

August 4, 2007 – Cle Elum, Washington



### Six Degrees of Navigation Adventure Races

Join us for two adventure races in the Teanaway Valley area of eastern Washington. Test your mind and body in a challenging combination of sports disciplines, including river navigation (optional), orienteering, mountain biking, and trail running. We'll also throw in some special tests just to make it interesting. The common thread is navigation: each individual or team must find their way from checkpoint to checkpoint using a map and compass. With two course lengths to choose from, Six Degrees of Navigation is an adventure race that any motivated individual or team can complete.

### The Courses – Short or Sprint, Kayak or No-Kayak

This year we're offering two courses: a short course ("short") and a shorter course ("sprint"). Although the exact courses won't be revealed until race day, the competition will take place in the Teanaway Valley in eastern Washington, north of Cle Elum. Both course lengths include a no-kayak option.

**Short course** – approximately 5k of river navigation, 3k of orienteering, 10k of trail running, and 15k of mountain biking

**Sprint course** – about 2k of river navigation, 2k of orienteering, 5k of trail running, and 8k of mountain biking.

We will do our best to provide a kayak/canoe course, but water levels in August are difficult to predict, so we may have to shorten or eliminate this leg. **Update: the water is too low for kayaking, so the river section will be done on foot. The water level is not more than 3 feet deep.**



### Race Categories

Racers may compete solo or in teams of two, three, or four. Teams of two or three may be men, women, or coed. Teams of 4 must be coed (at least one male and one female per team). Participants must be 18 or older.



### Equipment

You will need a mountain bike and helmet, and food and fluids for the duration of the race. See the detailed list on our website for other required gear ([www.CascadeOC.org](http://www.CascadeOC.org)).

### Food

After-race food will be provided for all race participants (you may purchase additional food for family members and friends for \$12 each). Water and energy bars will be available in the transition area. Participants must carry their own food and water on the race course.

**The field is limited to 120 people!**

### Entry Fees

\$80/person

- mail: post-marked by July 5
- online until 11:59 July 5

\$100/person

- mail: post-marked July 6 through July 26
- online July 6 until 11:59 July 31

### No day-of-race registration

**Refunds** – if you withdraw from the race before July 5, you will receive a full refund. If you withdraw July 6 through July 20, you will receive a 50% refund. No refunds after July 20.

Entry fee includes:

- Race t-shirt (guaranteed if you enter by July 5)
- Top-quality competition maps
- Electronic timing card use
- Post-race food (vegetarian and omnivorous options)



See our web site for additional details: [www.CascadeOC.org](http://www.CascadeOC.org). Questions or to volunteer: Debbie Newell ([dnewel@verizon.net](mailto:dnewel@verizon.net)) 425-488-3691.



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## Racer Registration (please print clearly)

Team Name				Race Category			Course Option	
				Solo: <input type="checkbox"/> male <input type="checkbox"/> female			<input type="checkbox"/> short (35k) <input type="checkbox"/> sprint (18k)	
				2-person: <input type="checkbox"/> men <input type="checkbox"/> women <input type="checkbox"/> coed			<input type="checkbox"/> <b>with river section*</b>	
				3-person: <input type="checkbox"/> men <input type="checkbox"/> women <input type="checkbox"/> coed			<input type="checkbox"/> <b>without river section*</b>	
				4-person: <input type="checkbox"/> coed				
Racer #1 (Solo or Team Captain)							Fees	Amount
Last Name	First Name	Gender	Birthdate	T-shirt size: <input type="checkbox"/> XXL <input type="checkbox"/> XL <input type="checkbox"/> L <input type="checkbox"/> M <input type="checkbox"/> S			Entry fee \$80 (\$100 late)	
Address			E-mail address				Extra food (\$12)	
City	State/Prov.	Postal Code	Country	Phone			<b>Racer 1 Subtotal</b>	
<b>Emergency Contact Information</b> Name: Phone:		Health Insurance Provider:		Known medical conditions:			<input type="checkbox"/> I'd like a complimentary set of course maps**	
Racer #2								
Last Name	First Name	Gender	Birthdate	T-shirt size: <input type="checkbox"/> XXL <input type="checkbox"/> XL <input type="checkbox"/> L <input type="checkbox"/> M <input type="checkbox"/> S			Entry fee \$80 (\$100 late)	
Address			E-mail address				Extra food (\$12)	
City	State/Prov.	Postal Code	Country	Phone			<b>Racer 2 Subtotal</b>	
<b>Emergency Contact Information</b> Name: Phone:		Health Insurance Provider:		Known medical conditions:			<input type="checkbox"/> I'd like a complimentary set of course maps**	
Racer #3								
Last Name	First Name	Gender	Birthdate	T-shirt size: <input type="checkbox"/> XXL <input type="checkbox"/> XL <input type="checkbox"/> L <input type="checkbox"/> M <input type="checkbox"/> S			Entry fee \$80 (\$100 late)	
Address			E-mail address				Extra food (\$12)	
City	State/Prov.	Postal Code	Country	Phone			<b>Racer 3 Subtotal</b>	
<b>Emergency Contact Information</b> Name: Phone:		Health Insurance Provider:		Known medical conditions:			<input type="checkbox"/> I'd like a complimentary set of course maps**	
Racer #4								
Last Name	First Name	Gender	Birthdate	T-shirt size: <input type="checkbox"/> XXL <input type="checkbox"/> XL <input type="checkbox"/> L <input type="checkbox"/> M <input type="checkbox"/> S			Entry fee \$80 (\$100 late)	
Address			E-mail address				Extra food (\$12)	
City	State/Prov.	Postal Code	Country	Phone			<b>Racer 4 Subtotal</b>	
<b>Emergency Contact Information</b> Name: Phone:		Health Insurance Provider:		Known medical conditions:			<input type="checkbox"/> I'd like a complimentary set of course maps**	
							<b>TEAM TOTAL</b>	

All participants will be required to sign a waiver before being allowed to participate.

\* The water level is too low for kayaking, so the river section will be done on foot. Water is not more than 3 feet deep.

\*\* Not to be used during the race; may be picked up following the competition.

Send entry with payment (make check payable to Cascade Orienteering Club) to: Debbie Newell • 6216 N.E. 154<sup>th</sup> St. • Kenmore, WA 98028 • Attn: Six Degrees