



RACERGUIDE



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All you need to know about the Almost Heaven AR

Adventure Enablers is excited to introduce the 24-hour Almost Heaven Adventure Race! This inaugural event will have soloists and teams of 2, 3, and 4, covering approximately 100 miles via foot, mountain bike and boat, all while navigating across the rugged and beautiful terrain of the Canaan Valley.

This guide is designed to help you prepare for the Almost Heaven AR and is subject to change. Any updates are **written in green**. For the most up-to-date information, also follow us on [Facebook](#) and visit adventureenablers.com/almostheavenar

Intro

As adventure racers, we all have those special destinations. The places we return, year after year, where we know we can always find new territory to explore while challenging ourselves to reach new heights. Where we go to dig deep while training for even bigger adventures. Where friendships are forged while shedding blood, sweat, and tears. The places where we share with our families the adventurous spirit that resides deep inside us.

For Mike and Travis, that place has been Davis, WV. For more than 15 years we have been returning to the Canaan Valley, stepping into the rugged wilderness that defines this unique area. For years we have been dreaming of bringing our sport back to the area and we are excited to be able to share this special area with you at a time when the mountains will be glowing with the vibrant colors of peak fall foliage.

For the first running of Almost Heaven, we have built a course that just begins to scratch the surface of this unique area. Athletes hoping to complete this beautiful course in under 24 hours will be required to endure rugged terrain, overcome challenging navigation, and make smart route choices in order to cross the finish line on time. The race leads off with a relatively straight-forward trek that delivers you to a scenic paddle. Once off the water, teams will head out on bikes where they will begin to feel the challenges of the course. Deciding on attack points and making calls on how deep they can dig to reach those most challenging CPs. Another bike ride takes you to a stunning orienteering course before biking back to the finish line at Canaan Valley Resort.

We hope your families will come out and explore the area while you hit the surrounding wilderness. While racers are out on the course, the towns of Davis and Thomas are centrally located to the race start/finish and feature restaurants, art galleries, and many funky local businesses. Picnic Taco, Tip Top, Hellbender Burritos, and Riverfront Woodfired Pizzas are some of our favorite places to fuel up before heading out to explore Blackwater Falls, Lindy Point, Douglas Falls, Dolly Sods, and beyond. After a day of exploration, raise a toast to the day with a draft at Mountain State Brewing or the Billy Motel.

We know that this special region will leave its imprint on you and we look forward to seeing you at the Almost Heaven start line!

Mark, Mike, & Travis
Adventure Enablers

Description

24-hour adventure race through West Virginia's Monongahela National Forest and State Parks

Race Dates

October 7-8, 2023

Start & Finish Location

Canaan Valley Resort State Park
230 Main Lodge Road
Davis, WV 26260

Categories

Soloists, 2-person, 3-person, and 4-person coed or single-gender teams

Distance

~100 miles

Fees

\$275 per team participant
\$300 per soloist.

+ processing fees.

Disciplines

Trekking, biking, paddling class I-II water (canoe or kayak, depending on team makeup), and navigation (No ropes)

Format

This is a nonstop race with mandatory and optional points that must be collected in a prescribed order within the allotted time. There will be multiple transition areas. All team members must travel together at all times.

Race Summary

You'll have 24 hours to cover about 100 miles, navigating your way across West Virginia via foot, mountain bike, and boat. This adventure takes place with the backdrop of the state's breathtaking landscape, including Monongahela National Forest, Blackwater Falls State Park, and Canaan Valley State Park and amid the state's diverse array of wildlife. The course will take racers over rugged mountains, through the amazing fall colors, and paddling along pristine rivers. Participants will experience vistas spanning a hundred miles. Trek and ride through dense forest and tackle some amazing trails and terrain.

Signing Up

Click on over to the event website at <https://www.adventureenablers.com/almostheavenar> and then click the registration button.



Pre-Qualifications

A 24 hour race is not something to take lightly. It requires dedicated training, preparation, navigation skills, and mental and physical endurance. Although not a requirement, it is a good idea for you or at least one of your team members to have completed at least one 12- or 24-hour endurance race as preparation.

Refund, Transfer, and Cancellation Policies

Refund Policy No refunds under any circumstances. Registered teams canceling 30 days prior to race date will receive 100% credit minus \$25 administration fee for any future Adventure Enablers event. Cancellations less than 30 days prior to race date will receive a 50% credit minus a \$25 administration fee for any future Adventure Enablers races. Credits can be used for any single future race. Any difference in price must be paid, and no refunds or additional credits will be made if the credit exceeds the deferred fee.

Event Change and Cancellation Policy Adventure Enablers reserves the right to alter, postpone, or cancel any race for safety concerns. In the event the race is canceled, no refunds or credits will be provided. In the event a participant cannot attend a rescheduled date, no refunds or credits will be provided.

Lodging

Lodging options near the race venue are EXTREMELY LIMITED. If you have not already booked your lodging, do so NOW. The event takes place on a holiday weekend and the area will be crowded with fall foliage tourists. Local lodging is sure to fill up and once it's full, the closest lodging options are more than an hour away. We have several lodging options listed below for you to choose from.

We have a block of rooms reserved at Canaan Valley Resort. You can check availability, rates, and book through [this link](#).

Camping is available within Canaan Valley Resort and can be reserved through this link. (<https://www.canaanresort.com/accommodations/camping/>)

Blackwater Lodge (25 minute drive from Start/Finish area)

We have a block of rooms reserved at the Blackwater Lodge with a rate of \$130/night. Call 304.259.5216 to make a reservation (this rate is not available online).

Camping is available within Blackwater Falls State Park. Reservations can be made at this link (<https://wvstateparks.com/places-to-stay/campgrounds/blackwater-falls-camping/>). *After 08/29 you must call 304.259.5216 to make any camping reservations.*

Blackwater Falls State Park sits nestled closely between the towns of Davis and Thomas.



Race and Gear Logistics

Gear Boxes and Paddle Bags

There are two transition areas where you will be able to stage/store supplies. At one of these locations each team is allowed to have a gear bin. Gear bins should be a standard 27 gal black and yellow tote. One per team/soloist. At the other location, teams are allowed a paddle bag that can contain all their paddle gear (if providing their own) along with any additional supplies. Refer to the logistic outline to determine when and where you will see these items and what you should pack in them.

