

# Rules & Regulations - 2023



## 1 Definition

The Défi Nepisiguit Challenge is a two-day adventure race hosted in Northeast New Brunswick. Disciplines include trekking, paddling, orienteering and mountain biking.

## 2 Organization

The City of Bathurst organizes the Défi Nepisiguit Challenge. The event is also sanctioned by the Canadian Adventure Racing Association.

Contact Information:

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## 3 Schedule of Events

### Friday, October 6

- Camping Check-in: Teams may check-in to Jacquet River campground after 2:00pm.
  - Location: 3712 Main St. Belledune, NB E8G 1Z7
- Race Check-In: 6:00pm – 9:00pm (All team members must be present, unless permission is sought from the Organizer)
  - Location: Bored Whale Cafe. 26 Quinn Rd, Belledune, NB E8G 2X9
  - Registration procedure:
    - Check-In (provide paperwork, receive race kits)
    - Gear Check
    - Gear Drop-Off (Provide Gear Bins, equipment to Race Management)
    - Distribution of maps, & passports, & booklets
    - Q&A

\*We will aim to make registration as smooth as possible, and do not expect it will take more than 1 hour.

### Saturday, October 7

- Arrive at Start Location: 06:30am
- Race Start: 07:00am
- Course Closes: 6:30pm
- Post-race Meal: Provided at finish area.

### Sunday, October 8

- Depart Jacquet River campground to drive to Bathurst: 5:45am
- Bus loading: 6:30am
- Bus departure for start area (location to be announced at check-in): 6:45am
- Day 2 start: 7:30am
- Course Closes: 6:00pm
- Post-race meal: Provided at finish area
- Prize presentations: 7:00pm

## 4 The Competition

### **The Course**

The course will be staged in the Belledune region (Day 1) and the Bathurst region (Day 2). The complete course will remain secret until the pre-race check-in. The main course will be marked with event signage and local trail system signage. Advanced CPs will be outside of the main course and will not be marked.

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The course traverses both public and private land. At no time is any part of the course closed for the participant's exclusive use. Therefore, at all times, participants must be prepared for encounters with other members of the general public, and must obey public laws & regulations.

At the Pre- Race Check in each team will receive a set of maps and will be pre-marked with checkpoints and transition areas.

Only non-motorized, human powered travel is authorized. The course will cover approximately 150 km and will include trekking, paddling and mountain biking. Trekking will be on marked trail in wilderness terrain. Canoeing will take place on paddle and portage routes. Mountain biking will take place on a mix of single track trails, gravel roads, ATV trails, and logging roads.

The race will include a mandatory overnight rest stop at the conclusion of Day 1.

The race director has the authority to alter the course at any time for dangerous weather conditions, security, or any other unforeseen reasons.

At no time are teams permitted to have outside assistance while in the competition; however, they can stop at publicly available stores, or restaurants.

## Checkpoints (CPs) and Transition Areas (TAs)

- The course will be conveyed via a series of mandatory and advanced checkpoints.
- Teams must visit each CP **in sequential order** (unless otherwise noted).
- Advanced CPs will be optional, and will require orienteering skills.
- Teams will be required to punch their race passport at each CP and must present their passport at the conclusion of each day in order to officially rank.
- Punch stations will available at all CPs, and will be marked by high visibility orienteering flags. Teams must punch their passport corresponding to the number indicated on the punch.
- Teams must follow the directions of any TA, or CP staff.
- Transition Areas are designated places where teams will have access to their gear bins (unless otherwise noted).
- Teams must check in at each TA and must inform the TA staff when they are departing. There will also be a distinct area where teams must place their gear bins once they depart from a TA. Failure to place your gear bin in the correct area before leaving a TA could result in it not being available at a future TA.
- At certain TAs and CPs there will be cut-off times where teams will no longer be allowed to continue on the course or may be short coursed.

## Gear Bins

- Each team is required to have Gear Bins, which will be transported by the event staff, and will be available at designated TAs.
- Water and food will NOT be provided by the race organization on the course. Teams must place everything they need within their gear bins.
- Each gear bin may not exceed 40 lbs.
- Gear Bins will be left outside, exposed to the elements, so hard-shell plastic boxes are recommended.
- Teams will be permitted a total of **TWO** gear bins (1 per transition).
- Each bin will be designated for a particular transition and should be packed accordingly once the course maps are provided. Example: Transition #1 is from bike to paddle, therefore the equipment packed in this bin should be appropriately marked and contain your paddling equipment.

