



# Adventure Race World Championship Costa Rica 2013 CRC Adventure Race S.A.

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## NEWSLETTER #4

July 15<sup>th</sup>, 2013

Dear Competitor, Volunteer and Media:

CRC Adventure Race S.A.D. is proud to present the 2013 Adventure Race World Championship, hosted by the 4th Edition of the Adventure Race Costa Rica (ARCR). We invite you to the race and associated activities from 28 Nov-12 Dec 2013 to be held from the city of San Jose, Costa Rica.

This information pack is predominantly aimed at race competitors. However, for official volunteers, VIPs and accredited media there is useful information you may need.

The 2013 AR World Championship in Costa Rica has attracted the biggest field of international teams in the history of AR World Championships. It will also be the most expeditionary race course ever to be held. The race will go from "Border to Border and Coast to Coast". It has a wide variety of terrain, microclimates, deserted beaches and pristine white water rivers.

AR Costa Rica is Costa Rica's and Central America's only expedition adventure race. Teams of four competitors from Costa Rica and the rest of the world will trek, kayak, mountain bike, climb, zip-line across this beautiful country. ARWC is open to mixed, all male or all female teams. The exact course is kept secret until 24 hours before the start. Then teams are provided a race book and their race maps. The race book contains the location of each of the race checkpoints. Once the teams start racing is 24hours per day, teams choose when and where they will sleep. The winning team is expected to complete the course in 5-6 days. All other teams will be permitted up to 9 days to complete the course without mid-race cut off.

In the spirit of a true expedition, teams will be unsupported with their equipment pre-packed in plastic containers, being moved to the different points on the race course by the race organizers.

Through membership the AR World Series, AR Costa Rica won the hosting rights to the 2013 AR World Championship. The AR World Series is an international circuit of premiere adventure races culminating every 12 months in the Adventure Racing World Championship.

Finally best luck with your preparations and we look forward to meeting you in Costa Rica.

Alexander "Pongo" Baker  
Race Director





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## HQ Location and Information

HQ will be at the Radisson Europa Hotel, located in Costa Rica's capital city of San Jose, 1/2 mile from the town centre.

<https://maps.google.co.cr/maps?ie=UTF8&q=hotel+radisson+san+jose&fb=1&gl=cr&hq=hotel+radisson&hnear=0x8fa0e342c50d15c5:0xe6746a6a9f11b882, San+Jose&cid=0,0,14453580897567127443&ei=safkUcOfHob64APrhYCYDQ&sqi=2&ved=0CL8BEPwSMAM>

## Visas

Make sure to find out if your country of origin/passport requires one [www.costarica-embassy.org](http://www.costarica-embassy.org)

## Vaccines

Racers entering from South America: you will require a yellow fever vaccination certificate to enter the country Brazil, Bolivia, Colombia, Ecuador, Peru, and Venezuela 10 days at least before your flight.

All visitors please visit the next link for more information.

[http://www.mdtravelhealth.com/destinations/mamerica\\_carib/costa\\_rica.php](http://www.mdtravelhealth.com/destinations/mamerica_carib/costa_rica.php)

## Location

Competitors will meet in the city of San Jose for pre and post-race activities, the official hotel will be the Radisson Europa, located less than a mile from downtown San Jose and close to several malls and sport shops.

Competitors, volunteers, VIPs and media will be given a welcome pack on arrival to San Jose containing local information and town maps.

## HQ & Accommodation

There are many accommodation options in San Jose. We are managing all reservations with Horizontes Travel Agency. They will handle all reservations for all teams, VIPs, volunteers, visiting media, and you can contact: [ARWC2013@horizontes.com](mailto:ARWC2013@horizontes.com)

Teams should book their accommodations if arriving earlier than Nov 29th or leaving after Dec 12th. All teams that arrive to the finish line prior to Dec 12th must cover the hotel expenses/meals, there will be several hotels/camps located near/at the finish line, a special price will be available to all the teams including meals. Teams who have friends and family can secure accommodations booking thru Horizontes, they will be the only ones able to pre-arrange the hotel bookings for those following the race.

