



## Henry Coe State Park

Saturday, March 13, 2010

## NORCAL Adventure Race Series

Silicon Valley AR Challenge (Morgan Hill, CA)

### Event Details

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**Check-in:** 6:00am - 7:00am (3/14/2009)

**Race Briefing:** 7:15am

**Race Start:** 7:30am

**4-hour Race Cutoff Time:** 2:00pm (i.e. 6.5 hours)

**9-hour Race Cutoff Time:** 6:30pm (i.e. 11 hours)

#### Race Disciplines

Running/Trekking, Mountain Biking, and Navigation

#### Maps

Maps will be provided at the start of the event. 9hr Course teams will be required to plot CPs using UTM coordinates. Maps are full color 1:24,000 (1 inch = .38 mile). 50ft contour intervals. UTM Zone 10, NAD 83.

#### Event Parking / Start / Finish

Henry Coe HQ (Auxilliary Parking Lot. Note: \$8 Parking Fee, Self Pay)

UTM Coordinates, Zone 10S (Easting/Northing): 10S 628613m E 4116673m N

#### Food & Water

You are responsible to bring and carry your own food or water during the event.

#### Bike Staging Area (TA1 – Trek1 to Bike1)

At your vehicle in parking area.

#### Scoring/Ranking Basis

4hr Course: Overall ranking is based on finish time. All CPs for the 4hr course are mandatory. Missing a CP will automatically place you behind any team that successfully reached that CP, regardless of their final finish time. Teams arriving after the cutoff time will be unranked.

9hr Course: Final ranking is based on the team with the most points in the least amount of time. The 9hr course includes mandatory CPs (no point values) and optional/bonus CPs (with point values). No points will be awarded in a section unless mandatory CPs are also reached. Missing a mandatory CP will automatically place you behind any team that successfully reached that CP, regardless of their final point total or finish time. Teams arriving after the cutoff time will be unranked.

## **Additional Gear Requirements**

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In addition to the original gear list published on the NORCAL AR website (<http://www.norcal-ar.com/gearlist-2010svc.html>), each team for both the 4hr and 9hr course will need the following:

- **GPS Unit...** will ensure you're in the right spot when looking for CPs.
- **Cellphone...** in case of emergency.
- **Headlamp or light...** in case you make a wrong turn.
- **UTM Plotter...** Not mandatory, but very helpful – especially for 9hr course.

## **Course Safety**

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Team members must always travel together. No more than 100 yards should separate any team member. Violation of this rule may include disqualification.

Once you leave the HQ area, the park is very remote. If you become injured, you will need to work with your team members to self-treat any wounds and get yourself to safety. We will have an EMT positioned at the "Bike Drop" location of the course. Cell phone coverage is good on top of high peaks, but non-existent in the canyons.

**Be very careful when biking!** The downhills can be fast and dangerous. The singletrack is very fun but with some technical parts. The fireroads can be more dangerous as there are large washouts and ruts which can trap your wheels if you are not careful. Ride within your limits.

Should there be heavy rainfall before or during the race, be careful at water crossings as some may be deep. Plants & Wildlife: Poison Oak is in the park as are mountain lions, coyotes, rattlesnakes, some big wild pigs, ticks, etc.

## **Course Overview**

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### **4hr Event**

- **Trek1 (Approx 1hr), Return to HQ for Transition to Bike1**  
*Notes: You will need to take your running shoes with you on Bike1.*
- **Bike1 (Approx 1hr), then to Bike Drop location for Trek2**  
*Note: The TA is just a bike drop.*
- **Trek 2 (Approx 1hr), then return to Bike Drop**
- **Bike 2 (Approx 1hr), Return to HQ Finish Line.**

### **9hr Event**

- **Trek1 (Short – approx 1hr), Return to HQ for Transition to Bike1**  
*Note: You will need to take your running shoes with you on Bike1.*
- **Bike1 (Long – approx 4hrs), then to Bike Drop location for Trek2**  
*Note: Bonus CPs on this biking section. The TA is just a bike drop.*
- **Trek 2 (Long – approx 3hrs), then return to Bike Drop**  
*Note: Bonus CPs on this trek section.*
- **Bike 2 (Short – approx 1hr), Return to HQ Finish Line.**