2026 Chatt-AR-nooga Adventure Race
Racer Instructions

Schedule - July 18th - All times are Eastern Daylight Time (EDT)

6:30AM - Parking opens

7:00AM - Check-in begins (NOTE: Both team members must be present to check in and receive maps)

7:50AM - Pre-race meeting (Only one team member needs to be present)

8:00AM - Race starts 6:00PM - Race finishes 6:30PM - Awards

Scoring

- Teams of two will complete as much of the course as possible in the allotted time. Teams will be ranked by checkpoints (CPs) retrieved, net penalties, and then by time to finish. All CPs are optional and worth 1 point.
- CP retrieval means finding the corresponding orienteering flag on the course and punching the punch card (given at check-in) in the numbered square corresponding to the CP number on the map using the uniquely patterned hole punch hanging from the flag. For example, Box 12 on the punch card refers to CP 12 on map.
- Teams will be ranked in three “Competitive” divisions: Co-Ed, All-Male, All-Female. There will also be a “Non-competitive” category with no subcategories.

Safety

- If it’s an emergency, call 911 first. Contact the Race Director (RD) for any safety issue on the course: (Jim Farmer) 423-240-9573. Always assist other racers in an emergency. Time compensation will be awarded.
- If a team or racer cannot continue then the team should make their way to the nearest TA to retire then contact the RD for transportation. A solo team member may continue on the course but the team will be unranked.

Rules

- Teams must stay together, within 100 feet of each other, unless otherwise stated in the instructions.
- Teams cannot receive outside assistance. Publicly available facilities (stores, restrooms, etc.) are okay.
- Teams must follow instructions on hole punches at some CPs. Instructions must be followed explicitly to get credit for the CP. These instructions are intended to enforce 100-foot rule compliance, so stay together.
- Teams must use human-powered means of transportation only (no e-bikes). No bikes on Trek legs.
- On bike legs, each bike must have their red blinkie on. Must ride single file on all roads. Helmets on always.
- Race Legs must be done in order. Only CPs listed for the given Race Leg can be retrieved during that Leg. Within each Leg, teams can retrieve CPs in any order unless stated otherwise in the instructions.
- Teams must present the punch card to the Transition Area (TA) personnel at each TA at the end of each leg.
- Only maps given by race staff can be used (cannot bring your own maps). Once teams check in they cannot use their phones to scout the course (does not apply to the Non-competitive category)
- Teams in the Competitive Categories must keep their cell phone(s), and any other GPS-based devices not in “AR mode” (Garmin watches), in the sealed packet given at check-in. Packets will be checked at the finish.
- Each racer must have their race number, provided at check-in, visible on their body or pack during the race.
- Teams must visit each TA, in the order given, to be ranked as an official finisher.
- Teams may not use TAs (ex: get race provided water) unless “transitioning” to the next leg. Bathroom use okay.
- No littering. TAs will have garbage bags.

Required Gear

Team

- Compass
- Permanent marker (Sharpie)
- Duct Tape or equivalent (3 feet)
- 2 Antihistamine tablets (Benadryl or equivalent)
- Cell phone
- Watch (competitive teams only - must be non-GPS or in AR mode)
- Racer instructions (a copy of this document will be provided at race check-in)

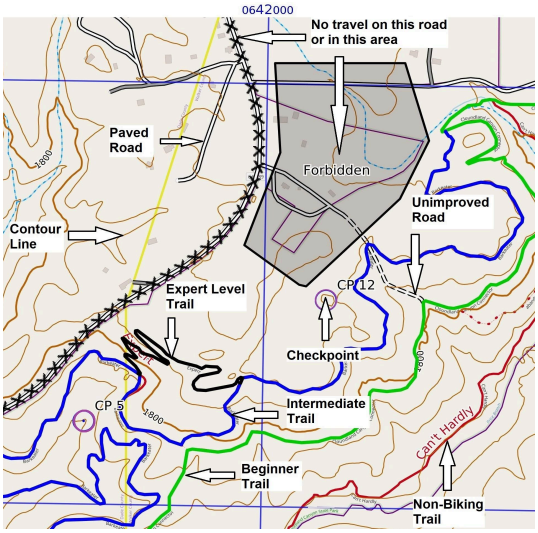
Each Racer

- Whistle
- Ability to carry water at all times (bladder/bottles)

Bike Legs

- One per team: Bike repair kit (tube(s), multi-tool, pump/CO2 cartridge(s), tire levers, etc.)
- Each racer: Helmet strapped on head
- Each racer: Red blinking attached to rear of bicycle (turned on while riding)

Maps (Provided at race check-in)



Map Example:

- The middle of the purple circles indicate the location of Checkpoints 5 and 12.
- Maps will have different scales but will all have 40-foot contour intervals. Contour lines are brown.
- Forbidden: Travel in the black polygon is forbidden.
- Illegal Route: Paths with black X's are forbidden to travel on for the sections with X's. Note that paths with black X's cannot be crossed either, nor can teams ride along the shoulder nor along the right-of-way.
- Red lines indicate foot trails.
- Green, Blue and Black lines indicate bike trails.
- Roads are indicated by parallel lines.
- Unimproved roads (gravel/dirt) and trails indicated by dashed lines.

Penalties

- Lose one CP for late arrival at the finish and one CP for every five minutes past the cutoff time.
- Lose two CPs for breaking any race rule given above.
- Lose two CPs for using an illegal route or going in a forbidden area.
- Lose one CP for missing required gear.
- Lose one CP for loss of punch card and for each additional map required during the race.
- All other penalties and modifications will be at the discretion of the RD.

Situations

- If you punch the card in the wrong box (ex: CP3 in the CP4 box) then write the correct CP# on the card.
- If you lose a map, TA staff can replace it. One CP penalty for each replaced map.
- Loss of a punch card results in a one CP penalty. TA personnel will be recording the number of CPs retrieved at each transition area, so the team will get credit for those CPs. Use the edge of your maps as a punch card for the rest of the race (please number each punch).
- If you cannot find a flag, make note of the time, then look for flagging tape in the vicinity with the CP# on it. If not found, confirm your position as best as possible. If confident of your position, contact the RD (take the phone out of the package if necessary). If the flag is found to be missing, the team will be given time credit (NOTE: This time credit will extend the cutoff time for that team. For example, if the time credit is 20 minutes, they can finish 20 minutes after the cutoff without penalty.) If the flag is located, a two CP penalty will be given.
- If you witness a team breaking the rules, please report them to TA volunteers and the RD at the finish. You will remain anonymous. We take the rules very seriously.

Fun stuff

- Teams will receive a playing card at the start of the race. They will receive another at the TAs at the end of each leg. Present the five cards retrieved with your punch card at the end of the race. The team with the best poker hand (must have five cards) will win a free entry to next year's race.