



Angry Seagull Adventure Race RULES & REGULATIONS

ABOUT THE ANGRY SEAGULL ADVENTURE RACE

The Angry Seagull Adventure Race is a 24-hour adventure race in which teams of two, three or four members will trek, bike, and canoe through a prescribed series of checkpoints, all while navigating with map and compass.

The Angry Seagull Adventure Race is organized and hosted by Angry Seagull Adventures Inc. and is Canadian Adventure Racing Association (CARA) sanctioned. Angry Seagull Adventures can be contacted at:

- Email: info@angryseagullrace.com
- Phone: Jay Hahn, 905-299-2801
- Website: www.angryseagullrace.com

TEAMS

Each team must consist of two, three or four members. Teams may be co-ed, all-male or all-female. Any racers under the age of 18 must have waivers signed by a parent or guardian and must notify race organizers of their intent to race well before race day.

THE RACE COURSE

The Angry Seagull Adventure Race is a journey that will cover roughly 150km passing through a series of checkpoints that each team must travel through en route to the finish line. The race will continue non-stop from start to finish with teammates trekking, biking and canoeing through each section of the race course. Teammates travel through the course together and cannot separate. Certain checkpoints (CPs) during the race will be designated transition areas (TAs). At these TAs, you will be switching disciplines and will have access to your gear bins/bags and your support crew's assistance. The race course will remain secret until teams have checked in at race headquarters on race day.

Note: The race course uses both public and private land. At no time is any part of the course closed for the exclusive use of the race. At all times, participants must race safely and obey all laws and regulations (particularly while travelling on roads), and participants must accept the inherent risks in participating in these activities.

ADVANCED SECTION

The Angry Seagull AR may include 1 to 3 advanced CPs on the race course which will make up an optional "advanced section" which is available for faster/advanced teams to complete. All teams who complete all CPs of the advanced section and complete the entire race course before the twenty-four hour cut-off time will be ranked ahead of those teams not completing the advanced section.

CHECKPOINTS (CPs)

CPs may be manned or unmanned. At manned CPs, check in with the race staff. Ensure they record your team's arrival time. At unmanned CPs, locate the CP indicator (sign or orienteering flag) and use the punch attached to it to punch your race passport. If there is no punch present, record the password listed on the CP sign.

TRANSITION AREAS (TAs)

Transition Areas will be manned and your team will have access to your support vehicle, gear bins, and the assistance of your support crew at each TA. Your team cannot check-in to the TA until it has passed through the CPs that precede it. For unsupported teams, all of your team's gear must be repacked in your gear bin/bag, ready to load onto the support truck before you check out of the TA. Once your team checks out of the TA, your support crew can no longer provide you with any assistance until the next TA.

CUT-OFF TIMES

The race begins at 2:00pm and officially ends at 2:00pm. However, the racecourse will remain open for 2 additional hours to offer more teams the opportunity to reach the finish line. Certain cut-off times may be established for advanced CPs or later sections/CPs on the race course. These cut-off times will be communicated in the race directions and at the pre-race briefing. If teams do not meet established cut-off times, it is assumed that it will not be possible for them to complete the entire course within the maximum time allowed. When teams arrive at CPs having missed the cut-off time, they may be offered the opportunity to proceed on a shortened race course or they may be removed from the race, at the discretion of race management. Teams that complete a shortened course will not be ranked ahead of any teams that complete the full course.

RACE CHECK-IN

At race check-in, all team members must sign waivers, image release forms, and release of liability forms, and must successfully complete the race organization's gear check and navigation test. Any teams not completing these checks or not submitting completed signed forms will NOT be permitted to race. In such a case, registration fees are forfeited and will not be returned.

GEAR CHECK

Race staff will check that each team has all items of mandatory gear present.

NAVIGATION CHECK

Race staff will ensure that at least one team member is familiar with plotting UTM coordinates, determining routes between CPs and finding & following compass bearings.

