



## Family Adventure Race

And God Said... children are an heritage of the LORD: and the fruit of the womb is his reward. Be fruitful, and multiply, and replenish the earth, and subdue it...

### Friday

- 3 mile bike leg
- 2 mile (downriver) canoe, kayak or raft leg
- 2 x 150 yd swim/boat leg
- 3-4 mile trail run leg

### Saturday

- 2x 3/4 mile canoe, kayak or raft leg
- 2 mile bike leg
- .75mile hike, 100' rappel leg
- 2 mile run

### Other "FAR" Weekend Events

- Bible memorization "punch card" as part of each event.\*
- Saturday night Group BBQ and family skits (6:30-10pm).
- Sunday morning worship and awards ceremony (10am).



Free onsite camping available, Thursday night thru Sunday for participants and family members on the Pend Oreille River. Contact us to reserve a site.

### SERVANTS AND VOLUNTEERS NEEDED!

A race such as this can not take place without the involvement of MANY servants and volunteers. We ask that many of you, our "other family members" consider helping this unique Family Adventure Race be a blessing to those families competing. Join in the fellowship and help us out. We do NEED your help!

## Fun, Physical Challenge, and Christian Fellowship for the entire family.

The Family Adventure Race, is designed with God's heart for family, fellowship, and wholesome fun and physical challenge in mind. The course is beautifully situated along the scenic upper Pend Oreille River and surrounding forested trails and roads. Intended to be challenging and fun, yet moderate enough for family participation.

Race legs are designed as such to facilitate families training, AND competing together, as a family unit. In order to compete in the race, one half of all family members registered MUST be active participants (physically present) in leg of the course.

### Cost & Registration

Race - 20\$ *suggested donation*\* per family  
T-shirt - 10\$ each

Registration deadline for families desiring t-shirts is Saturday July 31<sup>st</sup>, otherwise registrations must be postmarked by Monday August 9<sup>th</sup>. We can not guarantee campsites or shirts for registrations received after July 31<sup>st</sup>.

*FAR Registration is limited to the first 40 teams registered.*

### More Race Information\*

For more *downloadable* FAR information including complete rules and participant requirements, course map, printable race brochures, flyers, and camping information. See *Contact us* info below.



Family Adventure Race

### CONTACT US

Climbers With Christ / Stan Busby  
PO Box 285 Metaline Falls WA 99153  
509.446.2023  
kmbusbysgbusby@yahoo.com  
More CWC/Race info at - [www.crownfiredesigns.com](http://www.crownfiredesigns.com)



Northeastern Washington's First Annual

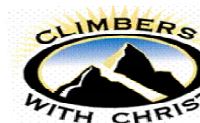
# FAMILY ADVENTURE RACE



Brought to you by

The KING of Kings  
Jesus Christ

and



Friday - Saturday - Sunday  
**August 27-29, 2010**  
Metaline Falls, Washington



# Family Adventure Race



# Family Adventure Race

# REGISTRATION

More than one registration form may be used if needed for larger family teams

## Who and How Many?

Families of all sizes and ages. Teams must register a minimum of at least TWO family members, one of whom must be a biological parent or legal guardian. Families registering an *odd number* of participants will be "rounded up to an even number" in order for them to fulfill the 50% participation per event requirement.

## Race Times

Check-in: Thursday Aug. 26th 4pm - Friday morning Aug. 27th 8:30am. All participants MUST be checked in by 8:30am.

Scheduled Friday start time: 10am

Scheduled Saturday start time: 9am

## "Rain or Shine"

This is a rain or shine event. FAR organizers reserve the right to cancel, postpone, or change the race legs as deemed necessary in the event of severe weather or race logistical hazards or time constraints, *at our discretion*, and without notice.

## Age & Team Requirements

Family competitors must be seven years of age or older, at date of registration. All teams MUST meet all FAR team standards and requirements as stated in the online *Rules and Requirements page*. No exceptions will be made. God is gracious and merciful but "no respecter of persons" (Eph 6:9). Contact us if "special arrangements" are needed.

