

# **1st Annual Race for a Reason details and Chili Cook-Off rules**

This race is intended to raise money for two very exceptional causes. With that in mind there are entry fees. All proceeds go toward supporting LOMAK/Camp Tomah Shinga Disaster Response and LCM KU food programs. We encourage each team that enters the race or people wishing to enter a chili into the cook-off to get as many people involved as possible. We want to build a community that supports helping people in need. Get friends, family and businesses involved!

Fee to enter a team only: \$75.00

Fee to enter a team and a chili for the cook-off: \$50.00

Fee to enter a chili only: \$25.00

Shirts can be pre-ordered for \$10.00. This can be done at the same time as registering online. Please pay the day of the event.

## **Race For a Reason**

**Check-in/registration: 1:30-2:30 p.m. All participants must sign waiver/disclaimer before moving on to orientation. All participants must be 18 years old or older.**

**Orientation: 2:30 p.m. Review course and course rules.**

**Race start time: 3:00 p.m. If needed second heat started at 3:15.**

**Teams must attend the orientation or will be disqualified from participating.**

The race will consist of a cross country run (approximately 5K), mountain biking (approximately 5K), and canoeing a span of Lyon Creek.

Each leg will be timed and the team with the lowest combined time wins. Depending on the amount of teams participating there may be two heats for each leg.

Courses will be flagged. An approximate map of the property and map of the course will be provided at least 7 days prior to the race. Distances and terrain will be described with the map.

In the event that Lyon Creek is deemed too dangerous for safe canoeing due to recent rain we will add an additional running leg. Teams will be notified via e-mail with at least three days notice if this happens.

A traveling trophy will be awarded to the first place team.

### **IMPORTANT - Be advised:**

Everyone participating in the race will be required to sign a waiver/disclaimer. We will be expecting that every participant has evaluated their own ability to participate safely in an event

that will require strenuous activity. All three legs of the course offer physical challenges and the course covers uneven ground. We will do everything in our power to make sure the course is as safe as possible but participants must recognize, through a written waiver/disclaimer, that Camp Tomah Shinga/LOMAK, Westwood House/LCM KU and any of the organizers of this event are not responsible for personal injury of anyone participating. Participants shall agree to wear appropriate protective gear including but not limited to helmets and life vests. Participants will provide their own helmets for biking and shall be worn while canoeing as well. Organizers will provide life vests, paddles and canoes for the river race portion. The organizers/sponsors reserve the right to disqualify any individual or team from participation at any point for failing to agree to safety rules, not signing waiver/disclaimer or behaving in a way that jeopardizes the safety of themselves or another participant or behaving in a way that is not respectful to any other participant. **ALL RACE PARTICIPANTS MUST BE 18 YEARS OLD OR OLDER.**

A traveling trophy will be awarded to the winning team and t-shirts given to the winning team. T-shirts will clearly state the participants and sponsors. **It is strongly advised that if you have sponsors paying for your entry fee that you inform the organizers so that all signage and posters reflect their involvement. The t-shirts will include sponsors if you inform us within two weeks of the event.**

## **Chili Cook-Off Rules**

**Check-in/registration: 3:00-4:00 p.m.**

**Orientation: 4:00 p.m.**

**Start time: 5:00 p.m.**

Please prepare at least 6 quarts of chili. Have a list of ingredients so that people with allergies or intolerances can be aware of what they are eating. Come up with a creative name for the chili recipe. It will make it more fun. Organizers will provide a space and soda crackers. If you wish to offer other side dishes like corn bread or other crackers or decorations as display you will be responsible for those items. Please provide your own ladle. You are not responsible for any bowls or spoons.

Organizers will provide extension cords if you bring a crock pot. There are limited spaces for crock pots. The organizers will provide chafing/warming pans for those teams who do not have a crock pot or if we run out of outlets.

Every person attending gets to vote for their favorite chili. The top three vote getters will be recognized. These will be the "Peoples Choice" awards. **The more people you invite to attend will obviously be to your advantage for this award.**

A panel of judges will also determine the top three best chili entree's. These will be the "Judges Panel" awards. A traveling trophy will be awarded. T-shirts will be awarded as well.

Winners will be recognized on the LCM and Camp Tomah Shinga websites and we will publish the winning recipes unless you wish to keep the recipes secret.

