

Blue Ridge MedWAR 2024

Instructions for Race Participants

Welcome to Blue Ridge MedWAR 2024! Be sure to KNOW the following information before you start the race. All participants will be held responsible for knowledge of these instructions.

Race Format

The race will be run in a circuit format, with a total of 8 hours allotted for completion. 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 particular 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 choke points throughout the race. Teams that arrive there first will have an advantage over teams 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, dirty, and probably complaining when you cross the finish line!

Team Members

You must have three (3) team members to compete. You should have already designated your three MedWARriors in your registration application. You can 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 Race Headquarters aware of any substitutions, including the name of both individuals and the team name and team number. If at any point you have a teammate who cannot complete the race, your team will automatically be disqualified. If you have a teammate chicken out or get sick/injured at the last minute, please contact us, as we may be able to provide “free agent” substitute racers from among interested individuals in our volunteer pool or spectators. If your team cannot come to MedWAR, you may request a partial refund or credit for another race until May 6th, 2024. If your team cancels after that time, your race funds can only be transferred to another race.

Finishing Order

“It’s not how you run the race, but how many people you beat.” Well, maybe not, but we’re all here to compete – even if it is in a friendly manner. The finishing order is based on the time you cross the finish line corrected for time penalties and bonuses. The time penalties associated with missed Checkpoints and Codewords will be revealed in information you receive during the race. Please read everything carefully. Remember to budget your time to finish safely by 5pm.

Passbooks, Checkpoints & Codewords

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. Checkpoints and Skills Stations will have initials you must collect. Questions have both Codewords and Answers. Racers should record Codewords and Answers in the appropriate places of their Passbook.

You may be asked to show your Passbook to Race Directors at any time. Keep it updated as you proceed through the race. At the finish line, you will turn your Passbook over to the Race Directors who will use it to determine the Finish Order along with the Race Directors notes. **Write legibly!** If it is unreadable, it won’t count.

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 at all times. This map is vital to your success in the race. No replacement maps are available if you lose or ruin your map. No other maps of any kind are allowed. Any and all electronic means of navigation or communication are forbidden including GPS units, radios, cell phones, PDAs, walkie-talkies, satellite location devices or other such instruments. If you are seen using such devices or even carrying them, your team will be immediately disqualified. That's right – you have to do it the old-fashioned way with a fully-manual orienteering compass. (Although if you think you can navigate by celestial bodies, psychic powers, or an astrolabe, be our guest.)

Routing

If you are told to follow a particular path, it is probably 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! If you are not told to follow a specific route to a point or station, then don't worry about finding any markers. If you don't follow directions on routing, you will be penalized. The penalty will be up to the Race Director and may be from 10-50 points depending on the nature of your error. Alternatively, we might make you turn around and go the way you were supposed to. Save yourself the hassle and follow directions.

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 Powerade 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.** At all times, you should respect the instructions, warnings, and other communications from all members of Race Staff (or we reserve the right to slap you like a red-headed stepchild).

Challenges

Throughout the race, you will be required to perform an array of physical and medical challenges. You must exactly follow the verbal or written instructions that you receive. In many cases, there may be a variety of ways to complete the challenge or solve the problem; however, failure to follow instructions exactly may result in task penalties or even disqualification. Creative answers may be welcome, but do not attempt to "redefine the question."

Tasks generally will occur in four types:

1. *Real*: Something you actually do, such as "climb over this big rock" or "run down this trail for a quarter-mile" or "grab that copperhead and bite its head off!"
2. *Simulated*: A fine line between reality and acting. You may be given a mock situation and told to act accordingly, such as "this man (a volunteer perhaps) is unconscious. Carry him up this hill." Do your best to pretend that the "victim" is actually unconscious (even though he may respond if you say something nasty about his mother). Volunteer victims will do their best to make the situation as real as possible. Some simulations may involve dummies, animal parts, or mechanical simulators. Again, treat them all as "real."
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 below). If you are "injured" as part of a simulated task, 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.
 - a. *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. (Medical personnel are sometimes patients too, you know.) 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/Written*: In this case, you don’t actually perform what you would if the situation was really happening. You will simply verbalize to the Race Staff what you would do. For example, you’d say, “Well, seeing that Bob is really in some pain here, I’d probably just ease his misery with a little extra morphine.” However, only give a verbal or written response when specifically asked to do so. Don’t actually administer morphine to the volunteer. Responses to this type of task will be graded by a predetermined standard, and penalties may be assessed.