## Donations & T-shirt Fee

Please make checks payable to:

Climbers With Christ

Send Registrations and T-shirt fees to:

P.O. Box 285 Metaline Falls WA 99153

Participant 1: (Team Leader #1, Chief correspondent, Father, Mother, or Legal Guardian, MUST be over 18 years of age)

Name: \_\_\_\_\_ Male / Female

Address: \_\_\_\_\_

Phone: \_\_\_\_\_ Email: \_\_\_\_\_ Shirt Size: S / M / L / XL / 2XL

Participant 2: (Team leader #2)

Name: \_\_\_\_\_ Male / Female

Address: \_\_\_\_\_

Phone: \_\_\_\_\_ Email: \_\_\_\_\_ Shirt size: S / M / L / XL / 2XL

Participant 3: \_\_\_\_\_ Male / Female

Name: \_\_\_\_\_

Address: \_\_\_\_\_

Phone: \_\_\_\_\_ Email: \_\_\_\_\_ Shirt size: S / M / L / XL / 2XL

Children Participants: (PLEASE LIST ALL PARTICIPANTS UNDER THE AGE OF 18)

Name: \_\_\_\_\_ Age: \_\_\_\_\_ Shirt size: S / M / L / XL / 2XL

Name: \_\_\_\_\_ Age: \_\_\_\_\_ Shirt size: S / M / L / XL / 2XL

Name: \_\_\_\_\_ Age: \_\_\_\_\_ Shirt size: S / M / L / XL / 2XL

Name: \_\_\_\_\_ Age: \_\_\_\_\_ Shirt size: S / M / L / XL / 2XL

## WAIVER AND RELEASE OF LIABILITY

Participant 1: (Team Leader #1, Chief correspondent, Father, Mother, or Legal Guardian, MUST be over 18 years of age) **On behalf of my family and/or team members in my legal charge, under the age of 18**

I, \_\_\_\_\_, do hereby, of my own informed will, waive and release myself, my heirs, executors, and administrators, and assume the risk of physical injury or death from participating in this event. By participating, I waive all rights and claims for damages, demands or any other actions whatsoever, which I may have against the Family Adventure Race directors, and its volunteers, and other participants, Climbers With Christ, and/ or any of its relatives or associates, participating sponsors, and supporters of those entities, successors and representatives, arising out of my participation in this event. I certify that I am informed of the risks and possible damages, and am in proper physical condition to participate in this activity.

Printed Name \_\_\_\_\_ Signature \_\_\_\_\_ Date \_\_\_\_\_

# Family Adventure Race (FAR) Rules and Requirements

## **OVERALL RULE: Keep the main things the main things... Family, Fun, and Fellowship**



**DISCLAIMER:** To avoid as few misunderstandings and hurt feelings (Christians in general today ought be a bit more robust!), and to assure (to the best of our ability) a safe, fair and fun race, we'll be running the race according to the Biblical principles of letting "all things be done decently and in order" (1 Cor 14:40), and in whatever we do, "do it heartily, as to the Lord, and not unto men; Knowing that of the Lord ye shall receive the reward of the inheritance: for ye serve the Lord Christ... and there is no respect of persons. (Col 3:23-25). In a spirit of "truth AND love", in order assure a fun and friendly, yet fair race, we **WILL** be "going by the book" when it comes to the implementation and enforcement and of these stated rules and race requirements. **Mandatory means mandatory.** Please read them carefully AND follow them to the best of your ability. Winning is not mandatory, Family, fun and fellowship ARE. If you've any questions or concerns please contact us prior to race day. Thanks. FAR management.

### **FULL TIME MANDATORY TEAM GEAR**

(Each *team* **MUST** have the following items, and carry them throughout all of the different race legs. We suggest a small well fitting *team* back pack or individual fanny/water bottle packs for each team member)

- Race rules and requirements sheet (this sheet), Course maps, and Race punch card
- 2 FRS two-way radios - with extra batteries.
- Personal/team First Aid Kit - must include at least the following contents:
  - (4) 2x2 or 3x3 sterile dressing, (2) 4x4 non adherent sterile dressing, (1) roller gauze bandage, (1) ace wrap, (6) 1x3 adhesive bandage, (1) tape ½"x 10 yards, (1) 4x4 moleskin, (5) towelettes, (3) antibiotic ointment, (3) butterfly closure bandage, (1) tweezers, (3) safety pins, (1) 3 yards duct tape
- Means to carry at least 16 oz of water per person per leg.
- At least one energy snack per competitor, per race leg.
- Pocketknife with locking blade
- Sunscreen
- Headlamp

### **FULL TIME MANDATORY PERSONAL EQUIPMENT**

(Each team *member* **MUST** have the following with them throughout each leg they are participating in)

