

Sleep When You're Dead FAQ:

Q: Is this a team sport, and do all teammates have to stay together?

A: Yes and yes! This is one of the most fun aspects to the sport. If you sign up and start as a 3 person team, you must stay together and finish as a 3 person team in order to remain "official" for race standings. If you separate, you are breaking the rules and a penalty will be assessed. Usually this is stated in the race rules read and understood prior to racing. Team dynamics can be exciting, frustrating, and challenging, but in the end, your teammates will be some of your closest friends, and you will have memories that will last a lifetime.

Q: The Sleep When You're Dead has mountain biking and trekking listed. Do all team members do both disciplines?

A: Yes!

Q: How difficult is the navigation?

A: Navigating map and compass is a skill that comes with practice. Navigating map and compass at night is even more complicated because it is difficult to see certain features. Beginner teams are encouraged to participate even with limited navigation experience as a way to build that skill level. Checkpoints will mostly be located at trail intersections and obvious topographical features, however, there will also be some more difficult points in order to challenge the experienced teams. Teams can choose to skip checkpoints if they can not find them or do not want to attempt to find them in order to finish in time.

Q: What does "clear the course" mean?

A: The course will have a certain number of "checkpoints" or "CPs" (orange and white orienteering flags with punches attached). These points are pre-placed on the course by the race director and marked on your map. In order to "clear" the course, a team must navigate to ALL of the checkpoints, punch their team passport (provided by the race), and finish the course by the cutoff time. A team that does not get all of the checkpoints or "clear the course" will be ranked below a team that does.

Q: Do I need to have a mountain bike:

A: A mountain bike is strongly recommended. However, if you show up with a non-mountain bike, you will still be able to participate. Good luck.

Q: I don't understand how this all works. What are the distances, order of disciplines, when do we get maps, etc?

A: Ah yes...the mystery of the sport. It is typical in adventure racing that there is very little you know about the course until you get there. What you do know: the Sleep When You're Dead race has a 12hr cut-off time. Meaning, you have that amount of time to get as many checkpoints as you can and cross the finish line. There will be trekking and biking all while navigating map and compass. There may even be unexpected challenges. You will get your maps prior to the start of the race that will show you where your checkpoints are. You will get a passport and "rules of travel" when you get your map. This "rules of travel" will tell you what order to retrieve checkpoints and what disciplines you will be doing when. You then work with your team to strategize what the best route choice is to get to each checkpoint. You also know what mandatory and recommended gear you need to have (posted on race details). Still confused? Just come out and do it and see for yourself! You'll have a blast!

Q: Will gear need to be transported at all during the race?

A: Potentially, but we will do that for you. You must carry your own mandatory gear though throughout the race.

Q: What type of safety measures are you taking to protect us?

A: Event medical staff will be present in case of an emergency or search and rescue situations. Teams are required to check in and out of multiple transition areas (TAs) as well as some non-TA locations (i.e. bike drop or pick ups). This gives the race director an understanding of where on the course each team is located at what time. Also, all teams are required to carry a cell phone as well as emergency phone numbers to be used only in the case of emergency. Last, there will be contingency plans and time cutoffs if the race director feels that it is unsafe for a team to proceed on a leg of the course (i.e. river paddling at night). With all this said, however, it is your team's responsibility to look after each other and be safe! Never separate or leave a team member behind. Be aware of what to do in the case you encounter wildlife such as moose, bear, or mountain lion. Know how to handle yourself in inclement weather (i.e. carry appropriate clothing,

what to do/not during lightning strikes, etc.) And last, be aware of you and your team's hydration level.