

2024 Endeavor Team Challenge

COMPETITOR HANDBOOK

Return to Bear Valley, CA
August 24th-25th, 2024



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Welcome

Team Endeavor welcomes you to Bear Valley, CA for the 2024 Endeavor Team Challenge.

You are part of a special and impressive group of athletes that have chosen to take on the Endeavor Team Challenge. This event is about you. We build and facilitate the course, but you and your fellow competitors make the competition what it is. Your athleticism, grit, determination, and sportsmanship set the tone. We are confident you will carry on the standard of excellence set by previous competitors.

We are committed to providing you the best experience possible. We strive to make the Endeavor Team Challenge the ultimate fitness adventure. However, we know that not everything will go perfectly. With an event this complex and intense there will be some last-minute changes - all of which will be made to better the competition or ensure your safety. We will do everything we can to ensure that the event goes on and you get the incredible adventure that you deserve.

We look forward to meeting you and seeing you on the course.

Introduction

- This handbook is designed to be an aid to competitors throughout the Endeavor Team Challenge. It contains information on all the events and includes descriptions, rules and safety considerations.
- Competitors should read this document, keep this with them throughout the event, and reference it when they have questions.
- A pocket-sized competitor handbook will be issued to all competitors at Check-In.

This document supersedes all previous directions and descriptions.

Endeavor Honor Code

Competitors shall not lie, cheat, or steal during the event. Competitors shall not take any action that provides them an unfair advantage over other competitors.

If Competitors are found to be in violation of the Endeavor Honor Code, they will be removed from the event and asked never to return to future events.

Directions

Bear Valley is located on scenic all-weather Highway 4, between Lake Tahoe and Yosemite. Access is easy from all areas of Northern California.

Driving Directions

From the San Francisco Bay - about 3.5 hours

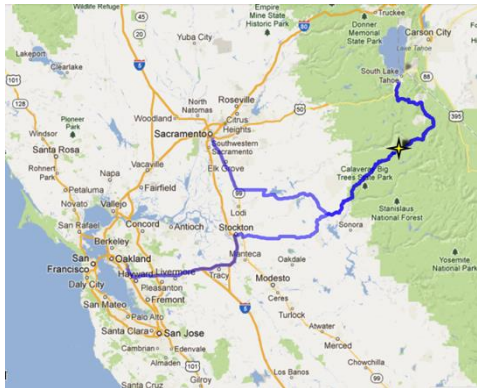
- Take I-580 east; I-205 east; 120 east; 99 north; 4 east and continue to Bear Valley.

From Sacramento - about 2.5 hours

- Take 99 south; 12 east; 49 south; 4 east and continue to Bear Valley.

From Lake Tahoe / Reno - about 2 hours

- Take 4 west off of 88 at Woodfords and continue to Bear Valley.

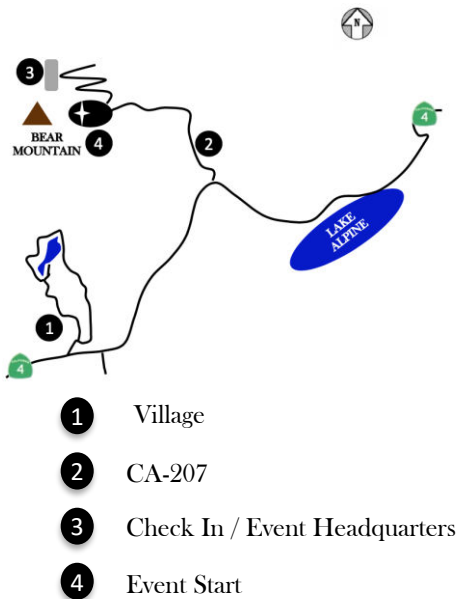


NOTE: When looking up directions with a smartphone/internet, we recommend searching for the ***Bear Valley Lodge*** (3 Bear Valley Rd, Bear Valley, CA 95223)

Arrival

Competitors are to arrive on **Friday, August 26th** and Check-In at Event Headquarters between **1700 and 2100**. Late check-in will be open from 0400-0430 on Saturday, August 27th.

To get there coming from the west, pass Bear Valley Village on your left and continue on CA-4 for 2.1 miles. Take a left on CA-207 and continue until you reach the Skyline Bear Valley Mountain Resort building. The address is 2280 state Rte 207, Bear Valley, CA 95223.



