

# Welcome to the NYARA Saddle and Paddle!

Newsletter 1.0

This here is your official race packet. You'll find all the information you could possibly need to navigate the whole darned race.

Well, maybe not all the info. But maybe most of it...

Date: April 21<sup>st</sup>, 2002

Location: Blue Marsh, PA right near Reading

What's that? You don't know where to go? Well then....

Here are your directions to camping the night before the race:

**I -78 West to exit # 23 (Shartlesville), head north past the gas station and it's 1 mile on your left.**

Directions to race start from campground:

**Take I-78 west to exit #19**

**Travel 8.9 miles south on Route 183 south to the Church Road Access**

**Parking lot (on your right, right past the town Bernville). Watch out, the turn comes up fast.**

Your race packet includes information on the following:

1. Trekking and running
  2. Water crossing
  3. Canoe Orienteering
  4. Watercraft used
  5. Mountain biking
  6. Navigation
  7. Transition areas
  8. Safety
  9. Emergency procedure
  10. Deposits for emergency radios
  11. Rules and regulations
  12. Mandatory Gear
  13. Skill-testing the night prior to the race
  14. Lodging in area
  15. Free camping near race
  16. Mandatory waiver
  17. Gear check
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1. Trekking and running--The trekking and running portions of the race will take place on hiking trails and bushwhacking. It's important to watch your

footing. There are many tree roots and rocks. During the event competitors will have to cross paved roads, pay special attention to vehicular traffic when traveling on and crossing paved roads. Race management has been granted a permit for you to use this property. Treat the area with respect and utilize the no-trace rule.

2. Water crossing--There will be a portion of the race where teams may use a strategic water crossing in order to minimize the distance traveled on foot. You must pay close attention to the course description when considering a water crossing. At all times where you are near, in or around a body of water you **MUST** wear your PFD. Competitors in violation of this rule are subject to penalties and/ or disqualification. Competitors must stay together when crossing bodies of water. The water safety director will have the ultimate say as to cancellation and modification of the water portion of the race.
3. Canoe orienteering--in this race you will experience something different from traditional adventure racing. Instead of traveling from point A to B you will have to plot the most efficient route in order to gain the points needed to complete the canoe orienteering leg. Numerous points will be placed in and around Blue Marsh Lake. Teams must figure out how to accumulate the needed amount of points in the fastest time before proceeding to the next leg. Route selections will decide who finishes first.
4. Watercraft Used--Are Coleman 15' canoes. They are light, tough, quiet, and easy to paddle. Coleman Canoes are rugged one-piece molded RAM-X hull construction—(they flex under impact and "remember" their original shapes. So even if the canoe is smashed against rocks, the hull can be popped back into shape. There aren't any seams or rivets, so these canoes are less likely to leak. Seats are foam-filled for buoyancy. The RAM-X hull also makes the boat very quiet and easier on the knees. A sloping keel reduces sideslip for good tracking on lakes and streams. If you have a 3-person team the third racer may sit on top of packs or kneel.

Specs:

Coleman	15' Canoe
Length	189"
Beam	36"
Depth Amidships	14"
Weight	75 lbs
NMMA Max Wt Capacity	655 lbs
Max Person Capacity	3 person/570 lbs

5. Mountain biking--The bike leg will take place on technical single-track. Last year's race yielded some falls and broken derailleurs and chains. Mechanical breakdowns weren't unusual. Use common sense when riding up- and especially downhill. If you feel you are beyond your limits, get off and walk your bike. You will have a better finish time not having to limp all the way to the finish. Competitors must wear an ANSI- or SNELL-approved helmet while biking at all times. Race management also recommends riding gloves and eye protection. There are a lot of bugs in the area and protective glasses will prevent bugs and mud from getting one in your eye while riding. If you do fall and you think you are injured stop and evaluate yourself. If you feel you are seriously injured you must contact management via emergency radio.
  
6. Navigation--The maps that you will use in this race are computer-generated Topo maps. The scales are 1:25,000 and 1:50,000. You will navigate the course using the provided UTM coordinates and a course description. All areas that are off-limits will be stated in your course description, but common sense will be used in unknown circumstances. You will be tested on understating the basics of navigation and plotting UTM's prior the race.
  
