



## FREQUENTLY ASKED QUESTIONS- 2020

Q. What is an adventure race?

A. Adventure Racing (also called Expedition Racing) is a combination of two or more endurance disciplines, most often including orienteering and/or navigation, on and off-trail running/trekking, mountain biking and paddling. An expedition event can span ten days or more while sprints can be completed in a matter of hours.

Q. What disciplines will be involved?

A. The Défi Nepisiguit Challenge includes a combination of trail running, orienteering, mountain biking and canoeing.

Q. Do I need previous experience to participate?

A. Adventure races are very challenging and require proper training in order to finish the race, however previous adventure racing experience is not required. If you are strong mentally and have experience with mountain biking, paddling, trail running and basic navigation, then you should have what it takes.

Q. Will there be prizes?

A. Yes! A total cash purse of \$5000, will be up for grabs! We will also have plenty of great product prizes available thanks to our generous sponsors.

Q. Are there age restrictions to participate?

A. Yes, participants must be a minimum of 16 years of age in order to participate. Minors must be accompanied on their team by an adult.

Q. Do I have to have my own equipment?

A. Yes, all racers are required to supply all of their own equipment. Please refer to the Rules & Regulations for more information.

Q. Is there a mandatory equipment list?

A. Yes, all racers are required to have their mandatory equipment. There is individual gear that must be carried by all racers as well as a team gear that must be distributed across the team. Please refer to the Rules & Regulations for more information.

Q. What will the route be?

A. Day 1 of the event will be based in the Miramichi region, and day 2 of the event will be held in the Bathurst region. The specific legs & route details will be revealed prior to the race.

Q. Will transportation be provided?

A. Transportation to the start area will be provided by the organizing committee. Teams will need to provide their own transportation to the check-in location and camp area on Friday evening, and to the finish area on Sunday.



## FREQUENTLY ASKED QUESTIONS- 2020

Q. Will accommodations be provided?

A. Yes. A basic campsite will be provided on Friday and Saturday evening. Those wishing to book at trailer site or a serviced site can do so at their own additional expense.

Q. How long will the race take to complete?

A. The race will take place over two days (8-10 hours per day).

Q. What happens if I get lost?

A. There will be a series of checkpoints along the course, if you fail to make a checkpoint within a reasonable amount of time, we will send search and rescue out to find you. If you are truly lost, press the red distress button on your GPS transponder and stay where you are. The organizing committee will be notified that you are in distress and will be provided with your exact coordinates so that a search and rescue party can be sent to find you.

Q. What happens if I get injured?

A. Teams are expected to deal with minor injuries themselves. First Aid staff will also be available at certain points on course to provide basic medical assistance. Should you or a member of your team suffer a serious injury that requires immediate medical attention, press the red distress button on your GPS transponder and a search and rescue party will be sent to your location.

Q. Is my team able to continue after sending an emergency response signal?

A. In the event that your team needs to send an emergency distress signal for any reason and a rescue party is sent, your team will not be able to continue on course. In certain cases, a team may be permitted to continue on unranked, at the sole discretion of the Race Director.

Q. Do I need to have orienteering / navigation skills?

A. Yes, a map of the course will be provided to participants prior to the start of the race. Although the main route will be marked, basic orienteering will be needed. Teams pursuing advanced checkpoints will require more advanced orienteering skills as these checkpoints will be unmarked.

Q. Do I need to bring my own boat?

A. No, the event will supply all participants with a canoe and related paddling equipment. Personal boats will not be permitted.

Q. Do I need to bring my own bike?

A. Yes, all racers will need to bring their own bikes. The terrain will be rough therefore a mountain bike is mandatory. Cyclo-cross, hybrid, and rigid fork bikes with tire widths less than 1.8" will not be permitted.



## FREQUENTLY ASKED QUESTIONS- 2020

Q. Am I allowed to secure items to my bike for transportation?

A. Small items (i.e. small saddle bags, water bottles, spare tubes, computers etc.) which do not add a significant amount of weight and/or create transportation issues may be left secured to your bike for transportation. As the organizing committee cannot guarantee safe transportation of these smaller items, it is HIGHLY recommended that all items be securely stored in your TA bins.

Larger bags, map boards, fenders, and bike shoes will not be permitted to be attached to your bike for transportation as these items have been found to cause transportation issues. These items MUST be stored with your TA bins.

Q. How many people will be on each team?

A. Teams will be comprised of 2 members (All male, all female, or mixed).

Q. Do you have to remain with the rest of your team?

A. Yes. You must stay within 100 meters of your teammate or you will receive a 1 hour time penalty.

Q. What happens if one of your teammate can't finish the race?

A. In adventure racing, all members of a team must finish the course together. Thus, you are only as fast as your slowest racer. If a teammate decides they cannot go on, the remaining member is not permitted to continue alone.

Q. Will gear bins be permitted?

A. Yes, each team will be permitted two gear bins (1 per transition). Each bin is not to exceed 40lbs. Your gear bins will be transported for you to each of the transition areas. Please refer to the Rules & Regulations for more information.

Q. Will there be water stations?

A. Water will be available at the overnight rest stop. Participants will be supplying their own water on course during both days.

Q. How do I get my gear to the transition areas?

A. The race organizers will be responsible for the transportation of equipment from all transition areas. Therefore no support team will be necessary.

Q. What happens if the weather is bad?

A. Aside from extreme cases (i.e. hurricane) the race will take place regardless of the weather, so participants should be equipped to handle various conditions. Cancellation, postponement of the event or course alterations due to extreme weather will be at the sole discretion of the Race Director.