Timeline*

- **Friday, August 23rd, 2024**
 - 1700-2100 Check in
- **Saturday, August 27th 2022**
 - 0400-0430 Late Check In
 - 0500 Competitor Roll Call/GPS Tracker Verification
 - 0530 Competitor Briefing
 - 0600 Start of Crucible
 - 1900 Latest Check In Time for TRC
 - 1930 Day Orienteering Ends
 - 2100 Night Orienteering Start
- **Sunday, August 28th, 2022**
 - 0400 Night Orienteering Ends
 - 0600 Roll Call
 - 0630 Final Run Brief
 - 0645 Final Run Start
 - 1100 Victory BBQ Opens
 - TBD: Final Run Closes
 - 1230 Awards Ceremony begins
 - 1400 Event Closes

*Times are illustrative and subject to change based on the flow of the event.

Gear Requirements

Required Equipment

Competitors must bring the following equipment with them. It is their responsibility to ensure that it is in good working order prior to arriving at the event. Competitors must carry everything they use during the event and cannot receive any materials from spectators or other teams. Event staff may inspect/verify required equipment at any time.

- Backpack to carry all gear, water, and with extra room for issued equipment. (Aprx.30L)
- Water - total of 3L (minimum)
- Food for entire event
- Watch
- Compass
- Pen or pencil
- Headlamp
- Rain gear
- Sleeping bag or equivalent
- Clothing for both warm and cold weather
- Footwear of choice
- Knife or multi-tool with knife
- Waterproof bag or other item to keep maps and score cards dry
- Material to waterproof packs during water crossings (poncho raft guide at back of book)

Provided Items

- GPS Tracker
- Water throughout the event
- Mountaineering Gear
- Water Proofing supplies
- Life vests
- Specialty equipment

Prohibited Items

- Any device with GPS or equivalent functionality
- Cell phones, radios or equivalent technology
- Alcohol, firearms, or illegal drugs
- Maps other than ones provided to you during the event

Event Staff may inspect your gear at any time to ensure you have the proper equipment and no prohibited items.

Recommended Equipment

- Hat
- Extra socks
- Sleeping pad
- Eye protection/sunglasses
- First aid supplies (bandages, moleskin, sunscreen, etc.)
- Shorts
- Extra cold-weather gear
- Extra shirts
- Camera

GPS Trackers

- The Endeavor Team Challenge is supported by *Adventure Enablers* to provide state-of-the-art tracking of all teams throughout the event.
- Each team will be issued a GPS Tracker. This is essential for the safety, accountability, and scoring of the event. One competitor per team will be responsible for wearing the device and ensuring it is operational.
- The emergency button on each device will alert event staff and local officials, and aid crews will come as soon as possible.
- Any other use of the device, to include disabling or powering off the device, is prohibited, and is grounds for removal from the event.
- Competitors will be financially responsible for lost or broken devices.
- Live tracking and scoring will be viewable online throughout the event via a link on our website homepage and on The Event page.

General Rules

- Take directions from event staff.
- Do not litter on the course (it is a National Forest). Pack your trash out and place it in proper containers.
- Teammates must remain together at all times during the competition.
- Use bathroom facilities in town and in the rest areas. If in the National Forest dig a 6-inch hole and cover when complete.
- Use common sense - avoid unnecessary risk.
- Let a staff member know if you see a potential safety issue.
- Do not accept food or other equipment from any non-staff members or other teams.
- Stay on the designated courses at all times.
- Competitors may not carry cell phones, GPS devices, or other technological devices that provide an unfair advantage.

Safety Considerations

Inherent Risks

This event is designed to push competitors beyond their perceived limits and contains several inherent risks, including:

- Cumulative effects of extreme physical activity: exhaustion, dehydration, heat injuries, over-use syndrome, cramping, muscle fatigue, heart attack, stroke
- Wild, unmanaged, uninspected terrain: wildlife, hidden traps and dangers, cliffs, depressions, swamps, rivers and other bodies of water
- High altitude and alpine environment
- Advanced obstacle courses, mountaineering, and other physical challenges

Risk Mitigation

In order to mitigate these and other risks we ask that competitors:

- Stay with your teammate at all times, monitor each other's condition, and seek help or remove yourself from the event when necessary
- Be on the lookout for wildlife and avoid dangerous terrain where possible
- Take care of yourselves: eat food and stay hydrated
- Use caution and common sense when traversing obstacles or dangerous terrain
- Let a staff member know if you see a potentially dangerous situation
- Wear floatation devices when directed

Scoring

Teams are ranked against all other teams based on relative performance in each major event. Each major event is weighted, and points are allotted based on rankings multiplied by the weight of the event.