Biking Sections

Terrain You'll race on a mix of single-track, gravel fire road, and pavement. Depending on route choice, the terrain will vary. The single-track section ranges from flowing to technical to hike-a-bike, depending on skill level. Some sections are considered very technical. You will be biking at night and are required to have both front and rear lights. A mountain bike with at least some front suspension is highly recommended. **eBikes are not allowed.**

Paddling Sections

Teams will complete paddle sections in canoes; soloists will use a kayak. The sections vary from Class I to II whitewater and flat water paddling. Teams will need to provide paddle equipment as outlined in the mandatory gear. Adventure Enablers will supply the boats (and PFDs and paddles, if needed; see more below).

Gear Paddle gear will be transported as necessary along the course. One standard paddle bag is recommended (dimensions 150cm x 50cm x 50cm) per team. All paddle equipment must fit in the paddle bag. Single-piece paddles must be securely fastened to the bag; 2/4 piece paddles must be disassembled and placed in the bag. If you do not have a paddle bag, you may use a large duffel and attach the paddles to the outside. You will need to transport your paddle bag in your boat and place all your paddle gear back in your bag at the end of the paddle leg. You will need to drop your paddle gear at check in on **Saturday 10/07 between 07:00 and 08:45.**

Paddle bags are available for purchase at the Adventure Enablers [online store](https://adventureenablers.square.site) at <https://adventureenablers.square.site>. We will also have paddle bags available for purchase at packet pickup for \$100.

Canoes/Kayaks Boats will be provided. Two-person will get one canoe. **Three-person teams will get a canoe and a kayak.** Four-person teams will get two canoes. Soloists will get a kayak. Canoes/kayaks will come with single-blade/kayak paddles and/or PFDs. No outside boats are permitted. Event-supplied boats, paddles, and PFDs will be located at the canoe put-in. You will not need to carry paddles or PFDs. You will not need to portage the boat for any great distance. Canoes do not come with a 3rd seat.

Personal paddles and PFDs are allowed and will be transported for you to the put in and from the take out locations. Personal PFDs must be class III (non-inflatable). All paddle equipment must be placed in your paddle bag. At the end of the paddle legs remove all your paddle equipment from the boats and place it in the designated area in the TA. **Closed toe shoes are mandatory gear for the paddle.**



Maps and Plotting

Maps will be at scales 1:24,000-with UTM grid markings along the edge of the map. Maps will be on waterproof paper. All points will be pre-plotted. Maps will be distributed on race morning. You will be required to navigate using various types of maps. Map and compass skills are necessary to locate most of the checkpoints. No GPS units are allowed. Teams will receive two sets of maps. Soloists will receive one set of maps. Maps are 11x17 double sided. Navigate to <https://bit.ly/3ARl02S> for a sample.

Staging and Transporting Equipment on Course

Paddle gear, bikes, and gear bin must be dropped off between **07:00 and 08:45 on Saturday, October 7** at Canaan Valley Resort. Your paddle equipment, bike, and gear bin will be transported for you as necessary.

Cut-Off Times

If teams fail to meet certain cut-off times, they will be short-coursed and may be required to skip certain sections of the course. If any, cut-off times will be noted on the rules of travel.

Water

Natural water sources are available along the course and at some TAs. These vary from streams and ponds to running rivers. All natural water sources will need to be treated. We will have potable water available for emergency situations such as severe dehydration and medical emergencies.

Course Markings

No direction arrows, tape, markers, etc. are placed on the course (unless specifically noted in the course notes or on maps).

Time Estimates

The Logistics Outline contains time estimates for each leg of the race. “Fast” times are based on the estimated speed of a top team completing that section during the daylight, in good weather conditions, and excluding sleep. “To Finish” times are based on estimated speed of a team who will complete the full course and finish just prior to the final race cut off, completing that section during the daylight, in good weather conditions, and excluding sleep.

Race Logistics











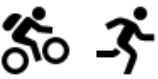




Course Outline & Discipline Overview











The Pre-Race Logistics Outline is a guide to help you prepare your equipment prior to the event. Use it to determine how to pack equipment, set up bikes, organize paddle equipment, and train. [Logistics outline was updated as of 08/29/2023.](#)

Support

No outside assistance is allowed. Outside assistance of any kind will be grounds for disqualification. You can receive assistance from other teams, however.

Almost Heaven 2023 - Logistics Outline

LEG 01		27 Km	Elev. Gain 330m Elev. Loss 790m	
 Travel by foot		Fast estimate = 3.25 Hr Slow estimate = 5.5 Hr		Terrain Breakdown: 100% trail and off trail navigation. Off trail navigation permitted. Logistics: <ul style="list-style-type: none"> Travel via foot and collect checkpoints. You will have access to your paddle bag at the end of this leg. All points on this leg are mandatory
Transition Area Facilities (End of leg), Team Logistics & Equipment				
 Restroom	 Water	 Paddle bags		
LEG 02		23 Km	Elev. Gain 0 m Elev. Loss 70m	
 Travel by boat		Fast estimate = 3.5 Hr Slow estimate = 7 Hr		Terrain Breakdown: 100% Class I-II Paddle Logistics: <ul style="list-style-type: none"> Travel via boat and collect checkpoints. You must transport all paddle gear including paddle bags in your boat. You will have access to your bike at the end of this leg. You must wear closed toe shoes at all times. All points on this leg are mandatory
Transition Area Facilities (End of leg), Team Logistics & Equipment				
 Restroom	 Water	 Bikes	PFD must be worn on all paddle sections. Failure to wear a PFD will result in a DQ.	
LEG 03		44 Km	Elev. Gain 730m Elev. Loss 1430m	
 Travel by bike		Fast estimate = 3 Hr Slow estimate = 6 Hr		Terrain Breakdown: 20% Fire road, 80% paved. Logistics: <ul style="list-style-type: none"> Travel via bike and collect checkpoints. You must have you rear light on at all times, even in daylight. Take note of roads that are restricted. Travel on these roads will result in a DQ. You will have access to your gear bin at the end of this leg. All points on this leg are mandatory.
Transition Area Facilities (End of leg), Team Logistics & Equipment				
 Gear bin				
LEG 04		34 Km	Elev. Gain 1500m Elev. Loss 1500m	
 Travel by foot and/or bike		Fast estimate = 7 Hr Slow estimate = 14 Hr		Terrain Breakdown: 100% trail and off trail navigation. Off trail navigation permitted. Logistics: <ul style="list-style-type: none"> Travel via foot and/or bike and collect checkpoints. Off-trail navigation is permitted. You may drop your bike and collect checkpoints on foot at anytime. No travel allowed in areas marked on map as No Travel. All points on this leg are optional.
Transition Area Facilities (End of leg), Team Logistics & Equipment				
 Gear bin				
Leg 05		29 Km	Elev. Gain 823m Elev. Loss 488m	
 Travel by bike		Fast estimate = 1.5 Hr Slow estimate = 3 Hr		Terrain Breakdown: 35% Fire road, 45% single track, 10% hike-a-bike, 10% paved. Logistics: <ul style="list-style-type: none"> Travel via bike and collect checkpoints. You must have you rear light on at all times, even in daylight. All points on this leg are mandatory.
Transition Area Facilities (End of leg), Team Logistics & Equipment				
 Restroom	 Water			

