

2015 Participant Guide



Participant Guide

Adventure Team Challenge 2015

Inclusive Team Challenges for Exceptional Athletes

<http://worldteamsports.org/events/adventure-team-challenge/>



Join **World T.E.A.M. Sports** in our inaugural Adventure Team Challenge North Carolina this November 13-15, 2015. Competing teams from across the United States in the Challenge will explore the scenic 700-acre U.S. National Whitewater Center in Charlotte. During the three day competition, participants will raft, mountain bike, complete rope and climbing activities and use orienteering to successfully navigate through the course.

Seasoned adventure athletes, weekend warriors and desk jockeys seeking adventure all will find the 2015 Adventure Team Challenge exciting and challenging. Teammates will join together to dig deep within their mind, body and spirit to compete in the ultimate team adventure. Participants meet challenges, build camaraderie, use innovation and celebrate diversity by working together to overcome obstacles.

Competing teams in the Challenge are comprised of five athletes, two of which must be disabled - one being a wheelchair user or paraplegic. Teams may select their full roster, or seek assistance from **World T.E.A.M. Sports** in filling any open positions. There is a maximum of 8 teams allowed in the 2015 Challenge.

Thanks to the sponsors and partners for the 2015 Adventure Team Challenge North Carolina:
Presented by MetLife, American Airlines, American Portfolios Financial Services, Penske Truck Rentals, and TimeCapital. Additional financial support is provided by George Puskar.

2015 EVENT SCHEDULE

Important Note: This schedule is subject to change without notice.

Team Registration Payment Deadlines

October 12	Receipt by World T.E.A.M. Sports of first half of team registration fee.
November 1	Receipt by World T.E.A.M. Sports of second half of team registration fee.

Thursday, November 12 – Arrival in Charlotte

Afternoon	Arrival at the Holiday Inn Charlotte Airport in Charlotte, North Carolina.
12:30 – 5:30 p.m.	Athlete Registration at the Holiday Inn Charlotte Airport in Charlotte. All participants are REQUIRED to check in, sign waivers and pick up packets and jerseys from registration. If you are unable to pick up your packet on Thursday afternoon, you must do so on Friday morning. Registration ends at 5:30 p.m.
5:30 p.m.	Cocktails at the Holiday Inn Charlotte Airport Ballroom. Cash bar. Meet and greet team members, competing teams, volunteers, and World T.E.A.M. Sports event staff members.
7:00 p.m.	Welcome Banquet at the Holiday Inn Charlotte Airport Ballroom. Dinner for every participant and volunteer is included in registration. Banquet ends at 9:00 p.m.

Friday, November 13 – Camp Arrival and Prologue

Morning	Breakfast buffet included in hotel reservation (hotel guests only).
8:00 a.m.	Departure from Holiday Inn Charlotte Airport for the U.S. National Whitewater Center, 5000 Whitewater Center Pkwy, Charlotte NC 28214. World T.E.A.M. Sports will provide buses for those participants without vehicles. Others with vehicles may drive and park at the center (note: standard parking fees will apply).
9:00 a.m.	All Participants Meeting at U.S. National Whitewater Center. Race directors Billy and Helene Mattison review the 2015 Challenge. Demonstrations of gear. Questions from participants.

12:00 p.m.	Group lunch at U.S. National Whitewater Center.
12:30 p.m.	Skills Training at U.S. National Whitewater Center Practice skills and technology with your team (continues until Prologue beginning).
3:00 p.m.	Prologue at U.S. National Whitewater Center Determines placing for start of Stage One on Saturday.
4:00 p.m.	Camp Set Up at Campsite at U.S. National Whitewater Center Set up tents at campsite.
5:00 p.m.	Group Dinner at Campsite Catered dinner for participants and volunteers.
6:00 p.m.	Race Course Handout / Course Prep Race directors provide course packets to teams. Teams review and prepare for the next day's event. Lights out at 10 p.m. Quiet time.

Saturday, November 14 – Stage One

6:00 a.m.	Group Breakfast at Campsite Pack sack lunches for later in the day. Prepare gear and equipment for Stage One. Meet and gather with team members.
7:00 a.m.	Challenge Stage One Begins All teams and athletes must arrive on time for the start of the Challenge. Teams begin in order of finish from Prologue on Friday.
3:00 – 5:00 p.m.	Teams Begin Arriving at Stage One Finish Teams arrive at stage finish by 5:00 p.m.
5:00 p.m.	Group Dinner at Campsite Catered dinner for all athletes and volunteers.

