

The Goomna Adventure Race
 Highland Parks & Recreation Department
 P.O. Box 218
 Highland, IL 62249
www.ci.highland.il.us



TEAM NAME: _____

Print All Fields	Captain	Team Member #2	Team Member #3
Name			
Address			
City, State			
Zip			
E-Mail			
Emg. Contact			
Emergency #			
Gender			
Date of Birth			
Shirt Size			

- Registrations must be submitted or post-marked before June 1, 2007.
- Make checks payable to: **City of Highland**
- Mail checks to:
Highland Parks & Recreation
C/O Goomna
P.O. Box 218
Highland, IL 62249
- For additional information, please visit www.ci.highland.il.us or call us at 618.651.1386



General:

- No outside assistance is permitted at anytime during the event. Teams are 100% self sufficient throughout the entire event. No support personnel permitted.
- Teams of three (3). **All teams must be Co-ed.**
- **There will be a portion of the race that will require one team member to enter water.**
- Teammates must not be more than 100 feet away from each other at any time during the event.
- All racers must wear bib numbers at all times. Racing bibs must be worn and be clearly visible throughout the event.
- Each team must provide one (1) paddle per team. Additional paddles will be secured by the Race Director.
- All racers must provide and wear their own PFD during water segments. **Please write your name on the PFD.**
- It is in the best interest of your team to have at least one member with the ability to perform basic compass navigation.
- Throughout the course, there may be spot checks to verify mandatory and or personal gear. Teams found to be lacking any of the mandatory gear (personal or team) will be assessed a time penalty (5 minutes) by Race Organizers.
- Racing routes, including the locations of passport controls, are secret. Teams are not permitted to acquire information regarding the race route from local agencies, organizations, municipalities, or contacts. Those teams found to be in violation of this rule will have their money refunded and will not be permitted to compete in the event.
- **Because of so many facets considered, nor fair to list, as it would go against the philosophy of Adventure Racing, teams must be prepared for the unexpected.**
- All teams must abide by pedestrian rules when traversing in urban & rural settings. Teams will not be permitted to cross private property and must stay the course via roads or designated trails. **In addition, never should a fence be crossed.**
- All team members must complete the course as provided. Should anyone forgo any part of the course, a time penalty of 30 minutes will be added to the team's overall finish time.
- Race will be held rain or shine, taking into consideration that the only exception would be for lightning or hazardous weather conditions. The decision will be made on race day with the rain date on the following day. In the event that the race is cancelled during the race, a team's captain meeting will be held to determine the winners and the majority will rule. In the event a vote results in a tie, the Race Director will cast the deciding vote. **No refunds will be issued once the race begins.**
- The Parks & Recreation Department is not responsible for lost or stolen personal property/items.

Registration:

- All teams will be required to check in between 7:30 a.m. and 8:30 a.m. June 23, 2007 at Spindler Park.
- Entry forms must be postmarked no later than June 1, 2007.
- Maps will be distributed upon team check in.

Refuse:

- All waste **MUST** be removed from the course. Know and practice the "leave no trace principals." That means if you pack it in you pack it out.
- Teams found littering the course will be assessed a time penalty (2 hours) and may be disqualified from an event.

Timing:

- Race HQ will be the official time clock for the competition. The race clock is real time: it begins when the race starts and stops when the last place team crosses the finish line. (We are considering using Champion Chip Timing this year)
- A time penalty can be issued by the race event staff for any violation during the race. All time penalties will be served at the appropriate CP. This is to ensure teams complete all required portions of the race and cross the finish line in the correct order.
- The first team that covers the course in the shortest time and crosses the finish line with all three team members will be declared the overall winner of the event.
- Teams will only be ranked when all members who began the race cross the finish line together having completed the entire course as laid out by Race Organizers.

Check Points:

- Check Points must be completed in their designated numeric sequence.
- All three team members must arrive and depart at a CP together. Passports will only be verified when all three team members are present and accounted for.
- Teams missing a CP will be excluded from the rankings. However, a team may backtrack to a missed Checkpoint.
- A team, which has lost its passport will be held at either a Checkpoint or in the Transition Area and assessed a time penalty.

Biking:

- Team members must provide their own ANSI approved helmet and **MOUNTAIN BIKE** considering that there is a potential for riding on off-road trails. **Absolutely No Road Bikes!**
- Team members are responsible for transporting their helmet throughout the race.
- Staff will transport bikes if needed.

Individual Gear:

- Hydration system. Water will be made available at certain checkpoints, however, **it is your responsibility to plan ahead and have adequate water throughout the race.**
- Whistle.
- PFD (Personal Floatation Device marked with your name)
- **One person on each team will be required to enter water. Please plan ahead.**

Team Gear:

- Compass.
- First Aid Kit; gauze, tape, band-aids, etc.
- Refuse bag.
- Bike repair kit.
- 1 canoe paddle with your name on it. (Additional paddles will be provided.)
- Suggestion: Bring a straight edge and pen/pencil to aid in charting your course.

