Northwest MedWAR 2019
Race Information

Welcome to Northwest MedWAR 2019! Be sure to know the following information before you start the race. All participants will be held responsible for knowledge of these instructions. These are specific to this race and may not be identical to prior MedWAR races.

Team Composition

You must have four (4) team members to compete. You should have already designated your teammates in your registration application.

Substitutions: you may substitute a teammate at any time before the race starts, but not after the starter's gun fires. Substitute teammates will receive the requested T-shirt size of the registered member. Please make us aware of any substitutions, including the name of both individuals and the team name and team number. If you have a teammate back out or get sick/injured at the last minute and cannot fill their spot, please contact us as we may be able to provide a “free agent” substitute racer.

Once started, the entire team must complete the race. If at any point during the race you have a teammate who cannot complete it, your team will automatically be disqualified.

Cancellations/Refunds

If your entire team cannot make it to MedWAR NW 2019, you may request a partial refund or credit for another race until April 11, 2019. If your team cancels after April 11, 2019 your race funds can only be transferred to another race.

Food and Beverages

Any food for camping is up to you. The morning of the race we will supply beverages and treats but if you have specific breakfast needs, you should bring it yourself. During the race, you’ll need to pack your own food and water. We’ll provide treats, beverages, and dinner after the race. Make sure you provide information on dietary restrictions during registration.

Required Gear List

You will need to show all required gear at check-in and carry all equipment below during the entire race. This is an unsupported race, meaning teams are not allowed to have support crews assist them. You will get wet. You will get dirty. All your gear and clothing will get wet and probably muddy. We are not responsible for ruined books, electronics, or other gear. We race rain or shine. Please plan accordingly.

Required Team Equipment:
1. Orienteering compass and UTM grid square for navigation. The map will be provided.
2. Ink pen for recording in your waterproof passbook.
3. Fire starting supplies e.g. matches, flint.
4. CPR face mask.
5. Water detoxification method*.
7. Wilderness medical and survival kit**.

* You will be responsible for your own hydration for the duration of the race. Natural sources of water (e.g. lakes, streams) will be on the racecourse, but you provide your own water detoxification method.

** You choose the contents of this kit. This is part of the preparation and team strategy challenge of the race. To use an item in a medical scenario, you will need to show that you have the item and in some cases, use it. Exception: To simulate a medication in your kit, you may label an empty syringe or pill bottle with the name of the med in marker. These must be pre-labeled before the race begins.

Required Individual Equipment:
1. Dry change of clothes and rain gear.
2. Whistle.
3. Light source with extra batteries.
4. Food, water, and the ability to carry 2 liters.
5. A sense of adventure.

Optional Team Equipment:
1. Camping supplies and food if camping.
2. Anything you think a Medical Wilderness Adventure Racer would need that isn’t forbidden (see below).
Forbidden Equipment:
1. Electronic navigational devices e.g. GPS units, satellite locator devices, pace meters, etc.
2. Communication devices* e.g. cell phone, radio, pager, PDA, walkie-talkie, etc.
3. Any mode of transportation not authorized by race staff.
4. Any map other than that provided by race staff.
5. Anything you question whether it might be authorized or not. Contact us ahead of time if in doubt.

* You may carry a cell phone or PLB for emergency use only but they must remain out of use to remain qualified in the race. Cell service is unreliable throughout the course and carrying cell phones during the race is generally discouraged, however PLB’s are encouraged as a safety measure, and cell phones may be used for photo taking only and not for navigation, reference material, or communication. Any unauthorized use of these devices will result in immediate disqualification of the entire team.

The Letter Story

You will receive official MedWAR NW bibs. Your MedWAR bib must be visible at all times. Each bib has two important pieces of information on it:
1. Your team number.
2. Your team member letter (A-D).

Your team member letter gives you a specific identity for the entire race. The race will require each team member to pull his/her own weight, and we want to distribute the challenges evenly among team members. Stations, tasks, and obstacles are set up where the member with a specific letter will always perform the task at that station (for example, Team Member C always gets the "broke arm" at that Checkpoint X, and Team Members B and A always get to do 100 push-ups at Checkpoint W). Do NOT switch letters during the race. We keep a record of which team member is assigned which letter, and any evidence of switching will result in disqualification.

