



SOUTH FORK SAMPLER

A MULTISPORT ADVENTURE RACE

SUNDAY, JUNE 1

Presented by:



Benefitting:



Last Update: February 2025

OVERVIEW:

The 4th Annual South Fork Sampler provides an opportunity for individuals, teams and families to experience the beauty of the South Fork River under their own human power (running, biking, and paddling). The goal of this scavenger hunt style and beginner friendly Adventure Race is 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 individual/team/family 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!

SCHEDULE: Sunday, June 1, 2025

- 7:30am – Participant Boat/Bike drop off begins
- 8:00am – 5Hr Category participant check in begins
- 8:45am – 5Hr Category participant check in ends (participant's gear must be set up)
- 8:45am – 5Hr Category mandatory participant meeting
- 9:00am – 5Hr Category course Start
- 9:10am – 3Hr Family Category check in begins
- 9:45am – 3Hr Family Category participant check in ends (participant's gear must be set up)
- 9:45am – 3Hr Family Category mandatory participant meeting
- 10:00am – 3Hr Family Category course Start
- 1:00pm – 3Hr Family Category teams must be back to Race HQ
- 1:30pm – 3Hr Family Category awards
- 2:00pm – 5Hr Category participants must be back to Race HQ
- 2:30pm – 5Hr Category awards
- Until – Post Race Party/Social Hour!!



SCORING:

- First, Individuals/Teams will be ranked by the number of checkpoints completed
- Second, Individuals/Teams will be ranked by time
 - Example 1: The individual/team that collects 10 check points in 4 hours is ranked higher than the individual/team that collects 8 checkpoints in 3 hours.
 - Example 2: The individual/team that collects 5 check points in 2:15 hours is ranked higher than the individual/team that collects 5 checkpoints in 2:30 hours.

AWARDS:

The overall 5Hr Category and 3Hr Family Category winner's names will be engraved on a one-of-a-kind trophy FOREVER!

Awards will also be given to the top 3 M/F/Co-ed Teams and top 3 Solo M/F for each distance



EVENT RULES:

- 3Hr Family Category youth must be 6 years of age or older with a participating parent or guardian at all times
- 5Hr Category youth must be 10 years of age or older with a participating parent or guardian at all times
- All solo participants must be 18 years of age or older to participate in either category
- 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 - Sampler participants do not have priority
- Individuals/Teams that are not back to Race HQ before their designated time limit, will result in an automatic DQ
- There is no set route or course and there are no course markings outside of the checkpoints
- Each individual/team will be given one map and one passport (aka: scorecard) at the start of the event
 - Your passport is what you will turn in at the end of the event for scoring purposes
 - You will not receive a replacement if lost or damaged (plan accordingly)
- Altering, tampering, or moving any checkpoints will result in an automatic DQ
- Teammates must always be in visual contact of each other throughout the entire event
- 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
- All trails at Rocky Branch Bike Park must be ridden in the stated and marked direction of the trails
- 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 Individual/Team):

- 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
 - The course will include greenways, sidewalks, roads, and some crushed gravel trails. A Hybrid/Mountain Bike with at least 1.75" tires are recommended
- Kayak, PFD, paddle (Kayaks are available during registration on a first come, first serve basis)
 - The course features flatwater paddling. Participants can expect slow-moving current, but no rapids, ripples, or rocky shoals
- Cell Phone

RECOMMENDED GEAR (Per Individual/Team):

- Pack to carry all gear (backpack style)
- Personal first aid kit
- Basic bike tools, spare tube, and CO2/Tire pump
- Dry bag (to keep gear dry during paddle portion(s))
- 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 and change of clothes for post-race party

LEARN MORE ABOUT ADVENTURE RACING:

- Intro to Adventure Racing Clinic – [Watch HERE](#)
- What is an Adventure Race and Why Should I Try It? – [Read HERE](#)



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 produce in-person and virtual events 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. Confluence is operated by the Catawba Riverkeeper with 100% of proceed going to the further the mission of the Catawba Riverkeeper Foundation.

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