

Genesis Adventure Race

Racer Update #2

A compass is required, and instruction will be available at registration if needed, in addition, a brief compass navigation basics is at bottom of this update. Maps will have all checkpoints and the compass will not be needed for locating the points, but will be used once the checkpoint is found to find the punch near-by on several. This will be very basic, and simple use of a compass and navigation! This adds a bit of fun and provides a taste of what you might see in future adventure races!

Each team member must sign the liability waiver. It can be found at: [Liability](#)

Check in will be on Saturday September 14 from 5pm-8pm at the Blue Spruce Brewing in Littleton CO. 10577 West Centennial Rd, 80127

There is a \$9 daily car fee for the park you pay on entrance. Race parking and start/finish are at the Heronry Pavilion.

You may also check in Sunday morning, starting at 6:30 am at the race location in Chatfield State Park. (directions will be posted on the next update)

Race start 9 am at Heronry pavilion.

Mandatory racer meeting 8:45 at Heronry pavilion.

Compass instruction 8 am – 8:30 am as needed. Heronry pavilion.

Boats and PFDs (life vests) will be provided, but you may bring your own as well. It must be dropped at the boat TA area.

There are 2 Transition areas (TA). One at the Start/Finish area and one at the boating section. Each racer is allowed 1 gear bin at each TA to hold food/snacks/water/dry clothes...whatever you'd like. It needs to be marked with your team name!

Mandatory Gear List For all legs (bike/trek/paddle): SOME CHANGES

To prepare you for other adventure races... we have added some very simple compass navigation. SO...A COMPASS is now REQUIRED gear – one per team (2 recommended in case one fails)! Bring it to the check in and we will be happy to provide enough training for race day. VERY basic compass skills will be required and instruction will be provided as well as written instructions included below. Feel free to practice or contact us with questions. Bruce will be available at the registration desk to further help and give a demonstration – as well as on the morning of the race. There will be more than one occasion to use your new skills.

Passport – to be handed out on race day, starting at 6:30 am. (each team gets 1 – if it is lost, you basically forfeit all checkpoints you acquired)

Maps – to be handed out when you register Saturday or Sunday. (each team gets 1 set – if lost, you will have a difficult time finding the check points)

Hydration pack – there may or may not be water at transition areas.

Cell phone – at least 1 per team in case of emergency.

Bike helmets must be worn during biking leg.

PFDs(personal floatation device – life vest) must be worn during paddling leg – provided or your own.

Rules of travel.

Pen – for marking on your map AND for recording on your passport at the orienteering course at Bike checkpoint #9 for reasons you shall discover on race day!

Optional/recommended Gear List

Extra socks/shoes – in TA 1/2. There's a good chance you'll be crossing some water!

Change of clothes and/or layers. Expect warm or cold.

Rain gear – this is Colorado! Nice one minute – rain or snow the next.

BUG SPRAY – really! Where there is standing water – there are BUGS BUGS BUGS.

Sunscreen and Chapstick?

Waterproof case for your phone.

Second compass.

Biking (optional/recommended):

Bike tools, patch kit and extra tubes. (you never know what you'll run into on the trail)

Running (optional/recommended):

Gators – if you bushwhack, you can expect your shins to take a beating.

Paddling (optional/recommended):

Waterproof pack for gear

Waterproof case for phone

Course information: could change as we refine our legs based on park conditions.

Running: 4-7 miles (depending on your choices)

Biking: 10-15 miles

Paddling: 1-3 miles.

Play to your strengths

If you're a strong runner, consider starting on the run to acquire all those checkpoints.

The run is between 4.5- 7 miles, depending if you stick to trails or opt to cross /bushwhack and if you go for all the checkpoints.

Biking distance also varies depends on your chosen path and options to skip or acquire all checkpoints.

There are unmarked trails and roads throughout the park. Just keep in mind where the check point is located in choosing your path. If you stray from the path, just be alert. There is lots of cactus and prickly weeds as well as snakes.

Don't spend too long searching if you can not find a checkpoint! Recheck your map and find some identifiable landmarks to be sure you are where you think you are!