LEG 06		10 Km	Elev. Gain 300m Elev. Loss 300m	
 Travel by foot		Fast estimate = 1.5 Hr Slow estimate = 3 Hr		Terrain Breakdown: 100% trail and off trail navigation. Off trail navigation permitted. Logistics: <ul style="list-style-type: none"> • Travel via foot and collect checkpoints. • Off-trail navigation is permitted. • No travel allowed in areas marked on map as No Travel. • All points on this leg are optional.
Transition Area Facilities (End of leg), Team Logistics & Equipment				
 Restroom	 Water			
Leg 07		17 Km	Elev. Gain 350m Elev. Loss 270m	
 Travel by bike		Fast estimate = 1.5 Hr Slow estimate = 3 Hr		Terrain Breakdown: 35% Fire road, 45% single track, 10% hike-a-bike, 10% paved. Logistics: <ul style="list-style-type: none"> • Travel via bike and collect checkpoints. • You must have you rear light on at all times, even in daylight. • All points on this leg are optional.
Transition Area Facilities (End of leg), Team Logistics & Equipment				
 Restroom	 Water			
LEG 08		5 Km	Elev. Gain 70m Elev. Loss 70m	
 Travel by foot		Fast estimate = 1 Hr Slow estimate = 2 Hr		Terrain Breakdown: 100% trail and off trail navigation. Off trail navigation permitted. Logistics: <ul style="list-style-type: none"> • Travel via foot and collect checkpoints. • Off-trail navigation is permitted. • No travel allowed in areas marked on map as No Travel • All points on this leg are optional.
Transition Area Facilities (End of leg), Team Logistics & Equipment				
 Restroom	 Water			

On-Course Gear Transport

		<p>Bike</p> <ul style="list-style-type: none"> Your bike will be transported along the course. Bikes do not need to be in a box. Shoes, helmet, and mandatory bike gear may be securely attached to the bike during transport. No additional equipment outside of saddle bags, bar bags, and frame bags may be attached to the bike during transport. Team identification labels provided Will be transported by race organization You will need to drop your bike at the start location between 07:00 and 08:45 on Saturday 10/07.
		<p>Gear Bin</p> <ul style="list-style-type: none"> 1 x gear bin per team 55 lbs (25 kg) maximum weight Team identification labels provided Will be transported by race organization You will need to drop your gear bin at the start location between 07:00 and 08:45 on Saturday 10/07.
		<p>Paddle Bag</p> <ul style="list-style-type: none"> 1 x bag per team 55 lbs (25 kg) maximum weight Team identification labels provided Paddle bag at start of paddle leg Split paddles will fit inside bags; full-length paddles must be attached to paddle bag for transport A large duffel with paddles secured and labeled may be used Paddle bags are transported for you to paddle put in and from paddle take out. You will need to drop your paddle bag at the start location between 07:00 and 08:45 on Saturday 10/07. You can purchase an ARWS paddle bag at the Adventure Enablers online store here: https://adventureenablers.square.site Paddle bags are available for purchase at packet pickup for \$100.

Schedule

Day	Time (EST)	Location	Activity
Sunday October 1, 2023	19:00	Online	Pre-Race Brief
Friday October 6, 2023	16:00 - 20:00	Canaan Valley Resort	Packet pickup
Friday October 6, 2023	18:00 - 21:00	Trail Labs	Happy Hour. Have a drink on us.
Saturday October 7, 2023	07:00 - 08:45	Canaan Valley Resort	Paddle bag, bike, and gear bin drop
Saturday October 7, 2023	07:00 - 08:45	Canaan Valley Resort	Tracker, map, and ePunch distribution
Saturday October 7, 2023	07:00 - 09:00	Canaan Valley Resort	Continental breakfast
Saturday October 7, 2023	10:00	Canaan Valley Resort	Race start
Sunday October 8, 2023	10:00	Canaan Valley Resort	Race finish
Sunday October 8, 2023	08:30 - 10:30	Canaan Valley Resort	Post-race breakfast
Sunday October 8, 2023	10:30	Canaan Valley Resort	Awards

Locations

Canaan Valley Resort 230 Main Lodge Road, Davis, WV 26260

Trail Labs 465 Cortland Rd, Davis, WV 26260

All activities are located at the pavillion located directly behind the resort hotel.

Start and Finish Location

Packet pickup and the start and finish are located at Canaan Valley Resort. Follow directions and signage when you arrive for parking. There are various lodging options at the resort including camping and hotel rooms. See page 4 for info on lodging.



Tracking & Timing

Timing and Results

The Almost Heaven AR will be timed using the SportIdent ePunch system. This provides accurate times between checkpoints, ensures the safety of competitors by tracking their location along the course, and allows near real-time updates for family and friends following the progress of their teams. ePunch sticks will be provided to each team at the race start.