For example: with 50 teams starting, the first team finishing the Crucible receives 50 points, second place 49 points, and the last team (if all teams finish) receives 1 point. The Crucible has a weight of 1 so the top team receives 1×50 or 50 points.

Points are added, and the highest score wins. The final run is the tie breaker.

Weights of Major Events: Crucible - 1, Competitor Field - 4, Day Orienteering - 1, Night Orienteering - 1, Final Run - 1, Battle Drill - 1

Some of the 5 Major Events have sub-events. For Competitor Field and Battle Drill, sub-events will be scored using the same methodology. Sub-events are weighted equally and added to determine the rank (score) in that Major Event.

- If a team does not complete an event or sub-event, they will receive 0 points for their score for that event or sub-event.
- If teams drop throughout the competition, the same number of points will still be allotted for the top team as the number of teams that started (e.g., 50 pts).

Finishers

Teams must complete minimum standards on each event to be considered a “Finisher” of the Endeavor Team Challenge and receive their Finisher medal. Teams that do not meet the standards may elect to continue with the event, but they will not be considered Finishers and will not receive a Finisher medal.

Major Event:

- The Crucible
- Competitor Field
- Day Orienteering
- Night Orienteering
- Final Run
- Battle Drill

Standards for Finishers:

- Complete the event
- Complete all events within time limit
- Find 2 contact points & arrive at end location within time limit
- Find 2 contact points & arrive at end location within time limit
- Complete the event within time limit
- Complete all sub-events within time limit

Competitor Field Sub-Events:

- Mountaineering
- Strength Event
- Obstacle Course
- Teamwork Reaction Course

Standards for Finishers:

- Attempt climb, complete traverse, complete rappel
- Complete task
- Complete obstacles and finish
- Complete task

Events and Sub-Events

- **Crucible Road March**
- **Competitor Field**
 - **Strength Event**
 - **Obstacle Course**
 - **Mountaineering**
 - **Teamwork Reaction Course (TRC)**
- **Day Orienteering**
- **Night Orienteering**
- **Final Run**
- **Battle Drill**

The Crucible

Description

A long-distance hike over an undisclosed course designed to test competitor's physical and mental stamina and fortitude over arduous terrain.

Rules

- Each team must remain together throughout the event and finish together in order to continue in the competition.
- Teams must complete the entire course. If a team goes off course, they must return to the same spot on the course before continuing, without cutting out any portion.

Scoring

For Time.

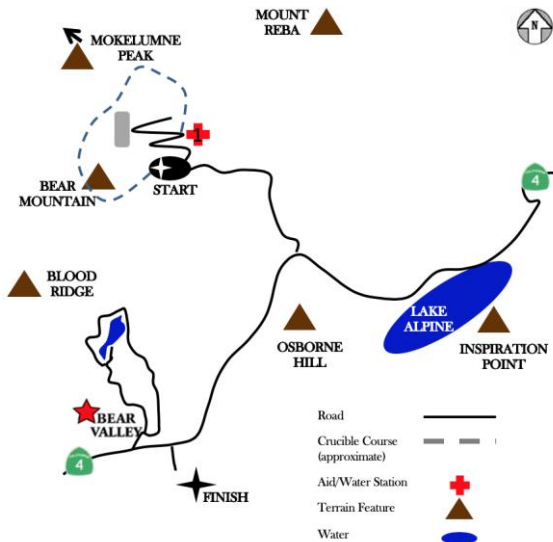


The Crucible (Continued)

Strip Map:

Competitors will receive a printed copy of Crucible Map 1 at the briefing Saturday morning.

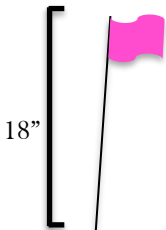
At Aid Station 1 each team must pick up Crucible Map 2. Each Aid Station will have printed copies of the upcoming section of the course.



