



T CX PALOS

Presented by TransCon Expeditions

September 14, 2019

Location: Pulaski Woods (Wolf Rd, Willow Springs, IL 60480)

Start Time: 9:00AM CDT

Duration: 6-hours

Finish Time: 3:00PM CDT

PRE RACE UPDATE #1 (8/31/19)

RULES & REGULATIONS

*Your safety and security are the top priority. This is and never will be questioned by our staff or volunteers.
These rules are set in place to ensure you have fun but do so in a safe manner.*

1. General:

- a. Athletes must remain within 100 feet of teammates at all times.
- b. Your individual race bib must be visible at all times. Attaching the race bib to a pack, jersey, shorts, etc. is acceptable.
- c. All team members must check in together at each CP (Checkpoint) and TA (Transition Area).
- d. At TAs, teams must check in and out with the volunteer or staff.
- e. TCX Palos is a cupless race. Please bring your own water reservoir (bottle, Camelbak, handheld, etc.) and one that can sustain you for up to 3 hours between TA's.
- f. TCX Palos will provide free water and Clif Hydrate at Basecamp as well as each TA. Please take advantage of this and stay hydrated!
- g. If one member must leave the course, they must do so at a CP or TA and notify TCX staff (or TA volunteer). Incomplete teams will be allowed to continue, though will be unranked for the remainder of the race.
- h. Any team withdrawing from the race must notify TCX staff (or TA volunteer) as soon as safely possible.
- i. Teams must punch their Control Card in the correct space at each CP (i.e. at CP 4 you should punch the Control Card grid for #4). All punches must be legible. If TCX staff cannot distinguish one punch from another, it will not be counted for final rankings.
- j. Teams must show their Control Card at each TA unless otherwise directed by TCX staff.
- k. Scoring will be based on the teams that obtain the most amount of CPs in the shortest amount of time.
- l. Race cutoff is at 3:00PM. For teams that arrive at Basecamp (Finish) after 3:00PM they will lose 1 CP for every minute they are late (Example: Arrival at 3:05PM - loss of 5 CP's).
- m. TCX staff reserve the right to adjust course cut-off times or the course routing to accommodate course conditions or incoming weather. In the case of an adjustment during the race, all teams will be notified on their designated smartphone.
- n. Mandatory gear must be carried at all times and will be checked on the course.
- o. No GPS of any kind may be used during the race (including GPS pace counters, smartphones, and GPS watches).
- p. All teams must carry one (1) smartphone which is designated as your team's emergency phone. This phone is for emergency use only, however should remain ON during the race for any weather or emergency notifications from TCX staff.
- q. Use of a team smartphone is for emergencies only. No other use is permitted (photos along the race are acceptable, just tag us #TCXPalos). In the event of incoming weather we will text out advisories as necessary. In the event of a course shut down we will call all teams and advise to seek shelter immediately until further notice.
- r. Racers must use the mode of travel (discipline) specified on the Course Instructions to obtain CPs.
- s. NO LITTERING! Leave no trace + 1. Don't just walk past trash, leave the course more clean than when you arrived.
- t. If you would like to challenge any scoring or verification of a CP it must be filed in writing within one hour of the team's finish time and will be reviewed by TCX Staff.

2. Paddle Nav Course Rules:

- a. PFDs must be worn at all times while paddling.
- b. Please respect rented and other teams equipment, make sure to follow any instructions from TCX staff or REI Boathouse staff.

3. Bike Nav Course Rules:

Lead Race Director: Josh Mohr 773-614-2470 / Race Director: Kara Lapso 440-537-4849
EMERGENCIES: 911 / NON EMERGENCIES: Call TCX Staff



- a. Bicycle helmets must be worn at all times during the biking sections.
- b. Rear flashing bike lights must be on at all times during bike nav course. Please ensure lights have adequate batteries or charging prior to race.
- c. **Off Limits Roads for Bike Use: Marked on map in red base color.**
 - i. **LaGrange Road**
 - ii. **Segment of Calumet Sag Road**
 - iii. **Segment of Archer Avenue**

****Please use your best judgement on roadways. Your safety is a top priority. We have installed signage on the roads to educate drivers of the race. That said, some roads have poor shoulders so road safety is extremely important. When in doubt, pull over and reassess!**

EMERGENCY PROCEDURES

Injured Athlete(s)

1. If a member of a team becomes injured during the event, the following procedure should be implemented:
 - a. **If an emergency, dial 911 first!**
 - b. Ensure your own safety and that of the casualty, preventing further injury.
 - c. Treat the casualty with first aid as much as practically possible and as your training allows.
 - d. Make the casualty as comfortable as possible and provide shelter from the elements.
 - e. Use the international distress signal – a series of 6 blasts of a whistle and/or flashes of a flashlight/headlamp.
 - f. If you have cell reception, call for help (either 911 or race staff contacts, depending on the seriousness of the injury) providing exact location, time of accident, and nature of injuries.
 - g. If you do not have cell reception and if other teams or members of the public find you, send them for help. Write down a message giving exact location, time of accident and nature of injuries.

Lost Team or Athlete: In the event that a team or team member becomes lost, they must follow the procedure detailed below:

1. Move to a location where distinctive landmarks can be seen. If visibility is very poor, move until you reach a road.
2. Use your smartphone, or if you are unable to get a signal, find a public telephone or FPCC building to call TCX Staff.
3. On the phone please provide your current location or any information staff asks for to help locate you.
4. TCX Staff will try to arrange for a pick up or explain where you are on the map to enable you to carry on with the route. If a team comes in contact with another team that is in an emergency situation they are required to stop and help. Failure to do so may result in disqualification. Teams that offer assistance in an emergency situation will be compensated for loss of time.