Tracking

We will be using GPS tracking devices for team tracking during the event and posting regular updates to our social media sites. Your cheering squad will be able to follow your progress on an online map that will update your position frequently.

Each team is issued two trackers just before the race starts. The tracker **MUST** be attached to a shoulder strap of a back with the supplied tracker pouch. One tracker will be a Garmin Messenger that can operate without cell service. The other tracker will be a cell based tracker. During paddle sections, one of the trackers must be worn on the shoulder strap of a PFD. Teams will receive a briefing on how to use the tracker in the event of an emergency.

If you lose or break any of your tracking devices, you will be subject to a time penalty and must pay \$150 for a replacement cell tracker and \$400 for a replacement Garmin tracker.

Finish & Awards

Finish Line

The finish of the race will be located at **Canaan Valley Resort** 230 Main Lodge Road, Davis, WV 26260.

Awards

Prizes will be awarded for each division.

Pre & Post Race Food & Drink

On Friday evening we will be hosting a happy hour at Trail Labs where we want to buy you your first drink. Come hang out with the competition between 18:00 - 21:00 at this super cool venue. Trail Labs does not serve food, but you are welcome to bring your own takeout and hang out with us.

On Saturday morning we will be serving a full-on continental breakfast to ensure you get an adequate sugar high and your energy levels up.

A delicious post-race breakfast will be served on Sunday morning to help you refuel.

Affiliated Series

The Almost Heaven AR is part of the following series. You will automatically earn points for each of the series by taking part in the event.

United States Adventure Racing Association (USARA)

The USARA National Points Series (NPS) provides an ongoing ranking of teams across the country, based on their race results at USARA-affiliated and USARA-sanctioned events. The calendar of included races is published and updated throughout the season.

Rankings are computed in three divisions: mixed-3/4; male-3/4; and female-3/4. At the National Championship each year, the top team in each division will be declared the



winner of the National Points Series for the previous season.

There is no need to register for the series. All teams competing in affiliated and sanctioned events are automatically included in the rankings.

Adventure Racing World Series North American Circuit (ARWS)

The Adventure Racing World Series unites in competition the world's best endurance athletes at the premiere adventure races around the world.

The series includes Qualifier expedition races of 3-10 days, leading up to an annual Adventure Racing World Championship, and Regional races of 12-36 hours, offering an accessible pathway into adventure racing and the opportunity to progress to expedition races and the World Championship.

There are currently 64 races in the Adventure Racing World Series, with regional races in North America, South America, Europe, Africa, Asia, the Middle East, and Oceania. All teams taking part are included in the ARWS world and regional rankings.

The first Adventure Racing World Championship took place in 2001 in Switzerland and this year's World Championship in South Africa will be the biggest adventure race in the world. For more information see www.arworldseries.com

Gear

Most of the mandatory equipment is required to help you complete the course safely in the event you have an emergency or mechanical issue. Usually the longer the race and the more time you spend on the course, the more equipment you need. The mandatory gear also plays an important part of our overall safety plan for the event. Please note that the gear list is subject to change as details are finalized.

Team Uniforms

Teams are encouraged to wear a team uniform throughout the race. We will be taking team pictures during packet pickup. It's a good opportunity to show and build your esprit de corps.

Supplied Gear

Adventure Enablers will provide race maps, ePunch, race passport, list of rules, bib number, bike numbers, GPS tracker, UTM plotter, and equipment for the paddle sections.

Mandatory Gear

Spot checks for mandatory gear will be conducted on the course. Any team missing items of mandatory gear will be subject to time penalties and/or disqualification. All mandatory gear is required to ensure racers have the proper equipment to safely complete the course.

The mandatory gear list can be found at the end of this document.

Recommended Gear

The mandatory gear list is considered minimal equipment. You will need additional equipment to be able to successfully complete the race. We also suggest sunglasses, bug spray, sunblock, waterproof map case, map bag for race map and passport, pen for plotting, scale tool, change of clothes, and multiple pairs of socks.



First Aid Kit

You will need to bring your own first aid kit as part of your mandatory gear. We recommend the Adventure Medical Kits Ultralight .7 (<https://www.adventuremedicalkits.com/ultralight-watertight-7.html>). This has all the required medical supplies. Medical support will be available at the main TAs.

Special Considerations

Safety

Weather

The Canaan Valley is a high elevation valley sitting at 3,200 feet and is well known for its unique weather conditions. Average October weather in the area has high temps in the upper-50s and low temps in the upper 30s. However, this time of year it is not uncommon to see temperatures dip into the 20s and we may even see snow flakes! Plan carefully and pack those extra layers. You will be passing through boggy terrain and precipitation is always possible. Managing your body temperature could be a major factor in this race.

If you are traveling to the race from surrounding areas, do not expect the weather to be the same as it was at home; this is a unique weather environment that can vary drastically from the nearby cities. Pack an extra mid-layer and throw your cold weather gear into your bin so you are prepared.

Copperhead Snakes and Timbler Rattlers Snakes are a real and present danger. Always be aware of where you are putting your hands and feet, especially in rocky areas. In the event of any snake bite, immediate evacuation will be necessary.

Black Bears Bears roam this area of West Virginia. Black bears are not usually aggressive to humans unless they (the bears) are scared. Bears usually avoid people, so if you stay with your team and make noise, bears likely will avoid you. Be aware of your surroundings and look for evidence that bears have been in the area such as tracks, scat, or overturned logs. Know that dusk and dawn are when bears are most active.



Poison Ivy/Oak/Sumac Leaves of three? Let it be! But also keep in mind that poison ivy/oak/sumac looks an awful lot like Virginia creeper, which is harmless. Poison ivy, the most common in Virginia, grows as groundcover, a bush, or a vine pretty much anywhere. Its leaflets grow in clusters of three, and many people who come in contact with it develop an extremely itchy rash.

