

# Welcome Race Teams!

You and your fantastic teammates have made the choice to participate in the fifth annual “OUT IN THE ARTDOORS – Urban Adventure Race.” This race will take you through the heart of the greatest city in the world for arts and the outdoors. It promises to be as amusing as it is amazing.



Without giving away the details of this race, here are a few concepts you should know:

- Rain or shine, the race will take between 4-5 hours to complete - most of it is outdoors. Prepare to walk, run, dance, and skip 5-6 miles approximately, over the course of the day.
- Teams will only be able to travel by foot, bus, and possibly by boat.
- There are a mix of talents needed – and you will typically have options between physical, mental, or creative challenges.

If you have any questions call the River House Outdoor Program M-F 12:00 - 4:00 @ 682-5329.

## Race Day Timeline--May 8, 2010

9:00 am	Arrive at the race site – teams check in, jog around the park to warm up, or hang out and drink some good coffee.
9:30 am	Rules of the Race are reviewed – listen up people!
10:00 am	Race starts – first clue
10:00 am - 3:00 pm	All teams having fun doing the race
3:00 pm - 4:00 pm	Barbeque & Post Race Celebration

## Rules & Operating Procedures:

1. All teams must obey the Law & all City of Eugene ordinances.
2. In the spirit of teamwork, all team members must stay with their team while completing the race.
3. All teams start and finish at the same location. Each team will finish the race with a team **Race Time**.
4. During the race, teams will have the opportunity to creatively lower their **Race Time**. This is done by subtracting minutes for certain **DeDUCKtions**, defined below.
5. The race winners are then decided by the total **Race Time** minus the total time of all **DeDUCKtions**, equaling total OUT IN THE ARTDOORS time (**OA Time**).  
Example:

<b>Race Time</b>	4:58
<b>DeDUCKtions</b>	<u>- 1:25</u>
<b>OA Time</b>	3:33
6. To make sure that the appropriate race course is followed, each team will be given a **Team Passport**. The **Team Passport** will be checked at each **Race Station** by race officials. Once the challenge is completed at each **Race Station**, the **Team Passport** will be stamped, and that team will then be given a new clue that points them to the next **Race Station**.
7. At each **Race Station** you will be given a set of instructions that define fair protocol for the challenge at that station. Each challenge will be defined by a certain **Style Protocol**, defined below.
8. Please recycle--keep any materials that you acquire throughout the day (especially race clues) in your team bag & recycle it at the end of the day.

# Race Terminology

**Race Station** – A place where a team or individual team member has to complete a challenge.

**Team Passport** – A document that each team carries to verify they have successfully completed a **Race Station**. It is also used to document **DeDUCKtions**.

**DeDUCKtions** – Methods of getting time subtracted from your **Race Time**. They are as follows:

**Picasso Points** – On certain challenges, race officials will be able to give team members or whole teams “wow that was creative” deductions.

**Yes We Can** – Some challenges will give your team the opportunity to merge and work cooperatively with another team to complete that challenge.

**Style Protocols** – Methods in which teams have to complete the challenge at each station. Includes:

**Artist Spotlight** – only one team member can compete in this challenge.

**Group Hug** – all 4 team members must participate to complete this challenge.

**Paint or Paddle** – at some Race Stations you will need to make a choice between 2 or more challenges.

**Golden Ticket** – during the race you may have the opportunity to “By Pass” a Race Station.

**Race Time** – The actual time it takes a team to finish the race.

**OA Time** – Race Time minus **DeDUCKtions**. This is the time that matters, if you really care about it.

## Participant Preparation Information

*Before you can participate in the activities of the day - you must turn in a completed and signed copy of the Assumption of Risk & Liability Release Agreement and Health Form.*

**General Reminder:** The majority of this race is outside, so please prepare for the wettest conditions. Bring a small day pack to provide flexibility in what you need to be wearing throughout the day.

### Clothing

- Costumes are encouraged and appreciated.
- Wear old comfortable clothing that you won't mind getting dirty or artistically affected.
- Wear layers to keep you comfortable throughout the day. Hats, gloves and rain gear are strongly recommended. Cotton clothing is discouraged.
- Wear solid walking shoes. Slip-ons or open toed sandals are discouraged.
- Bring a set of fresh clothing to the race start and finish site.

### Food & Beverage

- Bring your own water bottle to meet your individual hydration needs. You will have opportunities to fill it up during the race.
- Eat a hearty breakfast on the morning of the race. You are responsible for providing your own food (granola bars, fruit) and beverages during the race to maintain your energy level. Bring a small amount of cash if you wish to support local food-service businesses. We will provide a BBQ dinner for all participants at the post race celebration.
- Please be responsible for all of your team garbage. We're a green city.

### Personal Preparedness

- Each team must have a camera. A cell phone camera is acceptable. Bring extra batteries!
- Please bring any personal medications that you require.
- We strongly recommend you leave items of value at home.
- Sun screen is a good idea.