Note: MedWAR will be held in the Virginia springtime, but remember that we may simulate ANY situation we wish – even mountain sickness, snow blindness, or the bends! We are not limited by geography or weather.

Also note that any task we ask you to do, the Race Directors have done themselves. Complain all you want, we’re probably not going to change it, and yes, this IS what you signed up for.

The Medical Challenges

Performing the medical challenges of this race is as important as covering the distance. Fortunately, no one out there is really going to have the simulated injuries. Unfortunately, this means that the situation is somewhat artificial and you will need to remember to do things that may be automatic for you. This means that you should **verbalize to the judges exactly what you are doing or thinking at all times**. For instance, many of us may assess an airway simply by asking "Yo homeboy, how ya doin'?" and checking a pulse. In this race you should verbalize to the judge: "I'm checking his airway", or "I'm checking a pulse". This is very important for things that you do quickly and automatically since the judge may miss you doing them. Another example – 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” in order 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 according to the guidelines may result in penalties. If you think that the guidelines are inaccurate (for example, you think a femur fracture should be splinted, but the guidelines say “cut the dadgum thing off!”), you may challenge the guidelines after the race in consultation with the MedWAR Medical Faculty. **DO NOT CHALLENGE THE VOLUNTEERS!** They had nothing to do with the creation of the guidelines, and they have no authority to change them. Arguing with them is just a waste of time and may result in penalties! If you feel that a Race Volunteer has improperly evaluated your performance, please discuss the situation with the Race Directors at the completion of the race. Any challenges to medical knowledge answers or procedures should be brought to the attention of a Race Director -- NOT the Volunteer. Any unacceptable behavior or comments towards the volunteers is grounds for disqualification or heavy penalties.

The Letter Story

You will receive official MedWAR race numbers, which have two important pieces of information on them:

1. *Your team number*
2. *Your team member letter (A-C)*.

Your MedWAR race number must be visible at all times. You must attach it to your body/clothes – NOT to any backpacks, removable vests, other equipment. If you change clothes, you must also transfer your race number. Your team 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. That way, no one person is always the hero or always the gimp! 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 “broken 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. Besides, you’ll never know what your letter will make you responsible for anyway, so there’s no way to give yourself any advantage. Trust us – everyone will be equally abused!

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, answering extra questions, or receiving forty lashes (maybe not, but you get the idea!). Extra tasks may be given out according to a grade scale.
2. *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.

Equipment/Medical Kits

At the end of this packet, you will find a required equipment list. In addition to the required items, you are allowed to bring *any and all equipment* you feel necessary to compete in the race (except for specifically forbidden items). A Medical Kit is required equipment, however, what you decide to pack in it is your team's decision. You have to decide what to pack just like you would on any other wilderness expedition. There's no way to predict that someone will break their leg or have a heart attack ahead of time. Then again, you probably would not pack an avalanche probe on a caving expedition, but MedWAR is unique in that you must be prepared for anything. Start with the basics and focus on the curriculum outlined on the website. There are many good resources for typical medical kits. Check out one of the many publications on the topic. In the end, it doesn't do you any good to lug around equipment you don't know how to use or can improvise quickly from your surroundings. On the other hand, if you have to build something that could take time. It all depends on the strategy your team chooses.

This one big exception to trying to simulate reality is prescription drugs. You do not need to bring real meds. If you want to bring insulin with you in your kit, you can just label a syringe "INSULIN" with a pen. Same thing with pills. Just label a small tube/bottle/etc with the name of the medication. For fairness, you have to have these pre-labeled before the race begins. You can't just bring a bunch of empty syringes and a pen. Be selective. You probably would not normally take a lot of meds into the woods. You won't need many for our races.

Focus especially on the items outlined in the curriculum when planning your medical equipment, and bring any reference materials (books, manuals, and cheat-sheets) you desire. Anything you carry, however, must be carried for the entire race (except biking equipment), 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.

