

## I. THE NEW YORK ADVENTURE RACING ASSOCIATION

### A. Organization

NYARA is a non-profit corporation managed by a Board of Officers and Directors. Organizers of The New York Race Series and NYARA reserve the right to add, modify, replace or cancel venues or events at any time. Should any modifications be deemed necessary, event staff will contact all teams so that they may make any adjustments in training or equipment that will be required in the race.

## II. THE LONGEST DAY

### A. June 18, 2005

Mandatory registration, equipment review, and bike check-in and race briefing times will be announced on NYARA's web site or NYARA Yahoo boards. All competitors MUST attend race briefing and registration the night prior to each event. Skills and equipment gear check may include:  
Navigation skills review, control points, course and venue descriptors  
Paddling and water skills review, and boat handling techniques with non-competitor vessel traffic, proper return of kayaks and or canoes, biking equipment, course rules and regulations and safety review.

### B. Race Timing

The official race clocks will begin at the start of the race and stop for each team when an entire team has crossed the finish line. Time periods may be adjusted to compensate for unforeseen circumstances necessitating the addition or deletion of time to the event race clock or team's race time. Any mandatory adjustments should be applied across the board to all teams, unless the adjustments are due to infractions, penalties or other unforeseen circumstances. Individual team times will not necessarily reflect race-organization checkpoint delays or adjustments deemed necessary. Any adjustments that would reflect against a team's time will be reviewed by a panel of judges to ensure that any timing adjustments are distributed fairly and are necessary. The panel of judges reserves the right at all times to add bonuses or subtract penalties to the overall event clock time or any stages within the race.

### C. Team Finishing Classification

All team finishing classifications will be based on when final team members cross the finish line, as calculated by the event timing committee, and taking into account any adjusted time factors required throughout the race course and venues.

Teams with the fastest overall times will be ranked after any timing adjustments to determine the winner and final ranking. A reference time will be calculated when the last team member has crossed the finish line before the cutoff period.

#### D. Checkpoints and Controls

Each team will be supplied with an official race passport. All time recordings will be performed when the last team member passes or arrives at the manned checkpoint. Certain unmanned checkpoints will have punches and must be used in the passport control book. Missed check points will result in a team becoming unranked and cause the team to be excluded from overall ranking, unless circumstances determined by the race organization are deemed otherwise. A team can backtrack to the missed checkpoint and then can resume racing without added penalties, as long as any existing course venue time cutoffs are maintained in the team's progress. Teams must, with full cooperation, follow the instructions given in the race guidebook and given by officials and persons responsible for check points. Failing to follow directions given by officials and persons responsible will cause a team to be disqualified from the competition.

#### E. Kayaking / canoeing and other waterborne activities

It is mandatory that all competitors wear Coast Guard Type III or better life jackets (personal flotation devices or P.F.D's) at all times while participating in all water events. Racers must provide their own life jackets. All care should be given to respect and not damage any watercraft provided by or through the New York Adventure Racing Association. Any damaged watercraft will result in time penalties and may not be replaced or repaired by the organization. Racers are responsible for all costs to repair any damaged equipment. Every team must carry appropriate waterproof bags to contain and keep equipment watertight while traveling on waterways, this includes but not limited to the teams NYARA supplied emergency radio (if issued). All team members must at all times remain grouped together and within close proximity, generally within 100 meters. Teams may not split up unless directed by their passport or a race official.

#### F. Mountain Bikes

All competitors will use and ride their own mountain bikes. Bike towing within teams will not incur a penalty, but must be performed safely - with careful consideration to terrain, traffic, and speed. Any and all mechanical problems encountered while racing will be handled by team members. No other outside assistance is allowed while on the racecourse. Without exception, all racers will wear their biking helmets at all times while participating in mountain biking sections (see mandatory mountain biking equipment section). Teams need to remain grouped together within sight of each other throughout all mountain biking venues.

## G. General

All racers must wear unaltered provided racing bibs or jerseys on the outside of their clothing or P.F.D.'s AT ALL TIMES while racing on the course. Time penalties will apply if racing bibs are not visible during the competition (there are exceptions in transition areas while racers are changing clothes). No alterations of the racing bibs are allowed. Teams must complete all disciplines as identified in race instructions, or as modified by the race organization, in order to remain ranked in competition. Any failure to comply with mandatory safety precautions will trigger time penalties or disqualification from the race.

