

KURABIYE (COOKIE) ADVENTURE RACE

@ and Around BELGRAD FOREST

Score-Orienteering Style Sprint Adventure Race

04 DECEMBER 2011, SUNDAY

Short Description:

Cookie Race is an adventure race that requires using various outdoor sport disciplines together. Two people teams start the race from a certain base, and they reach the destination point by traveling through compulsory checkpoints using the sport discipline for given course. Between two points, they can travel as they please using their map. They enjoy the adventure on full scale while running, cycling (except adventure running) and going through rope course. They don't compete only with others but with their own limits and nerves, and most importantly, they have fun!

Categories:

Long-Difficult Course

U2 (Teams of 2 people): Participation is limited to 30 teams; it is a technically difficult and long course. Estimated finishing time: 5-8 hours. This course is recommended for physically fit teams with racing experience.

Disciplines: Mountain bike (participants bring their own bikes), trail running-trekking, canoe (provided by the organization), rope course (provided by the organization), map reading and orienteering (1/25000)

Middle Course

O2 (Teams of two people): Recommended for experienced racers without training or for those who are inexperienced but fit. Participation is limited to 30 teams. Estimated finishing time: 5-8 hours.

Disciplines: Mountain bike (participants bring their own bikes), trail running-trekking, canoe (provided by the organization), rope course (provided by the organization), map reading and orienteering (1/25000)

Short-Easy Course

K2 (Teams of two people): Recommended for those who did not race before or have no training and willing to have fun. It is an ideal start for fit people who don't train regularly and who wish to get familiar with adventure sports. This course is suitable for a teenager older than 15 along with the participation of someone from the family. Estimated finishing time: 3-5 hours

Disciplines: Mountain bike (participants bring their own bikes), trail running-trekking, canoe (provided by the organization), rope course (provided by the organization), map reading and orienteering (1/25000)

Adventure Running

For those who don't ride a bicycle and like to run, who wishes to have fun and lively courses with short and easy stages. It is ideal to first comers to adventure races.

Disciplines: Trail running-trekking, canoe (provided by the organization), rope course (provided by the organization), map reading and orienteering (1/25000)

PS: Teams can be formed in male-male, male-female, female-female combinations.

Important: Get prepared for weather conditions as the race will be in December.

Closing Party and Award Ceremony: There will be a party and award ceremony at 4 December Sunday evening. Don't forget to invite your beloved ones if you want them to applaud for you at the finish line. Anyone who can finish this race is a cookie monster. Awards from sponsors will be announced later.

REGISTRATIONS

Participation is paid. The registrations start at July 20. Applications that are paid through internet or early registration points count as early registrations. Macera Akademisi will approve the registration after receiving its form and bank receipt. Registrations that are not approved by Macera Akademisi are not valid. Participants must submit their original forms to Registration Desk before the race.

Registration Prices:

Early Registration (July 20-November 4)

Long, Middle, Short Course and Adventure Running 70 tl per person (vat included)

Normal Registration (November 5-November 27)

Long, Middle, Short Course and Adventure Running 90 tl per person (vat included)

Late Registration (November 28-December 2)

Long, Middle, Short Course and Adventure Running 125 tl per person (vat included)

Registration at race day (December 4)

Long, Middle, Short Course and Adventure Running 150 tl per person (vat included)

Garanti Bankası

Account Holder: Macera Akademisi Ltd

Iban No: TR72 0006 2000 1830 0006 2981 75

Branch: Valikonađı / 183

Account No: 6298175

Finansbank

Account Holder: Macera Akademisi Ltd

Iban No: TR2500111 000000000 154127 76

Branch: Metrosite / 971

Account No: 15412776

Compulsory Equipment for Participants to Procure and Carry during Race**Long/Middle/Short Course- Each Participant:**

- Backpack
- Food
- Pocket knife and whistle
- Clothing suitable for weather and terrain conditions
- Big size litter bag
- Cellphone and waterproof cover
- Mountain bike, bike helmet (rentable 5TL each), head light
- Spotlight for bike

Long/Middle/Short Course- Each Team:

- Compass
- First Aid Kit
- Map Cover
- Pen
- Emergency blanket (aluminium) or sleeping bag
- Bike Repair Kit for 2

Adventure Running – Each Participant:

- Backpack
- 1.5 lt liquid minimum
- Food
- Pocket knife and whistle
- Clothing suitable for weather and terrain conditions
- Big size litter bag
- Cellphone and waterproof cover
- Headlight

Adventure Running – Each Team:

- Compass
- First Aid Kit
- Map Cover
- Pen
- Emergency blanket (aluminium) or sleeping bag

General Rules:

- 1- All racers must submit their original registration documents to the registration desk and receive their base racing kit until 8:00 a.m. at 4 December 2011 Sunday. Those who arrive later than 8.00 a.m. cannot participate in the race or be refunded.
- 2- Racing vests are worn above other clothes and chest numbers are kept visible
- 3- Checkpoints between start and finish lines can be traveled in free order. Finding the right point and proving its visit is each participant's own responsibility. This rule applies also to the checkpoints where control cards are stamped by the referee.
- 4- Teams act together without splitting. Team members cannot get more than 50 meters away from each other.
- 5- Racers cannot remove their racing helmets except in stages allowed by the organization.
- 6- Participants compete with their own responsibility by signing risk acceptance form.
- 7- During the race, each participant has to obey general traffic, ownership and security rules. It forbidden to use passages, areas and methods inhibited by organization. Participants will be held accountable if these rules are breached.
- 8- Each team will move separately. It is forbidden for racers to help other teams or receive help from them except the case of an accident. In case of an accident, all racers have to aid injured participant.
- 9- During the race, maps and road notes provided by the organization committee are used. Compasses can be used as a helping accessory. Racers cannot use any maps or documents about the racing terrain. Electronic communication devices are forbidden except GPS and those required by the organization.
- 10- On rope courses, teams can proceed with their own equipment at their own responsibility. Mountain kit should be in required standards.
- 11- In any stage that teams need to wait in a queue, "whoever comes in first goes first" rule applies. If there is a referee in a certain stage, racers must notify their arrival instantly.
- 12- Teams and participants must have the compulsory equipment properly as stated by the rules. At any point of the race, this equipment can be controlled by the organization and in cases of a violation; organization can apply time or disqualification penalties.
- 13- Racers carry all equipment with them, they cannot resupply or drop equipment during race.
- 14- If a team quits the race, it must notify the organization and come to the finishing point. They return their racing kit. These teams cannot go back in racing area or help other teams.
- 15- Age limit: Participants under 18 can compete as a team with someone older than 18 years. Those under 14 cannot compete under any circumstances.
- 16- Racers must respect nature and leave no trashes on the field. They leave their trash to garbage cans and waste collection points.
- 17- Organization has the full authority of pictures and videos during the race.