Bikes

You will be responsible for bringing:

1. One mountain or off-road bicycle
2. One cycling helmet
3. One bike lock

The mountain bike portion of MedWAR may not lie solely on one team member. It may be the responsibility of one, two, or all members. Therefore, all members of the team should be able to ride the team's mountain bike and wear the helmet. Please keep this in mind regarding specialty items (such as clipless pedals). Such items are not forbidden, however, they are strongly discouraged (trust us, we made the Race Course.) You may bring as many helmets as you wish. Each member should have a helmet to wear that fits well. If you expect significant problems in getting a bike for the race or have any other questions regarding bikes, please contact the Race Directors immediately.

Bike Check-In: From 7am-8am, we will have a Bike Check-In. We will be responsible for your bike from that point until you come to check-out the bike after the race. All bikes will be tagged by team number, and will require the signature of *the same team member* for check-in and check-out. During the race, the bike will be released only to the team wearing the team number of the tag on the bike. If your team

number is not visible, you will **NOT** receive your bike. The bike portion of the race will begin and end at other bike check-in station(s). Bikes may be transported during the race by Race Staff. They will be attended and secured at all times. After you finish using your bike during the race, it will be kept secure until the end of the race. **Your team is responsible for the safe-keeping of your bike both before and after the race**, so please prepare to secure your bike for the entire weekend.

Competition vs. Cooperation

While every team is vying for the MedWAR first place on its own, teams may choose to work together throughout the course. You may find checkpoints, share food or water, or commiserate about obstacles together. You may not, however, share Codewords or Answers 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. If you encounter another team or another team member in actual medical distress, you are expected to render aid as appropriate (see REAL Wilderness Medicine below).

Waterproofing

PLAN TO GET WET!!! Responsibility for waterproofing of your equipment and relevant race materials lies with you! We cannot and will not be responsible for any equipment damaged by soaking (especially expensive electronic stuff that you shouldn't be carrying anyway). If you're worried about something getting wet, then don't bring it! If you have to bring it, then make sure it doesn't get wet! **Remember, YOU and your stuff will get wet.** So be prepared to change clothes or even self-treat for hypothermia if necessary.

Hydration/Food

During the race, you will NOT be provided with any water or food. This is an Adventure Race, not a Fun Run! You can, however, bring as much food and water of your own as you wish. You will be around water several times during the race, but it is not fit for drinking until purified. Your team must carry a method to purify water, and you might have to use it. At the conclusion of the race, Powerade, water, and food WILL be provided, but only AFTER you finish!

Environmental Conditions

MedWAR will be held rain or shine! Be prepared for rain, cold, and darkness. Remember that MedWAR is being held at a popular activity site and that part of the area may still be open to the public. We expect only cheering spectators, but if you encounter any problems from any other patrons, alert a Race Director immediately.

Environmental Impact

"Take only pictures. Leave only footprints. Kill nothing but time." If you pack it in, you are required to pack it out. That means we don't want to find you leaving used bandages, Snickers bar wrappers, or carved initials in the trees. Wilderness Adventure and MedWAR take environmental preservation seriously. Please help us conserve this area. There will be trash cans at Race Headquarters. Please use them.

Weather Emergencies

If you feel that the weather is too dangerous to continue (lightning, flash flooding, severe thunderstorm, tornado, plague of locusts, etc.), then report immediately to the nearest Race Official for further instructions. This applies only to REAL emergencies – not just a little drizzle! If the race must be delayed or stopped (as decided by the Race Directors), the race staff will find you and instruct you to return to Race Headquarters until further notice.

Arggh, we're lost!

If you get lost during the race, then you need to work on your orienteering skills! Race Staff will NOT give you directions or other navigational assistance. You're on your own! If you get really lost (as in completely clueless, but not in any danger), don't worry! You should be able to find a point of reference to your map without too much trouble. In an extreme case of *Blair Witch*-type lost – no map, no food, no clue where you are, it's 3am, and you hear voices – don't worry. By then, we'll be out looking for you. If you use your whistle as a call for help, the staff will find you, but your team will be disqualified.