## III. TEAM WITHDRAWAL FROM COMPETITION

In the case of a team withdrawal, the team must inform the racing organization by the best means available and in the shortest possible time, usually by going to the closest check point or closest race official and informing them of intent to withdraw. Official withdrawal occurs upon surrender of the passport to a race official. In no instance other than absolute emergency should a team use a distress signal for notification. If a team fails to notify the racing organization of its withdrawal and the organization is forced to bring about a specific search for the team, the financial responsibility of said search will fall on each competitor who has not taken the necessary steps to officially inform the racing organization of whereabouts and withdrawal from the competition. In cases where a team has lost members due to the inability to continue for health or other reasons, the team may be allowed to continue to complete the racecourse UNRANKED if time allows. In the event that a team member cannot continue with his team, the entire team must wait until help has arrived for the disabled team member before consideration can be given to allowing the remaining team members to resume racing. Any emergency evacuation, either by land or by helicopter, is reserved only for sick and injured competitors. Fees associated with this type of rescue are borne by the injured party.

## IV. JUDGES, PENALTIES

### A. Penalty Summary

This list is designed as a general guideline for all teams and does not constitute all situations that may be penalized:

#### Disqualification from Race

- Disobeying instruction from race official or from the race guidebook
- Abandoning a teammate outside a checkpoint
- Not assisting a person in danger
- Not wearing safety gear during discipline (PFD in water, bike helmet on bike, etc.)
- Unfair or unsportsman-like behavior

- Use of forbidden equipment such as G.P.S., night vision goggles, I.V. bags, or weapons
- Use of unauthorized maps
- Littering and /or not cleaning up TA's or other common areas

#### Becoming Unranked in Race

- Receiving outside assistance at any time during the race
- Missing a checkpoint
- Traveling on restricted roads, trails, etc.

#### One-Hour Penalty

- Not wearing racing bib on outside or altering racing bib
- Failure to return paddles, boats or other equipment
- Missing any mandatory gear (1 hour per violation)
- Teammates not remaining within 100 meters of each other
- Dragging boats

Any considered disqualification will be reviewed by the race director to help ensure fairness. Teams may aid other teams without time penalty.

#### B. Use of a Panel of Judges

During the race, the Race Director has final say on all matters relating to the race. If the Race Director feels a situation requires a Panel of Judges, the Race Director can arrange for a Panel to be convened to decide on any issues. Protests must be brought to the attention of the Race Director within one hour of a team's finish to be considered.

### V. THE COMPETITORS

#### A. Individuals

All registration will be taken on a per team basis. Teams must be comprised of three racers. The premier category is the three-person coed team category. Open division categories exist for a limited number of teams of three persons of any sex. Each team member must be capable of performing the activities of all venues including orienteering in an outdoor wilderness setting, and be prepared to plot their own UTM coordinates. All competitors must additionally comply with any specific rules or regulations dictated by the organizations and agencies that have arranged passage through the lands, localities, counties and states upon which the race is run. All competitors agree to sign off on, and to provide biographical and medical information, film and video releases, or other waivers. Each competitor is solely responsible for his or her involvement in the competition. Each competitor will be the sole judge of whether or not he or she should begin and continue competing, unless after consulting with the NYARA medical staff, is advised against continuing the competition.

In all health-related situations, the medical director (EMD) on site shall have the last word as to whether a competitor can safely continue or not. All competitors must be over the age of 18 years. All competitors are responsible for familiarizing and preparing themselves for any health and fitness requirements or conditioning for the regions where events will take place. All competitors must be able to swim wearing a PFD. If there is a split or break up within a team competing, some members may opt to continue on to finish the race, however they are no longer ranked. If this situation arises, the team must notify and be given clearance to continue by the race organization. All competitors must possess the abilities and qualifications required by NYARA in the disciplines of mountain biking, canoeing, orienteering, or other specific events or venues that may be performed in the race. All competitors are liable for review and to pass ability tests to compete in the race, which will be set up at the registration the night prior to the event. Ability tests will include: Navigation/orienteering review, Paddling and (open) water safety review, Mountain biking safety gear/skill review. Competitors must be able to pass the basic requirements of skills review, communicating and demonstrating proficiency in the listed areas, in order to be allowed to compete in the race. All racers will agree to release the New York Adventure Racing Staff, New York Adventure Racing Association Inc., The City of Cold Spring and the State of New York, The New York Parks Department of Clarence Fahnestock Memorial Park and Hudson Highlands State Park in advance from all criminal or civil responsibility, in the case of personal accident or damage to property, or other personal injury in the The Longest Day.

