

OFFICIAL RACE RULES

South Jersey

Law Enforcement Outdoor Challenge



RACE RULES 8:55 AM

START 9:00 AM

GENERAL RACE RULES

- ❖ Must register a two-person team. **START TOGETHER AND FINISH TOGETHER.**
- ❖ Competitors will start together (group start) at the judge's command.
- ❖ Each team member must be together to advance to next stage. The two-person team must finish together. At the completion of each stage marshals will check teams prior to advancement. Teams are required to display their race bib number at the completion of each stage for advancement. This includes the completion of the 1st MTB loop.
- ❖ Competitors must utilize the **RED** and **BLUE** marked course at all times and cannot deviate. All competitors caught cutting any portion of the marked course will be immediately disqualified and asked to leave the property immediately. Incorrect turns will require the team to backtrack to the point they deviated from the course.
- ❖ Mountain Bikes only (Fat tires). Cyclo-cross bikes are accepted.
- ❖ Road bikes / Time Trial bikes will not be allowed. Bikes will be inspected at registration. (This is not a safety inspection) It is the competitor's responsibility to ensure their bike is in safe working order. There will be no support/mechanical staff on the course. Competitors must fix any mechanical issues or flats with any supplies/equipment they wish to carry and can only be assisted by their teammate.
- ❖ Certified Bike helmets must be worn during entire bike stage and during warm-up exercise.
- ❖ You can use or wear a camelback hydration system if you wish and carry any wanted legal supplements during the race.
- ❖ All bikes, shoes, equipment, clothing, and other race essentials must be placed in your team section located in the transition area.
- ❖ Event coordinator will have the final say on any and all race day issues.
- ✓ A NEW RULE INITIATED IN 2012 - THE FIRST 5 TEAMS FINISHING STAGE 1 WILL PROCEED TO STAGE 2. BEGINNING WITH THE 6TH TEAM, MARSHALS WILL ALTERNATE TEAMS, DIRECTING THEM EITHER TO THE BIKE OR CANOE STAGE. *THIS NEW FORMAT IS TO ELIMINATE ANY POSSIBILITY OF DELAY STARTING THE CANOE STAGE. TEAMS ARE NOT GIVEN THE CHOICE.*

RUN / BIKE / CANOE / RUN

OR

RUN / CANOE / BIKE / RUN

- ✓ ALSO NEW IN 2012 - "THE HILL" WILL HAVE 2 ASCENDING PATHS TO ELIMINATE ANY BOTTLENECK ISSUES.

THE CHALLENGE

Stage #1: RUN (5K) RED

The challenge begins as a group start; with a mixture of single and double track trail running through the Camp. Runners will follow the RED marked course, returning to the starting (transition) area. Competitors must check in with race marshals for advancement and won't be permitted into the transition area or continue until both team members are present. **Teams will then be directed to either the Bike Course or Canoe.**



Stage #2: MTB (2) 5 Mile Loops BLUE

The Mountain Bike portion is a combination of fire roads, single/double track, mud, streams, sand, stone, and gravel. Competitor's will complete the first loop (Check in with race marshals) and proceed directly into the second loop. Upon completion, competitors return to the transition area, dismount MTB's in assigned transition area and begin the next stage. (HELMETS ARE REQUIRED DURING THE ENTIRE MTB STAGE) Competitors must check in with stage marshals and won't be permitted into the transition area until both team members are present.

Stage #3: CANOE

Competitors will be assisted into two-person canoes for an out and back course on the lake. Competitor's take a "line" of their choice to a dock at the opposite side of the lake and return to the transition area. Any portion of the canoe, paddle or competitor must touch the dock before turning around. Upon completing, competitors must check in with race marshals in the transition area for advancement and begin the next stage. Canoe, paddles, and floatation device will be provided by the camp and must be used.



Stage #4: RUN (5K) RED

All competitors will return to the trails and finish by repeating stage #1 to the finish line.



- ## DIVISIONS

- ❖ MALE / MALE
- ❖ FEMALE / FEMALE
- ❖ MALE / FEMALE

❖ BAR-B-QUE INCLUDED TO ALL REGISTERED COMPETITORS

- ❖ FINISHER MEDALS
- ❖ AWARDS FOR 1ST AND 2ND PLACE FINISHERS IN EACH DIVISION