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 30 other bikes made big tracks and ditches, then again, maybe they sprayed all the mud out of the mud pit. Alternatively, it may be much easier to follow navigational markers after 30 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.

REAL Wilderness Medicine Emergencies

While the goal of MedWAR is the simulation of reality, we don't want anyone to have to actually use their wilderness medical skills during the race because of real illness or injury. However, the course is physically demanding and accidents do happen. Any unsafe behavior 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 (fractured skull, amputated limb, speaking in tongues), report it to Race Staff immediately. 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. This action will also result in disqualification of your team. However, if you feel you can "tough it out," (cuts, abrasions, blisters, sissy-itis) then go for it!

Note: If you come upon an injured person who is NOT on your team and who is unable to blow their own whistle, you may blow your whistle (or theirs) under the "Good Samaritan" Law without fearing disqualification. The Hippocratic Oath still applies in the great outdoors: obviously, help if you can. (However, although we love animals, treating injured wildlife is optional and time lost is the team's choice.)

Awards

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

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 T-shirts (of a different color than the rest).

Have fun, be safe, and good luck!

Blue Ridge MedWAR 2024 Equipment List

Required Team Gear List

- Mountain Bike (One required.)
- Cycling Helmet (One required. Three max. Each member must be able to wear a helmet.)
- Bike lock (Or way to secure the bike while not being ridden.)
- Compass
- Matches/Lighter
- CPR Facemask
- Water detoxification system
 - 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 race course, but you provide your own water detoxification method.
- Waterproofing method for map and passbook
- Medical Kit properly equipped for an excursion into the wilderness

Required Individual Gear List

- Dry Change of Clothes and Rain Gear (waterproofed & kept dry even if you get wet)
- Whistle
- Light Source (with extra batteries)
- Food and Water (ability to carry 1 liter)
- A Sense of Adventure

Optional Gear List

- Camping Supplies / Food (if camping overnight)
- Spare bike tube, tire pump, and patch kit (strongly recommended)
- Other bike maintenance tools (chain tool, pedal wrench, etc.)
- Anything you think a Medical Wilderness Adventure Racer would need....

Forbidden Gear List (using/carrying any of these items will result in disqualification)

- Electronic Navigational Devices (GPS units, satellite location devices, pace meters, etc.)
- Electronic Communication Devices (radios, cell phones, PDAs, pagers, walkie-talkies, etc.)
- Any mode of transportation (other than authorized by Race Directors)
- Any Maps (other than those provided by Race Staff)

Random checks for required gear may occur. Any team whose member or members are not carrying required gear will be disqualified from placing in the race.



Blue Ride MedWAR 2024 Race Weekend Schedule

Saturday May 11th

7 am- Check In opens for all racers/bikes

8:00-8:30 am - Volunteers move to assignment areas

9:00 am RACE BEGINS!

5:00pm RACE FINISH- Dinner served (5-6pm)

6:00pm Awards

*Schedule Subject to Change.



Blue Ridge MedWAR 2024 Directions

Wilderness Adventure at Eagle Landing: 11176 Peaceful Valley Rd., New Castle, VA 24127

We advise that you print our driving directions prior to visiting our facility. DO NOT rely solely on a vehicle GPS navigation system. It is best if you are using GPS only to follow it until you leave the interstate, then use the printable directions.

See below for a map with details to Wilderness Adventure.

FROM NORTH:

(NORTHERN VIRGINIA, WASHINGTON, NEW YORK, NEW ENGLAND, etc.)

Take I-81 South to Exit 156 (Troutville/Route 640). Turn right at stop sign at bottom of exit ramp. Follow 640 (Brough's Mill Road) for about 5 minutes, where it will end at Route 220. Turn right on 220 N. Go 1.4 miles (use your speedometer). Turn left onto Herndon Street/Route 606 (There is a Dollar Store on the left and an outdoor nursery on the far left corner.) Continue on Route 606 for 11.5 miles – you will cross a stop sign (606 is then also called Grove Hill Rd.), then go over a winding mountain road, and eventually come to a “T” where the road ends. Turn left onto 615. Go 1.3 miles and turn left onto 611 – (a brown sign for Fenwick Mines will be on the left). Our base camp is 1.7 miles on the right.

