



Waddling Warriors Adventure Race

Race Organization Rules/ Code of Conduct

1. Team mates must always remain within 30 feet of each other and within visual contact. (Trek)
 - a. Penalty: 1st Reported Offense = 2hrs / Second Offense = DQ
2. Team mates must always remain within 90 feet of each other and within visual contact. (Bike)
 - a. Penalty: 1st Reported Offense = 2hrs / Second Offense = DQ
3. All team members must check in together at each checkpoint and TA. Do NOT send a “runner” to punch a CP while the rest of the team waits more than 30 feet away. Do NOT send a “runner” to report at a TA while the rest of the team transitions.
 - a. Penalty: 1st Reported Offense = 2hrs / Second Offense = DQ
4. If a team member must leave the course, they should check in at the nearest TA (could be HQ) and notify race management. Remaining team members may continue unranked.
5. If a complete team chooses to withdraw, they must notify a “live” person by checking in with a TA volunteer or by calling the race director.
6. The race number must be visible on one team member at all times, attached to a pack is allowed (but then your pack must always stay with you). The only exception to this is during the paddle.
7. Teams are responsible for securing their passport. Lost passports mean race staff can no longer verify you were at a given control. You may continue the course making ‘punches’ on your map, but no credit will be given for lost passport punches.
8. Teams that miss CPs will be ranked after teams that obtain all CPs. In the case of a tie, the team that got the points in the shortest amount of time is the winner.
9. Teams may not obtain CPs from a previous leg of the race once they have started the next leg. Likewise, teams may not obtain CPs from a future leg of the race. Example: if the race order is paddle, trek, bike – you may not grab a paddle point because you happen to see it while on the trek & you may not grab a bike point because you happen to see it on the trek.
 - a. Penalty: Loss of ILLEGALLY OBTAINED CPs
10. For the 14 hour race, cutoff time is 14 hours after mass start is called at the start location. All teams must start their race by 5:00am (or the adjusted official time if there is a start delay), or their clock will automatically start for them at that time. Teams will lose 1 CP for the first 5 minutes they are late. Then 1 CP per minute for minutes 6+. Teams that arrive so late that they lose all of their CP’s will be ranked below teams that have retained CP’s, including teams that were short-coursed by race management at some point in the race.
11. For the 7 hour race, cutoff time is 7 hours after mass start is called at the start location. All teams must start their race by 10:00am (or the adjusted official time if there is a start delay), or their clock will automatically start for them at that time. Teams will lose 1 CP for the first 5 minutes they are late. Then 1 CP per minute for minutes 6+. Teams that arrive so late that they lose all of their CP’s will be ranked below teams that have retained CP’s, including teams that were short-coursed by race management at some point in the race.
12. In the event of adverse conditions, race management reserves the right to change cutoff times to ensure the safety of everybody participating in the event.
13. Teams may not leave gear out on the course unless directed to do so by race volunteers. Teams will pass by HQ and can resupply or drop non mandatory gear at their vehicle or at a bin.
 - a. Penalty if gear is left on course: 2 Hours
14. Mandatory gear must be carried at all times. A surprise gear check may be done on course.
 - a. Penalty: 1 Hour per piece of missing gear
15. No GPS of any kind including GPS pace counters are allowed to be worn or used to help you during the race. For those who would like to track their “workout”, GPS watches without AR Mode must be stowed in your pack in an envelope, no sound. As noted, there are Garmin watches with AR Mode which are permissible to be used and worn during the race.
 - a. Penalty: Teams caught using GPS assistance will be unofficial and possibly DQ depending on the severity of the offense. Race Director has final discretion.



