

Stubborn Mule 2019

180 Adventure, LLC

June 29, 2019

Rules

1. Competitors must always remain within 100 feet of teammates & within visual contact.
2. All team members must check in together at each checkpoint and TA.
3. At TAs, teams must check **in** and **out** with the volunteer.
4. If one member must leave the course, they must do so at a CP or TA and notify race management. Incomplete teams may continue unranked.
5. Any team withdrawing from the race must notify a “live” person by checking in with a CP or TA volunteer or by calling the race director.
6. Any short-coursed team will rank lower than full course teams, regardless of number of CPs obtained. Missing any mandatory CP results in short-course status.
7. Race number must be visible on all team members at all times. Attaching the race number to a pack is ok.
8. Teams must punch passports in the correct space at each CP. All punches must be legible. If race staff cannot distinguish one punch from another, it will not be counted.
9. If a CP has an ALL PUNCH label on it, punch the passport AND all team members must punch their wristbands. Wristbands must be worn only on the wrist. Wristband punches must be legible, and separate from each other. If race staff cannot distinguish one punch from another, it will not be counted.
10. Solo racers do not need to wear or punch a wristband.
11. Teams must turn in their passport/punch card at each TA unless otherwise directed by race staff.
12. Teams must complete each leg of the race in the order listed unless directed otherwise by race staff.
13. Teams may not obtain CPs from a previous leg of the race once they have started the next leg.
14. Teams that miss CPs will be ranked after teams that obtain all CPs. In the case of a tie, the team who obtained the most points in the shortest period of time is the winner.
15. Race cutoff is 6:00 p.m. on Saturday for the 5-hour, 7:00 p.m. on Saturday for 12-hour and 1:00 p.m. on Sunday for the 30-hour. Teams will lose 1 CP for each minute they are late. For example: 6:00:01-6:00:59 – loss of 1 CP, 6:01:00-6:01:59 – loss of 2 CPs, etc.
16. Race officials reserve the right to alter time cut-offs or the course itself to accommodate changing conditions.
17. Mandatory gear must be carried at all times and will be checked on the course.
18. GPS watch or trackers are allowed, **but must be stowed in a pack at all times during the race**. They cannot be worn or used to help you during the race. We are allowing this so racers can track and post their work out on Strava or similar apps once the race is over.
19. PFDs must be worn at all times while paddling.
20. Bicycle helmets must be worn at all times during the biking sections and when specifically directed by race officials.
21. Racers must use the mode of travel specified to obtain CPs as outlined in Course Instructions.
22. Front and rear bike lights must be on at all times after dark.
23. Glow sticks must be attached to the bow, stern and each paddler’s pfd when paddling after dark.
24. **NO LITTERING!** Leave no trace! We will award a clean-up award to the team that picks up the most trash in each race.
25. Use of cellular phone is for emergencies only. No other use is allowed.
26. Any protest must be filed in writing within one hour of the team’s finish and will be reviewed by the Race Committee.
27. Off-limits roads are indicated on your maps and race instructions. Crossing is ok, but you may not travel along them. These roads include County Hwy M west of HQ.

Penalty for each rule infraction is the loss of a minimum of 1 CP.

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Advanced Race Emergency Procedures

Injured Competitor(s)

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

1. Ensure your own safety and that of the casualty, preventing further injury.
2. Treat the casualty with first aid as much as practically possible.
3. Make the casualty as comfortable as possible and provide shelter from the elements.
4. Use the international distress signal – a series of 6 blasts of a whistle and/or flashes of a flashlight/headlamp.
5. If you have cell reception, call for help (either 911 or race staff contacts, depending on the seriousness of the injury) providing exact location, time of accident, and nature of injuries.
6. 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.

Lost Team or Competitor

In the event that a team or team member becomes lost, they must follow the procedure detailed below:

1. 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.
2. Use your cell phone, or if you are unable to get a signal, find a public telephone or house with phone. Ask to use phone offering to pay for call and phone the emergency numbers provided.
3. 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.
4. 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 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 comes in contact with another team that is in an emergency situation they are required to stop and help. Failure to do so may result in disqualification. Teams that offer assistance in an emergency situation will be compensated for loss of time.

Race Course Instructions - 12-hr

Verify your race packet contains:

- Team number for each racer, to be attached to each team member's jersey or pack. Must be visible at all times.
- Wristband for each racer (solos excepted). Wristbands must be worn on the wrist – when putting on the wristband, be sure you can fit two fingers under the wristband so it can be punched with a standard orienteering punch.
- 2 maps
 - 1 large MyTopo map
 - 1 folded CAMBA (Chequamegon Area Mountain Biking Association) map

Race Overview:

1. Land Nav
2. Bike
3. Paddle
4. Bike
5. Land Nav

Other info:

- TA – Transition Area. Teams must check in and out with the volunteer at each TA. Failure to do this will result in a minimum penalty of 1 CP.
- O#, P#, B# – Checkpoint. The letter indicates the mode of travel to obtain the checkpoint.
 - O – orienteering/foot navigation.
 - P – paddling.
 - B – biking.If there is a flag, punch your punch card at the appropriate number. If the clue column contains a question, there is not a flag at that location. Instead, write down the answer to the question on your punch card to receive credit.
- N# - Chequamegon Area Mountain Biking Association markers. There are blue and white signs on the trail that coincide to the “N#s” on your topo and CAMBA maps.
- Code – The letters in the code column will be found on that CP's flag. It is only used to confirm you are at the right location.
- HQ – Race Headquarters – Namakagon Town Hall.
- WP – Waypoint. No flag. These are simply locations to help guide you through some areas.

