

Eco-Endurance Challenge

Participant Notes 2010



Introduction

Welcome to the Eco-Endurance Challenge (E2C) 2010. This is our tenth year and we hope that new and returning participants will enjoy some of the new twists and challenges added this year. The following is a brief outline of some important details that team captains and participants should be aware of before event day.

Eco-Endurance Challenge Team:

A lot of work has gone into designing a new course for this year, which should prove to be a good test of participants' abilities and a great deal of fun. At this time I would like to introduce and thank the 2010 E2C team, as well as to thank in advance the many volunteers who have been involved in E2C planning and coordination. The E2C 2010 team includes:

Meet Director	Mannie Lewis
Course Technical Designer	Jim Blanchard
Course Director	Howard West
Co-Director (mapping)	Eugene Peters
Co-Directors (on-site management/safety)	Steve Leblanc, Howard West
Co-Director (information/liaison)	Chris Richards
Co-Director (logistics)	Shirley Leblanc
Co-Director (registration/scoring)	Scott Hill
OANS Representative	Peter Lewis

Location and Registration

Location:

Directions to the registration site are posted at <http://www.ecoendurancechallenge.ca/about>. There will be two sites again this year. The first will be used for registration as well as post-event awards ceremonies for the 8 and 24 hour categories.

The Start/Finish will be located approximately 30 minutes away. Directions to the Start/Finish will be provided at registration.

**THE COURSE IS OFF LIMITS TO PARTICIPANTS FROM NOW TO MAY 1st.
PARTICIPANTS FOUND ON THE COURSE WILL BE DISQUALIFIED FROM
WINNING THE RACE!**

The Halifax Regional Search and Rescue command, logistics and rescue vehicles will be stationed at the Start/Finish, along with tents for shelter. All teams can only enter and exit the course from this site. **NO PAVED ROADS MAY BE USED.** Depending on road conditions, high riding vehicles may be the safest option for travel to the Start/Finish. If road conditions are too rough, the Start/Finish may be moved.

Registration:

Registration for all events will commence at 0630 hours on Saturday, May 1st 2010 at the registration point. Priority will be given to the 8hr participants only during the first hour of registration. Please note, you can only register as a complete team. Teams will be handed their map for the course, sign the participant waiver and receive directions to the Start/Finish. Punch cards for the challenge will be distributed to team captains at the Start/Finish after the mandatory equipment check.

PLEASE ALLOW 2 HOURS TO REGISTER, TRAVEL TO THE START/FINISH AND PROCEED THROUGH THE EQUIPMENT CHECK AND MANDATORY BRIEFING.

Start times:

The start times will be staggered again this year. All 8-hour challenges will begin at 1000hrs on Saturday and end at 1800hrs on Saturday. All 24-hour challenges will begin at 1200hrs on Saturday and end at 1200hrs on Sunday.

Course Planner's Notes

Maps:

1. The **primary map** (1:50 000) will **not** have all **60** controls shown, but will show **45** in total. Of the remaining 15 controls you will have five (5) on each of two secondary maps. The other five (5) will be part of the Grid Reference controls which are to be located on the 1:50 000 map; the main event map.
2. These 15 controls will have the highest values given for this event; notwithstanding, a few other controls will have the same equivalent value. Teams receive one laminated main event map plus one paper map for each team member.
3. One map will be an **Air Photo** in **1:7 500** scale with five (5) controls and descriptions on the back.
4. One map will be a **Topographical Map** in **1:10 000** scale. This map will have five (5) controls of a Line-O (Line-Orienteering) format. Essentially, this format has a series of straight lines drawn on the map which participants follow as accurately as possible. Along this line will be the control flags to find; in our case, five controls. If you follow the line accurately you will find the flag within 15 m either side of your specific line of travel, given that you may not be exactly on the imaginary line of travel. The controls are directly along

the line on the map. We will have one of the five circled on the map to assist you and as a “free one”. The other four (4) you will find along the line or at the change of direction spots. The change of direction spots that have no controls will have ONE LONG lime green streamer with reflective tape to let you know that you have indeed reached the change of direction location. Also, there will be triangles to indicate either end of the Line-O. These locations will be marked with a stake and reflective flagging. A helpful suggestion would be to start at the SW location and do the Line-O in the daylight.

