

## Eco Endurance Challenge (E2C) – Quick Facts!

- The E2C was created eighteen years ago as a training event for Search and Rescue volunteers and quickly became public when other people started asking whether they could join in.
- There are **three choices of race duration**: 4hrs (running from Sat 2pm-6pm); 8hrs (from Sat 10am-6pm); and 24hrs (from Sat noon-Sun noon).
- There are **four choices of challenge type**: Recreational, Public Competitive, Armed Forces, and Emergency Responders/Search & Rescue. Teams in the latter should be 50% SAR volunteers.
- All challenge types and both race durations share the same competition map, but **Recreational teams are allowed to use GPS devices** if they wish. No transport other than your own feet though!
- The aim is to **locate as many of the 60 orienteering points as you can** – and have fun doing so!
- The event takes place in the woods, not too far from the Halifax Airport. The site varies from year to year, but is usually down a series of (graded) logging roads. So don't bring your low-riding Mini.
- Entry into the 4hr race is \$40 (\$20 for youth under 18yrs); the 8hr race is \$60 (\$30 for youth under 18yrs) and the 24hr race is \$80 (\$40 for youth under 18yrs). There is a \$20 discount for competitors who are also Search and Rescue volunteers.
- Dogs are allowed in the woods, as long as they are under your control **at all times**. Seriously.
- We don't have any minimum age limit for competitors – but **we recommend that children be at least ten years old**. The terrain can be boggy and/or rough when you get off the trails.
- All teams need to have someone 18+ years of age on them, unless cleared with the Meet Director.
- **Teams are between 2-5 people**. No single entries – sorry, but it's for safety reasons.
- We have **Safety Groups located throughout the area** (manned by Scouts, Guides, Venturers etc). Facilities at these locations vary but include water stations, first aid assistance, and campfires.
- Everyone entering the woods needs to have these **six essential items: water/hydration pack; whistle; knife; compass; fire starter; and watch or timing device**. Yes, everyone. If you lose one of your teammates and they don't have a compass or whistle, they (and we) will not be very happy!
- Other than those items, what you bring is totally up to you. But no alcohol or drugs please.
- If you are doing the 24hr race and need a break, **feel free to camp out during the night**. We ask only that you leave the area as you find it, and don't break any bans that are in effect (e.g. fire bans).
- As long as you **don't move your vehicle at all**, you can sleep in it, take a break in it, or get warm in it.
- You can drop excess gear off with us at the start/finish if you want to use it later, but we can't be held responsible if someone thinks that your stuff looks better than theirs.
- We feed you at the end of the races. There is usually BBQ food, soup and stew, as well as snacks.
- You get an E2C shirt and a certificate of completion. And bragging rights, of course.
- We post results online after the races have finished (subject to internet connectivity at the site!)

### But I also want to know...

- What the rules are... <http://ecoendurancechallenge.ca/about/rules/>
- What I'm getting myself into... <http://ecoendurancechallenge.ca/about/course/>
- What the weather is usually like... <http://ecoendurancechallenge.ca/about/weather/>
- What I can win... <http://ecoendurancechallenge.ca/about/prizes/>
- How to register... <https://raceroster.com/events/2018/13062/eco-endurance-challenge-2018>
- Who to contact if I have questions... <http://ecoendurancechallenge.ca/about/contacts/>