6:00 p.m.	<p>Race Course Handout / Course Prep</p> <p>Race directors provide course packets to teams. Teams review and prepare for the next day's event.</p> <p>Lights out at 10 p.m. Quiet time.</p>
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Sunday, November 15 – Stage Two

6:00 a.m.	<p>Group Breakfast at Campsite</p> <p>Prepare gear and equipment for Stage Two.</p> <p>Meet and gather with team members.</p>
8:00 a.m.	<p>Challenge Stage Two Begins</p> <p>All teams and athletes must arrive on time for the start of the Challenge.</p>
11:30 a.m. – 1:00 p.m.	<p>Teams Begin Arriving at Stage Two Finish</p> <p>All teams arrive at stage finish by 1:00 p.m.</p>
1:00 p.m.	<p>Group Lunch and Awards at Rancho del Rio Campsite</p> <p>Lunch at campsite.</p> <p>Event Finish and Awards Presentation.</p> <p>Camp Closure and Packing.</p>
2:00 p.m.	<p>Departure from Campsite</p> <p>Individual departures begin by vehicle to home, airports, and lodging.</p> <p>World T.E.A.M. Sports to provide buses and shuttles to Charlotte airport for those participants without vehicles.</p>

INFORMATION FOR PARTICIPANTS

Challenge Registration

All participants and volunteers must register online prior to the event. The registration website is at:

https://secure2.convio.net/wts/site/TRR?jsessionid=00000000.app222b?pg=tfind&fr_id=1100&s_promoCode=ATC2015NC. Each team in the Challenge will include two persons with disabilities.

one being a wheelchair user. Team sponsors will receive an invoice from [World T.E.A.M. Sports](#). This invoice can be paid in two installments: half on October 12 and the remaining half on November 1.

Teams may choose to use their online fundraising page as a source of the

option must alert [World T.E.A.M. Sports](#)

For those teams that do not make their second team registration payment on October 12, the online fundraising page will be disabled. If the full team registration fee is not received by November 1, the team will not be permitted to participate in the Challenge.

Participant Requirements

Many participants will travel on their own to and from Charlotte for the Challenge. In selected circumstances, [World T.E.A.M. Sports](#) will arrange transportation for participants with disabilities. Assistance will be determined by the event coordinator in consultation with [World T.E.A.M. Sports](#)

[World T.E.A.M. Sports](#) has arranged for room reservations for Thursday evening at the [Holiday Inn Charlotte Airport Conference Center Hotel](#) for participating teams and volunteers. A limited number of reservations are provided for Sunday evening for athletes with Monday morning air departures

Participants are responsible for their own gear in the Challenge, with a few exceptions. Team members should plan on bringing their own hand cycles and mountain bikes, or renting bikes from the U.S. National Whitewater Center (standard bikes are available at no fee)

Teams are encouraged to practice together prior to the Challenge. Friday afternoon has time set aside for teams to practice prior to the Prologue.

Reaching the Challenge

Charlotte, North Carolina is located in the southwestern portion of the state near the South Carolina border. The city of nearly 810,000 persons is served by Charlotte Douglas International Airport. Interstate Highways 77 and 85 meet in the western portion of the city and provide easy access from the north and south

Participants arriving at Charlotte Douglas International Airport on Thursday afternoon can coordinate shuttle transportation to the host Holiday Inn Charlotte Airport Conference Center Hotel. Contact World T.E.A.M. Sports if assistance is needed.

World T.E.A.M. Sports will provide shuttle transportation for Challenge participants to the U.S. National Whitewater Center on Friday, November 13. Shuttle transportation will also be available for participants on Sunday afternoon, November 15, from the U.S. National Whitewater Center to Charlotte Douglas International Airport. Contact a staff member if you need to use the shuttle service.

All stages of the Challenge will be held at the 700-acre U.S. National Whitewater Center.

Detailed Driving Instructions

Charlotte Douglas International Airport to the U.S. National Whitewater Center, 5000 Whitewater Center Parkway, Charlotte NC 28214.