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- Gear Bins must be clearly marked with your team name, team number, and bin number.
- Gear Bins will be split-up, and only one bin will be available at each TA.
- The organization will treat your equipment with the utmost care and respect; however, we will assume no responsibility for lost, stolen or damaged equipment.
- Paddles may be transported outside of the gear bins, but they must be securely attached to your bins. Paddles should be marked with your team name and number.

## 5 Teams

By entering the Défi Nepisiguit Challenge, participants agree to abide by these Rules and Regulations. All participants must also agree to respect the Public and Private lands through which they pass, and to travel through these areas using minimum impact practices.

Each team member enters the competition under his or her own responsibility. He/She alone can judge whether they should participate in the event, and have the ability to endure from start to finish.

Participants must be fully aware of the risks they run by entering the Défi Nepisiguit Challenge. They will release the organization of all criminal or civil responsibility in case of personal accident or damage to property during the event. All competitors will be required to sign a liability release form and waiver for this purpose.

Each participant will have to fill in a medical form. The medical form will stay strictly confidential and be used only by medical professionals.

Any Non-Canadian citizen, or participant not covered under a Canadian Provincial Healthcare Plan must show proof of emergency medical insurance, which includes the risks involved in the Défi Nepisiguit Challenge.

Teams must follow the course designed by the organization and must comply with the spirit of the competition. Teams caught in any out-of-bounds areas without a suitable explanation will be disqualified.

**Each team member must remain within 50m of each other at all times during the competition. Any team found to be in breach of this rule may be disqualified.**

The Race Organizer, including the Medical Staff, reserve the right to forbid a competitor, or a team, from starting or continuing on any section of the course due to injury or any other reason.

### Team Composition

Each team will assign a "Team Captain", through which all communications with the Race Director and Race Officials should take place. This includes any complaints, or protests. Teams may choose to race as All-Male, All-Female, or Coed.

### Team Proficiencies

- It is **highly recommended** both team members are trained/certified in basic First Aid.
- It is **highly recommended** at least one team member can navigate by map and compass in remote backcountry.
- All team members should have the skills necessary to paddle and portage a canoe.
- All team members should have the skills necessary to mountain bike across varying and unpredictable terrain in the backcountry. They should also possess the skills to perform basic bike repairs, including; flat tires, broken chains, brake adjustments, gear adjustments etc.

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## Withdrawal of a team or a team member

If a team or team member decides to withdraw, a race official must be notified. If the team fails to notify the race organization of its withdrawal and a search and rescue operation is mounted, the team will be deemed responsible and expected to pay for any financial costs incurred.

An unofficial team must be approved to continue by one of the race officials before they are allowed to leave the TA.

A team or a team member that withdraws is not allowed back on the course at a later time for any reason.

## 6 Gear

The following list details the minimum gear necessary for participation in the event. Random mandatory gear checks will take place during the race. Failure to comply with the mandatory gear list will result in time penalties or disqualification.

This gear list is not open to interpretation, if you have any questions; please consult with the organizing committee. Suggested gear & forbidden gear lists have also been included to help you prepare accordingly.

Mandatory Individual Gear	All Times	Bike Section	Paddle Section
Compass	X		
Race Bib (provided by organizing committee)	X		
Whistle (available at all times)	X		
Knife (2" or greater) locking or fixed blade	X		
Matches or lighter in waterproof case	X		
Emergency Blanket	X		
Waterproof Shell or Jacket	X		
Headlamp	X		
Water (min 1L)	X		
Personal medications	X		
Mountain bike (Minimum front suspension and 1.8" tires)		X	
Bike Helmet (CSA approved)		X	
Paddling gear (PFD, paddle)			X

Mandatory Team Gear	All Times	Bike Section	Paddle Section
Map (provided by organizing committee)	X		
First Aid Kit (see below for suggested items)	X		
Bike Repair Kit		X	
Canoe			X
Paddling Gear- throw line, bailer or bilge pump			X
Water filter/ tablets	X		
Food	X		
Charged cell phone in waterproof case	X		