## B. Registration

Team spots are reserved on a first-come first-served basis, with the submission of the race fee. NYARA reserves the right to approve all team registrations. A team is fully registered when the registration fee is paid in full. Teams are eligible for competition when the team is fully registered and all necessary paperwork, waivers; gear check and skills reviews are completed. In the event of any team withdrawal, any registration fees will become credits towards future NYARA races, memberships, or clinic fees less handling fees (handling fees are 15% of the regular registration rate). Any subsequent commercial use of photos must have express written approval of the New York Adventure Racing Association.

Professional video cameras are forbidden except where specifically allowed by NYARA. Footage shots with any personal or professional video or still cameras cannot be used for broadcast without express written permission from the New York Adventure Racing Association. All such footage and recorded images will be made available for use by the New York Adventure Racing Association. Any film, audio and photography production rights of the New York Adventure Racing Association are reserved by the New York Adventure Racing Association.

## VI. EQUIPMENT

A. See individual race details for MANDATORY EQUIPMENT

## VII. SAFETY

A. Procedures to be Used in the Case of Emergency

Extreme emergencies would be any type of serious bodily injury or accident or exposure that would endanger life or limb. In this type of case, teams are to make every effort to contact race organization personnel at the nearest checkpoint for emergency support for these situations. Any team coming upon a team or person who has been injured or who is in peril must stop and render assistance, if assistance is needed. Teams helping other teams may be awarded time bonuses for their efforts. The race organizers may adjust, modify or change the racecourse if a portion of the course is a safety threat, or for any reason deemed necessary by the racing organization.

## VIII. INSURANCE

A. Liability

The race organization carries event third party liability policy, as mandated and required by the federal, state, county and other entities involved in the oversight of the event.

B. Miscellaneous

The New York Adventure Racing Association will not be held responsible for theft or loss of any objects or materials, or anything else which has been entrusted to the organization, transported in its vehicles or left in its perimeter areas. Any recovered lost, missing, or abandoned racer or support crew equipment can be shipped back to the owner at the owner's expense.

## IX. MEDICAL

A. Event First Aid

The New York Adventure Racing Association will be providing medical support services during the event; we will have broad based regional medical support with round-the-clock coverage during race time. There will be available water and land rescue team and regionally available air rescue team. Experienced field personnel will head up our medical team. Our medical support teams will be mobile as well as basing out of our major transition areas. It is expected that a race team experiencing an emergency will make every reasonable effort to contact medical support teams, members of staff with radios, or send for help to the closest transition area or manned Passport Control Point.

There are no penalties imposed for receiving emergency or supportive medical treatment.

#### B. Emergency Medical or Other Treatment Outside the Scope of the Event / First Aid

For any injuries serious enough, and beyond the scope of the provided field first aid treatments, the injured party will be handed off by medical team staff to the closest available transport to a hospital or facility capable of handling the emergency. Transport, depending on the type of emergency, may involve county agencies and support services. We recommend that all racers be capable of covering the minimum deductibles if an emergency should arise, requiring outside assistance or transport to a local hospital.

#### X. TEAM SPONSORSHIP

Team sponsors or suppliers will have the opportunity for exposure for their racers on clothing and equipment, except for those spots reserved for NYARA and key race event sponsors. Racers should check with the racing organization for any items of a questionable nature.

#### XI. PRIZES AND AWARDS

As in all NYARA events some prizes will be given to the 1st, 2nd, and 3rd place teams in each division. Due to the tax status of NYARA cash prizes are forbidden.

#### XIII. REFUNDS AND TRANSFERS

Participants can get 100% of event value refunded if the event is cancelled by NYARA or there is a date change made by NYARA less than 30 days before the event. Due to the demand of participation in NYARA events and amount of services NYARA provides, we do not offer refunds for events or clinics if the participant cancels or withdrawals from competition.

- If notified no less than 30 days prior to the event – 100%
- If notified no less than 14 days prior to the event – 80%
- If notified no less than 7 days prior to the event – 75%
- If notified less than 7 days prior to the event – 50%

Participants that fail to show up on event days or notify NYARA of their withdrawal will forfeit the full value of the event. These rules are subject to commons sense and extraordinary circumstances.

#### END OF RULES AND REGULATIONS

New York Adventure Racing Association (NYARA)  
March 18, 2005