8.1 miles; 15 minutes by car

i From the Airport, drive north 1.3 miles on N Josh Birmingham Pkwy and then right onto Little Rock Road.

j Turn west onto 85 S, then take the first exit onto 485 Inner Loop north. Follow 485 north to Whitewater Center Pkwy, exit 12, Paw Creek, then third right around traffic circle onto Moores Chapel Rd. Then turn right after second traffic circle onto Belmeade Dr. Total distance: 5.5 miles.

j Turn left and follow Whitewater Center Pkwy 1.3 miles to entrance of the U.S. National Whitewater Center.

Travel to the Charlotte Area

Charlotte Douglas International Airport (CLT) is 8 miles; about a 15 minute drive from the U.S. National Whitewater Center. The airport is served by all major airlines from across the United States.

Mountain Bike Rentals

All participating able-bodied athletes will need a mountain bike for competition. If you do not have one, you can rent one of the stock bikes at the U.S. National Whitewater Center.

Participating athletes who are wheelchair

disabled athlete coordinator, who will arrange for the use of a special hand cycle at no charge to the participant. If you have your own hand cycle, bring it.

Charlotte Lodging

World T.E.A.M. Sports has arranged for selected ATC participants lodging at the Holiday Inn Charlotte Airport Conference Center Hotel near the Charlotte Douglas International Airport. The Friday morning shuttle to the U.S. National Whitewater Center will leave from this hotel.



Holiday Inn Charlotte -
Airport Conf Ctr Hotel
2707 Little Rock Road
Charlotte, NC 28214
Phone: (704) 394-3011
Fax: (704) 394-8444

The Holiday Inn Charlotte Airport Conference Center Hotel is located adjacent to I-85 and the Little Rock Road interchange. The hotel is reached by the Scott Futrell Drive, south of the Interstate. World T.E.A.M. Sports has blocked rooms for participants and volunteers for Thursday, November 12. The hotel offers complimentary airport shuttle service, Business center and free WiFi Internet service. Onsite is The Hub Bar & Grill, a

U.S. National Whitewater Center

The U.S. National Whitewater Center is located on 700 acres adjacent to the Catawba River in the Charlotte metropolitan area. Interstate Highway 485 and Whitewater Center Parkway lead to the facility.

Opened in 2006, the USNWC offers a wide variety of challenging outdoor activities. These include water sports such as whitewater rafting and kayaking, rock climbing, mountain biking on a 25 mile trail system, a canopy tour, ropes courses, zip lines and more.

The campsites at the Center are away from the public section and will have areas for meetings and meals. There will be portable potties on site, but the restrooms for the Center are not distant.

Participants who will drive their own vehicles will park in public lots at the Center during the weekend. Special parking passes may be used for the vehicles. Parking fees of \$5 per day will be applicable.

Challenge Meals and Food

All meals and beverages at the U.S.

National Whitewater Center campsites are included for participants and volunteers. Special World T.E.A.M. Sports arm bands or badges may be required for meals. One of the aspects of the Adventure Team Challenge that makes it so enjoyable is the community we create. Part of this community means sharing meals together. The following community meals will be provided for competitors and volunteers:

Friday, November 13 | Race Day 1 | Lunch and dinner

Saturday, November 14 | Race Day 2 | Continental breakfast, afternoon snacks, and dinner

Sunday, November 15 | Race Day 3 | Continental breakfast and lunch

Water, coffee, carbonated beverages and sports drinks are included.

Additional food and beverages may be purchased by participants and volunteers at Center food facilities.

Gear List for Competitors

Participating in the Adventure Team Challenge requires familiarity and use of a variety of technical outdoor sporting goods, including mountain bikes, rafts, zip lines, towing systems and more. In addition, there

are several outdoor sport items that will be useful for the competitors in camp and during the event. To succeed in the competition, here is a listing of personal and team equipment for the event, some of which will be supplied by the event organizers. Be sure to review this list regularly, as the race organizers will provide more information up to the beginning of the event.

Note: This is a preliminary list and may change. A final list will be posted to the Challenge website.

Personal	
All Time	Personal medications; asthma, Benadryl, etc.
	1 hydration system (70 oz minimum)
	1 set bike gloves
	1 emergency space blanket
	1 waterproof rain jacket
	1 waterproof bag (dry bag, may be heavy duty garbage bag or similar)
	1 whistle
	Sunscreen
	Sunglasses
	Visor for helmet or sunhat (neck protection from sun advised)
Bike	1 mountain bike or equivalent (can be shared tandem for blind athletes)
	Note: Off-road hand cycles are provided by race organization. Standard, upright bikes can be rented from the Center.