RACE FORMAT

The race will be run in a freeform format, with a total of eight (8) hours allotted for completion. Specific instructions on negotiating the course will be provided at race start.

During the race, you will travel between a series of checkpoints where you will find physical, mental, and medical challenges. In the spirit of adventure racing and the simulation of "surprise" situations often encountered in the wilderness, participants will not know the content of any challenge prior to arriving at that challenge. The course is designed to allow several teams to complete challenges side-by-side, and teams will likely get spread out as the race progresses however there may be unavoidable chokepoints throughout the race. Teams will have an advantage over teams that arrive at the same challenge behind them. In most places during the race you will be able to pass slower teams, however an occasion may occur where this is not possible for safety reasons. Slower teams should move to allow faster teams to pass out of courtesy and sportsmanship if they can safely do so, and may be asked to by Race Directors. Please be courteous. The difficulty of each challenge may be different for each individual and may increase as the race progresses as fatigue and possibly darkness play a role.

The race will continue rain or shine, but if extreme weather or darkness make a section of the race unsafe, it may be closed prior to the final team completing that challenge. Rest assured that everyone will be tired, wet, hungry, thirsty, and dirty when you cross the finish line!

Passbooks, Checkpoints & Code Words

At the start of the race, each team will receive a MedWAR Passbook. This passbook represents your official record of the race. In the Passbook are blank spaces next to checkpoint letters or question numbers. The passbook is made of waterproof paper. You will need an ink pen to write on it; pencil will not work. Write legibly! If it is unreadable, it won’t count.

You may be asked to show your passbook to race directors at any time. Keep it updated as you proceed though the race. At the finish line, you will turn your passbook over the race directors who will use it to determine the finish order.

Manned stations: successfully completing challenges will unlock code words. You will need to record these code words in your passbook corresponding with the station number to receive credit.

Unmanned stations: multiple choice questions will be posted at unmanned stations throughout the course. You will need to record answers to these questions in your passbook corresponding with the station number to receive credit.

Maps and Navigational Materials

At the start of the race, you will receive a map of the MedWAR course area. Instructions for each challenge may involve finding your way by coordinates on this map, so keep it with you always. This map is vital to your success in the race. The waterproofing of these maps is the responsibility of your team. No replacement maps are available if you lose or ruin your map.
No other maps of any kind are allowed. All electronic means of navigation or communication are forbidden (see gear list above). If you are seen using such devices, your team will be immediately disqualified.

Routing

If you are told to follow a designated path, it’s for a reason. The route may have something along the way that you will miss if you don’t follow directions.

Other routing may involve “free routing” which means get there however you can without searching for or following markers. One major exception exists to free routing: don’t travel on the main road (C-line; C-1000). If you don’t follow directions on routing, you will be penalized. The penalty will up to the race director and may be from 20-120 minutes depending on the nature of your error. Alternately, we might make you turn around and go the way you were supposed to. Save yourself the hassle and follow directions.

The Main Road: there are many fire roads in the wilderness area, but few paved roads. You may need to cross the main road (C-line; C-1000) a few times, So be safe and cross only when it is safe!

Trail Traffic: there are certain areas in the park where motor vehicles, mountain bikes, and horses may be traveling on park trails. Our race course is designed to avoid as many of these areas as possible but may not eliminate shared use by mountain bikers or other trial runners. Staying within the course will help you avoid some of this traffic, but be aware that we will not be alone in the park and you need to remain situationally aware at all times.

Assistance from Race Staff

This is an Adventure Race with the goal of simulated reality. Therefore, we won’t have the mile markers, aid stations, or cheering people handing out beverages during the race like your standard 5K. Unless it is part of their assigned duties, race staff will not provide any directions, information regarding distances, or other information about the course. You should respect the instructions, warnings, and other communications from all members of race staff as we reserve the right to disqualify any racers or teams at any time during the race.