FROM EAST:

(GREENSBORO, RALEIGH, ROANOKE, etc.)

Take I-64 West to I-81 South. Please continue with direction FROM NORTH.

FROM SOUTHEAST:

(GREENSBORO, RALEIGH, ROANOKE, etc.)

from Exit 210 on I-40, go north on Route 68 (past Piedmont Triad Int'l Airport), which turns into 220 North just north of Greensboro. Follow 220 North to Roanoke. Just before Roanoke follow signs to I-581. Take I-581 to I-81 South (left exit). Take first exit off I-81 South (Exit 141 – New Castle/311).

FROM SOUTH / SOUTHWEST:

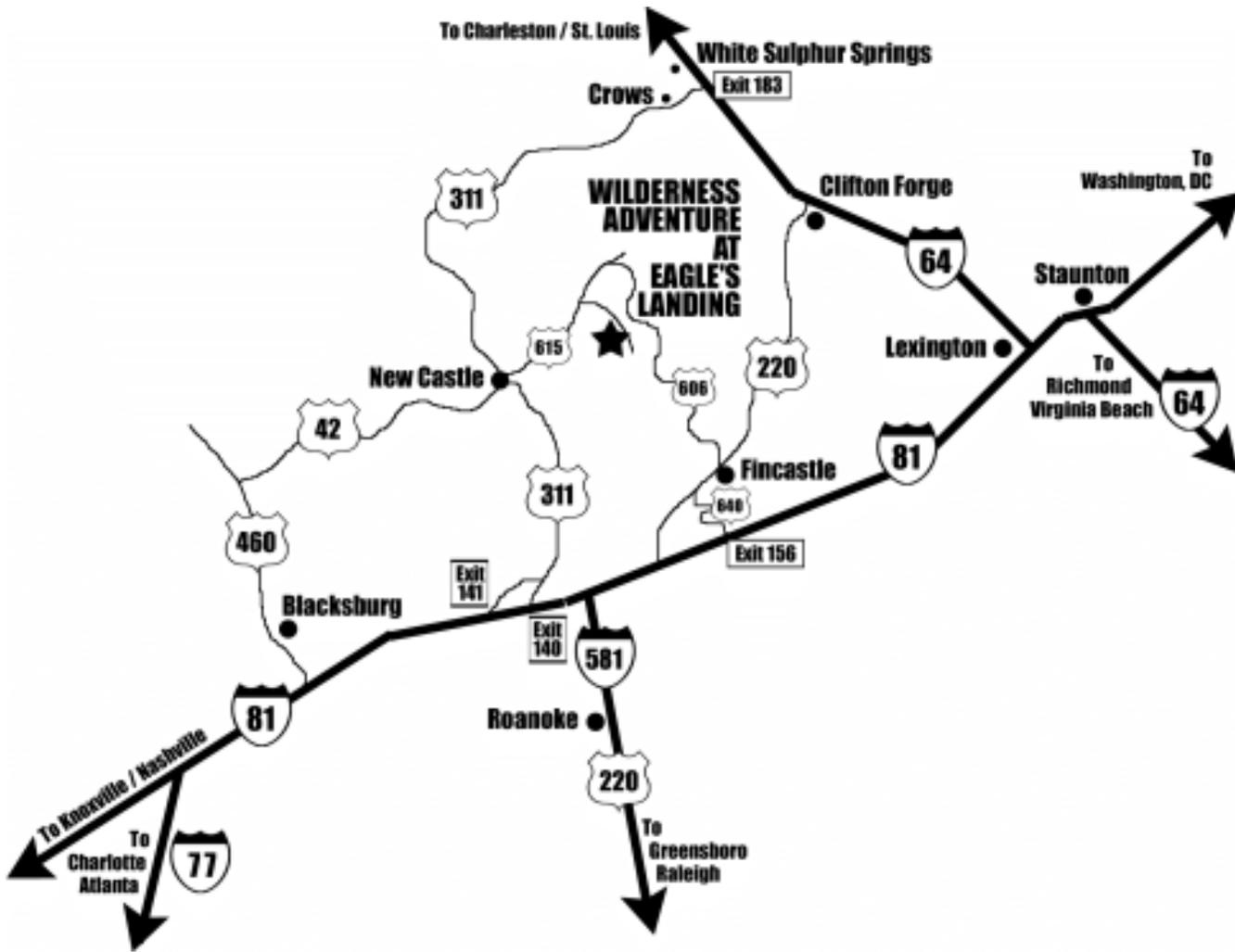
(ATLANTA, CHARLOTTE, NASHVILLE, etc.)