First Aid Kit- Recommended items	
Duct Tape – approx 2 meters	Tensor / Ace Bandage (3" x 5')
Anti-biotic ointment (e.g. Polysporin)	Band-Aids
Antihistamine (e.g. Benadryl)	Gauze Pads (3" x 3" or larger)
Anti-inflammatory tablets	Pressure Dressing (for heavy bleeding)
Electrolyte (salt) tablets	Tweezers

## Recommended Gear

- Warm Sweater
- Long pants
- Toque or buff
- Front mounted bike light (white)
- Rear mounted bike light (red)
- Bike/ paddling gloves
- Map case

## Prohibited Gear

- GPS (use of any GPS devices are strictly prohibited and will result in immediate DQ)
- Firearms
- Cyclocross or hybrid type bikes
- Alcohol
- Drugs
- Motorized Transportation
- Any gear you didn't bring with you, this means no borrowing from anyone outside of other racers, but you are permitted to borrow from another team provided they agree to lend it.
- No gear stashing on the course before or during the event.
- If you carry it in, you carry it out.

## 7 SAFETY

### Team's Responsibilities

- Teams are expected to deal with all minor injuries during the race (blisters, cuts, bumps and bruises).
- Teams must help another team in need. Penalties or disqualification will be assessed for teams knowingly neglecting another team in need.
- Teams must be off the course by 18:30 on both days of the event.

### Event Organizer's Responsibilities

- Our aim is to provide the safest course possible, minimizing unnecessary risks.
- We will acquire permission for all lands the course is designed to cross.
- All TAs and some mandatory CPs will be staffed to track team's progress and monitor their condition.
- First Aid staff will be available for situations that may require their attention.
- Local Emergency Services (Police, Fire, Ambulance, Search and Rescue and Hospital) will be notified ahead of time and provided with specifics of the racecourse.
- Serious injuries will be taken to the nearest Hospital.
- Race organizers reserve the right to decide whether a person or team may continue for health, safety, or other reasons (e.g. inadequate time remaining to finish entire course).
- Race organizers reserve the right to change the rules or the course at any time.

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## 8 Bibs

- Each team member is required to wear the bib provided by the organization. Your team number must remain visible at all times.
- The bib may NOT be altered in any way. (I.e. cut, colored etc.)
- The bib must be worn as the outermost layer of clothing (Excluding PFDs).

## 9 Rankings

- Time will start on the Saturday of the event weekend at approximately 7:00am when the Race Director starts the event. Time will be registered following the end of day 1 and will resume at the commencement of day 2.
- Times will be recorded at each transition.
- When a team spends time at a checkpoint or a transition, the clock does not stop.
- Times will be registered at finish areas once all team members have crossed the finish line.
- Teams are officially ranked if they have a complete team; they have hit all of the mandatory CPs in the proper order, and have not been disqualified for any reason.
- A team's official time is their total combined time from both days.
- Teams will be ranked firstly on the total number of CPs (advanced and mandatory) they have reached, and secondly by their total time. Example: The winning team is the team who reached all advanced and mandatory CPs with the fastest official time.

## 10 Penalties/Disqualification (this list is NOT exhaustive)

### One-hour Penalties

- Missing Mandatory Gear (penalty is per item).
- Race Bib not worn as outer layer (excluding PFDs).
- Teammates not staying within 50m of each other.
- Requesting a second set of maps.

### Two-hour Penalties

- Outside Assistance by friends/family. I.e. gear/food drops etc.
- Not wearing a helmet when required.

### Disqualification will occur for the following

- Use of any GPS device.
- Travel in out-of-bounds areas.
- Use of unauthorized modes of transportation.
- Abandoning a team member during the race.
- Disrespecting the environment (i.e. littering)
- Abuse of any race official, or volunteer.
- Not wearing a PFD when required.
- Losing team passport. Teams may continue unranked.

### Arriving at finish area after course closure on either day (6:30pm on day 1 and 6:00pm on day 2)

- Failure to arrive at the finish area before the above times on either day will result in the loss of one advanced checkpoint credit for each 10 minutes a team is late.
- Teams with no advanced checkpoints will be incurred a 1-hour penalty.
- Any team failing to arrive at the finish area by 18:30 on either day will be disqualified.