5. The **two secondary maps** will be made available at the equipment check location when your punch card is issued.
6. For the five (5) controls that are **Grid References**, you will be given the flag number AND descriptions for two of them. For the other three locations, if the GR is found correctly, it will be obvious as to where the control is located. We will provide the Military Grid Reference format on the map that is found on topographical maps you can purchase in a map store. Remember, the Grid References are for the 1:50 000 map.

Yellow Areas: These are harvested areas, as determined from 2005 – 2008 air photos. The map is as accurate as possible, given that there is active logging in the area.

Green within Yellow: These are areas that are left for animals and birds. Many have had the trees blown over. However, these areas, called a *copse*, can be used for navigation across a clear cut or used for control locations. A copse is a group of trees within an open area. A *copse* may vary in size from a 10 by 10 metre area to something approaching 100 by 100 metres or more.

Cliff and Boulder Features: Any significant cliff areas are shown with solid **black lines**; boulders are shown by **black triangles**. The boulder features will only be shown if we feel they are significant as there are too many to map. Significant means it could be a control feature or a navigation feature.

Trails: The big red lines are significant trails or dirt roads. The thin red lines are less well-defined trails and may be harder to follow.

First to Punch:

There will be a “first to punch” prize for the 8 and 24 hr participants. The control will have a streamer with the words “FIRST TO PUNCH WINNER”. Carefully take this streamer with you and pass in with your punch card upon finishing. This streamer will be of a different colour than the fluorescent orange streamers we use to mark the control.

Team Withdrawal:

Recreational teams with three or more members are permitted to have members leave the team due to injury or illness, as long as a minimum of two members remain. In such cases, the team may not continue until the person dropping out is secured. The team **MUST** then be given permission to continue. Person giving permission will record team name, date, and time of permission as well as the name of the person dropping out and the team captain’s name.

Point Values:

NOTE: These are different from most other years; points this year are from 20 to 100, not 100 to 1000!

1. There are **4000** points available.
2. **EARLY FINISH:** There is a bonus of **20** points for being 30 minutes or more early.
3. Punch cards must be presented at the SAR command vehicle check-in point. **Take your time punching.** If you miss-punch a control point, you must notify the race organizers at the time you return. We retain the right to disregard any punch on your score card if not clearly punched.

Penalties:

Being late is serious, especially in a wilderness challenge where questions of safety are paramount. Accordingly, the penalties for tardiness are high and inflexible. Teams will be penalized for being over time at a rate of **50** points for each part of **5-minutes**. Teams greater than **30** minutes late will be scored in the official results as OT (Over Time) with all points lost. Those teams who have an evacuation from the course or where a member drops out (in Competitive teams or teams of two) will be scored as **DNF** (Did not Finish).

Searchers will start into the woods if any team has not checked in at the Command Vehicle by one hour after the completion of the particular challenge. RCMP and Search & Rescue will be notified if a team has still not reported in 2 hours after the event closes.

Director's Notes/Rules

1. No vehicular transport; participants must travel on foot only;
2. No supply drops in advance;
3. If you hear a whistle or other distress call, respond immediately;
4. There are 60 control points and ALL are available to the 8 AND 24 hour competitions.
5. Paved roads are off limits for safety;
6. ATVs, hikers etc heavily use this area. Do not leave your packs unattended and do not set-up any tents/shelters on paths/roads;
7. Swimming is not permitted;
8. No use of Navigational GPS units, except for teams in the recreational category;
9. There is one official time clock – it is on the HRSAR Command Vehicle.
10. Participants who leave the course at any time during the event are not permitted to return later and continue to compete.

Mandatory equipment:

The E2C organizers require that every person going into the woods carry: matches or lighter, a knife, a compass, whistle, water container and watch. All teams will be required to present these items at the mandatory equipment check and sign a waiver at registration certifying that each and every member of the team will carry these items. If you plan to travel at night, we recommend that you attach a light stick or have some reflective tape on your clothing or pack.