	1 bike helmet
Water: Raft/Stand Up Paddle Board	1 personal flotation device (PFD) - provided by race organization.
	1 paddle – provided by race organization.
	1 paddling helmet – provided by race organization.
Ropes (All climbing gear is provided by USNWC; however, you may bring your own if desired.)	1 climbing harness (for para and quad participants, the Petzl Canyon harness is recommended).
	1 rappel device – ATC or Figure 8.
	2 locking carabiners, must be auto-locking.
	1 commercially-sewn 18-24 inch circumference slings (1/2 inch minimum).
	1 helmet (can use bike helmet).
Useful Gear Suggestions	Clearly identify all personal gear.
	November weather in North Carolina can vary greatly. Bring warm clothing, particularly for evenings and be prepared to layer up and down accordingly.
	Bring a rope tow system to help your team mates.
	Bring patch kits and spare tubes for bikes and hand cycles.
	Consider using long-sleeve shirts to provide protection from the sun during competition.
	Hand cyclists are recommended to wear long pants to prevent chafing.
	Bring a magnifying lens/reading glasses for

	preparing the route maps.
	Use nail polish removal and a cotton ball to remove writing from the Ziploc bag holding your course map.
	Bring flashlights/head lamps for night.
	Bring insect repellent for use at camp.
	Bring ear plugs for sleeping at night.

Team Equipment	
All Time	1 first aid kit (Adventure Medical Ultralight .3 First Aid Kit or similar, available from REI and other outdoor vendors).
	2 compasses.
	1 set of maps – provided by race organization.
	GPS units are not needed in 2015.
Bike (may be provided by USNWC)	1 tire pump and spare tubes or patch kit (team's discretion).
	1 bike multi-tool.
Water	Boats for team – stand up paddle board (1 per team) and/or raft – provided by USNWC.
	1 throw bag – provided by race organization.
	1 raft guide – provided by race organization.
Ropes	No team equipment necessary. (Note: some gear, such as the rappelling device and carabiners, may be shared between team members.)

Participant Training Tips and Suggestions

Ian Adamson, 2007 and 2008 Co-Director for World T.E.A.M. Sports Adventure Team Challenge Colorado, shares some valuable advice on teamwork strategy for the upcoming event

Ian is one of the most experienced and successful adventure racers in the world. A three time EcChallenge champion, he is also the only athlete in the world who has won the Raid Gauloises, Southern Traverse and Primal Quest. He is the author of *Fi b b Y f Ñ g ` K c f ` X ` ; i] X Y ` h c How to Become a Successful Racer and Adventure Athlete*

The following is a **back with** permission of the author.

Teamwork

The biggest single thing that stops teams from finishing a race is not injuries, illness, equipment failure, hypothermia, wout Z Y Y h ž ` c f ` Z U h] [i Y " ` = h Ñ g together. Just about any problem team encounters during a race can be surmounted, providing that the team is cohesive, focused, organized, motivated, and well lead.

The Adventure Team Challenge is a race that is designed to test the very definition of teamwork. Every athlete will encounter their own set of challenges and it is up to the team to respond and develop a strategy to overcome. The point of communication cannot be overstated. From clearly established goals before the race, to simple W \ Y W _ `] b Ñ g ` g i W \ ` U g ž 3 Ī \ c k Ñ g U b X ` Ī] g ` h \], good U W Y ` c _ U m 3 Ī communication will either make or break the effectiveness of your team. However, good communication and leadership from all racers requires honesty. Start today by asking your teammates what their goals and

expectations for the race. W] b [.

Inevitably the stress of the race combined with fatigue will put every individual in a vulnerable emotional state. Many competitors will be nervous, perhaps even fearful, at the prospect of undertaking certain course elements. Or, they may simply be anxious about potentially letting their team down. Some competitors will even get fired up and are in perpetual race mode wanting to charge unabashedly forward. The ATC is designed as the ultimate team event! it is not a place where egos reign, keeping personal motives and egos in check will help you and your team to work toward the bigger goals and purpose of the race. With such a wide range of emotions on the line, good communication to understand where

everyone is at before, during and after the event will help facilitate a positive and impactful experience for all.