The Crucible (Continued)

Course Markings

The entire Crucible course is marked with 18" long pink ribbons, surveyor flags and Endeavor signs. Markings will appear on the road or trail every 50m-200m. **Course markings should be a secondary form of navigation; competitors are responsible for reading the supplied maps to stay on the course.**



Competitor Field

Description

Competitor Field is designed to test the whole spectrum of competitor fitness, It contains 4 sub-events:

1. Strength Event
2. Obstacle Course
3. Mountaineering
4. Teamwork Reaction Course

Competitors must complete **all of the sub-events** to be considered finishers of this major event.

Competitors will be directed to report to the Check In station for each competitor field sub-event where they will receive all necessary direction and any materials, score cards, or maps.

At each event teams will have their Competitor Field Card marked with their score. Teams must turn this card in to the Check Out station by the close of Competitor Field.

Competitor Field (Continued)

Scoring

- Teams are ranked based on their relative performance in each Competitor Field Event. They are given a score based on this rank from 50 points (first place) to 1 point (last place), assuming 50 teams. The scores for each event are added to determine team rank for Competitor Field. Their Competitor Field Score is based off of this ranking (50 points for first place to 1 point for last place).

Safety

- Locate and notify a Staff Member if injured.
- Competitors should stay hydrated. Water refill stations are located at the Endeavor Team Challenge Headquarters, and at some of the events.
- Read the Safety Briefs for each individual event before competing in them.

The Strength Event

Description

This event tests competitor strength and teamwork. Competitors will work together to perform a series of movements with heavy objects.

Standards

- Obey all directions from event staff.

Scoring

Teams will be ranked according to the number of reps they are able complete within the time cap.

The Strength Event (Continued)

Hazards

This event is by its nature a dangerous activity. Some risks include:

- Heavy objects that can potentially crush competitors, break bones, or cut competitors with sharp edges

Risk Mitigation

In order to mitigate the inherent risks of this activity, competitors must:

- Take your time, work together, and communicate
- Do not attempt to lift any objects if you think that it may hurt you to do so
- Competitors will be provided work gloves and must wear them when handling the objects

Obstacle Course

Description

The obstacle course tests competitor strength, stamina, coordination, agility, and problem solving on obstacles.

Standards

- Competitors must finish in accordance with instructions given by event staff.
- Competitors get only 2 chances at each obstacle and then must move on to the next Obstacle.

Scoring

Competitors are ranked based first on the number of obstacles both team members complete, and then based on their time on the course.

Rules

Competitors abide by the following rules:

- Stay together (within arms length or on the same obstacle)
- Stay on designated course at all times
- Take instructions from the obstacle judges
- Stay in designated lane on the obstacles, unless passing another team

Obstacle Course (Continued)

Hazards

The obstacle course contains several hazards some follow:

- The risk of falling from obstacles
- Hard, unfinished wood with the potential to bruise, scrape or splinter
- Rough unmaintained footpaths with tripping hazards
- Potential for drowning

Risk Mitigation

Competitors can help mitigate the risk by following these guidelines:

- Stay together during run
- Skip obstacles you are not confident you can complete safely
- Maintain 3 points of contact on obstacles at all times
- Watch your step while moving along course
- Wear life vests on swim portion

Mountaineering

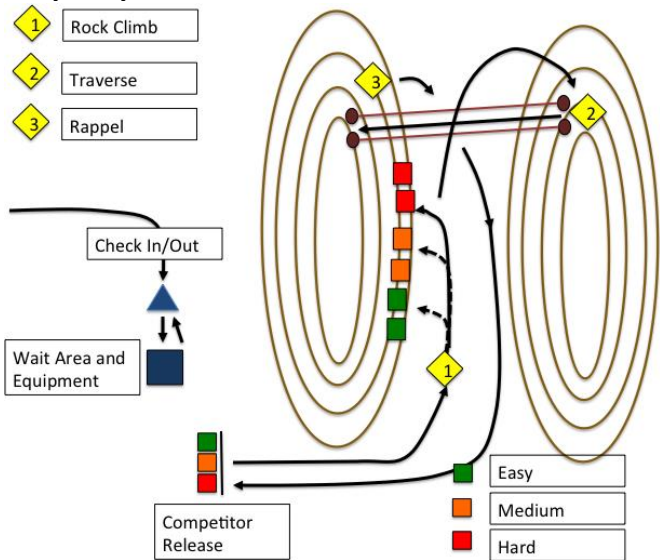
Description

This event tests competitor ability to conduct 3 mountaineering tasks:

1. Climb a rock wall.
2. Cross a suspension traverse.
3. Conduct a controlled rappel using an ATC rappel device.

Teams will arrive and receive mountaineering equipment: a harness, helmet, rappel device, locking carabineer, and a mountaineering card they will take with them throughout the event. Competitors will be belayed by a professional climbing instructor for all climbing attempts.