Ticks As in many other areas of the United States, deer (blacklegged) ticks abound. The bacteria that causes Lyme disease is only transmitted through the bites of infected deer ticks, usually in the nymph stage. Since a blacklegged nymph can be very small and because its bite produces little itch or irritation, most people never realize they have been bitten unless the tick attaches to a part of the body that is in plain sight. You will be traveling through tick-infested areas during the race, so you should wear DEET or a similar insect repellent and/or permethrin (apply permethrin to shoes and clothing only, not skin). Wear light colored clothing so that ticks are easier to see and remove. Tuck pant legs into socks to prevent ticks from crawling up under the pants. Wear long-sleeved shirts buttoned at the wrists. Conduct tick checks within a few hours of exposure to a tick-infested area. Remove any attached ticks promptly by gripping the tick with tweezers as close to the skin as possible and using a gentle steady pulling action. Learn more by clicking [here](#).



Eating and Drinking During the race you will constantly hear us reminding you about hydration and nutrition. We have ensured that water refilling options are available and are noted on the Logistics Outline. These may be through potable water sources or water that will need purification. We expect most of our medical incidents to be gastrointestinal and hydration related. It is up to you to make sure that these incidents are few and far between.

Bike Travel Whenever you are riding on roads, you must travel in single file. On trails, ride within your limits. Some of the trails you are going to be riding are very technical. Add riding them at night, and it can lead to accidents if you don't take precautions. Don't be afraid to dismount and push even on downhill sections, if you are uncomfortable with the terrain.

Lights You need to ensure that your lighting system is bright and highly visible both from the front and rear and is capable of running for up to 12 hours. Bike helmets are required to have reflective tape on the back, and your packs should have some form of reflective material or tape on it to make it as visible as possible at night. These requirements/items are part of the mandatory gear list. While on road, rear blinky lights must be on at all times day or night.

Flags and Other Symbols You will be racing in areas where you may come across symbols (displayed in yards, on trucks, etc.) that suggest racial hostility. We apologize for this, and we want you to know you are welcome, safe, and equal in our AR community.

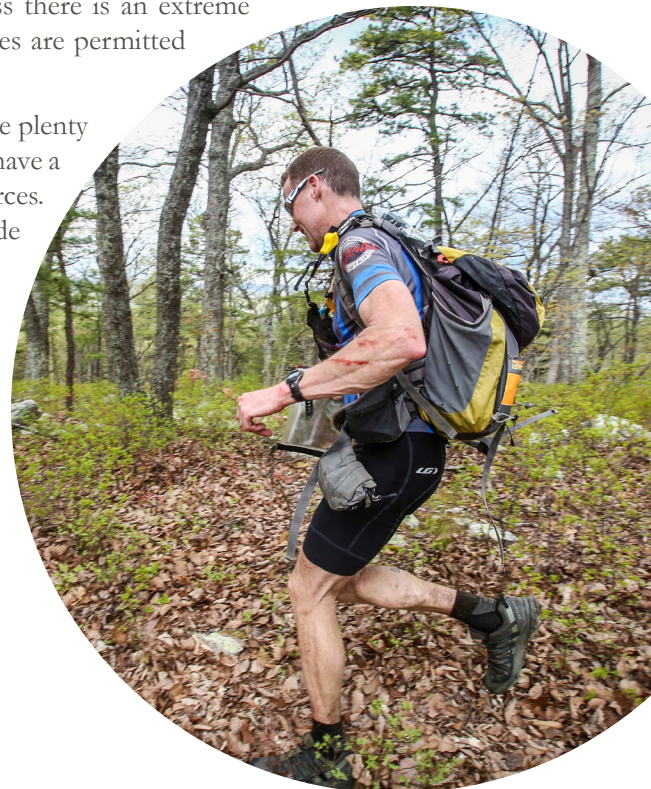
Environmental

You will be passing through some environmentally protected areas, and we have assured all the agencies and owners of the land we will be crossing that the adventure racing community is fully invested in protecting the environment and that our racers are a caring bunch when it comes to all things to do with nature. In certain areas you may be required to dismount to cross streams, use particular routes of travel, and ensure that gates are closed to help with environmental protection. Please ensure that you follow any volunteer directions and Rules of Travel to ensure we keep the adventure racing community name in good stead.

Rock falls, steep dropoffs, loose limbs/widowmakers Falling off things or having things fall on you are a possibility. Be aware of loose rocks, dropoffs, loose limbs, and leaning trees.

Open fires You are NOT permitted to have open fires at any time, unless there is an extreme emergency or medical situation (hypothermia) that warrants one. Camp stoves are permitted in TAs.

Water sources Water sources will be available at some of the TAs. There are plenty of opportunities to refill water along the course. It is a requirement that teams have a method to treat water so that you can take advantage of "natural" water resources. Water stations may be provided along the course where natural or manmade water sources are not available.



Human waste Racers must follow leave no trace principles (cat method) for human waste in the event there are no sanitation facilities: Deposits should be made in a hole dug with a trowel or shoe heel to a depth of at least 6 inches and at least 100 feet from water. The hole should be covered when done, leaving no trace. We will have portajohns at the start and finish location.

Travel Information

Getting Here

North 39 degrees 01.450' • West 079 degrees 27.889'

The closest airport is Washington Dulles International Airport (IAD), about 2 hours drive away from the race start/finish. Washington National (DCA) is another convenient option located about 2.5 hours drive away.

- Approximately 3.5 hours west of Mid-Atlantic seaboard cities
- 38 miles from Elkins-Randolph County Airport (KEKN)
- 165 miles from Washington Dulles International Airport (IAD)

Time Zone

The event will be conducted in US Eastern Standard Time. The event will use 24-hour time for all timing information.

Mobile/Cell Service

Most cell carriers work at the host location. Service out on the course is spotty but will work for most carriers especially at high points. For emergency services, dial 911.

Parking

We will have parking available at the Start and Finish location.

Local Race Supplies Shopping

Davis has a few outdoor stores and bike shop.

Medical Support

On Course

Medical staff will be stationed at every transition and also out on the course. They are there to help you in emergency situations and also provide support and care. Your first line of medical and emergency support is your team and other teams out on the course.