Take I-81 North to Exit 140. Turn left at stop sign at bottom of ramp. Go 3/4 mile and turn left at traffic light. Follow signs to 311 and New Castle. Follow Route 311 over Catawba Mountain and eventually into New Castle (approx. 20 miles). Turn right onto Market Street (Route 615) just past the C&M gas station. Follow Route 615 out of New Castle past the IGA grocery and Subway. After 2.7 miles you will pass the

Pine Top Inn on the right. Continue straight on 615 for another 2 miles. After crossing a small concrete bridge over Barbours Creek you will see a sign for Fleming Farm on the left. About 300 yards past Fleming Farm take the road to the right Route 610 (Peaceful Valley Rd.), which turns into Route 611 after the Y at the top of the hill. Our Base Camp is 1.7 miles on the right.

**FROM WEST:
(ST. LOUIS, CHARLESTON,
WV, COLUMBUS, OH, etc.)**

Take I-64 East to 311. South/Crows (Exit 183 in West Virginia, about 12 miles after White Sulphur Springs). Follow 311 (winding road) to New Castle. Turn left on to Route 615 just past the C&M gas station (on the left), following signs for Route 615. Follow Route 615 out of New Castle past the IGA grocery and Subway. After 2.7 miles you will pass the Pine Top Inn on the right. Continue straight on 615 for another 2 miles. After crossing a small concrete bridge over Barbours Creek you will see a sign for Fleming Farm on the left. About 300 yards past Fleming Farm take the road to the right Route 610 (Peaceful Valley Rd.), which turns into Route 611 after the Y at the top of the hill. Our Base Camp is 1.7 miles on the right.



North American Educational Adventure Racing MedWAR



NAEAR Membership Application & Waiver

Last Name _____ First Name _____
Address _____
City _____ State _____ Country _____ ZIP _____
Phone _____ E-mail _____
Race Name _____ Race Date _____
Team Name _____

Agreement, release and waiver of liability

I acknowledge that adventure racing is an inherently dangerous sport. I am participating in this sport at my own risk, and in consideration of being permitted to participate in this event, I, individually and on behalf of my heirs, executors, administrators, legal representatives, successors, or assign, acknowledge, understand and declare that:

- 1) To the best of my knowledge, I am in good physical and mental condition to participate in this event, and have no physical or mental condition that would impair or be impaired by my participation in this event.
- 2) Participating in this event may involve risk of injury to me, including death, loss or damage to me or my property, or other consequences, which might result not only from my own actions, inactions or negligence but also the actions, inactions or negligence of others, the rules of play, or the conditions of the premises or of any equipment used.
- 3) There may be other risks not known or reasonably foreseeable

I assume all of the above risks and release, waive, discharge, hold harmless, indemnify and covenant not to sue:

- 1) NAEAR, MedWAR or any of its agencies, employers, volunteers, or officials, or any affiliated agency, sponsor or advertiser, or associations
- 2) Owners, lessors and lessees of premises used to conduct this event from any and all liability for injury, including death, loss or damage to person or property, or any other consequence in connection with entry in or arising out of participation in the event, including travel to and from such event

I know the risk and danger to myself and property while participating or assisting in this event, so voluntarily and in reliance upon my own judgment and ability, I hereby assume all risk for loss, damages or injury (including death) and my property from causes whatsoever.

I consent to all emergency treatment as may be deemed appropriate under existing circumstances by medical personnel or personnel associated with MedWAR.

I have read this form in its entirety and have provided truthful information.

Signature _____ Date _____

Blue Ridge MedWAR 2024 Race



PHOTOGRAPHY RELEASE FORM

I hereby grant to the MedWAR and NAEAR organizations the irrevocable and unrestricted right to use and publish photographs of me, or in which I may be included, for publications, electronic reproductions (websites) and/or promotional materials or any other purpose and in any manner or medium. In addition, I grant my permission to alter the same without restriction; and to copyright the same. I hereby release the photographer and the MedWAR and NAEAR organizations from all claims and liability relating to said photographs.

