



## 2010 Alexandria Adventure Race Captain's Letter

We want to welcome you to the 1st annual Alexandria Adventure Race presented by Massey's Professional Outfitters and Eastbank Cyclery on Saturday, April 3rd. This is the first stop in the "Racing To N'Awlins" Adventure Racing Series. Check-in will be from 7:15 a.m. – 8:30 a.m., and the race will begin promptly at 9:00 a.m. A race party and awards ceremony will take place immediately following and will include food, soft drinks and music.

This sheet is to help you and your team prepare for this exciting event. Below we will discuss what to expect, suggested/required gear, locations/ directions, logistics for the race, and other pertinent information. We want you and your team to know that SAFETY is our #1 concern. We want you to have an incredible experience, but at the same time we want you to be safe. Feel free to bring out family and friends to cheer you on. We'll do our best to send them to good photo locations along the course.

**Disciplines:** The race course will consist of approximately 10 miles mountain biking, 4 miles canoeing, 5 miles trekking/running, and other "team mystery challenges" on a secret race course.

**Directions:** Take I-49 to Alexandria, La. Take exit 80 (Hwy 71) (north). Proceed on Hwy 71 to Hwy 28. Drive (west) on Highway 28 for 12 miles to Highway 121 at Gardner, La. Turn left (south) and go 0.25 mile to Forest Road 279 (Valentine Road). Turn left (east) on Hwy 279 and go 3.5 miles to Forest Road 205, where you will turn left (north) and proceed to the recreation area entrance and fee station. Once through the fee station, continue straight to event check-in.

If you need a place to stay for the race, we have a block of rooms at La Quinta Inn. Be sure to tell them you are part of the Gulf Coast Adventure Race. La Quinta Inn, 6116 West Calhoun Dr., Alexandria, LA, (318) 442-3700. Camping is also available at the park on a first-come, first served basis. A link to the camping details is on the Alexandria race page on the [www.GulfCoastAdventure.com](http://www.GulfCoastAdventure.com) website.

Keep in mind: There is no food that we provide on the course. There will only be a couple of water stations along the course that we will provide. Racers are required to carry their food and water during the race (3-5 hours). Teams using bike-specific shoes will want to carry running shoes with them along the course as there may be trekking sections while out on bikes. No road bikes will be allowed on the race course.

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### "Racing to N'Awlins" Series Championship Sponsors

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# Gulf Coast Adventure Racing

[www.gulfcoastadventure.com](http://www.gulfcoastadventure.com)

## Rules & Regulations:

1. Passport checkpoints will be used to direct the flow of the event. Checkpoints will be passed through in consecutive order to be considered official finishers. There is a 50 foot rule in effect for all teams. All team members must stay within 50 feet of each other at all times.
2. This is an adventure race. No roads, trails or waterways will be closed during this event. You must obey all signs, lights, and laws at all times. Failure to do so will be grounds for disqualification (DQ). This is for YOUR safety.
3. Racers must wear helmets while biking. Any member missing a helmet will be disqualified.
4. Life vests must be worn at all times while on the water. Failure to do so will be grounds for disqualification (DQ).
5. Any team that is incomplete at a checkpoint or at the end of the event will be an unofficial finisher. (Unranked)
6. All trash, wrappers, water bottles etc. must be carried out or left at a checkpoint.

## Passport Control Checkpoints:

1. A passport will be issued to each team. The passport must be carried throughout the event and will be punched at each checkpoint. If your team loses the passport you will be disqualified.
2. Teams must travel and check into all checkpoints within 50 feet of each other.
3. You must turn the passport in to the official timer within 5 minutes of finishing the race.

## Team & Divisions:

1. Teams will be divided into four categories, but will compete at the same time. The divisions are made up of three person teams, All Male, All Female, Co-Ed, and Co-Ed Masters.
2. The clock does not stop until all three team members cross the finish line.
3. Any team member or team that wishes to withdrawal must do so at a CP and notify a race official as soon as possible, with the exception of injury.

## Registration & Eligibility:

1. All participants must complete in full all registration materials.
2. Each competitor is responsible for his/her training preparation, ability to decide whether or not to start, continue and pull from the event. Each participant further agrees to abide by the medical staff or management with respect to continuing on.
3. All participants, by registering for this event admit to adequate training and preparation in running, hiking, canoeing, mountain biking, and any other disciplines that may be required during this event.

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## Equipment Provided:

1. Canoes, paddles and life vests – you may use your personal life vest (PFD), but must transport it to and from the canoe put-in during the race. You must use provided canoes and paddles. We will also have life vests (PFD's) for all racers if needed.
2. All equipment needed for “mystery challenges”.

## Mandatory Individual Equipment (Each member must have the following)

1. Camelbak or other means to carry food and water for duration of race.
2. Running or hiking shoes.
3. Mountain Bike (no road bikes)
4. Helmet w/ chinstrap (bike specific). Teams will not be allowed to start the mountain biking section of the race without a helmet.

## Recommended Individual Equipment (Not mandatory)

1. Map case or ziplocs to keep maps and instructions dry
2. Compass
3. Hat for sun protection
4. Sunblock
5. Insect repellent

It is also recommended you bring a cellular phone to contact race officials if needed.

We look forward to seeing you and your team at this exciting event. If you need any additional information, please feel free to contact us anytime.

Sincerely,

David Poletto  
Gulf Coast Adventure Racing  
[dave@gulfcoastadventure.com](mailto:dave@gulfcoastadventure.com)

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