Emergency Medical Transportation

If a team requires medical evacuation by emergency services (i.e., ambulance or helicopter) they are liable for these costs. Ensure that you have the appropriate health coverage; you are responsible for all medical coverage and medical transportation.



Race Rules and Penalties

This event will use the Adventure Enablers General Rules (see the end of this document). Time penalties will be added to finish times.

Volunteer

We could not put on these events without the generous time all of our volunteers put into making sure your race is fun-filled, safe, and memorable.

When you see volunteers out on the course, during registration, or doing the countless activities they do behind the scenes, make sure you give them a big smile and say “Thanks.”

Media

Live Coverage

Live coverage including team tracking will be available through the Adventure Enablers Facebook and Instagram sites and tracking page.

Social Media

Be sure to follow us on [Facebook](#) and [Instagram](#).

Hashtags

We'd love for you to use the following hashtags to help promote the event and the sport of adventure racing: #AdventureEnablers #Enabled #adventureracing

Photo Credits Bushnell Photography, Vlad Bukalo, Randy Ericksen, & Chris Radcliffe



About the Race Company

[Adventure Enablers](#) are the hosts of the Almost Heaven Adventure Race and various other outdoor adventures. With our extensive portfolio of outdoor events experience, we offer race timing, live tracking solutions, registration management, and customized event management for any size running, biking, or multisport event. We also provide live tracking for many adventure races and other endurance events in North America.

With more than a decade of event experience and the complementary equipment and logistics skills, the Adventure Enablers team partners with race directors, charities, property owners, businesses, cities, states, you name it, to bring high-quality and fun events that are family friendly, endurance based, goal achieving, and adventure enabling.

Thank you for choosing the Almost Heaven as your next--or first!--adventure race. The AE team can not wait to share this amazing experience with you. Looking forward to enabling your next adventure where ever tat may be.



Mark Harris
Race Director



Mike Chaney
Asst. Race Director/Course Design



Travis Sideal
Asst. Race Director/Course Design

Support provided by



Adventure Racing World Series

The Adventure Racing World Series unites in competition the world's best endurance athletes at the premiere adventure races around the world. The series includes Qualifier expedition races of 3-10 days leading up to an annual Adventure Racing World Championship, and Regional races of 12-36 hours offering an accessible pathway into adventure racing, and the opportunity to progress to expedition races and the World Championship.

www.arworldseries.com



United States Adventure Racing Association

The United States Adventure Racing Association has been the primary national organizing body of adventure racing for over twenty years. USARA has sought to advance the sport through various initiatives and programs including the Women in AR campaign, USARA-sanctioned calendars and rankings, individual mentoring for race directors, and the organization of a National Championship.

www.usara.com



Canaan Valley Resort

With 160 rooms, 23 cabins, and 34 campsites, our resort provides lodging for any occasion. Perfect your swing on our championship golf course, swim in our outdoor and indoor pools, or ski down our 47 slopes and trails. No matter the season, you'll find no shortage of family-friendly activities.

www.canaanresort.com



Blackwater Falls State Park

Located in the Allegheny Mountains of Tucker County, Blackwater Falls State Park is named for the amber waters of Blackwater Falls, a 57-foot cascade tinted by the tannic acid of fallen hemlock and red spruce needles. Visitors can enjoy the scenic views year-round by taking the steps to the falls or using viewing platforms. The park has 20 miles of hiking trails, the longest sledding magic carpet on the East Coast in the winter, a comfortable lodge and more.

wvstateparks.com



US Forest Service

We are a multi-faceted agency that manages and protects 154 national forests and 20 grasslands in 43 states and Puerto Rico. The agency's mission is to sustain the health, diversity, and productivity of the nation's forests and grasslands to meet the needs of present and future generations.

www.fs.usda.gov

General Race Rules

- Penalties for rule infractions will be assigned in the form of time penalties, point penalties (deductions), or disqualification. Penalties will be assigned on the course if possible and will be determined by the race director and Adventure Enablers race committee.
- Any rules outlined in the Rules of Travel supersede these general race rules.
- Teams must ePunch at both manned and unmanned checkpoints (CP).
- In the event an ePunch does not work, use the pin punch to mark the checkpoint on the Rules of Travel. If there is no pin punch, take a photograph of your team and the most prominent feature at your location.
- Both mandatory and optional points may be located on the course, depending on the course.
- Each checkpoint must be acquired by using the prescribed method of travel as outlined in the Rules of Travel.
- To remain official, teams must collect all mandatory checkpoints on the course within the specified times.
- Checkpoints are worth the value outlined on the map.
- Ranking is determined by the highest accumulated points (minus penalties) and the fastest time (including time penalties).
- Teams may not travel on private property unless specified in the Rules of Travel.
- Teams must obey all traffic laws.
- Only racers, volunteers, and race officials are allowed in marked transition areas (TA) or staging areas.
- PFDs must be worn and secured properly at all times while paddling or doing a water challenge.
- Racers must use the same bike throughout the entire race. In the event of mechanical failure replacement parts can be used but they must be provided by the team, other racers, or an event official. No outside assistance is allowed.
- All racers are expected to be examples of good sportsmanship. Racers must treat fellow racers and race staff with courtesy and respect.
- Teams must assist fellow teams in need of medical attention. In the event of an emergency, call 911, then contact the race director.
- Teams must always remain within 100 feet of teammates and within visual contact (unless otherwise specified).
- All team members must check in together at each CP and TA. If one member must leave the course, they must do so at a manned CP or TA and notify race management. If a team leaves a teammate out on the course, that team will be immediately disqualified and not allowed to continue unofficially. Incomplete teams may continue unranked. A single person may become a soloist. Incomplete teams must carry the mandatory team gear.
- Rules of Travel, maps, ePunches, and race rules must be carried the entire race.
- Teams must ensure that the ePunch registers at each CP. The control will beep when the ePunch has been registered. Only punch once at each control unless otherwise specified.
- All CPs can be obtained in any order unless specified.
- Race officials reserve the right to alter time cut-offs or the course itself to accommodate changing conditions and to ensure that teams finish on time.
- Mandatory gear must be carried at all times, unless otherwise specified in the Rules of Travel, and may be checked on the course.
- No GPS devices of any type are allowed for navigational purposes. Smart phones with GPS capabilities may be carried if mandatory gear requires a camera/cell phone.
- Bicycle helmets are required at all times during the bicycle portion and when specifically directed by race officials.
- Racers must follow Rules of Travel as outlined. Where no specific path is designated, teams select their path between CPs. When instructions designate a specific route, teams must follow that path. Sections of the course may be determined as out of bounds or restricted for travel.
- There is no food or gear drop unless specified by the race director. Racers may not receive outside assistance except from race officials and other registered teams. Teams are responsible for providing all their own food and drink while on the course.
- Rear bike light must be on and blinking at all times when riding on open roads.
- No littering. Please practice Leave No Trace!
- All areas of the course are open to the public. Use proper trail etiquette. Bikes yield to hikers, and everyone yields to horses.
- Any time penalties will be added to the team's finishing time.
- Race officials reserve the right to remove a team from the course for health, safety, or other reasons at the discretion of race officials and medical personnel.
- Any team withdrawing from the race must notify a "live" person by checking in with a CP or TA volunteer or by calling the race director. Failing to notify race officials will result in that team being responsible for all search and rescue expenses.
- Any protest must be filed in writing within 1 hour of the team's finish and will be reviewed by the race committee.
- All racers must have a good time, challenge themselves, and at all times have belief that they can complete the course.