Strip Map:



Mountaineering (Continued)

Climb

Both competitors must attempt a rock climb.

Standards

- Competitors choose their difficulty level of route upon arrival at the event.
- Competitors arrive at the climbing site, hand their card to the senior instructor and are directed to an appropriate lane when one becomes available. *Competitors may elect to choose a different color difficulty level prior to beginning to climb but may only attempt one route.*
- Competitors approach the lane when directed by the instructor, hook up to the rope, are checked by the instructor, and begin the climb.
- Competitors are not penalized for falling but must complete the climb in under 10 minutes to get credit for a climb.
- Upon completion, competitors wait for their teammate in the waiting area and move to the suspension traverse.

Scoring

Competitors are each awarded points based on the difficulty of their climb. Teams are ranked based on both their total points from completed climbs and their total time it took for the team to complete those climbs. Competitors that fail to complete a climb are given no points for the event.

Mountaineering (Continued)

Climbing Route Matrix

Competitors should select a route color that matches their ability level. Points are awarded based on color of route.

Color:	Green	Yellow	Red
Difficulty:	Basic	Intermediate	Hard
Rating:	5.5-5.6	5.7-5.8	5.9+
Points	1	2	3

Mountaineering (Continued)

Suspension traverse

Competitors must complete the suspension traverse safely.

Standards

- Competitors arrive at the suspension traverse and are hooked up by the instructor.
- Competitors must move quickly across the traverse, unhook on the other side, once past the marking tape.
- If both teammates do not cross the traverse the team receives no credit for the event.

Scoring

There is no score for this event, but all competitors must complete the task to be considered finishers.

Mountaineering (Continued)

Rappel

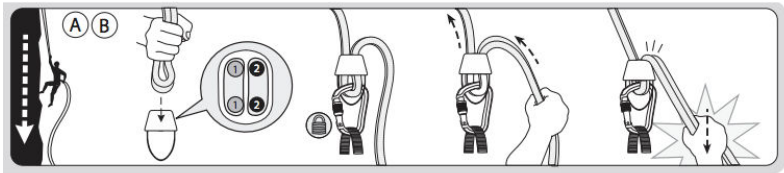
Competitors must conduct a safe/controlled rappel under the guidance of a mountaineering instructor.

Standards

- Competitors take all instructions from the mountaineering instructor.
- When directed competitors hook up the rappel device to the rope and conduct a controlled descent.

Scoring

There is no score for this event, but all competitors must complete the task to be considered finishers.



Mountaineering (Continued)

Hazards

Mountaineering is by its nature a dangerous activity. Some risks include:

- Falling off rock ledges and cliffs
- Falling rocks and other objects hitting competitors
- Unimproved terrain with tripping and other hazards

Risk Mitigation

In order to mitigate these risks, we ask that competitors:

- Stay alert, use care when moving along rock faces, and take all instructions from the mountaineering instructors
- Use the provided safety gear properly, check off each other's equipment, and notify mountaineering staff of any potentially unsafe gear or activity
- Alert others of hazards or falling objects

Teamwork Reaction Course (TRC)

Description

The TRC tests teams' ability to work together to solve problems under stress. At the event your team will be given equipment and a problem to solve. You will be timed on your ability to solve the problem.

Standards

- Obey all instructions from event staff.
- **Teams must check into the TRC by 1900.**

Scoring

Teams will be ranked according to the time it takes them to complete the task.

Hazards:

The TRC contains several hazards such as:

- Unimproved terrain with tripping and other hazards
- Others (to be disclosed on event day)

Risk Mitigation

Competitors can help mitigate the risk by following these guidelines:

- Obey all instructions from instructors
- Use common sense and avoid choosing risky solutions to problems
- Use tools properly, and follow safety guidance

Day Orienteering

Description

This event is designed to test a teams' ability to navigate to orienteering points with a map and compass. Teams must find at least 2 Day Orienteering contact points in order to be considered a finisher for this event and to qualify for Night Orienteering. Teams may choose to find additional contact points before the close of Day Orienteering.

Scoring

Teams will be ranked based on the number of contact points they locate before the closing of competitor field.