RACE MAPS & RACE DIRECTIONS

At race check-in, teams will receive their maps for the race (1:50,000 scale topographical maps) and a copy of the race directions. The race directions will contain the location of all CPs and TAs using their UTM coordinates. Each team is responsible for correctly plotting the coordinates of all CPs on their maps. The race directions may also contain rules and/or information that are important for your team's progression throughout the race (ie. a prescribed route from one CP to the next that MUST be followed). These rules must be followed by your team.

Note: The race director has the authority to alter the course at any time should the need arise due to weather conditions, safety, unforeseen conditions, slow progress of teams.

PRE-RACE COMPETITORS' MEETING

Prior to the start of the race, a pre-race competitors' meeting will be held. Attendance at this meeting is **MANDATORY** for **ALL** racers. This meeting will include specific race directions, safety debriefing, race emergency procedures, and specific potential hazards on the race course. This meeting may also include clarifications of or changes to the race directions.

GEAR & EQUIPMENT

MANDATORY GEAR

Mandatory gear is the minimum gear that we require you to have with you at all times to race within our safety mandate, ensuring your team is prepared for a worst-case scenario. Teams are free to bring any additional items they feel necessary, provided they are not on the list of forbidden equipment. There may be periodic checks of mandatory gear throughout the race. If an individual or team cannot produce their mandatory gear at any, consequences may include time penalties, disqualification, or removal from the race course. The mandatory gear list can be found on the race website and is subject to change.

UNSUPPORTED TEAM GEAR BINS / BAGS

All of your team's bins/bags will be available at each TA. **Each unsupported team is permitted to have only one gear bins or bags per racer.** While there is no specific size or weight limit, please be considerate of our race staff when you are packing them. Race organizers reserve the right to determine if bins/bags are TOO heavy, in which case your team will be required to lighten the bin's load.

It is your team's responsibility to clearly label each of your bins/bags with your team name & number. Gear bins/bags will be left outside so choose what your team will use accordingly. Personal paddles and PFDs may be transported outside of gear bins, provided they are all bundled together (firmly attached) and labelled with your team number. Race staff will treat your equipment with the utmost care and respect; however, we will not assume responsibility for lost, stolen or damaged gear.

PROHIBITED EQUIPMENT

A list of prohibited gear is provided on the gear list. Any teams or racers in possession of any prohibited gear during the race will be disqualified. Any device or item that offers an unfair advantage to the team possessing it may also be deemed as forbidden. If in doubt about any questionable items, please check with event organizers prior to start of race.

WATER AVAILABILITY

Drinking water is NOT available at transition areas throughout the race. Support crew will have to bring water with them or may have to purify water for their racers.

For unsupported teams, race staff will provide water at TA's for water bladders to be refilled with.

SUPPORT CREW

A support crew is REQUIRED for the Angry Seagull AR, unless your team has specifically registered as an unsupported team. Your support crew may only provide assistance at the designated transition areas. Once your team has checked out of a TA, your support crew may NOT provide any more assistance, even if your team later returns to the TA. Support crew may NOT provide any assistance outside of TA's, including but not limited to: giving team more gear, taking gear/garbage/anything from team, providing water outside of TAs, providing maps or directions.

FINISHING THE RACE

Teams will be considered to have finished the race when all team members cross the finish line and have passed through all mandatory checkpoints in order. If a team receives a time penalty for a violation of the race rules, that time will be added to the team's finish time – aka they will not be considered to have finished the race until the penalty amount of extra time has passed.

FINAL TEAM RANKINGS

All teams starting the race with a full team will be ranked according to the furthest CP they reached and the time they reached the CP. All teams finishing the race will be ranked ahead of any team not finishing the race. Any team completing ALL advanced CPs and completing the entire race as a ranked team, without missing any cut-off times, will be ranked ahead of finishing teams who do not complete all advanced CPs. Teams who do not finish with all team members who start the race, or who have teammates who miss a section of the course, will be ranked according to the furthest CP they reached with all teammates.

SAFETY

Safety is our primary concern throughout our races. Angry Seagull Adventures promotes the Participant Responsibility Model of safety, which is based on two guiding principles:

- The only way to GUARANTEE the safety of an adventure race is to cancel the race;
- The adventure race participant, not the race organizer, accepts and carries the burden of responsibility for his or her own safety in an adventure race.