Finishing Order

Finishing order is based on the number of completed checkpoints first and then the time you cross the finish line corrected for time penalties and bonuses. For example, if team A completes 10 checkpoints in 8 hours and team B completes 9 checkpoints in 6 hours then team A would win. The time penalties associated with missed checkpoints and code words will be revealed in information you receive during the race. Please read everything carefully. Remember to budget your time to finish safely by 16:00. Teams will be penalized one point for every minute they finish past 16:00.

Awards

The top three finishing teams will receive prizes from our sponsors will also be awarded. All teams will receive a post-race dinner celebration and a MedWAR T-shirt.

Real Medical Emergencies

The course is physically demanding and accidents can happen. Any unsafe behavior witnessed by race staff will be immediately addressed. Penalties may range from a simple warning to immediate disqualification at the discretion of the race officials.

If anyone on your team incurs an actual injury or condition, then please be prudent in your management of it. If you have any doubts or fears about the injury or condition, report it to race staff immediately.

The Hippocratic Oath still applies in the great outdoors: if you come across anyone who requires medical assistance during the race, you are expected to help within your scope until relieved by someone of equal or greater training. In the unlikely event that this happens, your team’s status within the race will be managed accordingly.

Each team is required to carry a whistle. If during the race you find yourself in a situation that you absolutely feel necessitates extraction, blowing the whistle will alert us to pull you out immediately and we’ll get to you as soon as possible.

CHALLENGES

Throughout the race you will perform an array of physical and medical challenges at manned stations. There may be a variety of ways to complete the challenge or solve the problem, however failure to follow instructions may result in task penalties or even disqualification.

Tasks generally will occur in four types:

1. **Real**: Something you do such as “climb over this big rock” or “run down this trail for a quarter-mile.”
2. **Simulated:** You may be given a mock situation and told to act accordingly, such as “this man is unconscious, carry him up this hill.” Volunteer victims will do their best to make the situation as life-like as possible. Some simulations may involve dummies, animal parts, or mechanical simulators. Treat them all as real. Please note that you should not be performing any invasive procedures on our live scenario victims including injections.

3. **Simulated within the Team:** Tasks may require one or more of your team members to “fake” an injury or condition. The lucky team member will be determined by a pre-set letter designation (see The Letter Story section above). If you are this designated member, then do your best to act out your assignment. For example, “Dave has a broken leg. Splint it and help him walk over to that tree” means that Dave should not put any weight on that leg, and maybe even throw in a few screams for fun! Your portrayal of a “victim” will play an important role in both the successful completion of the task and more importantly in how much fun your team has during the race.

   - Note: If a team member is simulated unconscious or unable to speak/think/etc, then they cannot speak/think/etc. They are effectively “silenced” until the completion of the task. This means that their knowledge and skills are not available to the team. “Silenced” team members caught helping the team will be penalized.

4. **Verbal:** In this case, you don’t perform what you would if the situation was happening, instead just verbalize to the race staff what you would do. For example, you’d say, “Well, seeing that Bob is in some pain here, I’ll ease his misery with some Dilaudid.” However, only give a verbal or written response when specifically asked to do so. Don’t administer real medications to the volunteer. Responses to this type of task will be graded by a pre-determined standard, and penalties may be assessed.

MedWAR NW will be held in the Washington spring, but we may simulate any situation any environment including high altitude, underwater, winter, or desert environments with no limit by geography or weather.

**The Medical Challenges**

Performing the medical challenges of this race is as important as covering the distance. To help our judges, verbalize what you are doing or thinking while completing the challenges. This is very important for things that you do quickly and automatically since the judge may miss you doing them.

- Ex. Many of us may assess an airway simply by prompting the patient to talk and checking a pulse. In this race, you should verbalize to the judge: “I'm checking his airway”, or “I’m checking a pulse”.
- Ex. You may see a patient wildly flailing their arm and legs, you should then say to the judge “I see they are moving all extremities well” to get credit for the neurological exam.