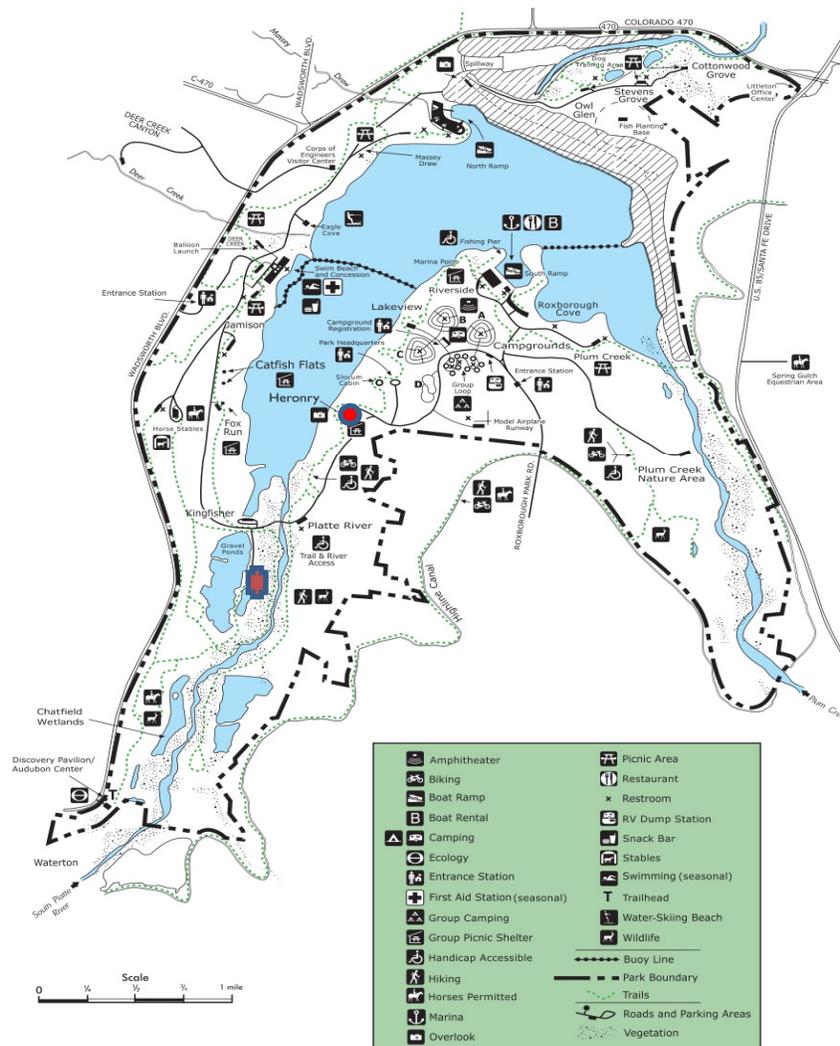
PARKING

Enter the park through either the West or South entrances and follow the roads to the Heronry pavilion (red dot below). There should be a Park sign indicating the turn and we should have a race day marking it as well.

Park entry fee is \$9 per vehicle. There is plenty of parking in the Heronry area.

 Boat Drop TA3

 Sunday check in / Start / Finish / TA 1/2



Basic Compass Navigation

For Genesis, this will be simple navigation – using a bearing (heading) and ignoring any declination. The distances are short, so a slight error in your heading won't be too costly. You should end up close to where you need to be, and if off course slightly, you should only need to search the area for the marker. In real life however, if you are off in your heading by 5 degrees over just 1 mile, you can miss your mark by 450 feet! That's a lot of searching – and, in which direction?

Simple Instructions: Setting a bearing or "heading" (direction you want to travel)

