



2-HOUR AND 6-HOUR ADVENTURE RUN RACE RULES, REGULATIONS, & REQUIRED GEAR

(Updated March 2023)

1. Teams must follow all race instructions, mapped instructions and information provided at the pre-race briefing. Failure to follow instructions may result in disqualification.
2. All team members must be always within verbal range AND visual sight of each other.
3. All team members must visit each checkpoint (CP) together (excludes the Matrix). At each checkpoint, all team members must be within 5 m of the CP flag (close enough to touch it in 2 steps). Teams are not allowed to check-in at the finish with the Sport Ident Timing Chip until all team members have crossed the finish line.
4. Out of bounds is marked with purple hatched areas on the map and/or the purple residential symbol and/or purple X's on roads. These areas are either private land or environmentally sensitive areas. Teams found taking short cuts through out-of-bounds areas will be disqualified.
5. Participants shall travel only on foot on the race course.
6. Use of other maps during the race is not permitted.
7. Checkpoints must be visited in order unless stated otherwise.
8. Race numbers must always be worn on the outside layer AND be visible.
9. Required gear must always be carried. Personal gear must be by carried by every individual themselves. A time penalty for incomplete gear will be served on the course.

REQUIRED RACE GEAR:

Each person must carry: 1 x emergency blanket, 1 x permanent pen, 1 x whistle, 1 x 500 ml (or more) water bottle or equivalent, 1 x race maps (provided in race kits).

Each team must also carry: 1 x Sport Ident timing chip (provided in race kit), 1 x compass, 1 x cell phone, 1 x first-aid kit including at least: 1 roll gauze, 1 roll adhesive tape, 5 regular bandages, scissors and 5 anti-bacterial towelettes.

Participants should bring extra gear depending on weather conditions and should carry their own food (e.g., energy bars). Food, water, and sports drink will typically be available at aid stations on the course as well.

The cell phone cannot be used as a navigational device (compass and/or GPS). Cell phones must be packed in a taped bag and cannot be opened during the race unless in case of emergency.