- Adequate clothing (Adequate means *proper* and *enough*). Please wear *modest* race (and camp) attire. Shoulders and bellies covered. "Quarter length" sleeves OK. No tank tops. Shorts mid-thigh or longer. We **WILL** be enforcing this and you will be asked to change. (1 Cor 9:22-27, Gal 5:13-14)
- Whistle

### **MANDATORY INDIVIDUAL BIKING EQUIPMENT**

(Each team member must have the following on all biking sections)

- Helmet
- Biking gloves (some sort of riding glove providing palm and knuckle coverage)
- Lace up shoes
- Bike brakes (both front and rear **MUST** be in working condition if bike is equipped with both)

### **MANDATORY PADDLING AND SWIMMING EQUIPMENT**

- Each person must **WEAR** their *own* PFD (personal Floatation Device, i.e. lifejacket)
- Each watercraft **MUST** also have an extra lifejacket (or *throwable* life saving device) onboard at all times.
- Modest swim wear. One piece with shorts for gals. Trunks that *stay up* for guys.

### **OTHER RECOMMENDED GEAR**

- Waterproof documents/map case
- Bike pump or CO2 / spare bike tubes / chain tool / bike repair & patch kit
- Bug Spray, Sun Glasses
- *More* duct tape

**IF YOU HAVE ANY QUESTIONS OR DO NOT UNDERSTAND ANY OF THE RACE RULES OR REQUIRED GEAR ON THE LIST PLEASE CONTACT FAR/CWC.**

509.446.2023 kmbubsysgbusby@yahoo.com

**Gear**

All mandatory gear will be approved at check-in by race organizers. Failure to bring required gear will result in disqualification.

Mandatory gear must be carried at all times unless otherwise specified. Any violation of this rule will result in disqualification.

Picking up and dropping off of gear may only take place in designated transition area. Leaving a transition area without mandatory gear will result in a 30 minute penalty.

**On the Race Course**

Teams must complete the entire course, pass through all checkpoints and turn in collected items at the finish line to be recorded. **Parts of the course where the intended route is not abundantly obvious will be flagged.** Teams must stay on the described/flagged course unless otherwise instructed. Follow all instructions and avoid off limit areas. No bushwhacking or corner cutting. Violations of this rule will result in a 30 minute penalty per violation.

Team members must be **within 50 yards** of one another when collecting any and all checkpoint punches, reciting scripture passages, or timing in or out at transition areas.

No splitting up or switching or "blending" teams is allowed.

Respect God's creation and property owners allowing us use of their land. No littering. Carry out what you carry in. Violations of this rule will result in disqualification.

Respect the servants and volunteers. They're Gods way of making this family adventure race happen. Any unsportsmanlike conduct toward FAR servants and volunteers will result in disqualification. Race Director's discretion.

Outside assistance is not allowed except in specified transition areas. Violations of this rule will result in disqualification.

If a team is in trouble, other teams are encouraged to help. There is no penalty for providing assistance to teams with equipment or medical problems. Love is the greatest gift *and rule*.

Each team will receive a punch card. The card will be recorded and "punched" at each checkpoint in coordination with the team and personal gear requirements. Penalty for a missed checkpoint or other infraction on the course will be 30 minutes.

Each team is responsible for their own nutritional needs during the race. Water refills will be provided at transition areas.

There may be cut off times for certain sections of the course. These will be described at pre-race meeting by organizers.

FAR management reserves the right to detain or pull a racer or team (at their discretion), if they feel it best for the individual, the team, or the other races.

**Race Management**

Penalties will be added to the team's total time at the end of the race. All penalties will be communicated to the team captain at time of infraction if at all possible, certainly prior to any awards being presented.

To receive "course finisher" status teams must cross the finish line with a complete punch card and any other items required.

The race organizers reserve the right to assess time penalties, bonuses (blessing), or disqualifications as they see fit.

Race organizers may direct *volunteers and servants* to assistant organizers in assessing penalties along the course.

Race organizers reserve the right to decide whether a person or team may continue for health, safety or other reasons (e.g. inadequate time remaining to finish entire course).

Race organizers reserve the right to change the rules or the course at any time, based on weather or other acts of nature.

Race Management / Director rulings are final.

# Family Adventure Race 2010 Scripture Memorization

*My foot hath held his steps, his way have I kept, and not declined. Neither have I gone back from the commandment of his lips; I have esteemed the words of his mouth more than my necessary food. Job 23:11-12*

Part of each transition from one race leg to the next, will involve reciting a portion of scripture. Each registered team member will be required to recite a portion of the passage below (at least 2 CONSECUTIVE VERSES), from memory without help from other team members. *Each help* will result in an additional 5 minute penalty.