RACE START

START – Parking area south of HQ. Teams should be in the starting area at 6:55 a.m. on foot. The race will start promptly at 7:00 a.m.

****Make sure every team member is wearing his or her wristband (solos excepted)****

Watch for “ALL PUNCHES” on EVERY section!

Land Nav (7 CPS) ~2 miles

You will receive a punch card for this section at the race start.

CPs O1-O7 must be obtained on foot, in any order.

At least 3 CPs in this section are required or attempt for at least 30 minutes to remain “full course”.

When finished, proceed to HQ/TA1 and turn in your punch card.

TA or CP	Code	Clue
O1	J1	Depression
O2		Reddish Gate Question: What brand is the gate?
O3	J3	Hilltop
O4	J4	Depression
O5	TI	Depression
O6	J5	Depression
O7	TB	Hilltop
TA1		HQ

BIKE (5 CPs) ~19 Miles

You will receive a punch card for this section at TA1.

CPs B1-B5 must be obtained by bike, in any order.

At least 2 CPs in this section are required to remain “full course”.

When you reach TA2, turn in your punch card.

Your CAMBA trail map will be helpful on this section. The CAMBA map shows all the “N” location markers referred to below, whereas your topo map shows only some of them.

Some forest roads have gates on them to prevent vehicle traffic. When biking, you may ride around any gates, unless they are protecting private property.

B1-3 are not marked on your map; they are hung directly on the single-track trail. To find them, ride the Namakagon and Patsy Lake single-track in a counter-clockwise direction from the town hall trailhead through the following locations: N1, N27, N2, N32, N22, N13, N14, N9, N23. From the town hall to N1, whenever the trail splits, choose the “more difficult” route, which is generally single-track; the easier routes are generally two-track. B1 is on the “more difficult” route.

TA or CP	Code	Clue
B1	TA	Namakagon Trail single-track between Townhall

		trailhead and N1.
B2	TJ	Namakagon Trail single-track between N1 and N22
B3	ZB	Patsy Lake Trail single-track between N22 and N23
B4		Intersection Question: According to the brown sign with yellow lettering at this location, what is 1 mile from here?
B5		Intersection. Find the large structure with wooden signs listing property owners in the area. Question: What is the woman's name on the kayak paddle-shaped sign?
TA2		Lost Land Lake Lodge Boat Launch

PADDLE (8 CPs) ~8 miles

You will receive a punch card for this section at TA2.

CPs P1-P8 must be obtained by canoe/kayak, in any order.

Teams must obtain at least 3 CPs in this section to remain “full course”.

When you return to TA2/3, turn in your punch card.

Remember: 1 canoe for 2- and 3-person teams, 2 canoes for 4-person teams, and a kayak for solos.

At TA3, please leave canoes, rental equipment, and personal paddle gear where directed by race staff. Only pfds, paddles, and a third seat will be transported for you; you must take all other gear with you.

TA or CP	Clue
P1	Question: How many white gourd birdhouses are on the pole at this location?
P2	Question: What color is the slide at the beach?
P3	Question: How many blue-capped posts on the pier?
P4	Brown boat house with a satellite dish on top. Question: What words are above the white boathouse door?
P5	Red Deer Resort. Large red sign. Question: What is the first word on the sign?
P6	Buoy. Question: What are the first two words on the buoy?
P7	Brownish boat house. Find the green/white fish-shaped sign above the boat house door. Question: What words are on the sign?

P8	Question: What color is the swing in the yard?
TA3	Lost Land Lake Lodge Boat Launch

BIKE (5 CPs) ~19 Miles

You will receive a punch card for this section at TA3.

CPs B6-B10 must be obtained by bike, in any order.

All CPs in this section are optional.

The CAMBA bike map may be helpful during this section.

Some forest roads have gates on them to prevent vehicle traffic. When biking, you may ride around any gates, unless they are protecting private property.

B9-10 are not marked on your map; they are hung directly on the single-track trail. To find them, ride the Patsy Lake and Namakagon single-track in a counter-clockwise direction from N23 to the town hall trailhead through the following locations: N15, N16, N17, N18, N30, ending at the trailhead east of the town hall parking lot.

When you reach TA4, turn in your punch card.

TA or CP	Code	Clue
WP1		Forest road north of Upper A Rd. Marked on the map because it's bit hard to see and the road/trail may be useful.
B6	AL	Edge of lake
B7	AC	Edge of lake
B8		Provided at TA3
B9	BH	Single-track between N23 and N17
B10	BI	Single-track between N17 and town hall trailhead
TA4		HQ

LAND NAV (16 CPs) ~6 miles

You will receive a punch card for this section at TA4.

CPs O8-O23 must be obtained on foot, in any order.

All CPs in this section are optional.

Remember, you may only cross County Highway M west of HQ, you may not travel along it.

When finished, proceed to the finish (HQ), turn in your punch card, and celebrate!!!

TA or CP	Code	Clue
O8	SA	Reentrant
O9	TG	Depression
O10	J6	Depression on saddle
O11	J7	Depression
O12	TE	Hilltop
O13	TK	Depression – SE end
O14	TD	Depression
O15	J8	Hilltop
O16	TF	Ridgetop
O17	TC	Depression
O18	TH	Hilltop – S end
O19	J10	Hilltop
O20	CM	Hilltop
O21	J9	Reentrant
O22	ZP	Depression
O23	AF	Hilltop
Finish!!!		HQ

Congratulations on finishing the 2019 Stubborn Mule 12-Hour Adventure Race!!!!