Rules

- Teammates must stay together (within visual contact) at all times on the course.
- Teams may not help other teams.
- Teams must 1) punch their card and 2) write down the correct number on their score card to get credit for finding an orienteering point.
- **Teams must check out of Day Orienteering by 1930.** Teams that finish after the close will be given no credit for any orienteering points they found.
- Teams that lose their score card or map may receive another, but they will receive a 1 point penalty, and will get no credit for points marked on a lost score card.
- Teams may go to event headquarters to receive a new score card or map.

Day Orienteering (Continued)

Hazards

There are many known and unknown hazards in this event. Some follow:

- Wildlife: rattle snakes, bears, coyotes, etc.
- Unimproved, wild, and potentially hazardous terrain with hidden objects that may trip, trap, or hurt competitors
- Weather conditions (smoke, heat, cold, precipitation)
- Distance from aid stations or help in case of an emergency of potentially greater than 3 miles

Risk Mitigation

Competitors can mitigate these risks by the following:

- Avoid wildlife. Be on the lookout for rattle snakes, step on - not over - logs and branches when possible.
- Stay together (within visual contact) at all times.
- Stay within the designated course boundaries.
- If injured and mobile move to nearest road or trail and click the local help button on your SPOT tracker - notify passing teams.
- If injured and not mobile, notify passing teams, click on the local help button on your SPOT tracker, and call for help every minute until help arrives.
- **ONLY PRESS THE HELP BUTTON ON THE GPS TRACKER IF THERE IS AN EMERGENCY** - this will pull an aid crew from other potentially life-threatening situations.

Night Orienteering

Description

A nighttime course in the National Forest covering over 12 square miles, designed to test competitors' navigation ability, strategy, teamwork, and grit while battling exhaustion.

Marking

Each Night Orienteering contact point is marked with reflective tape and a placard with a reflective number affixed.

The markings are hanging from a stake, so they can be seen from multiple directions.

Scoring

Teams will be assigned mandatory points that they must find to be a finisher for this event. Teams that finish before the deadline are ranked by their score. Teams with the same score will be ranked against each other by time. For example, all teams that accumulate a score of 6 will be ranked against each other by time, and will be ranked higher than all teams that accumulate 5 points.



Night Orienteering (Continued)

Rules

- Each team must remain together throughout the event and finish together in order to continue in the competition.
- Teams must remain within the boundary at all times. An aid crew will be dispatched to locate teams that leave the boundary, and those teams will receive no points for this event.
- Use of the emergency signal on the SPOT GPS will result in an aid crew being dispatched, and that team will receive no points for this event.
- Highway 4 should be avoided, if possible. If you must use it, keep your headlamps on and stay as far off to the side of the road as possible to avoid being hit by speeding cars. Only cross it at a 90-degree angle to the road after ensuring there are no approaching traffic.
- Teams may not help other teams except in case of emergency.
- Teams must punch their card and write down the correct number on their score card to get credit for finding an orienteering point.
- Teams that do not reach the finish area by the designated finish time will receive no points for this event.
- **ONLY PRESS THE HELP BUTTON ON THE SPOT TRACKER IF THERE IS AN EMERGENCY** - this will pull an aid crew from other potentially life-threatening situations. If time expires, move to the finish area (your fastest way back) or put on warm clothes, move to a paved road and wait for a staff vehicle to pick you up.

Night Orienteering (Continued)

Hazards

There are many known and unknown hazards in this event. Some follow:

- **Darkness:** all hazards are magnified by the reduced visibility at night
- **Wildlife:** rattle snakes, bears, coyotes, etc.
- Unimproved, wild, and potentially hazardous terrain with hidden objects that may trip, trap, or hurt competitors
- Weather conditions (smoke, heat, cold, precipitation)
- Distance from aid stations or help in case of an emergency of up to 3 miles
- Traffic on all roads

Risk Mitigation

Competitors can mitigate these risks by the following:

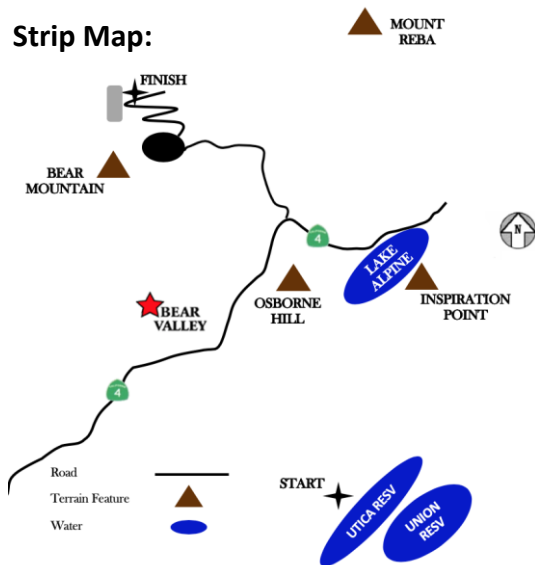
- **Avoid wildlife.** Be on the lookout for rattle snakes, step on - not over - logs and branches when possible.
- Stay together (within visual contact) at all times.
- Stay within the designated course boundaries.
- Be aware that there will be cars traveling on the roads (particularly Highway 4). No competitor should travel on it. Instead, stay to the side, keep your headlamp on, and avoid traffic. If you must cross, only cross at 90-degree angles.
- If lost, follow the panic azimuth of **315 degrees** until you find Highway 4 (the only highway near course) and make your way to event headquarters.
- If injured and mobile move to nearest road or trail and click the local help button on your SPOT tracker - notify passing teams.
- If injured and not mobile, notify passing teams, click on the local help button on your SPOT tracker, and call for help every minute until help arrives.
- **ONLY PRESS THE HELP BUTTON ON THE SPOT TRACKER IF THERE IS AN EMERGENCY** - this will pull an aid crew from other potentially life-threatening situations.

Final Run

Description

The final challenge, testing mental fortitude and physical endurance over a marked course.

Competitors will receive a detailed map of the course during the Final Run event briefing on Sunday morning.



Final Run (Continued)

Rules

- Each team must remain together throughout the event and finish together in order to complete the competition. Leaving a teammate will result in a disqualification.
- Teams must complete the entire course. If a team goes off course, they must return to the same spot on the course before continuing, without cutting out any portion.
- Each competitor must have a water container with them throughout the run.
- Competitors must carry their SPOT trackers with them throughout the event.

Scoring

For Time.

Final Run (Continued)

Course Markings

The entire Final Run course is marked with blue surveyor flags/ribbons and Endeavor signs. Markings will appear on the road or trail every 50m-200m. **Course markings should be a secondary form of navigation; competitors are responsible for reading the supplied maps to stay on the course.**



Battle Drill

Description

Competitors complete a fitness test specially designed to challenge competitors' speed and agility, balance, teamwork, muscular endurance and power.

This year's Battle Drill movements will not be disclosed in advance of the event. Athletes will receive their tasking just before the Battle Drill start.

Protest Sheet

Description

Sheets are provided at all events that allow competitors to file a formal protest if they feel that there was something that occurred out of the ordinary for an event that affected their score.

Standards

- Sheets must be filled out, signed and turned in before the team leaves the sub event site where the occurrence took place. If the protest is to be submitted during the final run, teams have only 10 minutes after they cross the finish line to submit their protest.
- The decision of the protest committee will occur before final scores and rankings are published.
- The Protest Committee will look at every protest sheet and consider all the information on the sheet and the accounts of the event personnel before making a decision.
- All decisions of the protest committee are final.
- The members of the protest committee are confidential, but all decisions are reviewed and approved by the senior competition staff.

Additional Information

- **Knots and How to Tie Them**
- **Poncho Raft**
- **Building a Fire**
- **Using a Declination Diagram**
- **Map scale**

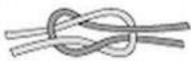
Knots



overhand knot



figure-eight knot



granny knot



square knot



common whipping



cow hitch



clove hitch



fisherman's knot



sheet bend



double sheet bend



running bowline



bowline



bowline on a bight



sheepshank



heaving line knot

Poncho raft

1. Lay one poncho / sheet on ground flat.
2. Place packs in center - use hiking poles for stability if necessary.
3. Undress down to swimming clothes and place clothes in poncho raft with shoes over sharp ends of poles.
4. Lift the sides of the poncho into the air, bring sides together, and tightly roll down to the equipment. Start at the center and work out, creating “pigtails” at the ends.
5. The pigtailed ends are then folded in toward the center top of the raft and tied off with a single rope.
6. The second poncho is then laid out on the ground and the first poncho with equipment is placed in its center. The second poncho is then rolled and tied in the same manner as the first poncho. Tie the pigtails of the raft approximately one foot from each end for added security.
7. Use any remaining utility cord to tie a short line for dragging.
8. Carry, do not drag, the raft into the water.