HQ, registration & briefs will be at the official hotel, Radisson Europa.





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## Getting around San Jose

We do not recommend to assemble your bike and ride around San Jose, as any major city there are a lot of traffic and getting run over is a possibility, especially near the hotel where there is a highway exit/entrance and the junction of several main roads. There are cabs available at the front desk. It's safe to walk during day light. We recommend taxi after hours. There is a big car park and areas nearby to test your bikes.

## Language

Costa Rica's official language is Spanish, however many costaricans speak English. Due to the many international teams arriving to the race; the official race language will be English. If you require assistance with translation please let the organizers know as soon as possible. It is highly recommended that at least one of the team members is fluent in English.

## Gear Storage

There is a storage room at the race HQ for personal bags while you are racing. You will need to leave one bag to the race officials with the gear you wish to have at the finish line (one bag per team).

## Cell Phone/ Internet Access

Costa Rica has a number of carriers and most international travelers will purchase a SIM card on arrival to their UNLOCKED phone. SIM card can be bought for \$10 with credit. You can buy extra time in many shops.

Most of the race course is in remote areas and the only carrier who has good coverage is KOLBI.

Race HQ and official hotel will have free Wi Fi access.

## Other information for international travelers

\* The country code for calling is 506.

\*Power is 110V

## Travel To

International teams are recommended to travel to San Jose's Aeropuerto International Juan Santamaría.

## Transfers

Airport transfers are provided at no cost for competitors, accredited media, and official volunteers and invited VIP'S, from airport to race HQ in San Jose. Travel time is approx 30 min. The cost for any supporters or extras is \$25 per person paid at the airport to event officials. All transfers must be pre-booked to: [ARWC2013@horizontes.com](mailto:ARWC2013@horizontes.com)

Free shuttle service on Nov 28th and Friday 29th, from 5:00 am thru 9:00 pm, costarican time.





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Nov 28<sup>th</sup> – 29<sup>th</sup> Race organization will meet arrivals at Juan Santamaria's Airport throughout the day and arrange shuttles to race HQ and official hotel, a truck with your gear will follow the bus.

Dec 13<sup>th</sup> Transfer Out-Race organization will make the transfers out to meet the airline departures, most leave early in the morning.

All bike boxes and gear containers must be packed on the trucks at HQ the day before departure day; trucks will meet you at the airport.

## Climate

Costa Rica has many micro climates. The race will be held during the transition between the rainy and the dry season. The average humidity will be around 80%, but it can increase up to 90%+, the temperatures will be as high as 32°C and as low as 2°C up in the mountains. Expect a lot of rain, cold and very high & humid temps. You will be racing and traversing the entire country. Be prepared and don't underestimate travelling to a tropical country.

## Course

The course for the 2013 ARWC will span approximately 820 km (without getting lost). It is given to all teams the same time, approximately 24 hrs before the race start. Your team will be provided with maps and the course booklet containing the location of each of the race checkpoints. Much of the terrain is rugged, and over the race you will pass through a wide range of environments. To complete the course your team must navigate through all the checkpoints together and arrive to the finish line. The winning team is expected to complete the course in 5-6 days. All other teams will be permitted 9 days to complete the course.

All sections will be long! Be prepared for this.

## Flora / Fauna

There are many varieties of plants that can cause rashes and infections to the skin. Make sure you bring ointments to treat skin rashes/infection. There are many thorny palms as well.

The fauna: You will paddle with dolphins, whales, turtles, and other sea animals, trek/MTB bike and share the trail with ants, monkeys, sloths, iguanas, wild pigs, butterflies and other animals and if you are lucky you might see the jaguar as well.

It's going to be wild!