Refunds:

- Notification of withdrawal before June 1, 2007, 100% refund.
- Notification of withdrawal between June 1, 2007 and June 15, 25% refund.
- Notification after June 15, NO REFUND with the exception of a signed doctor's excuse or other situation deemed permissible by race director.

Race:

- Maximum time allowed is ten (10) hours with the consideration that the race director can pull a team if the particular team will not be able to complete the race within the allotted time.
- The race will entail traversing country roads, urban, wooded and water environments to checkpoints. **NO TRAVERSING ON PRIVATE PROPERTY!**
- A missed checkpoint, upon returning to the finish line, will lead to disqualification of your team.
- It is in the best interest of your team members to learn basic orienteering. There will be a portion of the race that will require utilizing your compass. Please be responsible for at least one of your team members to be capable of understanding compass reading/orienteering.
- **THE INTENT OF THE GOOMNA IS TO PROVIDE AN ALTERNATIVE TO TRADITIONAL RACES THAT CHALLENGES AN INDIVIDUAL'S FORTITUDE. IT IS IN THE BEST INTEREST TO BRING A POSITIVE ATTITUDE AND OPEN MIND AS WITH ANY VENUE OF SUCH BROAD LOGISTICS, SOME OVERSIGHTS CAN OCCUR.**

Fees/Prizes:

- \$165.00/team
- First Place (3) \$50.00 gift certificates to The Alpine Shop
- Second Place (3) \$25.00 gift certificates to The Alpine Shop
- Third Place (3) \$10.00 gift certificates to The Alpine Shop
- All participants will receive a long sleeved T-shirt and various giveaways.

Team Withdrawal:

Teams MUST withdraw in the Transition Area (with exceptions to medical emergencies only).

Spectators: For those of you that will be bringing family and/or friends to "cheer you on", a spectator's packet can be picked up at race headquarters after teams depart. Everyone is encouraged to invite family/friends to join us at the finish line.

THIS IS AN ADVENTURE RACE! THE BEST THING TO KNOW IS, BE PREPARED, BE FLEXIBLE AND BRING A POSITIVE ATTITUDE AND PREPARE FOR AN ADVENTURE! NOW, "GO FIND YOUR OWN RACE!"

WAIVER AND RELEASE OF LIABILITY

THIS DOCUMENT CONSTITUTES A WAIVER OF RIGHTS AND A RELEASE OF LIABILITY. PLEASE READ CAREFULLY.

In consideration of the City of Highland furnishing the site, services and/or equipment to enable me to [PARTICIPATE][VOLUNTEER][OTHER] _____ in the [NAME OF EVENT] _____,

I hereby agree to the following:

(1) I realize that inherent risks and dangers exist with regard to my anticipated activities as a [participant][volunteer][other].

(2) I am in good health and capable of full participation as a [participate][volunteer] in such activities. I understand that the City of Highland, and where applicable, private property owners, has not, and will not, conduct any investigation of, nor assume any responsibility for, any limitations that exist with respect to my health, including, but not limited to, physical and mental conditioning, pre-existing conditions, family history, or other factors. I acknowledge that the City specifically disclaims any such responsibility, including any obligation to provide emergency medical services, devices, personnel or other safety officials at the event site.

(3) I hereby assume all risks and dangers attendant to my participation. I realize my participation may result in injury or illness including, but not limited to, minor or serious bodily injury, disease, strains, fractures, partial and/or total paralysis, other disability or even death. I hereby assume all responsibility for any of my equipment or other personal property used by me in the course of such participation. I acknowledge that these risks and dangers may be caused by the negligence other parties, including other participants, volunteers, spectators or even employees, agents or officials of the City of Highland. I acknowledge and agree that I am solely responsible for any loss, damages or other liabilities incurred by me as a result of my participation, including, but not limited to, property damage, injury or illness, whether caused by force of nature, breach of contract, negligent actions or omissions of others, equipment failure, or any other circumstances of whatsoever nature.

To the fullest extent allowed by law, I hereby agree to release, hold harmless and indemnify, the City of Highland, its employees, agents and officials from any and all claims, demands or causes of action, including but not limited to, any illness or bodily injury, property damage, wrongful death, loss of services, resulting from my participation in the above mentioned activity.

This release shall be binding upon me and/or those purporting to claim through me, including my family members, agents, and personal representatives. This Release shall be effective regardless of the nature of such claim or cause of action, whether arising from negligent acts or omissions by the City of Highland's employees, agents and officials, the leaders, facilitators, or sponsors of the activity, another participant or volunteer, equipment failure, any other person involved or from any other cause.

I HAVE READ THE ABOVE WAIVER AND RELEASE OF LIABILITY. BY MY SIGNATURE BELOW, I AGREE, AND IT IS MY INTENTION TO EXEMPT AND RELIEVE THE CITY OF HIGHLAND FROM ANY AND ALL LIABILITY ARISING FROM MY PARTICIPATION.

Name of Participant: _____ Age: _____

Street Address: _____

City/State/Zip: _____

Participant Signature: _____

Date: _____

Signature of Parent or Guardian: _____

(If participant is less than 18 Years of Age)