



RECREATION SERVICES  
*Illinois State University*

# Redbird Challenge



**WELCOME!**

Thank you for your involvement in the Redbird Challenge Adventure Race on April 19<sup>th</sup>, 2009! All of us with the Outdoor Adventure Program and McLean County Parks and Recreation are excited to be hosting this event. All of the information you will need to register and participate in the Redbird Challenge is included in this packet. Please read through all of the information carefully. Any changes or updates for the adventure race will be communicated directly to the team captain. The captain is responsible for communicating necessary information with the rest of his/her team.

Camping sites are available at the Group Camp in the Main Recreation Area at Comlara Park for team participants and family at \$6.00 per site per night (Primitive tent camping available only). Reserve camp sites through McLean County Parks and Recreation 309-726-2022 and mention that you are a race participant.

Included in this packet you will find:

1. Important information and a description of the events
2. Rules and regulations for the race
3. Team Registration Form
4. Individual Informed Consent Forms
5. Health/Insurance Information Forms

The Team Registration Form, Informed Consent Statements, and Health/Insurance Information Forms must be completed and returned with payment by **March 19<sup>th</sup>, 2009** to qualify for the Early Registration Price or by **April 5, 2009** to qualify for the Regular Registration Price. The Early Registration Price is **\$35 per racer** and the Regular Registration Price is **\$40 per racer**.

Upon receipt of all required forms and payment, your team captain will be mailed a confirmation packet confirming your spot in the race as well as giving necessary directions and updates.



# Redbird Challenge



Please review the following information very carefully

## **Important information:**

- YOU MUST REGISTER BY APRIL 5, 2009
- All racers must be 18 or older
- The race is approximately 11 miles in length and will last around 3 hours.
- Teams of 4 are required to be coed, and teams of 2 can be any arrangement.
- Weather will be unpredictable; be prepared for warm, cold, dry, or wet conditions. The race may be postponed in the event of lightning or overly wet conditions.
- Trails may be muddy.
- **The race will consist of canoeing, trail running, mountain biking and mystery events.**
- **Please CHECK-IN between 8:00 and 8:30 a.m. on the morning of the race April 19<sup>th</sup>, 2009.**

## **Check-in:**

Once you arrive at Comlara Park proceed to the BIKE DROP OFF location indicated in your confirmation packet. Bikes and helmets will be checked in and the team captain will be given a ticket. This ticket is taken to the team check-in table at the Start/Finish line where you will check-in as a team, also to be shown in your confirmation packet. The captain will be given the team's passport and all racers will be asked to provide any outstanding forms. When checking in, each participant will be fitted with a Personal Flotation Device (PFD) and a paddle. You may provide your own PFD, however, it must be coast guard approved type III or better.

## **Race Sequence:**

The race will begin by paddling approximately two (2) miles. After the entire team completes the canoeing section the team will then begin the trail running section. When the team has finished the three (3) mile run, teams will then begin the (6) mile mountain biking section and race towards the finish line.

## **Canoeing:**

The canoeing in this race will be easy to intermediate depending on weather conditions, such as wind. Each team will be provided with one or two canoes, PFDs and paddles to travel the distance near the shore of Evergreen Lake. This section will be marked, as well as the take-out point. Water safety boats will also be present during this section. The canoe section will be approximately two (2) miles and will last roughly 25-40 minutes. All necessary equipment will be provided.

## **Trail Running:**

Each team will be required to run on trails ranging in difficulty from easy to moderately challenging. The trail running portion of the race is approximately 2-3 miles. During this section of the race, teams will be traveling in both directions on the trail. Extreme caution is necessary.

**Mountain Biking:**

This constitutes the final leg of the race. This section will include six (6) miles on both single-track and double-track biking trails. Trail surfaces are not suitable for narrow tire bicycles. All-terrain bicycles with reinforced frames and all-terrain tires are recommended. Off-road bicycling is recognized by Illinois statutes as a hazardous recreational activity. All participation is at the participants own risk. Teams will be required to wear a SNELL-approved biking helmets during this section. Beware of uneven surfaces and narrow passages.

