



Cornhusker State Games Adventure Race

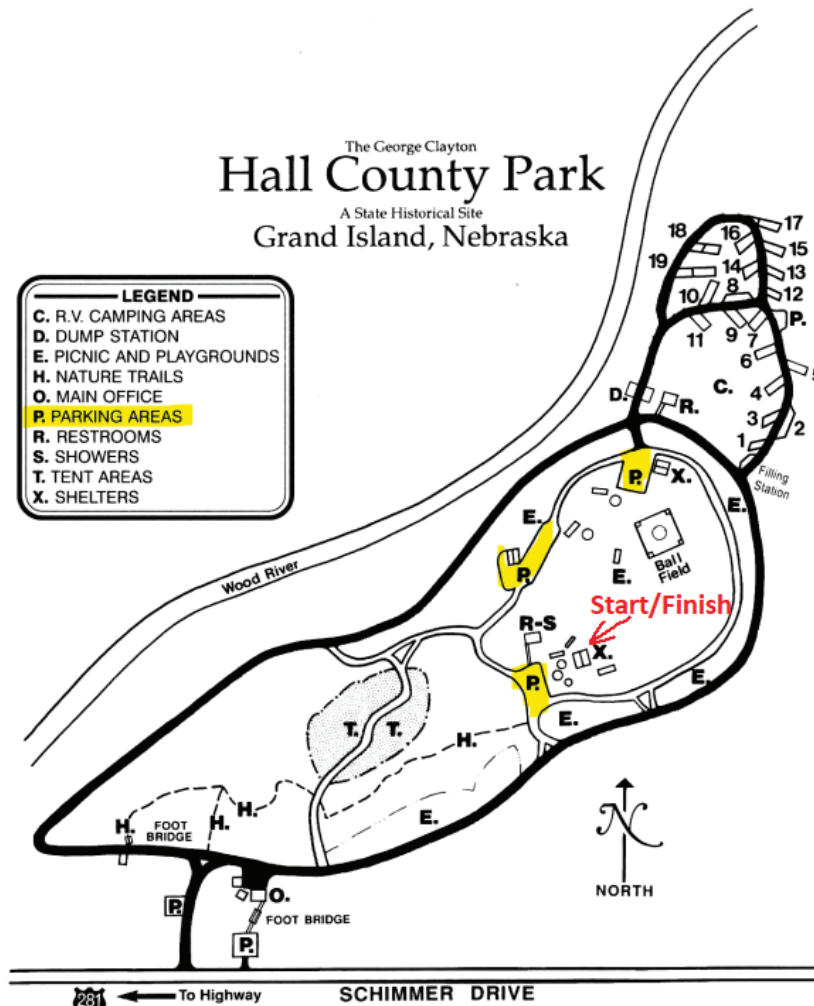
13 July 2024

Athlete Guide

Schedule	
Adventure Course	Family/Beginner Course
Check-in: 7:00-7:45 a.m. Mandatory pre-race briefing: 7:50 a.m. Race Start: 8:00 a.m. Race Finish: 12:00 noon (4 hours)	Check-in: 9:00-9:45 a.m. Mandatory pre-race briefing: 9:50 a.m. Race Start: 10:00 a.m. Race Finish: 12:00 noon (2 hours)

Race Details:

Check In: Saturday, July 13th starting at 7:00 a.m. (9:00 a.m. for the Family/Beginner Course) at the picnic shelter in the center of Hall County Park. Hall County Park is on the north side of West Schimmer Road between Locust Street and Highway 281. West Schimmer Road is about 3 miles north of I-80. If you are coming from I-80, you can take either the Locust Street exit (Exit 314) or the Highway 281 exit (Exit 312) and then go north to West Schimmer Road. Don't park on the grass. Park in the highlighted areas on this map.



Race Start: The race starts at 8:00 a.m. (10:00 a.m. for the Family/Beginner Course) at the picnic shelter. There will be a mandatory pre-race meeting at 7:50 a.m. (9:50 a.m. for the Family/Beginner Course). You'll bring your bike to the start.

Race Finish: Same place as the start. You must cross the finish line by noon. For every 5 minutes after noon you will lose one checkpoint. The team who gets the most checkpoints within the 4-hour timeframe (2-hour for the Family/Beginner Course) wins the race. If more than one team gets the same amount of checkpoints, then the faster team wins.

Mandatory Gear List:

- Bike for each participant
- Bike helmet for each participant
- Rear red blinky bike light for each participant.
- Compass
- Charged cell phone – one per team/solo
 - You'll want this in a good waterproof container. (I learned this the hard way once.)
- Adventure Course Only: PFD/life vest for each participant for the water crossing. (Mandatory for racers under 16; optional/recommended for racers 16 and older.)

Recommended Additional Gear:

- Waterproof map case
- Spare bicycle tubes and the tools to change a tube
- Bike pump or CO₂ pump
- Bug spray
- Sunscreen
- Basic first aid kit – one per team/solo
- Water & food to get you through the entire race and a pack to haul them in. Some water will be available on the course.

Prohibited Gear:

- GPS
- Firearms
- Communication other than a cell phone for emergencies

Race Rules:

- PFD/life vest must be worn on the water crossing by racers under 16.
- Bike helmet must be worn at all times when on the bicycle.
- Rear red blinky light must be on your bike while riding.
- Teammates must stay within 100 feet of each other at all times unless directed otherwise by race staff.
- No trespassing on private property.
- No travel on Highways 34 and 281 – that's the highways West and North of the Stuhr Museum and is marked in red on the race map.
- Be courteous of volunteers and other participants.
- Participants must stop and offer aid to other participants in the event of a medical emergency.
- Participants may not receive navigational assistance from anyone except other participants or official race volunteers.
- You must notify a race director or assistant by phone (Glenn – (402) 540-3910 or Doug – (402) 312-6661) if you drop out/leave the race.
- GPS navigation is not allowed.

- Trek checkpoints must be obtained on foot, bike checkpoints must be obtained on bike.
- Do not climb over any fences or open any gates. If you need to go through a gate, it will already be open.
- Be courteous around campers and around people fishing.
- No littering. Pack In / Pack Out. Leave No Trace.

Any infraction in the rules may result in disqualification.

The maps are pre-plotted, so you won't need to plot any of the checkpoints yourself.

Water Crossing:

There will be one water crossing on the Adventure Course. It's two to three feet deep and about 90 feet across. A PFD/life vest is **required** for racers under 16. A PFD/life vest is **optional, but recommended**, for racers 16 and older. Bring your PFD(s) to the start and we will transport them to the water crossing for you.

There is no water crossing on the Family/Beginner Course.

Thanks to Chris from the Stuhr Museum, Brad and Diane from Visit Grand Island, Todd from Grand Island Parks & Rec, and Loren from Hall County Park for letting us use their facilities for this race. Check out <https://stuhrmuseum.org/>, <https://visitgrandisland.com/>, <https://www.hallcountyne.gov/>, and <https://www.giparks.com/departments/parks-and-recreation> for all the other fun things that Grand Island offers.