



# Stubborn Mule Adventure Race 2019

## 5-Hour

### Update #1

Hello Stubborn Mule 5-Hour Racers! With less than two weeks until race day, it's time to share some key details with you. Well, except the start location, you'll have to wait just a little longer for that one!

**Race Start/Finish/HQ Location/Gear Drops.** Will be announced in our race week update no later than Sunday, June 23.

**Check-in will begin at 11:30 a.m. on Saturday, June 29 at race Headquarters (HQ).** We recommend you arrive at check-in "race-ready" so that you have plenty of time to re-view the race instructions and maps, and plan your route.

**Waivers.** Each team member must sign a USARA waiver. All team members must have a waiver signed and turned in before the team receives any race materials.

**USARA Licenses.** Not required for the 5-hour.

**Maps and instructions.** You will receive race instructions and maps at check-in. Your maps are waterproof, however your **race instructions are not waterproof**. Please bring a way to protect your instructions (waterproof map case, laminate, etc).

#### Race Schedule - Saturday, June 29

**11:30 a.m.** Race packet pickup and waiver collection at race HQ

**12:30 p.m.** Pre-race meeting at race HQ

**1:00 p.m.** RACE START!

**6:00 p.m.** Course closes

**6:30 p.m. –7:30 p.m.** Food and awards

**Teams.** Please carefully review the [team list](#) to ensure your team name and category are correct. If any information is not correct for your team, please [contact me](#) with corrections.

**Bike Numbering.** Please label the top tube of each team member's bike with your team number. Team numbers will be sent out in next week's update.

**Gear List.** The final gear list is [here](#). We **will** be checking for mandatory gear out on the course, so please make sure you have all the items on the list. There is a penalty of 1 CP per missing item.

**Race Rules.** Please review the race rules [here](#). While all of the rules are important, I've received the most complaints about teams violating rule number 1: "Competitors must always

remain within 100 feet of teammates & within visual contact.” You should know what that distance looks like - measure or pace it out before race day. If any team member is more than 100 feet away or you cannot see your teammate, your team is cheating. Please follow the rules and help us maintain the integrity and safety of our sport: if you see a team violating this, or any other rule, please remind them of the rule and let the race director know about the violation.

### **Distances.**

- Bike: 6-10 miles (you will be riding on a mix of pavement, gravel, and dirt)
- Trek/Land Navigation: 2-5 miles
- Paddle: 1-3 miles

**Food and Water.** Drinking water will be available at HQ and all transition areas. While we will feed you plenty at the finish line, you are responsible for your own nutrition during the race and for water between transitions.

**Canoes and Kayaks.** We will provide kayaks for solo racers and canoes for all other teams. PFDs and paddles will be provided as well. The canoes this year are high quality, 2-seat, royalex canoes. Please take good care of these boats and NEVER drag them on any non-grass surface.

Three-person teams: please take special note of this request from our boat supplier: “Please, please, please do not sit on the thwarts of the boats. First, the thwarts are not made for sitting, and none of us want to have to deal with a damaged boat. Second, sitting on the thwart puts your center of gravity way too high and the boat will be prone to tipping. Consider a cushion or another slightly raised object for your middle paddler's 'comfort'. ” Teams observed using the thwart as a seat will receive a penalty – please don't put us in the position of having to enforce this!

**1st Basis Adventure Racing Series.** All multi-person teams entered in Stubborn Mule are automatically entered in the 1st Basis Adventure Racing Series with series prize money totaling \$2000. For details, including the series race schedule, please visit the [series page](#).

### **Tips and Suggestions.**

- Review our [FAQs](#). This should answer any questions you might have, but if not, please [contact me](#).
- Check out rules, maps, and instructions from our previous races [here](#). While this year's race will be different in terms of the venue and order of disciplines, the format of the instructions and maps will be similar. Reviewing the format we use ahead of time can help you process the info a little quicker on race day.
- Label your gear! It makes it much easier to return lost items to their rightful owners.
- Mosquitoes and ticks. Please bring repellent and consider [treating your race clothing ahead of time with permethrin](#).

**Facebook.** If you have not already, please [“like” our Facebook page](#). We will post photos and maybe even some video from the race course along with other helpful information leading up to the race. In the days after the event, please visit to see photos of your team and tag yourself.

**Fans/Spectators.** Friends and family are always welcome and encouraged to cheer on teams throughout the race! Maps and details on good places to watch the race unfold will

be available at race headquarters (start/finish area) after the race begins. Please be sure to remind your fans that this is an unsupported race, and they are not allowed to provide any assistance to your team, or any other team.

**Post Race Celebration. 6:30 p.m.** Please join us at the finish line for a delicious post-race meal. This is always a fun time to relive the day, enjoy some cold beverages, and chat with other racers, including the 12-hour racers who will be finishing their race at 7 p.m. If you have friends or family who would like to join you for dinner, you can purchase additional meals [here](#).

Results and awards will follow dinner. We'll work to get results ready for you as quickly as possible!

**Personal Property Policy.** 180 Adventure, its race directors and volunteers are not responsible for lost or stolen items. There will be transition areas during the race where you will leave your bike or other gear. While there will be volunteers at these transition areas watching bikes and gear, we cannot guarantee the absolute safety of your equipment. We recommend you label all gear and lock up your things when you are out of the area.

**That's not all! Mountain Bike Orienteering, Sunday, June 30.** For those wanting a little more adventure on Sunday, please join us for Mountain Bike Orienteering on sweet single-track, two-track, and forest roads. This will coincide with the 30-hour Mule finish, so you can also chat up and congratulate the 30-hour racers. Details and registration [here](#).

**Sponsors.** Please support and thank our generous sponsors for their help and contributions to this event. Next time you are buying gear for a race, doing other shopping, or looking for services, please consider frequenting our race sponsors and thanking them specifically for their support of this event. Current sponsors and partners include:

