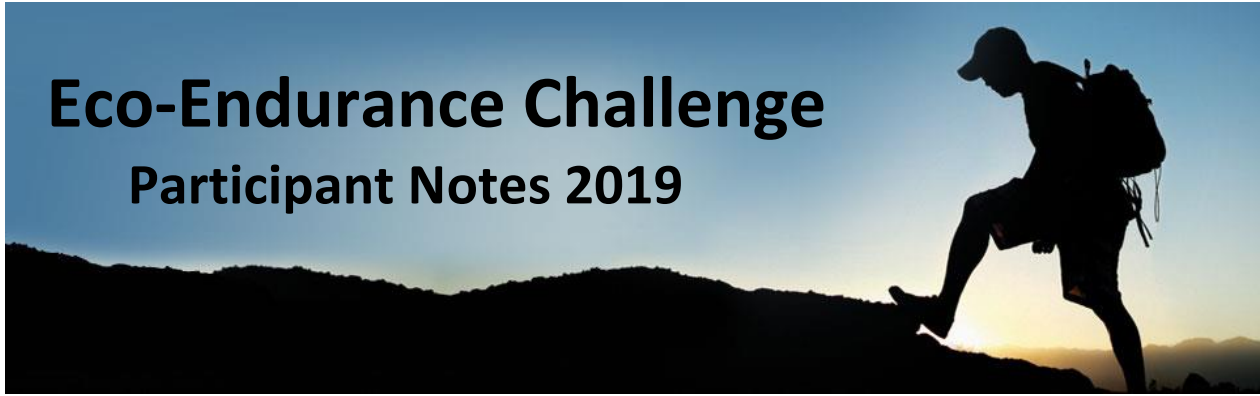


Eco-Endurance Challenge

Participant Notes 2019



INTRODUCTION

Welcome to the Eco-Endurance Challenge (E2C) 2019! We hope that both new and returning participants will enjoy some of the challenges contained within this year's event, as well as the location. The following is an 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 the 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 2019 E2C team, as well as thank in advance the many volunteers who have been involved in E2C planning and coordination. The E2C 2019 management team includes:

Meet Director:	Mannie Lewis
Course Technical Designer:	Jim Blanchard
Co-Directors (Mapping):	Neil Harding & Eugene Peters
Co-Directors (On-Site/Safety):	Steve LeBlanc & Howard West
Co-Directors (Information/Liaison):	Chris Richards & Dave Eisan
Co-Director (Registration/Scoring):	Jenny Cartwright
Co-Directors (Logistics):	Trish Corbin & Kathryn Stevenson
OANS Representative:	Dale Ellis
Course Setters:	Neil Harding, AJ Peters, Matt Murray & Kevin MacDonald
Safety Points & First Aid:	Brian Steele, Cheryl Ratushny

Location:

Directions to the registration site are posted at <http://ecoendurancechallenge.ca/about/>. There will be two sites this year. The first will be used for 8hr and 24hr team registration; the second for 4hr team registration, the competition itself, the post-event awards ceremonies, and the food for 4hr, 8hr and 24hr participants. The Start/Finish will be located approximately 35 minutes away from registration. Directions to the Start/Finish will be provided at registration.

The Halifax Regional Search and Rescue (HRSAR) command, logistics and rescue vehicles will be stationed at the Start/Finish, along with the first aid tent. All teams can only enter and exit the course from this site. Depending on road conditions, high riding vehicles may be the safest option for travel to the Start/Finish.

Registration:

Registration for 8hr and 24hr events will commence at 0600 hours on Saturday May 4th at the registration centre. Priority will be given to 8hr participants during the first hour of registration. Please note, you can only register as a complete team. Teams will be handed their map(s) for the course 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 and safety briefing.

Please note that 4hr teams will be able to register and go through the mandatory equipment check at the event site and Start/Finish itself – **there is no need for 4hr teams to go to the registration centre in advance**. Registration for 4hr teams will be available after the 8hr teams have started their race at 10am on Saturday (note however that 24hr teams have priority until their race begins at noon) and will continue until the 4hr race begins at 1pm.

8HR and 24HR TEAMS: PLEASE ALLOW TWO HOURS TO REGISTER, TRAVEL TO THE START/FINISH AND PROCEED THROUGH THE MANDATORY EQUIPMENT CHECK AND PRE-RACE BRIEFING.

4HR TEAMS: ALTHOUGH YOU DO NOT NEED TO BE ON SITE UNTIL NOON, PLEASE NOTE THAT 8HR AND 24HR TEAMS WILL ALREADY BE ON SITE AND THEREFORE PARKING MAY NOT BE AVAILABLE DIRECTLY AT THE START/FINISH. PLEASE ALLOW SOME TIME TO WALK TO THE START/FINISH FROM YOUR VEHICLE.

Start times:

Start times are staggered as follows:

- 8-hour challenges will begin at 1000hrs on Saturday and end at 1800hrs on Saturday.
- 4-hour challenge will begin at 1300hrs on Saturday and end at 1700hrs on Saturday.
- 24-hour challenges will begin at 1200hrs on Saturday and end at 1200hrs on Sunday.

Wildlife Warning:

The E2C takes place in a wilderness location where wildlife is abundant. While most wildlife does not pose a risk to individuals 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:
(<http://www.gov.ns.ca/natr/wildlife/nuisance/bears.asp>).

- * The local bears are Eastern Black Bears, and may behave differently than other species of bears.
- * Stay calm. Speak in a firm authoritative voice and slowly back away. Do not look the bear in the eye.
- * 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.

Depending on weather conditions there may be black flies, mosquitoes and/or ticks in the area. We recommend that you consider carrying bug spray or other repellants and that you check yourself for ticks before you leave the event to drive home.

COURSE PLANNER & MAPPERS' NOTES

Map

The 2019 E2C has **60 controls** for you to locate. There will be **one map** (1:25,000) with **60 controls** showing on it. The map will be given to you at event-day Registration.

The map this year is a 1:25,000 scale. This map will be set at Grid North so you will need to allow for Magnetic Declination. We are using 18 degrees West. You will see that some controls this year have no roads in their immediate vicinity, so be aware of potentially long cross-country navigation routes. You will need to use terrain features to re-locate yourself unless you want a long hike to a road. **Safety Bearing is WEST!** Some of the terrain is tough travelling, so plan accordingly. Participants may encounter some remnants of Hurricane Juan windfall. However, you will also find some beautiful forest sites!

Various literature may refer to 'HRSAR' and/or 'HSAR'. They are meant to be read as one and the same.

Map Symbolology

1. **Yellow Areas:** These are harvested areas derived from 2003-2016 air photos and satellite images. In addition, the yellow areas showing the clear cuts are in various stages of regrowth.
2. **Red Areas:** There is active and/or recent logging activity in, or adjacent to, the competition area this year. While no controls are situated near known active logging areas, participants should be mindful of heavy machinery and logging trucks, especially on the main road into, and exiting, the competition area. Participants should always give the right-of-way to machinery and vehicles.
3. **Green within Yellow:** These are areas that are left for animals and birds. Many have had some of 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 and may vary in size from a 10 by 10 metre area to something approaching 100 by 100 metres or more.
4. **Rock face and Boulder Features:** Any rock face areas we find that are significant are shown with a solid black line, with black triangles for boulders. 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. Some rock faces we have found are quite massive, up to 8m tall and up to 100m+ long. Some of these (signified by a black line) come upon you rather quickly, so use extreme caution. None of the high rock faces will have a control on the top. At night use great care, especially if you are trying to get to one of these features at right angles.
5. **Survey Posts and Survey Lines:** This year we continued to plot Survey Posts (usually white four-sided 4" by 4" posts sharpened to a point). Many of these are very old. Some have fallen and there is often a rock pile depicting where the survey post was located. For you, the survey lines are *even more important*. We have identified the survey lines in green if they can be followed. The green line indicates that the line is blazed (usually with red or white paint on tree trunks). Some survey lines will have stumps about 4 to 5 feet high in certain sections to indicate the line. Where the line is dashed it is harder to follow and just overgrown. There are enough survey lines plotted on your map to allow for short cuts or faster travel through the woods.

6. **Trails:** The thick brown lines are significant dirt roads or trails. The thin brown lines are less significant trails and can be found and travelled. The thin brown dashes are trails which may or may not be obvious to find and follow. They are remnants of older logging trails.

Penalties/Early Bonus:

- 8hr and 24hr teams will earn an early finish bonus of 10 points for an early return up to 30 minutes before the end of their race (i.e. 4:00pm-5:30pm for 8hr competitors; 6:00am-11:30am for 24hr competitors). There will be no early finish bonus for 4hr teams.
- Teams will be penalized for being over time, with 10 points of your score card value lost per minute up to fifteen minutes past the finish time.
- Teams greater than 15 minutes late will be scored in the official results as OT (Over Time). Points will be shown but the team will lose their placement in the points list.
- Teams who have an evacuation/extraction from the course will be scored as DNF (Did Not Finish).
- Teams who withdraw during the event will be given the points they acquired if all members report at the finish under their own foot power. If a team is extracted from the course by HRSAR then the team will be assigned a DNF (Did Not Finish).
- Teams who have a member withdraw during the event may continue to compete as long as a minimum of two members remain on the team. Teams of two who have a member withdraw may continue to compete by joining another team, but the original team will be scored as DNF (Did Not Finish).
- Teams over 1 hour late may be searched for. The RCMP will be contacted for teams 2 hours overdue to initiate a full-scale search if no contact has been made.

Point Values:

1. Point values are from 10 to 100.
2. There are **3500 points available** on the controls.
3. If a team loses their punch card, they may come back to the Start/Finish to pick up another one.
4. We retain the right to disregard any punch on your score card if not clearly punched or if punched in the wrong box. Take your time punching and make sure that you notify us at the Start/Finish when you hand your punch card in if you have made any mistakes so that we can score your punch card correctly.

ENJOY!

Neil Harding, Eugene Peters & Jim Blanchard

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. Paved roads are off limits for safety.
5. Some of the area is public; please be aware of machinery, vehicles, ATVs and hikers.
6. Do not leave your packs unattended and do not set up any tents/shelters on paths/roads.
7. Swimming, watercraft or "pack rafting" is not permitted.
8. No open or unattended fires.
9. No use of navigational GPS units, except for teams in the recreational category. "Fit Bits" or similar devices may be used to monitor heart rate, distance travelled etc. as long as they do not include a GPS component.
10. There is one official time clock – it is on the HRSAR Command Vehicle.
11. 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 and a watch/timing device. 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. If you have a cell phone, please give us your number during the mandatory Equipment Check so that in an emergency we can contact you. **Please note that due to limited cell phone coverage in some areas of the course, text messaging may be necessary in place of voice calls.**

Food:

Food will be served at the Start/Finish site at the conclusion of the 4hr/8hr and 24hr events; teams are expected to be self-sufficient during the event itself.

Emergency shelters:

The location of emergency shelters will be marked on competition maps and will be designated by green laminated cards at their locations. These shelters will be staffed by Venturers, Scouts, Guides and Pathfinders. They will also provide a safe cover from the elements, access to communication to the race organizers, drinkable water and possibly warm water/fires. Each emergency shelter is staffed by a different group and therefore the facilities available at each will vary. Drinking water may be limited and participants should have purifying aids or equipment with them in order to remain self-sufficient during the race. Halifax Regional Search and Rescue emergency first aid responders will be on call to evacuate any team member who chooses to drop out or is injured.

Safety:

Because of the remoteness of the location, it is vital to everyone's safety that groups remain together, especially when night hiking. Teams must stay within sight and normal speaking distance (approximately 10 metres). If anyone becomes separated from their partner(s), all members 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 the challenge is still taking place and as long as a minimum of two members remain on the team.

HRSAR (HSAR) personnel may be manning one or more of the safety locations. If you arrive at a point, please be prepared to give your team name and ensure that all your team members are present. Failure to arrive at a manned point with all team members present will result in the team being asked to gather all members together at the point before their score card can be punched. Repeated rule violations will result in disqualification.

A safety bearing is provided on your map; if you get lost use the safety bearing. In addition, all roads will be monitored by safety patrols. 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 (please use text messaging if cell coverage is poor).

Special Notes:

Numerous new and old logging trails crisscross the area on the map. We have tried to reflect these roads as much as possible but cannot guarantee that in some places they will not be confusing or new roads will not 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, any control meant to be along a trail or at a trail junction will be located just off the trail in the woods. To mitigate the problems of lost/stolen controls, each control has a laminated blue card hanging nearby. If a control is missing and you feel it should be in the place you are looking, look for the laminated card. The card will be marked with 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.

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

Cutting live trees, motorized vehicles and camp fires are prohibited in the Protected Wilderness Area. This information is also shown on the course map.

Final Words:

- * Pack everything you take into the woods back out with you: **Do Not Litter!**
- * Be cautious; you are a long way from help.

Have a fun and safe 4hr, 8hr or 24hr challenge, and I will see you all back at the Start/Finish for the awards ceremonies – considerably more dirty and tired!



Mannie Lewis
2019 E2C Meet Director
Halifax Regional Search and Rescue