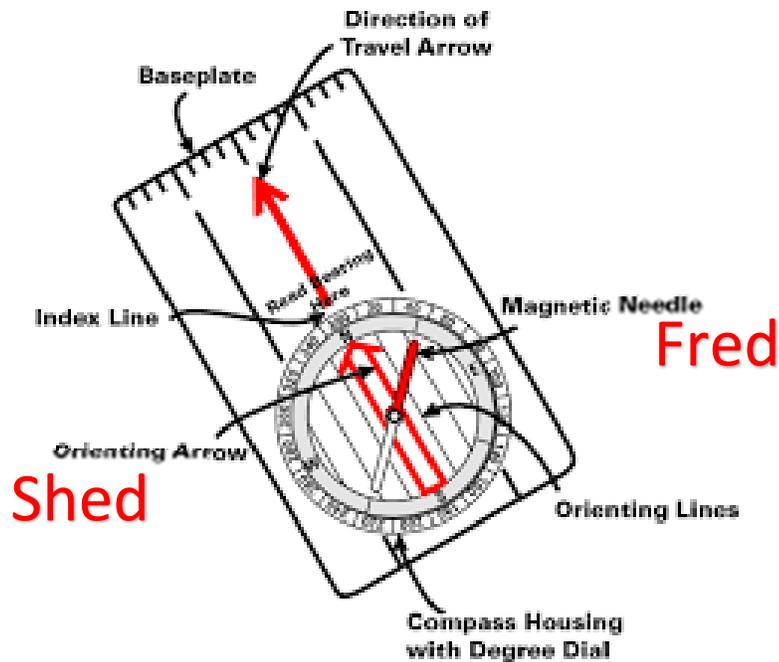
Use compass diagram below.

The Red hand Always points to Magnetic North. (there is a 'true north' as well and adjustments are needed if you are doing true compass map navigation, but for this challenge, it is ignored and we are using simple magnetic north). Below, this arrow is also referred to as "Fred".

Setting a bearing – or a heading (the direction you want to go)

- 1) Hold compass flat and level (some require a 'cover' to be open before it works correctly.)
- 2) If given a compass bearing of 120 degrees, simply rotate the dial so that the 120 is in line with the 'direction of travel arrow". (each compass is a little different in the appearance)
- 3) Hold the compass level and in front of you so that that direction of travel arrow points directly forward. (this is not yet your direction of travel!)
- 4) Without rotating the compass... rotate your body AND compass as a single unit until the RED arrow (magnetic needle) aligns INSIDE the red outline arrow box (orienting arrow) on the compass face! (this is called putting Fred in the Shed). Once the red arrow is 'in the shed'... and the compass direction of travel arrow set to 120 is pointed directly in front of you... that is a bearing of 120 degrees and the direction you need to go.
- 5) Because you will seldom be able to see your final point, you must follow the bearing in short steps. With the compass aligned as described above, look ahead of you and pick an easily identifiable object along the path in line with the direction of travel arrow. Travel to that point. Retake your bearing and simply repeat the process, finding another point in front of you along the bearing to walk until you locate what you're looking for. Your entire team must stick together – within 100 feet.

In the event you don't find the checkpoint in your expected direction... it's possible you did not correctly set, and or follow the compass bearing and you must now 'seek and find' the check point somewhere in the area (assuming you went roughly in the right direction). You may also return to the previous point to start over. Hint: you can also simply stand where you are, be sure the bearing is still correct, put the compass pointed in front of you, and rotate putting the BLACK arrow in the shed. This points you in the exact opposite direction you CAME from. You should be pointed at the last spot you stopped. If not, you may have not followed the heading correctly.



Following a bearing.

It's easy to follow a bearing. Even if you can't see your final destination – just stay on track.

There are 3 options:

First, you can set your bearing and walk with your head down, eyes on the compass, keeping “fred in the shed” while following the arrow of travel to be sure you stay on course. If you are not traveling DUE NORTH (0 Degrees), the direction of travel and the magnetic needle will NOT be pointing in the same direction, but you must keep Fred in the Shed! Of course, this could result in a collision with a tree branch, or worse.

Second: Set your bearing, put Fred in the shed, then look ahead. Pick an object that you can easily identify that is along the path. Put the compass away.. travel to that object. Again pull out the compass, check the bearing, put Fred in the shed – pick out another object along your bearing you will recognize – and travel to it in the same manner until you reach your destination.

Third: Set your bearing, put Fred in the shed – have a team member walk along the bearing ahead (with your guidance (left, right... etc) and have them stop when they are still along the line, and far enough ahead to make progress. When they stop, they must stand in place and wait for you to get to them. When you are with them, again check the bearing, put Fred in the shed – have them walk ahead with your guidance and stop at some point until you again catch up. Do this until you reach your destination.