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TCX PALOS GEAR LIST

- **Mandatory Team Gear:** *1 per team - Must be carried at all times*
 - Smartphone (for emergency use only) - Please ensure TCX Palos staff have this number on file
 - Compass
 - First aid kit
 - Watch
 - Pen (felt-tip sharpie will work best)
 - **Biking Gear** (Only needed on biking course)
 - Mini bike pump or CO2 inflator
 - Tool kit for repairs (for repairing flats)
 - Spare bike tube
- **Mandatory Individual Gear:** *Each team member must have the following at all times*
 - Backpack or way to store all mandatory / recommended gear
 - Whistle
 - Hydration system/reservoir (enough to sustain activity for up to 3 hours between TA's)
 - Nutrition to last duration of race (TCX will have Clif products available at Basecamp)
 - Proper footwear for travel on multiple surfaces (pavement, gravel, dirt, etc.)
 - **Biking Gear** (Only needed on biking course)
 - Bike - Road/Cyclocross/MTB
 - No E-Bikes allowed at TCX Palos
 - Flashing red tail light
 - Bike helmet
 - **Paddling Gear** (Only needed on paddling course)
 - Canoe/Kayak - If rental is needed, please contact TCX or REI Boathouse for rental options. All rentals provided by TCX will include PFD and paddle (per person)
 - Per FPCC rules, Stand Up Paddle Boards (SUP) are prohibited
 - Pedal kayaks are prohibited
 - Type I-II-III PFD or higher (Per racer)
 - Paddle (Single or Double Blade Acceptable)
- **Recommended Gear**
 - Extra writing utensils
 - Waterproof map case or means to keep TCX maps/instructions dry
 - Waterproof jacket
 - Long pants or leggings
 - Long sleeve technical shirt
 - Extra change of clothes
 - Dry bag
 - Sunscreen
 - Bug spray
 - Sunglasses
 - Flashing white head light (bike)

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- Cable Lock for personal bikes and boats. All TA's will be staffed to watch over bikes, however, it is recommended to have a lock to secure your equipment.

- **Prohibited Equipment**

- Motorized equipment
- GPS
- Firearms
- Alcohol/drugs

RACE DAY

- **RACE SCHEDULE**

- **Check-In:** Teams are advised to check in early to allow enough time to strategize and plan your race.
 - **Location:** Pulaski Woods (Wolf Rd, Willow Springs, IL 60480)
 - **Time:** 07:00 am - 08:30 am
 - Upon check-in, teams will be given the following:
 - Race SWAG
 - Race maps
 - Course instructions
 - Race bibs
- **Boat Drop Off:**
 - **Location:** Saganashkee Slough Boat Launch (107th St. Willow Springs, IL)
 - **Time:** 07:00 am - 08:00 am
- **Race Briefing:** 08:30 am
- **Race Start:** 09:00 am
- **Race Finish/Cut Off:** 3:00pm
- **Boat Pickup Time:** Boats should be picked up as soon as your team is finished. The latest staff will be at Saganashkee Slough to watch boats will be 4:00 pm

- **PARKING:**

- **Cost:** FREE
- **Location:** Pulaski Woods (Wolf Rd, Willow Springs, IL 60480)

- **PACKET PICKUP/CHECK-IN**

- Upon arrival at TCX Palos please head to the Pulaski Woods Pavilion (Basecamp / Race HQ)
- Sign the waiver
- Check-In
 - **Verify you received the following:**
 - Individual race bib for each team member (i.e. 2-person team receives 2 bibs)
 - Must be worn and visible at all times.
 - Maps: Three (3) individual sheets
 - 1:24000 Scale Palos Park
 - 1:24000 Scale Sag Bridge
 - 1:1000 Scale Palos Park (Land Nav Course 1)
 - Course Instructions
 - Control Card

- **GEAR CHECK:**

- While we would love to hold your extra gear for you, its best left in your car. Teams are more than welcome to leave bags and coolers at Basecamp, however we can't guarantee their security while you are racing.

- **RACE START**

- **Location:** Pulaski Woods

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- All teams should be in the starting area at 08:30 a.m. on foot for the pre-race briefing.
- The race will start at 09:00 a.m. You will receive your Bike CP Verification Sheet at the start line.
- **MAKE SURE EVERY TEAM MEMBER IS WEARING THEIR RACE BIB AT ALL TIMES!**

- **RACE TERMINOLOGY**

- **TA** – Transition Area.
 - To keep track of teams, each team must check in/out with the volunteers stationed at each TA. Failure to do this will result in a minimum penalty of 1 CP
- **CP** – Checkpoint
 - **Land Nav CP's:** If there is a flag, punch your Passport at the appropriate number/grid.
 - **Bike CP's:** These will be question based. At the start line, teams will receive a Bike CP Verification Sheet that will provide the questions needed to verify completion of each CP. Please write down the answers to questions directly on sheet and turn in at the finish line.
 - **Paddle CP's:** These will be orange buoys. Please follow instructions provided by TA2 staff to complete these CPs.
- **BASECAMP/HQ** - Race Headquarters (Pulaski Woods)
 - This is the location of Start/Finish as well as the post-race party

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