



SOUTH FORK SAMPLER

A MULTISPORT ADVENTURE RACE

APRIL 28 OR APRIL 29

Presented by:



Benefitting:



Last Update: 12/30/22

OVERVIEW:

The 2nd Annual South Fork Sampler provides an opportunity for organizations and corporate teams to get out of the office and experience the beauty of the South Fork River by human powered means (running, biking, and paddling) in a professionally, physically, and mentally productive way. The goal of this scavenger hunt style event is for the teams to work together to strategize and collect as many check points as possible in the shortest amount of time.

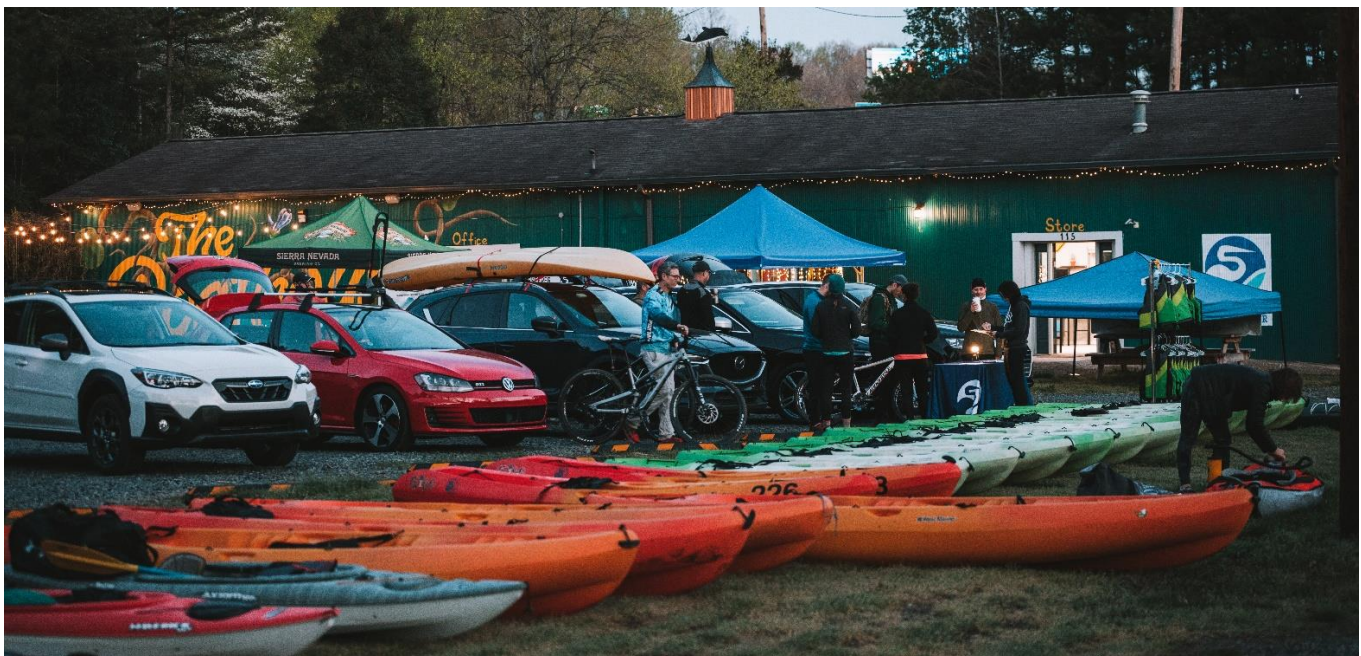
The South Fork Sampler will not require true orienteering/navigation skills (utilizing map and compass to plot UTM coordinates) like some other Adventure Races. Each team will be given a map with checkpoint locations/hints at the start of the race. These checkpoints will be scattered on land and water in and around the South Fork River. There is no set course or route, so strategy, planning and environmental awareness are all key to collecting checkpoints as efficiently as possible ... welcome to adventure racing!

RACE DESCRIPTION:

The Corporate Challenge will consist of teams of 3-7 members who will work together and alternate turns in smaller groups of 2-3 people to collect as many of the 10+ check points (and bonus point opportunities) as possible within the 3-hour time limit. Teams can expect to cover a collective total distance of 5-10 miles over the course of the race and must allocate as least 1 team member to stay at Race HQ at all times to coordinate the next strategic move for the team. The entire course will be contained within a roughly 1mi radius of Race HQ.

Join us for one or both of these special events to learn more about Adventure Racing

- March 9, 2023 - Intro to Adventure Racing Clinic – [INFO HERE](#)
- April 20, 2023 – Sampler Preview Event & Kayak Demo – [INFO HERE](#)



SCHEDULE: Friday, April 28, 2023

- 12:00pm – Boat/Bike Drop off and check in begins
- 12:00pm – Kayak and Bike Rentals begin (first come, first serve)
- 12:45pm – Mandatory Captain's Meeting
- 1:00pm – Race start time
- 4:00pm – Race ends & Post Race Party/Social Hour Begins
- 4:30pm – Awards ceremony



SCORING:

First, Teams will be ranked by the number of checkpoints completed. Second, Teams will be ranked by time

- Example 1: The team that collects 6 check points in 3 hours will be ranked higher than the team that collects 5 checkpoints in 2:30 hours.
- Example 2: The team that collects 4 check points in 2:15 hours will be ranked higher than team that collects 4 checkpoints in 2:30 hours.