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## Preparation

It is essential that you prepare physically and mentally for the ARWC 2013. From the experience of past editions teams that sleep up to a max of 6 hours in a 24 hour period were able JUST to finish the race, this means that you will to keep racing during the night. Top teams normally sleep 8-12 hours in five days.

## Cut Offs / Short Courses.

Organizers aim to allow the full 9 days for teams to complete the expedition. There will be cut offs along the race course, teams missing cut offs will be transferred to the next transition area and will be allowed to continue in a different rank. Teams missing a cut off will be placed below the complete course ranking.

Organizers reserve the right however to implement changes/short courses/cut offs if a team progress is considered to be so slow and so far behind schedule that it is no longer possible to logistically support and keep the transitions open for them.

## Dark Zones

It will be necessary to implement dark zones for rafting sections safety. Details will be given in the course booklet.

## Unranked Teams

If a team loses a member while racing, they will not be allowed to continue.

## Mid Camp

There will be a compulsory 6 hour rest stop at mid camp. There will be facilities to buy food and camp.

## Battery Charging

There will be 1-2 transitions throughout the course that have 110v power available for battery charging.

## Food on Course

The ARWC course is remote and has few opportunities to purchase food while you are racing. In other ARCR there has been many re supply areas, this time there will be very few. You must plan that most of your food will be pre-purchased and packed into your gear containers.

## Finish

The finish of the race will be far from the official race hotel. You must leave a bag with all your teams gear that your team needs at the finish line (clean shirt, pants, shoes, etc). Teams will be able to enjoy the remaining time in the finish line area. There will be special hotel/food deals, for those who arrive earlier than Dec 12th. There are a great range of activities to do once you have finished the race. Plan to relax, enjoy and stay until Dec 12th when we all move to the Radisson Europa Hotel.





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## Presentations

The pre race presentation Nov 30<sup>th</sup> at 6 pm

The post race presentations are scheduled for the evening of Dec 12<sup>th</sup>.

## Prizes

The prize money will be of \$75.0000 USD divided amongst the top 5 teams.

## Disciplines

The AR World Championship 2013 will include the following major disciplines:

- **Trekking:** be prepared and competent to trek over a variety of terrain, including walking tracks, mountains, rocky ground, muddy trails, steep up/down hills, thick vegetation cross country, rocky and sandy coastlines.
- **Mountain Biking:** be prepared and competent to mountain bike over a variety of terrain, including rocky and slippery surfaces, gravel roads, single tracks, portages, steep up/down hill, railroad tracks & bridges.
- **Whitewater Rafting:** Your team will be assigned a river guide for this section of the race. Class IV-V life jackets required, if team does not have these type (kayak type class II-III will not be allowed), team must reserve in advance, so life jackets and paddles will be provided by race organization. You may use your cycling helmet for this section.
- **Ocean/Sea Kayaking:** be prepared and competent to paddle on the open ocean during day and night. You may use sails and kites. Be prepared for portages. You will have to buy/carry the pump. We recommend a k-pump. We have a special 20% discount for these pumps and Werner paddles. You must order/pay contact Michael Garcia at [RiversLakesOceans@gmail.com](mailto:RiversLakesOceans@gmail.com). These can be picked up at registration.
- **Ropes:** are prepared to undertake rope activities. All activities will be established and supervised by qualified guides. You will need to be able to use Jumar or ascending system you will need to bring your own climbing gear. (See climbing gear mandatory list).

The course of the ARWC 2013 will have many route choices in some sections and navigation will be an important aspect of the race.



Outfitting Deal - 20% off!

**WERNER PADDLES**  
*Ultimate Paddle Performance*

From the same company that is supplying the Tomcat 2 inflatable kayaks for the race!  
email: [riverslakesoceans@gmail.com](mailto:riverslakesoceans@gmail.com)

20% off Any Werner Paddle

Werner Skagit Carbon Paddle

Werner Camano Carbon Paddle

Order will be shipped and waiting for you in Costa Rica in time for the race!

