

Adventure Race Details

The race will be composed of mountain biking, kayaking and trail running from TLCC office and it's neighbouring towns and barangays.

What to Bring?

1. Bikes

- Bring your own mountain bike
- Hydration pack and or water bottle(s)
- Tires and tubes
- Spare chain(s)
- Bike tools
- Lubricants
- All participants may want to consider using 2 bikes.
- Camping Gear
- Toilet Paper
- Garbage bags
- Minimum tire width must be 1.9 inches and must be knobby tires, no slick and semi slick tires allowed.

2. Food and Fuel

- Plan your meals ahead of time. Food will not be readily available onsite if you wish to purchase it and there are local restaurants and grocery stores.
- Normal foods will be important as well. Bring lots of food. Everybody gets hungry. Energy bars and gels alone will not provide you all the strength that you need for the whole event.
- Bring foods that you can easily digest such as bread, bananas, pasta, etc. You know best for yourself what your body can digest easily.
- Bring lots of water.
- Cooking will be allowed inside the tents but bring your own cooking equipment and fuel.

3. Optional Equipment

- Kayak (16')
- Lantern
- Stove and cook set
- Jackets
- Tent
- Chairs
- Tables
- Trail shoes

Race Route

- ❖ Mountain Biking will start from TLCC, going uphill to Balete (paved roads)– Malabanan (paved roads) – Paligawan (fire roads)– Bulacnin (paved and single track) – Tangway (paved)– San Salvador (paved and fire road)– MataasNaKahoy (paved road) – Brgy. Upa (paved road) – Kalamansian Trail (single track). Bike course is approximately 25kms.
- ❖ Kayaking will be in Taal Lake. Starting from TLCC going around Napayong Island then head back again to TLCC. (approximately 16kms)
- ❖ Trail run will start from TLCC running uphill to Kinalaglagan, then heading downhill to the Kalamansian trail. (approximately 8kms of run)

Biking

- Teams should bring their own set of bikes. Only mountain bikes will be used in the race. Minimum tire width should be "1.9 inches x 26/29". NO SLICK or SEMI SLICK TIRES must be KNOBBY tires.
- Complete gears should be worn all the time while racing. NO HELMET, NO RACE.

- Bikers will start by running from the Plaza of Balete Municipality up to TLCC (Le Mans) where their bikes are located.
- Race course will be composed of paved roads, fire roads and single tracks.
- Teammates may cannibalize each other's bikes and swap if necessary. Riders may accept mechanical support on the course by any registered racer, but support crews can help only in the transition area or at the base camp.
- Technical or Mechanical support on course may only be supplied by registered racers. Supporting racers must access the course under their own power (i.e. foot travel or on bike) and that access can only be achieved by going in the direction of the course. Shortcutting the course is not allowed. Supporting racers should stay clear of all competing racers. Supporting racers may take any equipment or tools with them; they may even swap bikes with a teammate. Support can be provided by any registered racer, on any team, to any registered racer on any team.
- Riders may accept food and water from anyone on the course; however racers must stay clear of course when handling food. Penalties given for littering on course!!
- There will be key points in the race wherein the bikers will collect a marker (straw/ flag). Both team members should collect and keep that marker throughout the entire race course in able to finish the race completely.
- Once the bikers reached the Check Point they should surrender the required markers they had collected. Missing markers will constitute a 5 minute penalty for each team member.

Kayak

- Kayaking will start after receiving the flag/ baton from the biking team. Note: Kayak team cannot start without the baton from the biking team.
- There will be only one entry point for each kayaker to register their start time (FIFO). Once done registering their time, the kayaker must wait for his her partner to get their flag/baton and their own designated kayaks and bring it out on the lake. Once on the lake and started kayaking, there will be five designated points in the lake wherein the pair should collect a marker (straw/flag) that will be collected and be kept safe upon the entire race.
- Once the kayakers reached the end of their line, they should show the marshals their markers first and have it counted. If the markers are complete then the team can pass their flag or baton and can proceed along with the race.
- Hence, if the markers are incomplete or missing a piece, then they will be penalized for every marker that they missed out. 1 marker is equivalent to 5 minutes penalty for the pair.

Run

- Run will begin after receiving the flag or baton from their teammate after finishing their kayak.
- Runners will be enduring the 9 km course, both trail and paved roads.
- Both runners of each team must complete the whole course.
- Obstacle will be along the course, each pair should complete the obstacle given.
- Finish line will be at TLCC again.

Technical details

- Each team will be composed of 6 members (3F and 3M). Each discipline (kayak, run and bike) must have at least one female partner. Only teams with 3 or more female member will be allowed to compete and participate.
- Sequence of race mountain biking- kayak- run
- NOTE: This event is for amateur athletes only. No Elite, Professional or Ex Pro, or currently under the Philippine Team. Participants will be screened prior to registration. Failure to comply will result to disqualification.
- Each team member must sign a waiver. Race numbers will not be given out for teams until all team members have signed a waiver. A waiver/ registration form will be available online and/or may be downloaded or e-mailed upon request. If a team member cannot make the registration then the team captain may turn in a signed waiver along with a copy of that team member's authorization letter.
- *No refunds for any reason at any time. Participant may transfer their entry to another person prior to 10 days before the event. All team members must be listed on the entry form. If a member of a team drops out then another athlete may be substituted. You must notify the organizers of the substitution and the substitute must sign a waiver.*