Waddling Warriors Adventure Race

Race Organization Rules/ Code of Conduct

- i. Example 1 – A non-captain team member is wearing an Apple iWatch at TA during race and claims they were unaware of the rule – that team is now Unofficial
 - ii. Example 2 – A team is caught using their smart phone to coordinate their location against a Google Maps – that team is DQ
- 16. Bicycle helmets must be worn at all times when traveling by bike.
 - a. Penalty: 1st Reported Offense = 2hrs / Second Offense = DQ
- 17. PFDs must be worn at all times when paddling.
 - a. Penalty: 1st Reported Offense = 2hrs / Second Offense = DQ
- 18. Use of cell phones is for emergencies only. No other use is allowed. There are a bunch of waterproof and durable photo solutions you can get on major shopping apps for very budget friendly costs. No “I was taking a picture” excuses please.
 - a. GoPros are OK, Waterproof camera is OK, a friend with a drone – probably fine..
 - b. Penalty: 1st Reported Offense = 3hrs / Second Offense = DQ
- 19. In case of emergency, call 911 first. Then if you are able, please call the Race Director.
- 20. No Littering- Please leave no trace! Our permits are based on our respect for the land we are adventuring in. If you brought it in, take it out with you. Or please dispose of trash in bags at TA.

Most importantly, please be safe. No portion of the course is closed to the public, so please treat the land and fellow outdoor enthusiasts with respect. Follow the rules of cycling and always be aware of traffic.

Race Management:

Ryan Peternell: 815-482-1487

Additional Emergency Contacts:

Leslie Peternell: 618-771-2625

Jeff Everson (Medical Experience): 608-287-8080

Team LadyPenguins Fundraising does not have the ability to transport teams to the finish from across the course. If there is capacity in a vehicle operated by the race organization, the race organization may, at its sole discretion, transport a representative back to HQ so that the transported person may obtain their private vehicle to pick up their other team members and gear. Teams must inform the race organization of any withdrawals immediately.



Waddling Warriors Adventure Race

Race Organization Rules/ Code of Conduct

Additional Race Emergency Information

Injured Competitor(s)

If a member of a team becomes injured during the event, the following procedure(s) should be carried out:

- Ensure your own safety and that of the casualty, preventing further injury
- Treat the casualty with first aid as much as practically possible
- Make the casualty as comfortable as possible and provide shelter from the elements
- Use the international distress signal – a series of 6 blasts of a whistle and/ or flashes of your flashlight or headlamp (if available)
- If you have cell reception, call for help (either 9-1-1 or race staff contacts, depending on the seriousness of the injury). Provide exact location, time of accident, and nature of injuries
- If you do not have cell reception and if other teams or members of the public find you, send them for help. Write down a message giving exact location, time of accident, and nature of injuries

Supplemental Injury Recommendations:

- Injury on Bike: If possible, remove gear and people from roadway. Try to stay visible to motorists.
- Injury on Paddle: Try to secure gear and get to shore as quickly as possible. The paddle route follows the shoreline and is near a railroad and major highway. There are many businesses and private property that may be within earshot of your whistle.
- Each TA has a first aid kit; there is a significant kit at HQ
- One of our volunteers is a medical professional and can administer basic triage and give guidance

Lost Team or Competitor(s)

If a team member becomes lost, they should follow the procedure detailed below:

- Move to a location where distinctive landmarks can be seen. You will never be very far from a roadway. If visibility is very poor, move in a steady direction until you reach a road
- Use your cell phone, or if you are unable to get a signal, find a public telephone or house with a phone. Ask to use the phone offering to pay for the call and phone the emergency numbers provided.
- On the phone you will also be asked to describe your location as best you can to allow the organizers to pinpoint where you are.
- The organizers will then arrange to have you picked up or simply explain where you are on the map to enable you to carry on with the route

*Any competitor(s) who become(s) lost or injured and are forced to use an emergency phone number are automatically disqualified from the race rankings. However, they or the remainder of their team may be allowed to complete the event as a non-ranking team.

**If a team encounters another team that is in an emergency – THEY ARE REQUIRED TO STOP AND HELP. Failure to do so may result in disqualification. Teams that help in an emergency will be compensated for loss of time.