



2009 Rules and Regulations

*ALL COMPETITORS MUST CHECK IN AT THE REGISTRATION TABLE
AS THEY ARRIVE ON SUNDAY MORNING!*

General

1. Interpretation of rules and regulations shall be at the sole discretion of Race Director. All decisions of Race Director will be final and are not contestable.
2. Course Marshals will be positioned throughout the race course. All participants are required to follow directions, instructions and decisions rendered by Course Marshals. Failure to comply with instructions, directions or decisions of Course Officials, or abuse of Course Marshals shall be grounds for disqualification.
3. **Bib Numbers must be clearly displayed on front at all times.** Failure to properly display bib number may result in disqualification.
4. **Course Closure:** Will begin at 12:30pm and all support Marshals will be removed from the course at 1:00pm

Travel on Race Course

5. There are no road closures. Participants must obey all traffic signals where necessary and travel in a manner that will not disrupt regular traffic (e.g. travelling in a single file line when biking or blading)
6. Teams members may not become separated by more than 50 metres and must also maintain visual contact with all team members at all times.
7. Use of earphones is not permitted for any portion of the race.

Emergencies

8. Competitors are required to stop and assist any team requiring aid due to injury, accident or other reason. In the event of an emergency, one person must travel to nearest course marshal (shown on maps with a diamond) and inform them of the nature and of the injury and the location of the injured party. Paramedics will then be dispatched to assist if necessary. Teams stopping to offer assistance may receive a time credit.

Course Marshals will be equipped with either radios or cell phones. The Winnipeg Amateur Radio Service will also be on course to assist with communications.

Equipment

9. Personal watercraft may be dropped off at FortWhyte Alive in a designated location on Saturday evening (Pasta Dinner) or delivered no later than 8:15 am on race morning. Overnight security will be in place on Saturday evening.

NEW FOR 2009

10. To reduce vehicle traffic and CO₂ emissions we are offering designated transport vehicles to assist with the equipment drop off for Exchange Zone 1 - Assiniboine Forest (rollerblades, helmet, etc.) This equipment will be picked up from Exchange Zone 2 - Assiniboine Park East Gate and returned to FortWhyte for athletes to claim at the race finish. Your support and compliance with this equipment drop off system is greatly appreciated.

11. A complimentary 'Bison Transport Bag' has been provided with your race number for purposes of transporting roller blades, helmet and any other personal items. Three equipment transport vehicles (Heat 1, Heat 2, Heat 3) will be located in the front of the Alloway Reception Centre at 7:30 am on Sunday morning. Rollerblades and one bag (provided) or personal backpack properly identified with athlete number may be placed in the equipment transport vehicles to be taken to Exchange Zone 1. This equipment may be left at Exchange 2 where FortWhyte volunteers will load the equipment and return it to FortWhyte Alive.

Heat 1 Equipment Vehicle will depart FortWhyte at 8:30 am

Heat 2 Equipment Vehicle will depart FortWhyte at 9:00 am

Heat 3 Equipment Vehicle will depart FortWhyte at 9:30 am

FortWhyte is not responsible for and cannot transport equipment after the designated vehicle departures.

12. Exchange Zones will open for equipment drop-off at 7:15 am. Participants are responsible for the transportation, security and identification of all personal equipment. FortWhyte Alive will not accept responsibility for lost or damaged property. Labels are provided for identifying your equipment. They are to be used as follows: 1 label for transport bag/backpack, 1 label for each rollerblade, 1 for helmet, and 1 for bike.
13. No equipment may be dropped off at the Bicycle Exchange Zone 3 - Great West Life after 9:30 am.
14. Each entry will carry an "electronic passport" that will be used for race timing. At each exchange zone, this must be "punched" into a timing box before you can leave the exchange zone. Relay entries must pass the electronic passport from person to person for each leg of the race. Any entry who loses their electronic passport will be assessed a \$50 replacement fee.
15. Competitors may carry a backpack with them that may contain water, running shoes, bike helmets, protective pads, maps/course description, compass, first aid kit, tire repair kit. Participants must receive permission from Race Director to carry items other than those listed here. Teams are permitted to carry more than one pack.
16. GPS units are not permitted to allow for a level-playing field for all competitors.
17. Compasses will be required for the orienteering leg.

Start

18. Starting will be done in three heats, with staggered start times. All participants are responsible for ensuring they know what heat they are competing in. Announcements will be made 15 minutes prior to each heat. Any participant that misses the start of their heat *will not* be given a new start time. Due to the timing system we are unable to change your heat once it has been assigned.
19. Each heat will be an on-water start. Competitors will launch their boats from the sailing platform with enough time to paddle and align their boats behind the start line.
20. All FortWhyte canoes and kayaks will be numbered. Competitors must locate their assigned number of canoe/kayak found on the heat listing. Competitors must not take an un-numbered boat - these have been personally supplied by other competitors.

Timing

21. Do not switch electronic passports with other people - they have been pre-programmed with your identifying information.
22. Before the race on Sunday, each team must use the "check box" at the check-in table to ensure electronic passport is working properly.
23. Punch the box on the way into each exchange zone.
24. The electronic passport will be punched for five of the eight control sites found in the Assiniboine Forest on the Orienteering portion of the race.
25. Relay teams must pass the electronic passport between competitors at each exchange zone.
26. Competitors must punch at *all transition zones* and *the finish line* with the exception of the first zone where the punch will be located at the sod house (between paddling leg and first running leg)
27. At the finish line there will be a finish box, as well as a "download" box for teams to get their results. Both must be punched.
28. All 4 members of a team must finish together and final time will not be punched until the last member crosses the finish line.