In cases where the task involves specific medical skills, you will be judged based on a set of written guidelines as determined by the MedWAR Medical Faculty. The people judging your completion/performance of tasks are volunteers, so please treat them with respect. During the race, they are the authority on an answer or command. Failure to perform the task per the guidelines may result in penalties. If you think that the guidelines are inaccurate you may challenge the guidelines after the race in consultation with the MedWAR Medical Faculty. Please do not challenge the volunteers! Any unacceptable behavior or comments towards the volunteers is grounds for disqualification or heavy penalties.

**Penalties**

Three types of penalties exist in MedWAR:

1. **Task:** If you do not answer certain questions correctly or if you do not adequately perform assigned tasks, you will be penalized by having to perform an extra task. Extra tasks may consist of finding an extra marker, performing an extra challenge, or answering extra questions.

2. **Time:** Missed code words and questions have time penalties associated with them which will be added to your overall race time. The exact penalties will be printed in your passbook, so at the beginning of the race you decide on a team strategy. For example, if the time penalty for a missed question is 5 minutes, but it will take you longer than 5 minutes to come up with the right answer, you may want to just guess and move on. If you do not record a code word associated with a question, another time penalty will be assessed, so you will get some credit for just finding a question even if you don’t get it correct. In general, missed Major Checkpoints (Scenarios) have heavy time penalties, and there is rarely an advantage to skipping them.

3. **Disqualification:** Hopefully this penalty will not be used on anyone, but we reserve the right to disqualify any team or any participant for any reason deemed necessary by the Race Directors. Just follow the rules and don’t worry about it.

**All is fair in love and MedWAR**

The old adage is true. It is entirely possible that certain portions of the race may seem to favor either the first or the last teams to pass them. For example, it may be that a sandy stretch of mountain biking may be harder to navigate after 40 other bikes made big tracks and ditches, then again, maybe they sprayed all the mud out of the mud pit. Alternately, it may be much easier to follow navigational markers after 40 teams have made an obvious trail or it might be more confusing with several wrong tracks. These examples exist throughout the race, and we trust it will all even out in the end. Similarly, the letter game is a bit of a gamble. Maybe the team who had to carry their heaviest teammate will also have their most knowledgeable teammate silenced. Maybe all the answers will be in the chapter you read on the drive down. Maybe you’ll never meet a snake you can’t recognize. There’s a certain amount of luck (good or bad) involved in real wilderness situations, and it helps to have it on your side.
FREQUENTLY ASKED QUESTIONS

Q: Can I bring extra gear besides what’s on the required gear list?
A: Yes of course, but only if it’s not one of the forbidden items listed above. Pack like you would for any day-long wilderness trip however MedWAR is unique and you should be prepared for any kind of environment where you may need to help or rescue others. Start with the basics and focus on the curriculum outlined on MedWar.org as a guide.

Q: Should I bring real medications to administer in scenarios?
A: No but you can bring simulated medications such as a syringe of water labeled “Insulin” or pills in pill bottles that are breath mints or candy. These props may add to the realism of the scenarios and help you conduct yourself in a more natural way, as well as make it easy for our judges to take note of your actions. Kindly let our scenario victim know that they’re not real (if it’s not obvious), but they still may refuse to take them if they’re concerned about allergies. Be realistic though and bring what you would likely pack in your wilderness med kit. You may always verbalize administration.

Q: Will I be able to unload some of my gear during the race.
A: Outside of taking your pack off while at a station, no. Anything you carry must be carried for the entire race, so plan wisely. Random equipment checks may occur during the race and you may receive serious penalties if you’re caught dumping equipment, or if you don’t have some of the required equipment. All trash/waste (used bandages, splint materials, etc.) must be packed out.

Q: Can we help other teams during the race?
A: You may find checkpoints, share food or water, or commiserate about obstacles together. You may not, however, share code words, answers, equipment, or perform any required challenges in the place of another team. Each team must have its own required equipment. You also should not deliberately mislead another team.

Q: Will I get wet?
A: Probably, which is why you’re required to bring a dry change of clothes and any waterproofing necessary to keep your race map and personal items dry that you don’t want to get wet.