Developing Synergy

Synergy can be defined as the power of the group exceeding the sum of the parts. In the context of adventure racing teams, this means that a team that develops synergy moves faster, more efficiently, and makes better decisions than the individual athletes could do alone. Many people believe a team is only as fast as its slowest member, but this is only true of bad teams. A good team, especially one that develops synergy, can and should move considerably faster than the slowest teammate.

A very basic example of synergy in the physical sense is a pace line or drafting on a bike. The limiting force on any person riding a bike on flat ground is wind resistance. If four people ride so that a few bike lengths or more separates them they each have to overcome their own wind resistance. On the other hand, if the team rides close together, one behind the other, only the front person has to overcome the wind resistance and the other three riders can rest. By rotating the lead so that each person breaks the wind for a short period of time, the team can maintain a much higher speed than each individual

rider could alone.

Race Tip

Teamwork is a critical element of any adventure race, but will be particularly critical in the Adventure Team Challenge.

One simple strategy is to employ a simple towline system created with a heavy duty bungee cord (found at your local hardware store) and two carabiners tied to each end. The bungee allows stronger teammates to effectively aid others while still allowing for some stretch to accommodate varying speed and terrain. This technique is especially effective to help pull off-road hand cycles which are notoriously difficult to crank up steep and loose terrain. Further the towline systems will help to keep the team together and provide an added element of safety for the off-road hand cycles on uneven and off camber trails.

You may want to bring two tow lines to attach to either side of a ~~off~~ from the back of one teammates pack to the front of another. A 10 foot section of bungee should be sufficient; you can always knot it in the middle if it becomes too long. Just make sure to tie secure knots into the carabiners at either end. Also, remember that using a

towline requires good communication, since the person following may not be able to see obstacles ahead, or know when to stop and start. In the end, effective distribution of energy will help keep your team together and move much faster.

Navigation

Often referred to as orienteering, navigation is one of the most critical parts of adventure racing. Even the best teams can easily find themselves off track and racing in the wrong direction, a costly mistake.

Navigation can be very complicated and seem overwhelming. However, if you and your teammates hold to the basics and assess and confirm your position early and often you will stay out of a lot of trouble. For the Adventure Team Challenge, there are two critical pieces of navigation equipment, topographic map (which is provided) and a compass. GPS devices are allowed but can add confusion in the hands of an inexperienced user.

Navigation takes practice, so getting your hands on the necessary equipment and practicing your skills now will pay big dividends on race day.

Read More

Unlike a road atlas, a topographic map includes contour lines to portray the shape and elevation of the land. Hence, a topographic map defines the topography or lay of the land. Maps come with in a variety of scales. On some, one inch represents one mile or on a more defined map one inch may represent only a quarter of a mile. At the bottom of the map there is usually a scale that you can use as a reference. Depending on the scale of the map the contour lines represent varying distances from 100 feet to maybe 40 feet or less. As an easy rule of thumb, the closer the lines, the steeper the terrain.

Once you have the correct map, the first step is to orient it to the terrain. This is where your compass comes in. A good compass can be very simple with a magnetic needle and a bezel (the dial with markings for 360 degree increments). We recommend a compass with at least one flat or right angle to line it up on the map. The compass can be used for many navigational reasons, but primarily it helps you find the appropriate direction, i.e., the top of the map to North. A map does little good if you have it slightly off, let alone upside down. Here is where the compass gets a bit complicated. The needle in the compass does point North,


however, it points to magnetic North. The map however is drawn to true North. This difference is called declination. Because of a variety of issues declination can be off 10 degrees or more depending on where you are in the world. For example Grand Junction Colorado is plus nearly 11 degrees from magnetic north. As you might imagine, this small oversight can lead to big navigational mistakes. Although the terrain may be very rugged, maps are drawn to right angles for a reason. Step one is to align the compass so that it is parallel to the grid lines drawn on the map. In western Colorado, you must then turn the map so that the needle on the compass points to 11 degrees in the compass bezel. Your map is now adjusted for declination to true North. When you finally look up from the map to the field, or the terrain around you, features such as rivers, mountains and gullies will be directly in line to how the map is laid out.

For more information and a more detailed description of navigation basics. Additionally an introductory course at a local outdoor shop will really help to improve your understanding of maps and navigation.


Frequently Asked Challenge Questions

Participating in your first Adventure Team Challenge North Carolina you probably have questions about the event, the gear, the course, the weather and everything event related. To help, we have compiled some answers, listed below by category.