In keeping with God's desire that we do things *orderly*, with *clarity*, and in *unity* of heart and mind, and because things that are different are not the same, we ask that FAR teams memorize the scripture passage out of the King James Bible.

2010 FAR SCRIPTURE: TITUS 2:1-8, 11-14 (KJ)

*(Transition #1) "But speak thou the things which become sound doctrine: <sup>2</sup>That the aged men be sober, grave, temperate, sound in faith, in charity, in patience. (Transition #2) <sup>3</sup>The aged women likewise, that they be in behaviour as becometh holiness, not false accusers, not given to much wine, teachers of good things; <sup>4</sup>That they may teach the young women to be sober, to love their husbands, to love their children, <sup>5</sup>To be discreet, chaste, keepers at home, good, obedient to their own husbands, that the word of God be not blasphemed. (Transition #3) <sup>6</sup>Young men likewise exhort to be sober minded. <sup>7</sup>In all things shewing thyself a pattern of good works: in doctrine shewing uncorruptness, gravity, sincerity, <sup>8</sup>Sound speech, that cannot be condemned; that he that is of the contrary part may be ashamed, having no evil thing to say of you... (Transition #4) <sup>11</sup>For the grace of God that bringeth salvation hath appeared to all men, <sup>12</sup>Teaching us that, denying ungodliness and worldly lusts, we should live soberly, righteously, and godly, in this present world; (Transition #5) <sup>13</sup>Looking for that blessed hope, and the glorious appearing of the great God and our Saviour Jesus Christ; <sup>14</sup>Who gave himself for us, that he might redeem us from all iniquity, and purify unto himself a peculiar people, zealous of good works."*

## FAR Weekend Campout & Other Events

**CAMPING.** There is plenty of FREE camping available in the upper Pend Oreille valley, and many great family camping sites (tents & small trailers) available at the race site itself. Great views, on the river, water and firewood provided. Please call and reserve a spot (or spots) for your family. We are planning for FAR camping Thursday, Friday and Saturday nights, but you may stay longer if you desire. Contact Stan and Kristina. 509.446.2023.

**FOOD.** This is a "Bring your own camp food" event. We are planning a group BBQ/potluck style mealtime (6:30) for FAR families Saturday evening. Please bring whatever type of meat you'd like to BBQ, and a favorite dish to share.

**SKITS.** Saturday evening time (7:30-10:30) will be set aside for fellowship, worship, and FUN FAMILY testimonies, skits, or singing. Please pray about and plan to share a short fun FAMILY skit or song with the group.

**SUNDAY FELLOWSHIP.** At 10am on Sunday morning, we will be gathering for a time of worship, fellowship, and the reading of God's word. Everyone is encouraged to *not miss* this opportunity to gather ourselves together to worship Him, and enjoy His presence.

