroom Breaks? We will have a portable toilet at the end of the bike leg. For all other legs including the starting and transition points.... head for the woods!

Showers: Available after the race in the gym (guys off to the left, girls far left corner of the gym).