Adventure racing involves inherent risks that race participants accept as part of participating in an adventure race, and risk mitigation and safety are most effectively applied at the "frontlines" by race participants themselves.

At the same time, several safety considerations will be in place and enforced for the duration of the race.

- Each team will carry a cellphone to contact 911 and/or race staff in case of an emergency.
- The mandatory gear list was created with safety in a worst-case scenario in mind. With your mandatory gear, your team should be able to start a fire, keep all members warm, and provide first aid treatment. Failure to carry any mandatory gear list items will carry stiff penalties.
- All teammates MUST remain within 100 metres of each other at ALL times during the race.
- In the race directions, there may be mandatory routes or prohibited areas/routes. It is important that your team respects and abides by these directions.
- Teams MUST help another team in need if they are in an emergency situation. Time bonuses will be awarded for their assistance. Penalties may be assessed for teams knowingly neglecting another team requiring emergency assistance.
- Race organizers have the right to decide that a racer or team may not continue for health/safety reasons.
- If your team will be arriving at a CP/TA more than 15-minutes past a cut-off time, you are required to call race organizers on your cellphone to notify them.

- It is mandatory that all team members wear a Coast Guard approved life jacket at all times during canoeing sections of the course. Similarly, it is mandatory that all team members wear a mountain bike helmet at all times during bike sections. Failure to do so will result in disqualification.

WITHDRAWAL FROM THE RACE

If your team withdraws from the race, it is VITAL that you communicate your withdrawal to race organizers, as we will continue to wait for your arrival at the next manned CP or TA. If a team member withdraws and the remainder of the team wishes to continue on the course, they may only do so with specific permission from race management. The remaining members must remain at the transition area until race organizers give them the go-ahead to continue on the race course. From that point forward, the team will not be officially ranked. Also, race management reserves the right to stop an unranked team at any time on the course and not allow further progress, regardless of the circumstances of the initial permission to continue on the course unranked. Note: No team will be allowed to continue with less than 2 members.

ENVIRONMENTAL PRESERVATION

It is very important to us that our events are environmentally responsible and do not negatively impact the areas that our racers travel through. Towards this goal, the following rules are in place and will be enforced for the duration of the event (including all pre- and post-race activities of teams):

- Do not leave any garbage, gear or other objects on the racecourse, at the start line or at the host site, except in designated disposal locations;
- Human waste must be buried or properly disposed of in all situations and must not be done so within 50 metres of a water source (stream, river, pond, lake or otherwise);
- Plants, vines or branches are not to be deliberately cut or removed;
- Avoid harassing animals of any type in their natural habitat;
- If a racer notices garbage, gear or any other object left by another racer, it becomes that racer's responsibility to pack it out to the next checkpoint to be left with the checkpoint staff.

Any team observed not acting in an environmentally responsible manner may be disqualified from the race.

PENALTIES

Race management reserves the right to issue time penalties to teams, disqualify teams from the official rankings or remove teams from the course if they violate any of the rules and regulations of the race. The severity of the penalty will depend on the severity of the offence and will be decided at the sole discretion of the race organizers.

Potential violations that would be penalized include:

- Team members getting separated by more than 100 metres;
- Missing mandatory equipment;
- Not following the prescribed route or race directions;
- Travel through prohibited areas or on prohibited roads;
- Possessing forbidden equipment;
- Receiving any outside assistance, whether in transition areas or on the race course;
- Possessing maps of the race course area other than those provided by race management;
- Using any means of transportation not authorized by race management;
- Disrespectful behaviour towards the environment (ie. littering);
- Not obeying traffic laws while biking;
- Not wearing a PFD while canoeing or bike helmet while biking;
- Not having front & rear lights on when biking at night;
- Disrespectful behaviour towards canoes provided for the race;
- Abuse of any volunteer or member of the race organizing team.

This is not an exhaustive list. Please contact race management before the start of the race if you have specific questions regarding penalties.