Q: What should I do for food?
A: During the race, you’re on your own so pack accordingly. We may have beverages and treats before and after the race, and dinner during the post-race celebration is on us.

Q: What should I do with my garbage?
A: Capitol State Forest is maintained largely by donations and volunteers. Please pack out anything you pack in. There will be recycling collection bins and trash cans at our base camp. Please use them.

Q: What should we do in the setting of a real weather emergency during the race?
A: Low land Washington in May is generally safe, aside from some potential rain. If you feel that the weather is too dangerous to continue and action hasn’t already been taken, then report your concerns immediately to the nearest Race Official for further instructions. If the race must be delayed or stopped, the race staff will find you and instruct you to return to base camp until further notice.

Q: What if we get lost during the race?
A: If you get lost during the race, then use your navigational skills, map, compass, and teammates to get back on track. Race staff will not give you directions or other navigational assistance. In any case, please do not get separated from your team. If you’re way off course, Capitol State Forest is surrounded by a paved road. As long as you don’t cross this road during the race, you will always be within the park. If it’s getting dark and you still don’t know where you are, stay along the road and we will find you. If you cannot find the road, use your whistle.

Any other questions?

Any other questions about race logistics should be directed to the race directors. On race day we will introduce ourselves and you can find us by our MedWAR Race Director shirts.

Have fun, be safe, and good luck!
MedWAR NW 2019

Race Weekend Schedule & Directions

Friday May 10, 2019

19:00 Check-in & camping at Fall Creek Campground

Saturday May 11, 2019

06:30-08:30 Racer Check-in (continued) at Fall Creek Trailhead
08:45 Safety Presentation
09:15 Team Captain's meeting
10:00-18:00 Race!
18:00 Post-race dinner, awards & educational presentation
20:00 Post-race camping & celebration

Schedule Subject to Change.

DIRECTIONS

Capitol State Forest is located just southwest of Olympia, WA. Our base camp will be Fall Creek Campground and Trailhead, 40 minutes from Olympia, 1.5 hours from Seattle, 2 hours from Portland, 4 hours from Vancouver BC, and 7 hours from Spokane by car without traffic.

Coordinates: 46.942784, -123.128643

From I-5 SB (Seattle): Follow I-5 S to the US-101 N/Black Lake Blvd SW exit, then head West on US-101 N for 1.3 miles, to Black Lake Blvd. Continue south on Black Lake Blvd SW for 3.6 miles, continue onto 62nd Ave SW for 0.7 miles, then turn left on Delphi Rd SW heading South for another 2.2 miles. Continue south by taking a right on to Waddell Creek Road for 2.7 miles. From Waddell Creek Road continue west on Sherman Valley Road. At the intersection of Noschka Road go west on C-Line Road 3.3 miles. Turn left on C-6000 Road and go south 2.5 miles. Trailhead is on right.

From I-5 NB (Portland): From Exit 95, head west on WA-121 S/Maytown Rd SW. Continue on Maytown Rd SW for 2.9 miles then continue on 128th Ave SW for another 0.8 miles. Turn right on Waddell Creek Rd SW for 4.1 miles then turn continue west on Sherman Valley Road. At the intersection of Noschka Road go west on C-Line Road 3.3 miles. Turn left on C-6000 Road and go south 2.5 miles. Trailhead is on right.

CAMPING

Fall Creek Campground is available to MedWAR NW participants for the nights of Friday May 10th and Saturday May 11th.

- $10 per team. Available by reservation during race registration.
- Drive-in campsites, limited to 1 site per team.
- Picnic tables, metal fire rings, hand pumped water, toilet on premises.
- No showers, potable water, hook-ups, or garbage service.
- Dogs are allowed in Capitol Forest but must be kept on leash.

Alternate campgrounds available at other areas in the park. More information at www.dnr.wa.gov/Capitol.


For your safety and the safety of our wildlife, please follow the seven principles of Leave No Trace: www.dnr.wa.gov/recreation#LeaveNoTrace.