20% off K-Pumps - Top off your Tomcat 2's!

K-Pump 200

K-Pump 100

Freight and tax included in the price!

Email Orders to: [RiversLakesOceans@gmail.com](mailto:RiversLakesOceans@gmail.com)  
Please including credit card info for payment.

### Distances

While the distances will be slightly different for each team depending on the chosen course the approximate breakdown of the total distances for each discipline are as listed below:

TREKKING	173 km	21.3 %
MTB	400 km	49.3 %
Kayak/raft	239 km	29.4 %
TOTAL LENGTH 812 KM approx		

\* Distances may be changed any time, for any reason, without notice.



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## Competencies

All team members are required to pass a number of relatively straight forward competency checks. These are designed for you to demonstrate specific safety and competency aspects of the race.

These checks are compulsory and all team members must pass them before being permitted to race.

The checks will be conducted as outlined in the race program and detailed timings will be issued at race registration. First Aid, navigation, climbing and river safety.

## Equipment

The Mandatory Gear List has been updated and can be found in the website. If any changes are made to the list, it will be changed on the website.

## Maps

Maps will be provided by the organizers. These will be mainly 1:50.000 topographic and some Google satellite pictures.

## GPS

One of the mandatory team items is a GPS or global positioning system. It will not be used for navigation during the race unless specified. It is carried as an emergency location device and will be kept sealed.

You must be proficient in taking a location reading from your GPS.

## Tracking Device

Each team will be issued a satellite tracking device. It will record your movements and these will be sent to the live website for followers to see. It has an emergency button to activate the search and rescue teams or civil emergency services. This device must be turned on and carried on top of a team member's shoulder strap or backpack at all times while racing. Teams will be liable for the replacement costs of the device if lost. All helicopter/medical rescue will be covered by the racer/team.

## Long Pants/Gaiters

These items are recommended for some of the trek legs in the race. The bush can be thorny in sections and you will be crawling over trees and unused trails and give added protection in the case of snake bites.

## Mobile Phone

This will also be part of your mandatory gear. It will be also sealed at race start. It provides an additional layer of communication in case of emergency in conjunction with the tracking device.







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## Kayaks

The Kayaks that will be provided for all kayak sections are Tomcat Tandems, made by AIRE in the US. You can find more details in <http://www.aire.com/aire/products/default.aspx?id=212>  
You will need a team pump to inflate/deflate your boats in several sections during the race.

## Warm Clothes

Believe it or not it can get freezing during the race. For the high mountain section you will be required a number of minimum items to survive in case you get stranded. Sometimes the fog gets so thick that moving is almost impossible. During day time sometimes you are not able to see more than 3 feet away and you might have to stop under severe conditions under windy, cold and rainy conditions.

## Glow Sticks/Strobe

As per mandatory paddling gear, two marine strobes are required one for each kayak. They must have at least a 5 km range and waterproof (Pelicans mini strobe will not be accepted). Glow sticks are required as well. Two for each kayak (bow & stern) and one on each team member. You must have enough for at least three nights worth of glow sticks (No battery or cocktail glow sticks allowed). Teams that do not have operational strobes will not be allowed to continue.

## Dry Bags

You should test any dry bags, map cases you have prior to the race. If important equipment, maps, passports, GPS, phone, etc, is water damaged and not usable, this might result in lengthy waits for replacements. Use the rule of three, any item you wish to keep dry pack it in three different waterproof bags.

## National Flags & Books

It is compulsory that all teams bring a national flag and one local children's story book (one per team) age 6-12 years old. This will be used during the opening ceremony parade and will also be handed to you as you cross the finish line. Ensure you have your team name and number so officials give you the correct flag at finish. The books will be given to the local village school at mid race.

## Race Merchandise

Kailash Brazil will be producing race merchandise for those who want some souvenirs from the race.