**AWARDS.** A fun time of giving various FAR awards will follow our time of fellowship and worship Sunday morning.

## Final Instructions – The director's heart

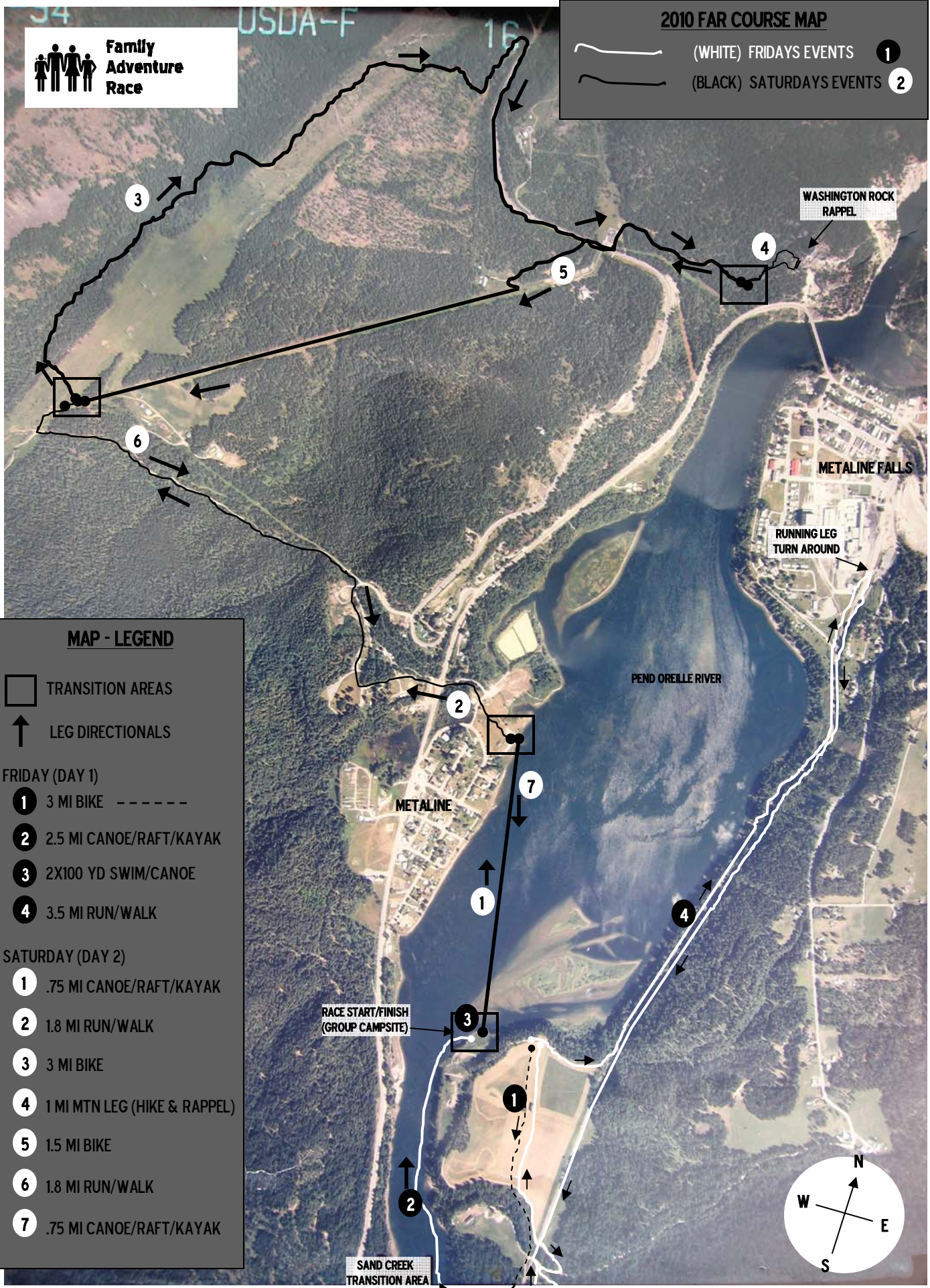
It is our sincere hope and prayer that this event (that God has clearly led us to do) will be a glory, honor, and blessing to our Lord and Savior Jesus Christ **first and foremost**, AND to the many families we know out there, who are seeking God honoring, wholesome and uplifting, Christ AND family centered recreational and fellowshiping opportunities. Please pray for us, consider bringing your family, or helping serve, We'll need lots of help. Ultimately the world will know we are his by our love for him (living holy lives in accordance with his word), AND our love for *one another* (1 Jn 2:3-6, Jn 13:35). May God bless you and your family as you continue to **"press toward the mark for the prize of the high calling of God in Christ Jesus"** (Phil 3:14).



# Family Adventure Race

## 2010 FAR COURSE MAP

- (WHITE) FRIDAYS EVENTS 1
- (BLACK) SATURDAYS EVENTS 2



### MAP - LEGEND

- TRANSITION AREAS
- ↑ LEG DIRECTIONALS

#### FRIDAY (DAY 1)

- 1 3 MI BIKE - - - - -
- 2 2.5 MI CANOE/RAFT/KAYAK
- 3 2X100 YD SWIM/CANOE
- 4 3.5 MI RUN/WALK

#### SATURDAY (DAY 2)

- 1 .75 MI CANOE/RAFT/KAYAK
- 2 1.8 MI RUN/WALK
- 3 3 MI BIKE
- 4 1 MI MTN LEG (HIKE & RAPPEL)
- 5 1.5 MI BIKE
- 6 1.8 MI RUN/WALK
- 7 .75 MI CANOE/RAFT/KAYAK



1



# Family Adventure Race Map (#2)

1

Complete bike leg - Day 1

4

Completed running leg (trail section) - Day 1

2

Complete Canoe, kayak, raft leg - Day 1

