



SOUTH FORK SAMPLER

A MULTISPORT ADVENTURE RACE

APRIL 27 OR APRIL 28

Produced by:



Benefitting:



Last Update: 10/24/23

OVERVIEW:

We're excited to add a new beginner friendly "Family Edition" to the 3rd Annual South Fork Sampler in 2024! The Family Edition provides an opportunity for parents and kiddos to get out of the house and experience the beauty of the South Fork River by human powered means (running, biking, and paddling) in a unique and different way. The goal of this treasure-hunt style event is for teams to work together to collect as many check points as possible in the shortest amount of time.

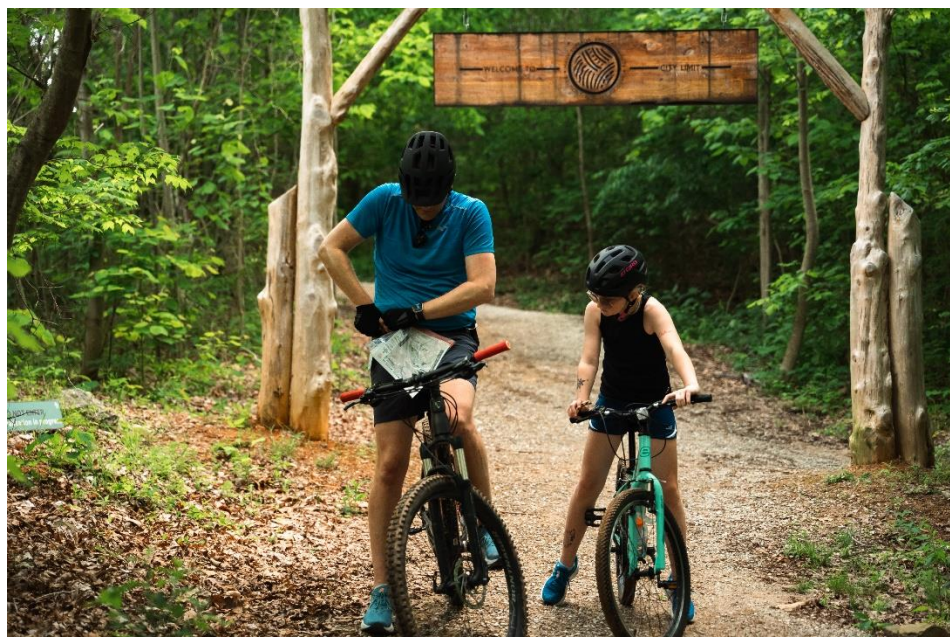
The South Fork Sampler will NOT require true orienteering/navigation skills (utilizing map and compass to plot UTM coordinates) like some other Adventure Races. Each team will be given a map with checkpoint locations/hints at the start of the race. These checkpoints will be scattered on land and water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

RACE DESCRIPTION:

The Family Edition will consist of teams of 2 members (one parent or guardian and one child ages 6-16) who will work together 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 total distance of 5-10 miles over the course of the race. The entire course will be contained within a roughly 1mi radius of Race HQ. Most checkpoints collected in the fastest time wins but Teams do not need to collect all checkpoints to participate.

Learn more about Adventure Racing before South Fork Sampler Event Day

- Intro to Adventure Racing Clinic – [Watch HERE](#)
- TENTATIVELY April 18, 2024 – Sampler Preview Event– Link Coming Soon



SCHEDULE: Sunday, April 28, 2024

- 11:00am – Boat/Bike Drop off and check in begins
- 11:00am – Kayak and Bike Rentals begin (available during registration on a first come, first serve basis)
- 11:45am – Mandatory Pre-Event Meeting
- 12:00pm – Sampler 3Hr Family Edition Begins
- 3:00pm – Sampler Ends & Post Race Party Begins
- 3:30pm – 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 2 hours will be ranked higher than the team that collects 5 checkpoints in 2 hours.
- Example 2: The team that collects 6 check points in 2 hours will be ranked higher than team that collects 6 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 Male Teams, Female Teams, and Co-Ed Teams.



EVENT RULES:

- Teams can only be made up of 1 Adult (18+) and 1 Child (6-16)
- Each Team must be fully self-sufficient and is responsible for their safety at all times
- Each Team should plan to carry what they need, be prepared to endure changing conditions, and navigate successfully back to Race HQ without assistance
- Each 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 – Sampler 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 \$20 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 5/31/24
- 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 participants who are known to be in violation of any of these rules will be DQ

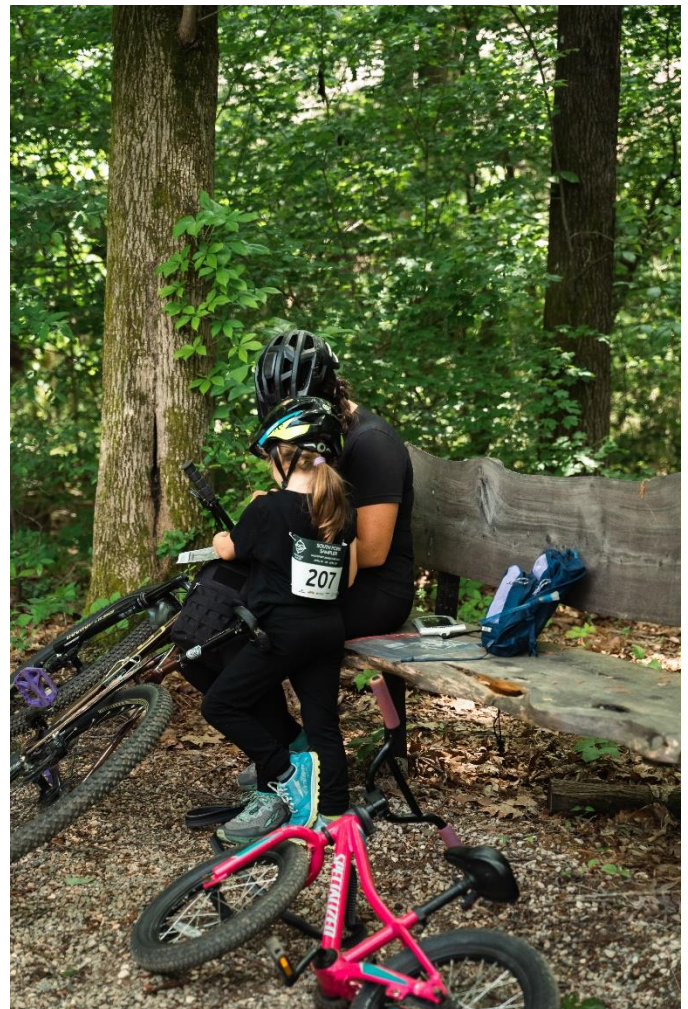


REQUIRED GEAR (Per Team):

- Hydration & nutrition (we will have hydration available at Confluence however there is no other aid on course)
- Closed toed shoes
- Bike and bike helmet (limited bike rentals are available during registration 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 are available during registration 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):

- Pack (backpack style) to carry passport and gear
- Personal first aid kit
- Basic bike tools, spare tube, and CO2/Tire pump
- Dry bag (to keep gear dry when on the water)
- Extra One-gallon zip lock bag (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 inspire more activity in people's lives. 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 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.