Food:

A meal will be served at the registration hall at the conclusion of the 8 AND 24- hour events. Teams are expected to be SELF-SUFFICIENT during the events themselves.

Emergency shelters:

Emergency shelters will be staffed during the event and their locations will be marked on competition maps. These will be staffed by Venturers, Scouts, Guides, Pathfinders and/or other volunteer groups. The shelters will also provide a safe cover from the elements, access to communication to the race organizers, drinkable water and possibly warm water. Halifax Regional Search and Rescue emergency first aid responders will be on-hand to evacuate any team member who chooses to drop out or is injured.

Safety:

Teams, whether containing two or five members, must stay within sight and normal speaking distance (approximately 10 metres). If anyone becomes separated from their partner(s), all must return to the Start/Finish or nearest Safety Shelter as quickly as possible and notify organizers. Once re-united, teams may resume competition as long as time remains, but any team found separated will be disqualified and asked to leave the woods immediately. Safety is our primary concern.

Because of the distances, the remoteness of the location, the fatigue associated with this event, the poor communication, emergency challenges inherent in remote locations, the number of people involved, and the confusion of a large event, it is vital to everyone's safety that groups remain together, especially if night hiking is planned. To ensure teams stay together, there will be random manned points throughout the day and night where checks will be made.

A safety bearing is provided on your map. If you get lost use the safety bearing. Roads monitored by safety patrols will be marked on the map. A team in need of help need only wait along one of these roads and they will encounter a member of HRSAR within 3 hours. Emergency cell numbers are also provided on the map.

Special Notes:

Numerous new and old logging trails crisscross the area on the map, and logging in the area continues up to (but probably not including) race day. We have changed the map to reflect these roads as much as possible but cannot guarantee that in some places it will not be confusing or new roads won't appear. In addition some old trails have grown up considerably and are difficult to locate until you are actually on them.

To avoid having controls stolen they will be located just off the trail in the woods. To mitigate the problems of lost/stolen controls, each control will have two-foot strips of ORANGE flagging hanging within 50 feet of the control. If a control is missing and you feel it should be in the place you are looking, look for the flagging. The flagging will contain a code. If the flag is reported missing by several teams and these teams have the code they will be awarded the points.

Please make note of the time and report the lost control as soon as you see race management, as the control may be replaced during the race once it is reported missing.

In some cases, we have placed orange fluorescent streamers near the control to guide you in to the exact location if it has been determined that the surrounding approaching cover is a bit too thick (green) but yet the location itself is very identifiable and fair. These streamers will give you direction and distance. In fact, if you have found the streamers, you are very near the control and we do not wish you to then be wondering and guessing as you have already navigated to the correct feature. Remember; you are using a 1:50 000 map!

Some of the gravel pits have high, steep sides and are extremely dangerous. Be cautious when in the vicinity of such an area.

Wildlife Warning:

The E2C takes place in a wilderness location. Wildlife is abundant. While most wildlife does not pose a risk to individuals hiking in the woods, some does. Be aware of possible moose, coyotes or bears in the area. If you encounter a bear please keep in mind the following tips: (Source: <http://www.gov.ns.ca/natr/wildlifeNuisance/bears.htm#encounter>)

- Stay calm. Speak in a firm authoritative voice and slowly back away. Do not look the bear in the eyes.
- Try to keep up wind from the bear as you leave the area.
- Leave escape routes open for the bear.
- If the bear begins to follow you, drop something - not food - to distract the bear as you move away.
- Do not make threatening gestures or sudden moves unless you are being attacked.
- Never run or climb a tree. Bears excel at both activities.
- If a bear attacks you, fight back with anything and everything you can, and make a lot of noise. Do not 'play dead'. Use pepper spray if you have it.

Final Words:

- Pack everything you take into the woods back out with you: **Do Not Litter!**
- Be back at the Start/Finish by completion of your event.
- Be cautious; you are a long way from help.

Have a fun and safe 8 or 24-hour challenge, and I will see you all back at the hall for the awards ceremony – considerably more dirty and tired – on Sunday!! (Saturday for the 8 hour)

Mannie Lewis
2010 E2C Meet Director
Halifax Regional Search and Rescue