AWARDS:

The overall winner's team name will be engraved on a one-of-a-kind trophy designed and created by [Chronicle Millworks](#) and be displayed at [Confluence](#) year-round

- Awards will also be given out to members of the top 3 Teams.
 - Free Kayak Rental from [Blue Heron Adventures](#) to be used in 2023
 - Free Bike Rental from [Human Powered Movement](#) to be used in 2023
 - Custom-made wooden prize from our partner at [Chronicle Millworks](#)



EVENT RULES:

- Corporate Teams must be made up of at least 3 and no more than 7 members
- All members of each Corporate Team must be 18 or older to participate
- Each Corporate Team must allocate at least 1 team member to stay at Race HQ at all times
 - This person can be, but does not have to be, the same person throughout the duration of the event
 - We recommend this person(s) job is to strategize the next move for the team
- Your team's "passport" (aka: scorecard) will serve as your team's baton (like a relay race in Track & Field)
- Teams must allocate 2-3 people to locate and collect each checkpoint during alternating turns
- Those 2-3 people must return to Race HQ after collecting each check point
 - Ex: Team Member #1 and #2 run/walk to collect Checkpoint #1, then return to hand their passport to Team Member #3 and #4 who paddle to collect Checkpoint #2, then return to hand their passport to Team Member #1 and #2 who bike to collect Checkpoint #3, etc.
- Each individual/team must be fully self-sufficient and is responsible for their safety at all times
- Each individual/team should plan to carry what they need, be prepared to endure changing conditions, and navigate successfully back to Race HQ without assistance
- Each individual/team must abide by all federal, state, county, and local municipality rules at all times
- All roads, trails, parks, and waterways are open to other public use - Race participants do not have priority
- Teams that are not back to Race HQ before the 3-hr time limit, will result in an automatic DQ ... plan accordingly
- There is no set route or course and there are no course markings outside of the checkpoints
- Each team will be given one map and one passport at the start of the event
 - Your passport is what you will turn in at the end of the event for scoring purposes
 - If lost or damaged an additional \$50 donation to Catawba Riverkeeper must be made to receive a new map or passport. IE: this is part of the challenge of adventure racing ... plan accordingly
- Altering, tampering, or moving any checkpoints will result in an automatic DQ
- Teammates on course must always be in visual contact of each other throughout the entire time one course
- Cell phones and GPS devices are allowed to assist in navigation
- E-bikes or any other non-human powered means of propulsion are not permitted
- Personal Floatation Devices (PFD) must be worn at all times while on the water
- Teams may use a tandem kayak or canoe if preferred - Getting in and out of the watercraft is the sole responsibility of the teams and is a part of adventure racing – Choose and plan accordingly
- Helmets must be worn at all times while riding a bike

- Weather and surroundings can change quickly - Dress and plan accordingly
- Physical awards will not be mailed. They will be available for pickup at Confluence during normal business hours until 5/31/23
- Individuals/teams cannot use, cross, disrupt or impact any private property at any point throughout the event
- Any team withdrawing from the race must notify Human Powered Movement Event Staff at Race HQ or by cell phone (757-630-3409)
- In case of emergency, call 911 first and then notify Human Powered Movement Event Staff at Race HQ or by cell phone at (757-630-3409)
- Teams or competitors who are known to be in violation of any of these rules will be DQ



REQUIRED GEAR (Per Team):

- Pack to carry all gear (backpack style)
- Hydration and nutrition (we will have hydration available at Race HQ however there is no other aid on course)
- Closed toed shoes
- Bike and bike helmet (limited bike rentals will be available on a first come first serve basis)
 - Course will include greenways, sidewalks, roads, and moderate “doubletrack” trails. Hybrid/Mountain Bikes with at least 1.75” tires are recommended
- Kayak, PFD, paddle (Kayak rentals will be available on race day on a first come, first serve basis)
- Cell Phone
- Positive energy and mindset to enjoy our amazing natural resources along the South Fork River
- Appreciation for what the Catawba Riverkeeper is going for our community on a daily basis

RECOMMENDED GEAR (Per Individual/Team):

- Personal first aid kit
- Basic bike tools, spare tube, and CO2/Tire pump
- Dry bag (to keep gear dry when on the water)
- 1 or 2 One-gallon zip lock bags (to keep map and passport dry)
- Extra set of shoes and clothes (you will get wet during the paddle portion(s))
- Rain gear (if necessary)
- Extra layers (weather can change drastically throughout the day)
- Towel & change of clothes for post event festivities



About Human Powered Movement:

Our mission is to facilitate greater human powered experiences in all of us. We encourage and promote a wide variety of activities and sports to, and for, all ability levels.

- We develop events and challenges to keep people active and accountable
- We create and promote inspirational stories to keep people engaged and motivated
- We lead by example and joyfully enable others along the way

To learn more, visit our [website](#), follow on [Instagram](#)/[LinkedIn](#), join the [Strava Club](#), or subscribe to our [YouTube Channel](#).



About the Catawba Riverkeeper:

We educate and advocate to protect the Catawba-Wateree River Basin's lakes, rivers, and streams for everyone who depends on and enjoys them.

The Catawba Riverkeeper Foundation (CRF) is a local, community-based group of members and volunteers located throughout the 26-county river basin that dedicates time, talent, and treasure to ensuring the protection of the Catawba-Wateree River. Our goal is to sustain plentiful, clean water for generations to come.

To learn more, visit our [website](#) or follow us on [Instagram](#) for ways you can get involved.



About the Confluence:

A confluence is the junction where two rivers come together, where multiple things merge. Confluence is a place where art, music, and recreation come together alongside the river to create that place of convergence for the community. This Public-Private Partnership between the Catawba Riverkeeper and the Town of Cramerton is a place where neighbors and friends can meet to learn, grow, create, move, and find joy, together.

Human Powered Movement is proud to be a founding partner at Confluence

To learn more, visit the [website](#) or follow on [Instagram](#) to stay in the loop.