



Bentonville Outdoors

Official Adventure League Handbook

37° NORTH



BPR PARK RULES

Please enjoy using the Bentonville Parks and Trails System. To ensure that it is a pleasant experience for all our users, please follow these rules and guidelines, adopted by city ordinance, in all Bentonville Parks and Trails.

- Bentonville Parks are open from sunrise to 11 p.m.
- No soliciting, vending, or peddling
- Fireworks and other explosive devices are prohibited.
- Parking in designated areas only
- **Alcohol and drugs are strictly prohibited inside the park.**
- **Smoking (cigarettes, vapes, e-cigarette etc.) is permitted only in parking lots.**
- Fires are only permitted in fireplaces or on grills with hinged lids.
- Overnight camping is prohibited.
- **Keep all pets on a leash.**
- Pet waste must be disposed of in trash receptacles.
- Do not litter.
- Tampering with park property without written consent from Bentonville Parks and Recreation is prohibited.

Report suspicious activity to local authorities. For emergencies dial 9-1-1. Non-emergencies dial 479-271-3170.

See a maintenance issue in our parks? Visit Bentonville311.com

1. What is an Adventure League?

An Adventure League encompasses Adventure Racing concepts and spreads out activity programming over a span of weeks. Adventure racing is a multisport, primarily off-road, navigation-based sport. Put more plainly: adventure racing is a scavenger hunt with a clock. The course is not revealed until race time, and racers navigate to as many checkpoints as they can within a time limit.

- Expect fast pace racing with different activity types.
- Teams will be unsupported while activities are in progress.
- Biking will be on single track, gravel roads and greenways.
- Trekking will be mostly on trails with some off trail navigation sections.

2. Equipment/Gear List

Individual Gear

Whistle
Compass

**Note: Must be carried/worn by each team member during every activity.

Team Gear

Passport (provided by race at race start)	Method of marking map (permanent marker, highlighter, pen, etc.)
One cell phone, per team, to be put into provided sealed bag (emergencies only) and a camera (no GPS abilities) to capture pictures of checkpoints	First aid kit containing: <ul style="list-style-type: none">• (4) 3" x 3" or larger gauze pads• (1) roll of 1" or wider waterproof tape (medical or duct tape accepted), at least 10' long• Antibacterial ointment• (1) 3" or wider ace bandage, at least 5' long• (8) band aids• (8) doses of painkiller and/or NSAID• (1) pair of medical exam gloves
Wristwatch (1 per team only)	Digital camera (for capturing course images)

**Note: To be carried/worn/used by each team at all times during the race.

Individual Gear – Mountain Biking

Mountain bike-Human power only (no E-bikes)	Bike Helmet (must be worn while biking)
Flashing red rear light, mounted on bike	Spare tube (even if you have tubeless tires)

**Note: To be carried/worn/used by each team member while biking.

Team Gear – Mountain Biking

Multi-tool	Tire pump or CO2 cartridge and inflator
Patch kit	

**Note: To be carried/used by each team while biking.

Individual Gear – Paddling

Kayak/canoe (provided by race, no personal boats allowed)	Paddle (provided by race, no personal paddles allowed)
PFD (provided by race, no personal PFDs allowed)	

**Note: To be carried/used by each team member while paddling.

Prohibited Items: (Teams found with these items will be disqualified immediately)

- GPS device of any kind (handheld, bike-mounted, etc.) Teams wishing to track their race for later review may submit a GPS device at the Start line to be sealed by race officials.
- Additional cell phones, radios, or other communications or internet access devices, other than the mandatory, emergency-use-only cell phone.
- Maps other than those provided by the race.
- Firearms of any kind.

3. Preparation and Training

Depending on the level of Adventure League competition that an individual wishes to participate in, this inaugural BPR Adventure League does not require specialized preparation or training currently. However, participants should be able to walk 2-5 miles, bike 5-10 miles, and paddle 1-2 miles. Skills with basic navigation is a plus as map and compass use will be required to reach predetermined checkpoints. Consistent training across disciplines (cycling, running, kayaking, and strength work) can give a considerable advantage in adventure league team competition. Furthermore, eating a proper well-balanced diet and getting enough sleep will give participants the fuel their bodies need not only to participate but compete at high levels.

4. Safety

At all times, teams must stay together (within 50 yards) and if a team member is unable to continue the entire team will become unranked. (Partial or combined teams may only continue at the discretion of the Race Director.) Teams will carry the appropriate safety equipment to provide self and buddy first aid. If emergency services are required, league officials will contact emergency services and document the occurrence on the BPR Incident Form.