29. If electronic passport is lost, there is a \$50 replacement fee that will be charged to the entry who lost it.

Paddling/Portaging

30. Boats *must not be dragged* along the ground while being portaged.
31. All participants must *wear* a Transport Canada approved Personal Flotation Device (PFD) for the full length of the paddling portion of the race. Participants are permitted to supply their own PFD, as long as it is transport Canada approved.
32. All transitions (water to land, land to water, rollerblade to run, run to bike) must be done within area marked by blazing tape or rope.
33. Boats, paddles and PFD's must be portaged to designated area before transition to running.
34. Personally supplied watercraft will be placed in a designated drop off area.
35. In the event of portage only 1 canoe per team (with a max of two team members) will complete the leg.

1st Running/Orienteering Leg

36. Participants must carry their own compass.
37. Travel through north portion of FortWhyte property must take place on limestone trail where specified in course description to Sterling Lyon Parkway.
38. All participants must cross Wilkes Ave/Sterling Lyon Pkwy at traffic light at the intersection with McCreary/Shafesbury under the direction of the course marshals.
39. Participants must not attempt crossing the train tracks at any point but Shaftesbury Blvd. Participants must not attempt to run through closed railway gates.
40. In the event of a train delay, a Course Marshal is positioned with an electronic punch. Competitors must punch on *arrival at the intersection and punch out* after the train has passed to proceed on the run. This interval time will be deducted from the final overall time.
41. **NEW FOR 2009** Participants will pick up an orienteering map from a course marshal at the Assiniboine Forest entrance. Orient the map to face north (line up the north lines on the map with actual north). Find the start triangle on the map. This is the starting point for the orienteering leg.
42. Participants will need to locate and punch with the electronic passport 5 of the 8 control sites found on the map. Each 'control' is marked by an orange and white flag. Controls may be punched in any order. Decide which 5 controls you wish to find and the order in which to find them. Determine the fastest/easiest route between the controls.
43. There will be a 10:00 minute penalty for each control you do not find. (Example: if your team punches in at only three controls, 20:00 minutes will be added to your total time).
44. After punching in at the 5th control, participants will make their way to the finish control that is marked by a double circle. Punch it as the last control and make your way to the NW corner of the Assiniboine Forest parking lot located at Grant and Chalfont.
45. Travel through Assiniboine Forest must take place within forest on any trail. Travel may not take place outside forest.

Rollerblading

46. Participants must *wear* an approved helmet for the rollerblading and cycling portions of the race.
47. While rollerblading, participants must travel on multi-use path at all times. Participants must not use roads within Assiniboine Park.
48. Use of poles is not permitted

Cycling

49. Helmet must be strapped on participant before bike is removed from the rack.
50. Cycling is not permitted in the exchange zone. Cyclist must walk their bikes through the exchange zone to the mount line.

Exchange Zones

51. Race volunteers will be tracking all competitors through each exchange zone, and your cooperation will be required to make sure this goes smoothly.
- **All competitors** ensure that your bib number is visible and do not leave the passport table until the exchange zone personnel have crossed you off the list.
 - **Teams:** please ensure that you know your team's name and can verbally verify to the exchange zone personnel that all team members are present. Teams may not leave an exchange zone **until all four members** are present and ready to depart.

Exchange Zone Procedures for Relay Teams Only

Each exchange zone will have a designated area within the exchange zone for Relay transitions. Athletes who are waiting for their team-mate to enter the zone must wait in the designated area and remain there until the electronic passport is handed off to them.

Assiniboine Forest Parking Lot, run to blade: Athletes will be standing in designated area in their blades.

Park East Gate, blade to run: Athletes blade to designated area and hand-off.

Great West Life, run to bike: Athletes will be standing in designated area. Passport is handed off and then they get on their bike.

52. Water and medical assistance is available at all Exchange Zones

Support Crew

We encourage each athlete to be self sufficient by taking advantage of the designated equipment transport vehicles that will aid you in reducing your carbon footprint. (We recognize that support crews have always been an integral part of the race, and therefore leave participation to your personal discretion.)

53. At exchange zones Support Team Members:
- Will not be allowed inside exchange zones after equipment has been dropped off without permission of Exchange Zone personnel.
 - Must not be in the Exchange Zone, assisting competitors with clothing, food or equipment during the competitor's transition.
 - When picking equipment up from an exchange zone must do so at a time that does not interfere with the race.
 - Exchange Zones will be closed for equipment drop off at 9:00am - this includes Great West Life.

Finish Line

54. After crossing finish line, teams must stay in the order they crossed the line until timing official has removed the tear-off tag from your bib.
55. In order for final time to qualify for medals, the following criteria must be met:
- i. Entire course completed, without infraction of rules
 - ii. Possession of Electronic Passport for timing
 - iii. Mixed gender team

Have a Safe & Fun EcoAdventure
and Thank You for Supporting



FortWhyte Alive
HUMAN. NATURE.