## Paddles/PFDs

Race organization will provide paddle/lifejackets for the rafting sections. You must provide your own kayak paddles and lifejackets for the kayak sections, and we recommend at least 220 cm long paddles.



## Logistics

One of the key aspects of expedition racing is the self-supported nature of the race. You will need to plan all your equipment and sustenance then pack them into your gear boxes.

There are three key aspects to the logistic plan:

1. Gear boxes
2. bike boxes
3. Paddle bags.

### 1. Gear Boxes

Your team is required to bring 4 plastic boxes. Rubbermaid Action Packer (recommended) or similar 24 gal boxes should be sturdy enough to be stacked one on top of the other and be able to lock them securely. These will be moved to various transitions along the race course. You will need to pack your gear boxes prior to race start and submit them to the logistics manager as per schedule.

Action Packer boxes or similar can be bought in Costa Rica \$20 - \$50 per box.



### 2. Bike Boxes

Each team member must provide a bike box. It is compulsory for all competitors to use a bike box to the specs of the ARWS make sure that the airline you will be travelling on accepts them. All airlines flying to Costa Rica have different measures (see chart below). Make sure they are the right size or the air carrier will not take your bike. It happened to me in TACA/Avianca coming back from Tasmania ARWC 2011. They made me take the front suspension off in order to allow me take the bike on the plane.



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You may also fabricate your own with the maximum measures once you are here. They must hold up to severe rainy conditions as some of your gear might be placed inside and they will likely be outdoors in some transitions. If you decide to make your own, it must be plastic cardboard or corflute, no wood or metal.

- MAX size 140 cm X 80 cm X 30 cm and exact.

Your first priority it's to protect the bike and carrying biking equipment such as shoes, helmet, spare tubes, pump, etc.

Boxes with unreasonable bulges will not be carried or cause a penalty to the team. Make sure you pack the boxes well. No responsibility will be taken by race organizers for damages or lost items during transit.

AIRLINE	TACA - AVIANCA	COPA	UNITED	IBERIA	American Airlines
ALLOWED SIZE	90 inches (230 cm) for North America (158 cm) for South América	62 inches	62 inches	131 cm + 72 cm + 21 cm (airline box)	62 inches (157 cm)
Max weight without charge	23 kg (as second baggage) 32 kg combined weight from South America	23 kg = \$100 (second baggage)	23 kg (second baggage)	23 kg Extra bag 75 Euros	23 kg Extra bag \$40 USD
Max Weight	32 kg = \$130 USD aprox.	From 24 kg to 32 kg = \$100 USD	If oversize \$200 USD each way	From 24 kg to 32 kg = \$60 USD From 32 km to 45 kg = \$150 USD	Oversize and overweight \$150 USD 32 kg – 126 inches
<b>NOTES:</b>		Third bag \$175 USD	Airline box at the airport \$25 USD 6.9" long 8.5" widht 33.5" height	Airline box at airport 20 Euros	





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## 3. Paddle Bags

Each team will provide a bag to put your entire paddling gear. The max bag dimensions are 75 cm X 50 cm X 30 cm, with a zipper top.

The only equipment permitted inside your paddle bag is those items under the kayak mandatory gear and recommended paddle gear.

Your team's paddles will be moved separately by race officials. You are responsible to ensure they are clearly identifiable and padded sufficiently to protect them. Officials will not carry any other items taped to your paddles.

### Maximum weights

Your bike boxes, gear containers and paddle bags will be weighted before and during the event. At all times they must be under max specified weights. If they are your team will be penalized and risk not having your gear moved.

- Gear Box Max 25 kg
- Bike Box Max 30 kg
- Paddle Bag Max 30 kg

What you can pack: Basically you can pack all you want as long as you don't go over the weight limit, what you pack is what will be waiting for you at the TA's.

### Labeling Your Gear Boxes and Bike Boxes

You will be issued a Team number. All your boxes must have the team number, team name and team members name on the box. Final Team number will be given at a later day.