7. Transition Areas--There are 2 transitions areas in the race. You will only have access to your canoe and bike. Gear boxes will not be available in any TA. What does this mean to me, you ask? It means you must carry everything on your back the entire event.  
You may leave the following items, however, with your bicycle:
  - Bike shoes (duct taped to frame)

Spare tubes, tool kits, and pumps must be carried the entire time.

Items that race management will transport and provide at the start of the paddle leg:

- Personal paddle (provided by athlete, properly marked with name and bib number)

- Paddle bag (if supplied)
- Canoe supplied by race management
- Canoe paddle supplied by race management

Competitors must provide and carry a PFD for the entire race.

8. Safety--The race director may modify or change the course for safety reasons at any time. Trained medical crews will be located throughout the course. To communicate with medical crews use your emergency radio. The event medical officer may remove any competitor that they feel is a danger to themselves or others. Competitors suffering from exhaustion, dehydration or other race related injuries are also subject to removal. In the event of an emergency, cut open your heat-sealed radio and follow the enclosed directions. In the rare event of communications failure, use another team's radio if possible or report to the nearest Transition area
9. In the rare event of a natural disaster report to the nearest transition area or access your emergency radio. Event staff will advise you as to your next step. In the event of thunder, lightning or severe wind all competitors must remove watercraft from the lake and seek emergency shelter. An upside down canoe can be used as an expedient shelter. Teams must render necessary help (i.e. radio, or first aid gear) to other teams if necessary. Time will be awarded to teams that assist others in the event of a real emergency. Getting lost for an hour is not an imminent emergency.
10. Deposits for radios--To keep costs down and make this event affordable race management MUST have a deposit for each radio issued. Event management will test radios prior to issuance. It is up to each competitor to keep their radio dry in a waterproof container. A deposit for \$275 per radio is mandatory. Team captains will be asked to sign a deposit contract and provide a valid credit card upon issuance of communications. Upon successful return and inspection of your radio you will be issued your contract. and credit card information.
11. Rules and regulations for this event are available on our website and also included in this packet. Competitors must be completely familiar with all rules and regulations; it's your responsibility to know!
12. Mandatory Gear--make sure you have the below items. EVERY item will be checked prior to the start of the race.

Personal Mandatory Equipment
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<i>Each team member must supply the following and must carry these items at all times during</i>
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*competition*

- 1--Whistle attached around neck and accessible while wearing a PFD.
- 1--Fixed or folding knife with 1 1/2" blade minimum
- Water bottles or water bladder capacity (minimum) 70 oz. or greater
- 1—NYARA-provided racing bib or jersey to be worn and visible over other clothing without exception, at all times on the race course
- 1--Compass
- 1--Survival mirror, at least 2" X 3"
- 1--Life jacket (that does not require inflation) suitable for canoeing / kayaking which allows uninhibited movement and with the minimal flotation requirement by the U.S. Coast Guard for Type III PFD's
- 1--Personal first aid kit (See Individual First Aid Kit below for detailed list of mandatory supplies)
- 1--Lighter
- ANSI- or SNELL-approved bike helmet

Mandatory Individual First Aid Kit (carried at all times)

- 1--Needle/safety pin minimum 1"
- 1--Space blanket
- 1--6 feet of duct tape
- 6--tablets of anti inflammatory pills

Mandatory Team Equipment

*Each team must possess and carry permanently throughout the competition the following:*

- 1--Team first aid kit (See First Aid Kit below for detailed list of mandatory supplies)
- 1--Bike pump or inflation kits, kit (can be split and carried by separate individuals)
- 1--Mini repair/wrench kits, suitable to tighten all major bike components (ex. Topeak Alien)
- Complete tire repair kit
- 6--Feet of usable standard duct tape
- 1--Dry bag, waterproof and suitable to keep clothing and mandatory equipment dry during the entire race\*
- 1--Sponge per team (for self bailing)
- 1--Handheld Emergency Radio (supplied by NYARA)
- 1--waterproof bag (capable of keeping radio totally dry during water crossings)

**\* (Teams must be prepared for conditions of water crossing both in and out of water craft)**

Mandatory Team First Aid Kit (carried at all times)

- 6--bandages
- 3--Rolls of Gauze
- 20--Feet of a first aid tape
- 2--3"x3" moleskin pads
- 1--First aid tweezers
- 1--Tube antibiotic ointment
- 1--Bottle of Iodine
- 1--Ace bandage

13. Skill testing the night prior to the race--for safety reasons competitors will be tested between 4pm and 12am on Saturday, April 21st. All competitors must be present at the same time to begin the registration and gear check.