Event Registration

 Can I register as an individual participant?


The Adventure Team Challenge is a team event and as such, individual participants may not register or compete. However, competing teams sometimes seek an additional disabled or able bodied participant. Please contact World T.E.A.M. Sports by email if you are interested in joining a team that needs an additional athlete.

 Can our team fund raise to collect the team registration fee?


For the 2021 Challenge, World T.E.A.M. Sports requires that all sponsored teams pay their full registration fee by the specific

deadlines. Funds raised through the Adventure Team 7 \ U \ ` \ Y b [Y Ñ g ` c b \ raising site can be applied to fulfilling the registration fee, provided World T.E.A.M. Sports is alerted prior to the October 12 first payment deadline. Funds raised may also be dedicated to helping cover the costs of participating disabled athletes and for future World T.E.A.M. Sports events.


Camp and Camping

 Are sleeping bags and tents included at the camp?

World T.E.A.M. Sports provides sleeping bags and tents for participating athletes upon request. Bring your own pillow if that is important.

 Are air mattresses included at the camp?


For athletes requesting sleeping bags, sleeping pads are provided for their bags. Air mattresses are not, however, bring your own if you need additional padding for the ground.

 Do emergency space blankets really work to warm you up in the sleeping bag?

Yes, these tinfoil thin blankets work to warm you, but usually, they are used in emergency situations. The event staff will have these on hand if needed. The sleeping bags in the camp will be sufficient to keep you warm at mid-November and it will get warm during the day. I plan on temperatures as high as the mid-70s. Night time lows should be in the upper 30s.

 What about camp clothing?

It will be warm in camp until the sun sets at night (about 5:15 p.m. at this time of year in this region of North Carolina), so shorts and shirts will be suitable. After sundown, long pants and a jacket are encouraged, particularly if there are rain showers in the vicinity. A set of comfortable camp shoes is recommended.


 Will families be allowed to stay overnight in the camp?

Camping at the 2015 Challenge is limited to participants and selected volunteers and staff members. Family members can reserve rooms in one of the nearby commercial

lodging facilities in Charlotte. Check for lodging along I-85 and I-485.


 What about restroom facilities?

There will be several portable toilets stationed throughout the camp for the use of participants and their families. A few ADA accessible potties will also be at camp. Please keep these units clean. The U.S. National Whitewater Center also has full restroom and shower facilities on site.

 Is cellular telephone and Internet service available in camp?

The 2015 Challenge is held in the Charlotte metropolitan area so cellular telephone and Internet service will be available in camp and along the course. Please post content to your favorite social media sites during the event!

Water Activities

 Can participants use a snorkel, mask, fins or goggles for the water events?

No snorkel, mask, fins or goggles will be

necessary for the 2015 Challenge.


 How cold is the water?

Water temperatures at the U.S. National Whitewater Center should be in the upper 50s in mid-November.

 What are the Nylon rafting cam straps used for?


To secure equipment to the raft, two or three one-inch Nylon straps will be useful. Timberline Tours will have a few available on a prearranged basis (contact them to order), but it is recommended you purchase a few for your own use. Outdoor and rafting shops, including online shops, carry these straps, which are not expensive. Alternately, any Nylon strap will work check with your local hardware store.

Gear

 What type of tubes are in the rental mountain bike tires?

The tubes in the rental mountain bike tires

have Presta valves.

 What size inner tubes should be brought for the mountain bikes?

For those who will be riding standard mountain bikes, tubes should be the 26 inch
bring a multitool and tire levers so you change a tire on the course. (There is no course sag wagon or bike mechanic!)

 Are bike helmets included?


Athletes will need to bring their own helmets for cycling, climbing, rafting and other activities. Most athletes use the same helmet, so be sure to bring one that fits well.

 What type of gloves do you recommend?


Comfortable biking gloves are a necessity. If a team is planning to do a lot of pulling during the Challenge, consider a high quality glove such as Fox Mountain Biking Gloves. Be sure to pay attention to the amount of waterlogged during the water events.

 Are bicycling shorts recommended?


Consider a pair of triathlon shorts or non-padded short for competition. Quick-drying hiking shorts are also an option.

 Should we bring our own climbing harnesses? Compasses? GPS?


Yes. Be sure you label everything with your names. There will be rope work rappelling, climbing and/or a zip line-in the 2008 Challenge. GPS units for teams will not be necessary.