### Medical/Search and Rescue/Insurance

#### Search and Rescue

ARWC 2013 will have a number of Search and Rescue teams as first response to most emergencies during the race. Their primary job is emergency first aid and search and rescue. If the situation requires further medical assistance, you will be referred to the civil emergency services or hospital system. This is the main reason you require some form of insurance, because you are responsible to cover the civil ambulance transport and hospital costs

Any IV's, will give the team 12 hrs penalty that must be discounted at the last checkpoint before the finish line.

Ensure all team members are familiar with first aid and at least two know CPR.





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## First Aid Certificate

A minimum of two members must have a first aid qualification or certification.

## Common Problems:

- There are a number of common problems/injuries that could stop your team. Heat exhaustion/dehydration is one of the biggest, know how to recognize this problems before you require a rescue.
- Infections of cuts and abrasions can be a problem if you do not treat them immediately. Ensure you have the medical supplies to do this. Some competitors may choose to obtain prescription for antibiotics in the event they are needed.

## Water

All water should be treated as a precaution. You have come too far to risk withdrawing from the race due to sickness from drinking contaminated water. There will be clean water in most transition areas.

## Medical Transportation Local Teams

Each costarican team member must at least have:

- seguro de gastos médicos que cubran durante la carrera.

That covers personal accidents. If you hurt yourself during the race and require medical attention, you are responsible for your medical bills.

## Medical Transportation International teams

International competitors must have a travel insurance policy that covers medical costs including medical transportation for an injury sustained during competitive event. A copy of this must be given to race officials before the event starts. You are responsible for your medical bills.

## Acknowledgement Waiver and Release

All team members will be required to sign a declaration at race registration to certify that you agree to the conditions, declarations and indemnifications outlined in the Acknowledgement Waiver and Release form. IF YOU ARE NOT WILLING TO SIGN THIS YOU WILL NOT BE ALLOWED TO RACE.





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## Family and Friends

Family and friends are welcome to Costa Rica to cheer you on-thought opportunities on the race course will be limited. Ensure they know it's not permitted to provide physical help to you or your equipment in any way while you are racing. They are only permitted in the transitions and CPs that are authorized by the race organization, these will be revealed once the race has started.

If you wish to arrange hotels along the race course you must contact: [ARWC2013@horizontes.com](mailto:ARWC2013@horizontes.com) they will be the only ones that can arrange reservations prior to the race start, for obvious reasons they are not allowed to tell you where you will be staying but we have chosen good budget/quality hotels in or near the race transitions or CPs where the race will pass by. Please read the race rules so you don't get a penalty or disqualified.

If family or friends are coming with you, have they considered becoming a race official? This will be a great way to be involved in the race and cheer you on. If they would like to become a volunteer please send us a mail.

## After You Finish

Once you have crossed the finish line there will be many options of places to stay, from luxury to camping, you can make your reservations at [ARWC2013@horizontes.com](mailto:ARWC2013@horizontes.com)

## Schedule

Nov 28th - 29th, 2013	5:00 am to 9:00 pm	International teams arrive Shuttle from airport to HQ Hotel
Nov 29 <sup>th</sup> , 2013	1:00 pm to 7:00 pm	Official team registration
Nov 30 <sup>th</sup> , 2013	7:00 am to 11:00 am	Mandatory gear check Medical check Ability tests
	1:00 pm to 5:00 pm	Briefing
	6:00 pm	Opening Ceremony
Dec 1 <sup>st</sup> , 2013	7:00 am to 11:00 am	Gear and bike drop off
	2:00 pm to 5:00 pm	Social Activity
Dec 2 <sup>nd</sup> , 2013	4:00 am	Departure to race Start
Dec 11 <sup>th</sup> , 2013	6:00 pm	Finish Line closes
Dec 12 <sup>th</sup> , 2013	11:00 am	Transfer to San José
	6:00 pm	Closing Ceremony

