

SOAR RULES 2010

The **Special Operations Adventure Race (SOAR)** is sanctioned by the **United States Adventure Racing Association (USARA)**. You must be a member of USARA and be able to use a topographic map to participate.

Sprint and Elite Races: The Elite Race will be a fifty-mile race with orienteering, trail running, mountain biking, water event and a rappel. The Sprint Race will be a thirty-five-mile race with trail-running, orienteering, mountain biking, water event and a rappel. The races are unsupported.

Checkpoints: The course contains mandatory Assisted Check Points (ACPs), and unmanned Check Points (CPs). A race official at each ACP must sign, stamp or punch each team or soloist's passport. It is the competitor's responsibility to ensure they have their Passport signed and returned to them before continuing to the next checkpoint. Competitors must punch their Passport at CPs. You must make all CPs and ACPs in sequential order. There are certain Checkpoints and Assisted Checkpoints that have mandatory drop-dead times.

Categories: Under forty years of age, Single Male, Single Female, Two Person Male Team, Two Person Female Team, and Two Person Coed Team. It is the same for all racers forty years of age and above (known as the Masters.) Thus, there are ten assigned categories.

All Teams and Soloist must be registered by 6:00PM local time Friday, June 11, 2010.

The **SOAR** determines the final ranking of the race after the penalties and bonuses have been awarded. The first official team or solo competitor to complete the course and cross the finish line in the shortest time minus any penalties is declared the winner in that category. Only complete team or soloist is considered "official." Incomplete teams must receive approval from SOAR to continue the race "unofficially."

Competitors desiring to quit the race must do so at an **ACP**. This provision is for your and other racer's safety and Race Officials knowing you are not lost or injured.

This is an unsupported race. Competitors are responsible for their own equipment, food, and drinks. They are also responsible for their transportation to and from the race.

Competitors must display their numbers on their person and also on their bicycles at all times.

No littering. Pack it in-Pack it out! Never bury or burn trash.

Competitors and volunteers authorize filming or sound recordings, as well as the use of such documents/productions for informational, advertising, or promotional purposes.

Competitors may not travel on prohibited property, trail or road, as listed in the Passport Information. Any time there is a specific road/trail to follow; you are required to do so. Otherwise, competitors may decide their route.

Each team and solo competitor will have mandatory items to carry while in the competition: The following items are required on the course:

- SOAR Passport, which will be signed/stamped/punched at each ACP/CP
- List of the SOAR rules
- Race maps
- Mandatory Gear for that section of the course

Personal Gear Requirements (Mandatory Gear)

Each competitors must possess permanently through the competition:

- Compass (1 per every 2 competitors on a team)
- Knife, within easy reach, minimum blade of 2.5"(folding is OK)
- Whistle
- Emergency First Aid Kit containing:
 - *Analgesic: i.e. Motrin or aspirin
 - *Betadine, iodine or alcohol swabs
 - *Band-aids
 - *ACE Bandage: 1 @ 3" – 5"
 - *Stretch Gauze: 1 @ 2" – 4"
 - *Sterile Compresses
 - *Medical tape
 - *Antibiotic Cream: i.e. Neosporin
 - *Tweezers
 - *Intestinal Antiseptic/Antidiarrheal (Pepto Bismal)

The brand names are cited as references and may be replaced by an equivalent product. This mandatory emergency first aid kit will be checked during inspections and at certain points in the competition. The amounts of medical supplies need to be able to treat/remedy illness or injury for 24 hours (i.e., 2 aspirin is not sufficient since the required dose is 2 aspirin every 4-6 hours.)

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MOUNTAIN BIKING

Consumer Product Safety Commission (CPSC) Bike Helmet
Spare Tube per bicycle
Mountain Bike
Patch Kit per bicycle
Repair Kit per bicycle
Tire Pump/ CO2 cartridge per bicycle

RAPPELLING

Figure Eight (preferred) or other approved descending device
Locking carabineer
Harness

Rappelling Gloves

Climbing helmet All participants are required to wear a climbing helmet (UIAA,CE) while on ropes of any type. You cannot use your climbing helmet for biking.

CANOING Canoes, single blade paddles and Personal Flotation Devices (PFD) are provided by SOAR. All participants are required to wear an approved PFD while boating. Racers may furnish and use a double bladed paddle and/or PFD but must carry it throughout the race.

PROHIBITED ROADS AND OFF LIMIT AREAS:

US-64, SR-28 and SR-106 except where specified.

PENALTIES

Disqualification from Competition

- Failure to attend Mandatory Meeting at 7 PM, Friday June 11, 2010
- More than one hour late at the starting line
- Exceeding the deadline/drop dead time for any section
- Disobeying instructions from a checkpoint official
- Disobeying instructions to stop.
- Abandoning a team member outside a checkpoint
- Use of radio or cell phone for non-medical or minor reasons
- Non-assistance to a person in danger
- Not using life jacket/personal flotation device (PFD) where required
- Possession and/or use of a firearm
- Incomplete teams (Can race unofficially with SOAR approval)
- Disloyal attitude or sabotage
- Use of an unauthorized means of transport
- Violation over the identity of a competitor or change of a team member in mid-course
- Not following a roping-up method in a mandatory zone
- Not wearing helmets in conformity with climbing/biking standards
- Travel on any Prohibited Roads, Property or Trails
- Use of **ANY** electronic navigational device other than watches and altimeters (including computers, GPS, cellular telephone, etc.)
- Removing a punch device, trail sign or marking or using unauthorized maps.
- Being on the course after receiving maps but prior to race start.
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Six Hour Penalty

- Presence of illegal assistance
- Presence of a Support Member in a forbidden sector.

Three Hours Penalty

- Intervention by SOAR Staff for assistance on the ropes or in the water
- Missing mandatory gear. This includes the Passport in a useable condition (per occurrence)

Two Hours Penalty

- Failure to display Race Number
- Missing a check point

One Hour Penalty

- Pollution (1st offense,) disrespect for the environment (throwing of any waste that is not biodegradable or only slightly; abandoning equipment) whether by competitors or their assistance (support team, team reporters, or accompanying persons) (2nd Offense – Disqualification)
- Dispersed team members (Can't be beyond 100 feet from team)
- Lack of mandatory equipment (competitor– one hour for every breach and obligation to obtain the mandatory item before leaving for next CP.)