MANDATORY EQUIPMENT LIST

PERSONAL RESPONSIBILITY AND ASSUMPTIONS - You and your team together are responsible entirely for carrying suitable and appropriate equipment, clothing and sustenance for the climate, conditions, and activities in the event. This Mandatory Equipment List is NOT a list of the only items you should take. It contains the mandatory items that you and your team must carry with you, at specified times, to meet minimum safety requirements, prevent and/or treat SOME potential injuries, and short-term survival purposes (for example a seriously injured team member, in a stationary position, overnight in bad weather). It assumes your team members will NOT separate during the race and that you may share between members the mandatory equipment that must be carried. You will certainly need additional equipment, clothing, food, and drink for your participation in the event.









RECOMMENDED AND INFERRED ITEMS






The following items, categories of equipment or related items, are either strongly recommended by organizers, or assumed to be an inferred requirement as competitors must have an understanding of adventure racing, the activities they will be participating in, and general outdoor adventure knowledge and experience.

- ▶ Backpacks and water carrying containers/ bladders/ bottles.
- ▶ Foods and sustenance, sufficient until the next re-supply point, including emergency quantities.
- ▶ Personal race clothing and footwear suitable for extreme conditions (including accessories such as hats/ gloves, eye protection, watch/altimeter as required and clothing for water activities).
- ▶ Waterproofing/ dry bags to keep personal and team equipment as dry as necessary.
- ▶ Water purification device or chemicals - to avoid illness from drinking contaminated water.
- ▶ Personal medications (for example EpiPen/epinephrine, bronchodilator/Ventolin) permitted analgesics, therapeutic medicines, medical insurance certificates, allergy or illness identification tags, sun protection, bug spray.
- ▶ Cycle repair kit (including pump, tubes, tools and spare parts).
- ▶ Additional and back up Mandatory/ Recommended and Inferred items in re-supply boxes as permitted.

As a competitor, you and your team are required to carry the mandatory equipment items with you at the specified times. Checks of mandatory equipment may occur during the race and missing equipment may result in penalties or disqualification as per the race rules. If any items are used/ consumed/lost during a leg, they must be replaced at the next transition point.





The mandatory equipment is divided into two categories, equipment you and your team must carry at ALL times, and equipment you and your team must carry during a specific DISCIPLINE.

			ALL TIMES - ALL DISCIPLINES	
Yes/No	Name	Image	Quantity	Description
✓	Whistle		1 x per competitor (no share)	Each competitor must carry at all times a whistle that is pea-less and functional in wet conditions. It must be easily accessible at all times to sound an alert if required.
✓	Light Source (Headlamp)		1 x per competitor	Light source (such as headlamp), waterproof with the required batteries for the section of the race. Different light sources may be used in different disciplines e.g. headlamp, cycle lights.
✓	Shell Layer Top (Jacket)		1 x per competitor	The shell/ outer layer jacket must be waterproof, windproof, breathable as specified by the manufacturer. Jacket must have hood, seams tape sealed and be suitable for potentially extreme conditions in an adventure race.
✓	Baselayer Top		1 x per competitor	Long sleeve, close fitting top of synthetic or wool fabric. Lightweight, moisture wicking/ quick drying, and worn next to your skin. Top may either be carried or worn.
✓	Baselayer Legs (Leggings/ Tights)		1 x per competitor	Long leg, close fitting bottom of synthetic or wool fabric. Lightweight, moisture wicking/ quick drying, and worn next to your skin. Bottom may either be carried or worn.
✓	Baselayer Head (Beanie)		1 x per competitor	Beanie (or Buff) must be close fitting and of synthetic or wool fabric. Lightweight, moisture wicking/ quick drying, and worn over your hair/skin. Beanie may either be carried or worn.
✓	Survival Blanket (Space Blanket)		1 x per competitor	Sheet or bag of material coated in a metallic reflective agent. Used in emergencies to reflect heat. Can be used to counter hypothermia, but also provide shade or aid in visibility.
✓	Magnetic Compass		2 x per team	Quality compasses for accurate navigation. Watch compasses do not meet these requirements.
✓	Digital Camera		1 x per team	Camera or electronic recording device (e.g. video camera), waterproof, shockproof with charged battery. May be used to photograph in case of missing checkpoint or other rule breaches. May also be used for general photography (at risk of having flat battery when needed). A smart phone may be used to meet this requirement.
✓	Cell Phone		1 x per team	Cell phone with fully charged battery, turned off and in waterproof bag/container for emergency use only. Race organizers will provide advice on specific cell network (if required) and seal phones in security bags before the race. A smart phone maybe used to meet this requirement.
✓	Fire Starting Device		1 x per team	Waterproof matches, gas cigarette lighter, flint and steel are all acceptable fire-starting devices.
✓	Knife		1 x per person	Minimum blade length 2.5" and sharp enough to cut rope or webbing in an emergency. Folding blade for safety. Must be easily accessible while paddling.