**Required equipment:**

- **Running Shoes or Trail Shoes (no open toed sandals or clogs)**
  - **SNELL-approved Bike Helmets with a chin strap (available for rent at the ISU Outdoor Adventure Rental Center)**
  - **Mountain bike**
- \*All other needed race equipment provided (canoes, paddles, PFD's)**

**Suggested items**

Sunglasses  
Extra shoes  
Energy bars/snack foods  
Hat  
Sunscreen  
Change of clothes  
Clothing for inclement weather  
Water bottles - water will only be available at certain checkpoints  
Tire pump  
Bike tire repair kit  
Bike/Repair tool

**Directions:**

Directions will be included in confirmation packet upon receipt of registration.



# Redbird Challenge



## Rules and Regulations:

### Park and Trail Use:

- All trails are natural turf surface and are therefore continually changing and variable. Please use trails cautiously and in full control. Be prepared to stop for fallen tree limbs, rocks, etc.
- Please stay on trails.
- Stay to the right on trails and be aware of oncoming traffic.
- Any team member that is observed discarding ANY item along the race route will be disqualified from the race and will not be allowed to finish, hence disqualifying your team from being ranked.

### Team composition:

- Teams of 4 must be co-ed with at least one member of each sex.
- Teams of 2 can be of the same sex or coed.
- All team members must be at least 18 years old.

Teams are encouraged to create a team name and uniform/logo to promote unity and team pride. The team with the best team costumes will win a special prize at the conclusion of the race.

### Medical Concerns:

- Medical assistance will be on site to assist with injuries or any emergencies that might occur.
- All participants **MUST** sign the Informed Consent Statement before the race.
- Racers must complete the Health/Insurance Information Form before the race.

### Team Travel:

- Teams must be together, unless otherwise directed by race officials, to proceed through a check point.
- In the event of serious injury, a team will have the option of completing the race with a minimum of 3 members, but not eligible for placing.

### Checkpoints:

The captain of each team will be issued an official Redbird Challenge passport during race check-in. This passport must be checked and signed at each checkpoint throughout the race.

- Checkpoints must be completed by the end of the race.
- All 4 members of the team must enter and exit each checkpoint as a unit.
- Missing/skipping a checkpoint will result in the team being excluded from official race rankings.
- There will be a final checkpoint at the finish line. All teams are required to proceed through this checkpoint as a team to officially complete the race.

### Passing:

- It is encouraged that extreme caution is taken when passing another team.
- Passing on the mountain biking sections should be done on double-wide trails, not single-track.
- Immediate disqualification will occur if teams intentionally interfere with other teams for any reason.

### Ranking:

- Teams will be ranked based on the order in which they cross the finish line.
- There will be 4 classes of winners based on team size and composition.

### Race Rules:

- The team's entry fee must be received prior to the start of the race.
- Life jackets must be worn at all times during the canoeing portion of the race.
- Bike helmets must be worn at all times during the biking portion of the race.
- Comlara Park, Illinois State University, The Department of Recreation Services and race officials will not be responsible for the theft or loss of items.
- Teams CAN NOT accept assistance from spectators or teams not competing in the race.
- Teams CAN accept assistance from other teams still competing in the race.
- Teams will be disqualified if caught "blocking" or preventing other teams from passing.
- Teams must stay on designated trails set by race officials, which are also detailed on the map included in the team packet.
- The event's medical personnel can detain a racer to perform an injury check.
- In case of personal injury, the event's medical staff has final ruling on the racer's ability to finish the race.

### Disqualification:

Teams can be disqualified for the following:

- Not attending the mandatory Rules and Safety Briefing as a complete team. The briefing will occur at 9:00 am on race day.
- Altering the course in any way.
- Leaving the designated course.
- Interfering with other teams.
- Aggressive behavior towards race officials, other teams, or fellow teammates.
- Missing or skipping checkpoints.
- Use of drugs or alcohol on site.
- Littering.
- Failure to wear an approved PFD or bike helmet where required.