Team Name: _____

Team Number: _____

Printed Name: _____ Phone: _____

Signature: _____ Date: _____

Printed Name: _____ Phone: _____

Signature: _____ Date: _____

Printed Name: _____ Phone: _____

Signature: _____ Date: _____



**Adult -
APPLICATION, MEDICAL INFORMATION & RELEASE**

YOUR GROUP NAME: _____ **DATES OF**

VISIT: _____ **Adult Information:**

Last: _____ Preferred First Name: _____

Address: _____ Preferred

Pronoun: _____ City: _____ State: _____ Zip: _____

Phone: _____ Date of Birth: _____ Age: _____

Emergency Contact Information:

Last: _____ Preferred First Name: _____

Home/Cell Phone: _____ Work Phone: _____

Email: _____

Relationship: _____

Name of Medical/Hospital Insurance:

Policy or Group #: _____ Name of Insured:

_____ Phone: _____

11176 Peaceful Valley Rd. New Castle, VA 24127, 540-864-6792,

Fax: 540-864-6800 www.wilderness-adventure.com

DOES THE APPLICANT HAVE ANY MEDICAL CONDITION WHICH WOULD PRECLUDE HIM OR HER FROM PARTICIPATING IN ANY OF THE OUTDOOR ACTIVITIES LED BY WILDERNESS ADVENTURE AT EAGLE LANDING?

If yes, explain and state which activities are prohibited:

ALLERGIES: (If allergy requires an Epi-Pen, I, the undersigned, understand that I must send the participant with his/her personal Epi-Pen):

Reaction to exposure of allergen (How severe is the allergy?):

DIETARY RESTRICTIONS: (Is the dietary restriction an intolerance or a preference?):

Current medications:

Chronic or recurring medical condition:

Suggestions on health related information for camp personnel:

I give permission to the camp staff to administer medication for common complaints of headache, stomach discomfort, insect bites or stings, etc. (e.g., acetaminophen, ibuprofen, antacid, antihistamine). In the event the Applicant is injured, I hereby give permission for the WILDERNESS ADVENTURE AT EAGLE LANDING staff to administer first aid and/or select a physician to hospitalize, secure proper treatment for, and to order injections and/or anesthesia and/or surgery.

I hereby consent to and authorize the use of photographs or video of the Applicant by WILDERNESS ADVENTURE AT EAGLE LANDING for promotional purposes.

I understand that WILDERNESS ADVENTURE AT EAGLE LANDING'S activities include, without limitation, hiking, backpacking, camping, rock climbing, rappelling, canoeing, kayaking, caving, low ropes, high ropes, mountain biking, climbing wall, and zip line, and I understand the risks and hazards involved in such activities, including, without limitation, rough water conditions, hiking on irregular and steep terrain, the unpredictable forces of nature, accidents or illness in remote places, and vehicle travel. I understand that such activities may be subject to injury. I understand that such injuries may include broken bones, paralysis, or other serious injury or death. Therefore, in consideration of the acceptance of the Applicant into the WILDERNESS ADVENTURE AT EAGLE LANDING program, I, the undersigned, consent to the Applicant's participation in such activities, and to his/her assumption of all of the above risks. I, personally and on the Applicant's behalf, agree to forever waive, discharge, and release for myself and the Applicant, all claims that I and he/she may have against WILDERNESS ADVENTURE AT EAGLE LANDING, INC. and/or its officers, directors, shareholders, and employees, arising out of or resulting from his/her participation in the WILDERNESS ADVENTURE AT EAGLE LANDING program, and I agree to indemnify them from all liability, costs, and expenses incurred in connection with this release. The information provided on this form is true and complete to the best of my knowledge and the Applicant has permission to engage in any or all of WILDERNESS ADVENTURE AT EAGLE LANDING's activities except as noted above.

Check here if you would NOT like the email listed above to be included in future mailings about information and discounts for our Retreat or Adventure Program.

(signature)

(date)