✓	Course Information and Maps		1 x per competitor	Course maps, course notes and passport/ control card, provided by organizers, appropriate for section of the race teams are completing. All maps provided will be on waterproof paper but should still be protected against the elements.
✓	First Aid Kit		1 x per team	You will need to bring your own first aid kit as part of your mandatory gear. We recommend the Adventure Medical Kits Ultralight .7 (http://www.rei.com/product/695383). This has all the required medical supplies. Medical support will be available at some TA's.
✓	GPS Tracker		1 x per team	Provided by race organizers. Must be carried and used in accordance with direction of race organizers.
✓	Transition Gear Box		1 per team	HDX 27 Gal tote . (Black bin with yellow lid) 29" x 19.5" x 15.25"
✓	Water Purification		1 x per competitor	Method to purify water (purification tablets, iodine, filter etc.)
✓	Duct Tape		1 x per competitor	Duct tape (minimum 10 feet)



ALL TIMES - MOUNTAIN BIKE DISCIPLINE

Yes/No	Name	Image	Quantity	Description
✓	Mountain Bike		1 x per competitor	Mountain Bike appropriate for adventure racing. No road or cyclocross bikes. Front suspension highly recommended.
✓	Helmet		1 x per competitor	Cycle helmet with an approved safety standard certification. (e.g. CE, UIAA or country equivalent).
✓	Front Light		1 x per competitor	Front facing white light. May be head or handlebar mounted.
✓	Rear Light		1 x per competitor	Rear facing red light. Must be mounted on the bicycle. Recommended spare rear light is carried amongst team.



ALL TIMES – PADDLE DISCIPLINES




Yes/No	Name	Image	Quantity	Description
✓	Personal Flotation Device (PFD/ Lifejacket)		1 x per competitor (no share)	Correctly sized for the competitor and must meet safety standards of the country of the race. Worn at all times while performing and water based activity. Inflatable type vests not acceptable. Foam deteriorates over time and loses buoyancy. PFD with bladder and storage pockets are acceptable. Provided by race organization or may bring your own.
✓	Whistle		1 x per competitor	Must be attached to the PFD/ Lifejacket.
✓	Paddle		1 x per competitor	Single blade paddles will be provided for canoes, double blade paddle for kayaks. Competitors are allowed to supply their own paddle.
✓	Canoe/Kayak		as per race organizer	Canoes/Kayaks will be provided by the race organization.
✓	Paddle Bag			Paddle bag or large duffel bag if you are bringing your own paddle equipment.
✓	Closed Toe Shoes			Footwear must be worn on the paddle with a close toe. ie no open sandals or bare feet.



FIRST AID KIT - ALL TIMES - ALL DISCIPLINES

Yes/No	Name	Image	Quantity	Description & Required Discipline
✓	Bandage (Elastic/ Crepe)		2m long x 7.5cm wide	Total length of bandage is minimum of 2 metres and minimum width is 7.5cm un-stretched. Multiple bandages are permitted. Used to create localized pressure to site of injury or wound.
✓	Triangular Bandage		1 x	This bandage in shape of right angle triangle can be used to make a sling, as normal bandage and other applications.
✓	Wound Dressing (Sterile)		2 x	Dressing minimum dimensions 7.5cm x 7.5cm each. Applied to wound to prevent further harm and promote healing. Self adhesive or used in conjunction with a bandage. Gauze dressing with nonstick film recommended.
✓	Strapping Tape (Adhesive/ surgical tape)		1 x	One roll of strapping tape. Can be used to secure bandages or dressings and in improvised splints.
✓	Antihistamine (strong)		4 x adult doses minimum	Antihistamine tablets inhibits the action of histamines and can be taken in event of allergic reaction.

Recommended Items - Additional first aid items that are highly recommended include analgesics (pain reliever e.g. Paracetamol), anti-inflammatory tablets (e.g. ibuprofen), electrolyte replacement, anti diarrheic, disinfectant and antiseptic solutions/creams, blister treatment, CPR face shield, medical gloves.

 ALL TIMES - ALL DISCIPLINES - NON-MANDATORY BUT RECOMMENDED				
Yes/No	Name	Image	Quantity	Description
✓	Mid Layer Top (Fleece)		1 x per competitor	The mid layer top is used between the baselayer and shell layer to provide additional insulation in cold environments. Long sleeve top of synthetic or wool fabric. Mid weight (greater than baselayer), moisture wicking/ quick drying. Top may either be carried or worn. When tested on scales the total weight of the top must be 200 grams or greater.
✓	Shell Layer Bottom (Pants)		1 x per competitor	The shell/ outer layer pants must be waterproof and windproof as specified by the manufacturer. Pants must be suitable for potentially extreme conditions in an adventure race.

 PROHIBITED ITEMS/ EQUIPMENT	
All Times - All disciplines	

- GPS devices. Includes devices that show your position, display maps, distance travelled etc (excludes GPS trackers provided by the organizers).
- No GPS devices of any type are allowed for navigational purposes. Smart phones with GPS capabilities may be carried if mandatory gears requires a camera/cell phone.
- Distance measuring devices such as foot pod accelerometers and pedometers. (cycle computers exempt)
- Mobile phones, radios, other communications or internet access devices etc (excluding the compulsory emergency phone sealed prior to the race).
- Firearms, night/ nocturnal vision devices.

Exemptions

If a competitor wishes, for example for post race performance analysis, to carry such a device as outlined in points 1,2, they must register it, including any separate display devices (e.g. watches) at HQ and have them sealed in a tamper proof bag prior to the start. Officials will check the bag is intact at the finish line.

FREQUENTLY ASKED QUESTIONS:

- Q. Am I required to carry an additional baselayer top or bottom if I am wearing them during the race? **NO.**
- Q. Does a cycle top and arm warmers (or cycle tights and leg warmers) meet the requirement for baselayer top and baselayer bottom? **YES**
- Q. Can a team mate carry my backpack? **YES** however each competitor must always carry a whistle.