5. Race Support

During regularly scheduled Adventure League programming, race support will be provided by 37 North Expeditions and occasionally augmented by BPR Staff. Types of league support are safety support, traffic control, communication services, gear and equipment transport, gear and equipment maintenance, and nutrition and hydration. While actively participating in activities,

teams will work together to tackle obstacles and complete the days designated checkpoint lineup relying on their own skills and abilities unless the given situation becomes unsafe (i.e. participant injury or illness).

6. Time

Each weekly activity(s) will be completed within a two-hour time span. Upon arrival each week, teams will meet and receive information about the evenings activities which will take approximately 10-15 minutes. Approximately 10-15 minutes will be used at the end of the day's activity(s) for team accountability and debriefing. Approximately one hour and 30 minutes will be dedicated to team competition. The league official will act as timekeeper for each weekly activity.

7. Scoring

Checkpoint (CP) Overview- weekly teams will be presented with a topographic map that has locations of checkpoints for that particular course. Checkpoints will be retrieved by taking digital pictures of each checkpoint that will later be confirmed by staff. A “clue sheet” will also be provided weekly that has sample pictures of each checkpoint that needs to be marked by teams to prove they were in the correct location. Upon finishing, teams will turn in the clue sheet, with notations on which checkpoints they attended and will upload digital photos (system to be announced at the week 1 educational/social meeting) as proof to be confirmed by staff.

Each team will be awarded points on a weekly basis on the number of checkpoints retrieved each week. Tie breakers will come down to the shortest cumulative time to retrieve checkpoints.

- 1st Place: Number of CPs retrieved +5 points
- 2nd Place: Number of CP's retrieved +3 points
- 3rd Place: Number of CP's retrieved +2 points
- 4th Place: Number of CP's retrieved +1 point

The minimum score for teams that arrive each week is 1. Teams that do not show will receive zero points. Score keeping will be performed by league officials. The team with the most cumulative points over the course of 6 weeks will be the league champion. Scores will be updated weekly (newsletter and on website) after staff have confirmed checkpoints with digital picture uploads.

8. Teams/Player Eligibility

Each team can submit a roster of up to 8 people. All participants must be 18 years of age or older by the first activity of the season. Teams can have a minimum of 3 teammates each week to avoid a “forfeit”, but they can have up to 6 each week; however, they all must always remain within 50 yards of each other. Each team must have at least one member of each gender competing each week.

Rosters will be locked before starting week 3 activities, and all roster additions must be made before such time. Only players listed on the official team roster are allowed to participate. (Contact the league coordinator to add a player to your roster). Playing an ineligible player will result in a forfeit.

9. Uniforms

Teams are encouraged to wear matching uniforms but not required. Appropriate clothing for each activity should be worn when determining team uniform purchases. For example, while trekking through wilderness areas, long pants and long sleeve shirts are recommended. Likewise, during bike and paddle activities, clothing more aerodynamic in nature is recommended.

10. Footwear

All players are required to wear appropriate footwear to participate. Appropriate footwear is determined by the specific activity. Examples of footwear for foot only activities are hiking boots, tennis shoes, running shoes, or hiking sandals. Whereas bike activity footwear can be any of the previous options and include cycling specific footwear (i.e. road cycling shoes, mountain bike shoes, or casual bike shoes). Paddle only footwear is not required.

11. Sportsmanship

In carrying out Adventure League activities, 37 North Expeditions or BPR Adventure League officials reserve the right to correct deficiencies in sportsmanship, facility rule standards, safety infractions, etc. Any decision by league staff that results in a player being ejected or suspended may be appealed to the City of Bentonville Parks and Recreation staff.

All players are expected to demonstrate good sportsmanship. Any unsportsmanlike conduct observed by the officials or recreation staff, can result in activity ejection and potential suspension from the league. All other city park ordinances must be followed by all participants. The following information pertains to the 3 strikes and out rule policy to curb instances of unsportsmanlike conduct or inability to follow league rules and regulations.

Three strikes and out rule. A team receiving 3 ejections in a season will be expelled from the league for the remainder of the season and the team's league fee will not be refunded. The team will not be allowed to return to the league without approval from the league. Disrespect of league officials will not be tolerated. Verbal abuse towards an official may result in the participants ejection from the activity. Any physical abuse or threat to an official will result in expulsion from the league. The participant will not be allowed to return to the league without approval from the league. This counts against the team's 3 strike and out count. Physical violence towards another player will result in expulsion from the league for the player committing the offense. The player will not be allowed to return to the league without approval from the league. This counts against the team's 3 strike and out count.

12. Make-up Days

If one of the regularly scheduled Adventure League activities are canceled due to weather or other unforeseen circumstances, two make-up days are included at the end of each Adventure League regular programming. Program activities will be adjusted accordingly to try and maintain the appropriate number of activity days offered during each league. All activities must stop if lightning is witnessed and is present in the area within a 10-mile radius. Bentonville Parks and Recreation staff will be notified of the occurrence and initiate a 30-minute lightning delay.