 Can you please explain the towing systems in more detail?

Towing systems usually use a cord, webbing, efficient way to contribute energy (not one-off bikes are difficult, so teams usually work together, using carabiners, clipping into a line, creating a tripod, etc. Whatever works to distribute energy. Towing systems are also useful for some hills, which are off-limits to keep participants safe.

 Any suggestions for equipment to carry food and water?

Participants should avoid large backpacks, but small day packs or a large Camelback water system with a bladder will be useful. If you are purchasing new gear for the Challenge, many day packs today are water system adaptable, with holes for water supply tubing.

 What orienteering skills should be practiced for the Challenge (reading longitude/latitude, topographic maps, etc.)?

The orienteering will be for the beginner map reader. Participants need to measure distance, read topographic map contour lines, know all the symbols on the map, orient the map to the terrain, and know how to carry and protect the map so they can readily read it. We will have the maps prepared for the teams with all check points and transition areas marked.

 Do we need to bring any medication?

If you are taking prescribed medication, be sure to bring it to the Challenge. There are no pharmacies at the Center, though nearby Charlotte has the usual drug stores and supermarket pharmacies.

 What is the recommended footwear?

Most participants in the past have worn trail running shoes with some tread. Some participants choose to wear mid height socks. A lightweight synthetic or wool sock that will provide performance when wet is recommended. Avoid cotton.


 What should a First Aid kit include?

Be sure your kit includes the usual First Aid items, but also include treatment for blisters.


 What about shirts or jerseys?

[World T.E.A.M. Sports](#) provides official Adventure Team Challenge shirts to participants and volunteers. Two tech tees per participating athlete is provided. Each volunteer also receives two tech tees.

Meals and Food

 What food works best for participants during the Challenge?

Although we are not nutritional experts, from experience, you should select food that] g i g Y Z i Z c f d \ mg] WU discover the day of the Challenge that you X c b N h j _ Y D c k n c e t e s u f g z energy bars ahead of the race for your favorite. During breakfast each morning, a selection of bagels, peanut butter bars, cold cuts, fruits, etc. that can be easily included in your day pack is available.

 What food can we look forward to eating at the Challenge?

For participants, we provide dinner Thursday, lunch and dinner on Friday, breakfast, lunch and dinner on Saturday, and breakfast and lunch on Sunday.


Here is a breakdown of the planned meals:

i 6 f Y U _ Z U g h g W c b g] g h c z W c z z y y z v u l y g z fruit and oatmeal.
i : f] X U m usually s w \] g sandwiches, chips, fruit, etc. For Saturday lunch, we provide items to pack a sack lunch to take on the course. This includes cold cuts, sandwich condiments, cookies, fruit, energy bars, etc. On Sunday, the lunch following the finish of the Challenge is standard outdoor grilling fare) hamburgers, chicken, etc.

i 8] b b Y f g c b : f] X U m U b X include standard grill fare
U Wh hamburgers, chicken, etc. Thursday dinner is at the Holiday Inn
Z c f c n f e r e n c e center.

For all meals, plenty of water and sports drinks will be provided for competitors. We normally have beer and soft drinks available for adult participants for evening meals, along with coffee in the morning breakfasts.

Miscellaneous Questions

 Are team members required to complete every stage of the Challenge?

This is a team challenge. The spirit of the event is that each team starts, and each team Z] b] g \ Y g A h c [Y h \ Y f " H \ Y f Y along the course where team members split up for a short time. The team will need to decide in these instances which member goes where.

 Any additional questions?

If you have a question that has not been

addressed, please contact us by email at info@worldteamsports.org. We will respond promptly.

Volunteering for the Challenge

World T.E.A.M. Sports is seeking volunteers to help with the planning, management and running of the 2017 Adventure Team

Challenge North Carolina Volunteers provide assistance with all stages of the event, from pre-challenge preparation, to participant registration to check stops to ride assistance to event take down.

If you would like to volunteer your time, contact our volunteer coordinator by email at SarahBell@worldteamsports.org. Please indicate your interests and availability.



CHANGING LIVES THROUGH SPORTS

World T.E.A.M. Sports, 4250 Veterans Memorial Hwy, Ste. 4202, Durham, NC 27617-2583 Fax 919-286-7326

Face of America | Adventure Challenge | Sea to Shining Sea | Military Initiative | Youth of the Year