- Mandatory pre-race meeting Saturday, 6:00am at the Race site for all Team Captains (all participants are encouraged to attend).
 - Each team must designate a Captain to handle all official matters including the pre-race meeting, picking up race kit, making sure all team members have completed their appropriate paperwork and signed waivers, etc.
 - Only 14 Kayaks (16ft) with standard paddles will be provided by the organizers. The first 14 teams to register will have the privilege of using the provided Kayaks for free. In the event there will be an additional team, a standby Kayak is readily available for rent with a rental fee of 200.00 pHp. We encourage participants to bring their own Kayak and paddles if possible.
 - We suggest that each team have a support crew of at least 1 or 2 persons who are not racing to assist with various jobs such as organizing transitions, cooking, assisting with mechanical problems. And counter checking the teams' number of laps
 - Toilets are available throughout the base camp. Please use the toilets & not anywhere in the race course or in the base camp.
 - You will need all of your own camping supplies.
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- All local city ordinances and park rules will be in effect, including:
 - No firearms
 - No illegal drugs
 - No camp fire
 - No Littering
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- Additional Rules and regulations:
 - Only riders officially entered in the event or designated as "Official Course Marshalls" may ride/enter on the designated racecourse.
 - Each rider while racing must wear his/her race number plate.
 - Wearing a buckled helmet is mandatory anytime you are on your bike and on the whole race course (not just when you are racing)!
 - Using of any electronic gadgets, i.e. Ipods MP3 players, will not be allowed on while racing. It is known that using such can and will result to accidents (especially when biking or running). Though phones can be allowed for communication purposes only or 2 way radios.
 - All captains must attend the pre-race meeting.
 - Ignorance of any of these rules is not an excuse.
 - Foul riding/ racing, unsportsmanlike behavior, or the use of profane or abusive language, are grounds for warning, and/or disqualification of a team.
 - Short cutting the course can be grounds for automatic disqualification of the entire team or solo rider. If a racer makes a mistake, and he/she reports it to the officials before it is discovered, a time adjustment will be made rather than a DQ.
 - Racers riding bicycles have the right of way over racers pushing bicycles. When practical, racers pushing should stay on the least rideable portion of the path when being passed. Riders should say pleasantly, "Bike, on your left" or "Bike, on your right" when passing other riders.
 - In the event that either one of the pair (mountain biking/running pair) could not continue to race, because of injury, illness, exhaustion, the other teammate has the option to pass the baton/ flag to his/her teammate and continue to finish the race. Hence, there will be penalty for the continuing rider his/her time will be multiplied by 1.5x of his/her total time upon crossing or reaching the transition area. If the event will arise then the team or pair must notify the organizers/marshals immediately for approval, before they could pass the flag/baton to his/her partner. Hence, if the passing or transferring happened without notifying the organizers/ marshals then it could result to DNF, depending on the gravity of the situation.
 - All protests must be made by team captains to an official. Protests may be made during the event and up to 15 minutes after the final results are posted. All protests must be made in a respectful manner to an official. Officials will have the final decision on all protests.
 - Safety is a priority. If you come across an injured racer or a potentially unsafe situation, you are encouraged to stop and assist.

Finish

- The race will start at exactly 8am Saturday, November 26, and will end the same day for all race groups.
- Each participant (M and F) will be given a baton/flag that they will be using in the entire course as the transition key in able for the next team mate to continue with the race. Don't lose the baton/ flag !!!
- In the event that the baton/ flag will be lost during the entire course of the race then the participant should immediately report to the marshals/ organizers of the lost baton/flag. Failure to report upon reaching the Check Point will penalize the team. Either the team can go back to the course and look for the missing baton/ flag or their time will be multiplied twice. *i.e. if the team arrived with the time of 2:30 hours (accumulated time for the team) then it will be multiplied by 2, making their official time to 5 hours.*
- Handling of baton/ flag should be done individually by the participants. Specifically, the Male should hand over the baton/flag to his Male counterpart in the next discipline. If the Female partner hasn't arrived yet then the team cannot continue with the course yet (for obvious reasons, because kayaking is tandem. Hence, the kayak team will arrive at the same time), until they received the baton/flag from the other partner.
- Markers will be along the way to guide the participants. Marshals are there too, but we suggest not relying too much on marshals' visibility but on the markers provided on the entire course. We will be deploying enough marshals throughout the course, others will be visible but others will be hiding from the participants view.
- The time each team crossed the finish line will determine their finishing order.
- The team that crosses the finish line first or the team with the shortest time will be declared the winner. Both team members for every discipline run and bike will have their time computed separately.
- In case of a tie, all time stamps in every Check Point, per member, will be computed including the penalties. The team that has the shortest time on every discipline will be declared the winner.
- Penalty time will be added to the total time of the team at the end of the race, *example: kayak time-2:30, run-1:10, bike-1:30; total time would be 5:10 plus the penalty time of 10 minutes would give the team a total of 5:20*
- Penalty given is for the pair not individually. *Example: the kayaking pair lost a tag/ marker then they will be issued a 5 minute penalty for the pair.*
- Also, if a team member did not meet his or her race requirements, then that team will be considered as DNF.
- Every participant should log on the Check Points. A course is officially finished when the rider passes the line indicating the Check Point.
- The Head Official shall have final say in all disputes or questions about rules.
- The Race Director/s will give the final decision regarding any occurrence at the event including those not addressed in these rules.

The Final Rule:

Follow the spirit of the adventure racing. This event is about endurance, camaraderie, competition, sportsmanship, skill, desire, confidence, mental & physical conditioning and teamwork. Most importantly it is about FUN! Be Prepared! We encourage all of you to build a strong team and support people for the weekend. Do your research and show up ready to enjoy the weekend. Our group is always ready to help. We want you to walk (or crawl) away from this event feeling as good as we do when it's over.

To ensure a safe event we take these rules very seriously.

Rules are subject to change.