PONCHO ROLLED WITH PIGTAILS



SECOND PONCHO BEING ROLLED

To Build A Fire

Description

Building a fire is an important survival skill. Fires can keep you warm, dry clothes and equipment, cook food, purify water, and signal for help.



Tepee



Lean-To

Steps

1. Select the site: choose an area that is relatively dry, sheltered from the wind and that serves your purpose in building the fire, clear away brush to create a 3 foot diameter circle (to prevent fire spreading)

2. Prepare your materials: gather a variety of different sized fuel, from paper or thin shavings that would light with a match (tinder) to very small sticks that will catch fire quickly (kindling) to larger logs. Select dead and dry wood - not wood from live plants or trees.

3. Build the fire.

2 Example Methods: There are several methods to build a fire to quick methods are listed below:

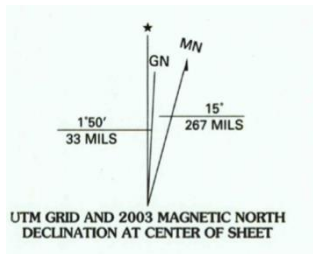
1. Tepee - Arrange tinder and a few sticks of kindling in the shape of a cone. Fire the center. As the cone burns away, the outside logs will fall inward, feeding the heart of the fire.

2. Lean-to - Push a green stick into the ground at a 30 degree angle. Point the end of the stick in the direction of the wind. Place some tinder (at least a handful) deep inside this lean-to stick. Light the tinder. As the kindling catches fire from the tinder, add more kindling.

Declination Diagram

Description

The declination diagram displays the difference between the north shown on your compass (magnetic north) and the north on your map (in this case true north). You use the declination diagram to convert your azimuth so you move in the correct direction.



Map to Compass conversion

When you determine an azimuth first on your map if magnetic north (MN) is to the right of true north (★) (as in this diagram) you subtract the difference between magnetic north and true north (or subtract 15°) to find the degrees you should follow on your compass. If it was to the left you would add it.

Compass to Map conversion

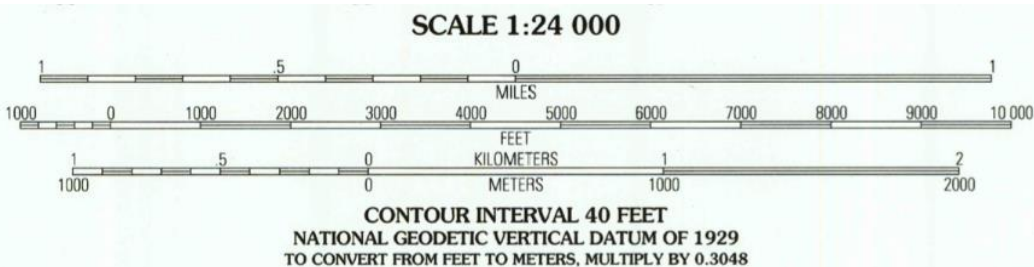
When you determine an azimuth first with your compass if magnetic north (MN) is to the right of true north (★) (as in this diagram) you add the difference between magnetic north and true north (or subtract 15°) to determine the direction as displayed on your map. If it was to the left you would subtract it.

Map Scale

Description

The map scale is located in the bottom of your maps for the orienteering portions of the event. One technique to use this scale to measure distance is taking a piece of paper and marking a distance between two points then measuring distance on the scale.

Note that the maps you are given are very close to 1:24000, but may be off by a few meters due to reprinting them for the event, so for best accuracy use the scale provided on the map sheets, which is matched to the map sheets exactly.



INVICTUS

Out of the night that covers me,

Black as the pit from pole to pole,

I thank whatever gods may be

For my unconquerable soul.

In the fell clutch of circumstance

I have not winced nor cried aloud.

Under the bludgeoning's of chance

My head is bloody, but unbowed.

Beyond this place of wrath and tears

Looms but the Horror of the
shade,

And yet the menace of the years

Finds and shall find me unafraid.

It matters not how strait the gate,

How charged with punishments
the scroll,

I am the master of my fate,

I am the captain of my soul.

- W Ernest Henley