**TEAM REGISTRATION FORM**

Must be 18 years of age to participate in race  
**Early Registration deadline: March 19, 2009 by 7:00pm**  
**Teams MUST register by April 5, 2009 by 7:00 pm**

Team Name: \_\_\_\_\_

Team Captain\*: \_\_\_\_\_ Shirt Size \_\_\_\_\_  
(Name) (Phone Number) (Date of Birth)

\_\_\_\_\_  
(Address)

\_\_\_\_\_  
(E-mail)

\*Serves as person to contact for race information updates

**Team Members**

1. \_\_\_\_\_ Shirt Size \_\_\_\_\_  
(Name) (Phone Number) (Date of Birth)

\_\_\_\_\_  
(Address)

\_\_\_\_\_  
(E-mail)

2. \_\_\_\_\_ Shirt Size \_\_\_\_\_  
(Name) (Phone Number) (Date of Birth)

\_\_\_\_\_  
(Address)

\_\_\_\_\_  
(E-mail)

3. \_\_\_\_\_ Shirt Size \_\_\_\_\_  
(Name) (Phone Number) (Date of Birth)

\_\_\_\_\_  
(Address)

\_\_\_\_\_  
(E-mail)

**PAYMENT INFO:** Payment Method: \_\_\_Cash \_\_\_\*Check \_\_\_ Visa \_\_\_ Discover \_\_\_ M.C.

Credit Card # \_\_\_\_\_ Customer Code \_\_\_\_\_

Expiration Date \_\_\_\_ / \_\_\_\_ Customer's Signature \_\_\_\_\_

Amount \$ \_\_\_\_\_ \*Please make checks payable to **ISU Recreation Services**



**Redbird Challenge Adventure Race**  
**Health/Insurance Information Form**

Name: \_\_\_\_\_

Permanent Address: \_\_\_\_\_

Permanent Phone: (\_\_\_\_\_) \_\_\_\_\_ Age: \_\_\_\_\_

Date of Birth: \_\_\_\_\_ Last 4 digits of Social Security Number or ISU ID: \_\_\_\_\_

Do you have any medical/physical limitations that might hinder your participation? If yes, please describe:

\_\_\_\_\_

**Insurance Information (Please check one):**

\_\_\_\_\_ I am covered by Illinois State University student health insurance.

\_\_\_\_\_ I have my own full medical insurance coverage or am covered by my parents' or guardians' medical insurance policy that I will use other than, or in addition to, Illinois State University insurance.

Primary Coverage

Secondary Coverage (if any)

Carrier: \_\_\_\_\_ Carrier: \_\_\_\_\_

Policy Number: \_\_\_\_\_ Policy Number: \_\_\_\_\_

Phone Number: \_\_\_\_\_ Phone Number: \_\_\_\_\_

**Please list any special needs:**

Access: \_\_\_\_\_

Medical: \_\_\_\_\_

Medications: \_\_\_\_\_

Allergies: \_\_\_\_\_

Dietary: \_\_\_\_\_

**Emergency Information:**

In case of emergency, please contact: \_\_\_\_\_ Relationship: \_\_\_\_\_

Home Phone: (\_\_\_\_\_) \_\_\_\_\_ Work Phone: (\_\_\_\_\_) \_\_\_\_\_

Name of Doctor: \_\_\_\_\_ Doctor Phone: (\_\_\_\_\_) \_\_\_\_\_

Preferred local hospital: \_\_\_\_\_ Bromenn \_\_\_\_\_ St Joseph's

If ill or injured, I give my permission for the program facilitators to render first aid, seek medical care as they see fit, and notify my emergency contact. I, \_\_\_\_\_ authorize transportation to a clinic and/or hospital and/or emergency ambulatory care if necessary. I understand that I am fully responsible for the full payment of any and all bills or costs incurred by this care. I hereby release the State of Illinois, Illinois State University, the Department of Recreation Services, McLean County Parks and Recreation their officers and employees from any liability for medical care that may be administered.

Signed \_\_\_\_\_ Date \_\_\_\_\_