The following skills that will be tested:

- Understanding navigation and UTM plotting
- Paddling safety
- Functions of emergency radios
- Emergency action plan

Location of skills testing and team registration will be : Mountain Springs Campground (free camping will also be provided)

14. Lodging in the area:

### [Days Inn Shillington Reading .](#)

Rooms were recently renovated and include free HBO. Enjoy a free continental breakfast. Major highways are located within easy access of the hotel. All local telephone calls are free of charge. Free shuttle service is available to the local airport terminals.



**Rates:** \$40 --\$100 USD

**Address:** 2299 Lancaster Pike Reading PA 19607

**Tel:** 610 777-7888 **Fax:** 610 777-5138 **Total Rooms:** 142

### [Comfort Inn Reading .](#)

Offering live entertainment in the hotel. Copy and fax services are available. Rooms include hairdryers, iron, ironing board, movies, cable television and radio. Safe deposit boxes are available. Outdoor parking is offered and can accommodate trucks and buses.



**Rates:** \$70 --\$130 USD

**Address:** 2200 Stacy Dr. Reading PA 19605

**Tel:** 610 371-0500 **Fax:** 610 478-9421

**Toll Free:** 1-800-228-5150

15. Camping in the area

Official Campground of the Saddle & Paddle:

**Free** camping will be provided to competitors

# *Mountain Springs Camping Resort, Inc.*



P.O. Box 385  
3480 Mountain Road  
Shartlesville, PA  
19554-0385  
Phone: 610-488-6859  
FAX: 610-488-6073

**In the Heart of PA Dutch Country you'll  
find activities, swimming, fishing,  
Rodeos, Demolition Derbies, an  
Indian Pow-Wow, and much more!**

16. Waivers—All competitors will be required and witnessed to sign the below waiver prior to the race:

## **ACKNOWLEDGMENT OF RISK, RELEASE OF LIABILITY AND IDEMNIFICATION AGREEMENT**

This Agreement is given by the undersigned Applicant for the benefit of New York Adventure Racing Association ("NYARA"), and its respective divisions and associations, employees, agents, members, sponsors, promoters and affiliates (collectively "Releasees"). I acknowledge that adventure racing is an inherently dangerous sport in which I participate my own risk and that the NYARA and its associations are non-profit corporations formed to advance the sport of adventure racing, the efforts of which directly benefits me. I individually and on behalf of my heirs, executors, administrators, legal representatives, successors and assigns, release and forever discharge, hold harmless, indemnify, including as to attorney fees, and promise not to sue Releasees on, from or against, and waive, any claims, damages, expenses or demands arising directly or indirectly from or attributable in any way to the negligence, action or failure to act of any Releasees in connection with the sponsorship, organization or execution of any adventure racing or sporting event, including travel to and from such event, in which I may participate as a racer, rider, team member, spectator or in any other manner. Every term and provision in this agreement is intended to be severable. If any one or more of them is found to be unenforceable or invalid, that shall not affect the other terms and provisions, which shall remain binding and enforceable. I currently have no known physical or mental condition that would impair my capability and am fit to fully participate in adventure racing. I acknowledge that while participating in the sport of adventure racing I may have to participate in but not limited to the following activities: mountain biking, trekking, running, swimming, canoeing, carrying heavy objects, climbing objects, navigation off marked trails.

18. Gear check—All teams will pass through a detailed gear check station AT THE SAME TIME the night prior to the race. All competitors are responsible to show up ready to display the mandatory serviceable gear to compete during the gear check.

End of Newsletter #1