

MedWAR Tennessee 2019

Race Information

Welcome to MedWAR Tennessee 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

Three participants per team with a maximum of 30 teams on race day.

Cancellations/Refunds

Cancellation policy: 50% refund until 2 weeks before the race. No refund less than 2 weeks before the race. Team members may be substituted at any time until check-in on Race Day but must notify the Race Directors ahead of time.

Food and Beverages

A small breakfast will be provided on race day. After the race we will have lunch waiting for you.

Required Gear List

REQUIRED INDIVIDUAL EQUIPMENT

- Dry change of clothes and rain gear.
- Safety whistle.
- Light source with extra batteries.
- Food, water, and the ability to carry 1 liter.
- A sense of adventure.

REQUIRED TEAM EQUIPMENT

- 1 mountain bike & cycling helmet per team (able to be used by all team members).
- 1 tent with stakes & rain fly per team (even if you are not camping).
- Orienteering compass.
- Fire starting supplies e.g. matches, flint, lighter.
- Pocket or folding knife.
- Water detoxification method. *
- Waterproofing method and ink pen for map and passbook.
- Wilderness medical and survival kit. **
- CPR face mask.
- **The map will be provided**

* You will be responsible for your own hydration for the duration of the race. Natural sources of water (e.g. lakes, streams) may be on the race course, 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 medication in permanent marker. These must be pre-labeled before the race begins.

GPS units, cell phones, and other forms of communication are prohibited. Also prohibited is any means of transportation other than those specified in the race.

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.

RACE FORMAT

Format: circuit adventure race with wilderness medicine questions and hands-on scenarios, designed to test your academic and practical knowledge of wilderness medicine. The team with the shortest time will win the race.

Maps and Navigational Materials

A map will be provided to you on race day. Use of electronic devices are prohibited. Racers can bring a compass to help with navigation

LOCATION

MedWAR TN is located at Lincoln Memorial University-Debusk College of Osteopathic Medicine (LMU-DCOM) at 6965 Cumberland Gap Pkwy, Harrogate, TN 37752. Check-in will be in the medical school building, which is located on Mars-Debusk Pkwy. Signs will be posted to help navigate you to registration on race day.

Note: this race is at the Harrogate Campus, not Knoxville.

More directions on last page.

Assistance from Race Staff

There will be race day volunteers stationed throughout the race circuit. Most volunteers will be located at stations, but there will be volunteers scattered throughout the map to ensure participant's safety. If you have any other questions, please don't hesitate to email us at tennessee@medwar.org. You can also join us on Facebook at MedWAR Tennessee

Finishing Order

Awards will be based on points awarded to the teams at each station plus time. Points awarded from the stations will be combined with the racer's times. The racers with the most points from the stations and with the least amount of time (amount of time it took to finish the entire race) will win the race.

Real Medical Emergencies

In the event of an emergency call 911. The town is aware that the race is happening, and local responders are informed about race day activities.

Emergency Contacts:

Call 911

Tunnel Emergency Number: (606)-248-0996 (fastest ambulance)

Call Coordinators: Seth: (740)-584-1984 Julia: (248)-875-6443

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.

... 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 questions have time penalties associated with them which will be added to your overall race time. 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.
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: Please pack out anything you pack in. The race will be in a National Park and in the Town of Cumberland Gap. We want to keep these areas clean. There will be 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: 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. Directors know how many racers haven't checked in at the finish, so in the event that you got lost, the race staff will know.

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 Tennessee 2019

Race Weekend Schedule & Directions

Friday November 8th, 2019

19:00 Check-in & camping

Saturday November 9th: RACE SCHEDULE

07:00 Racer Check-In/Breakfast

Race Start Times: 08:00, 09:00, 10:00, 11:00, and 12:00

17:00 Race Finish, Awards & Dinner

Tentative schedule. Subject to change

DIRECTIONS

LOCATION

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Note: this race is at the Harrogate Campus, not Knoxville.

Coordinates: 36.577441, -83.661101

DRIVING DIRECTIONS

Southbound: I-75 South to exit 29 in KY, left (east) on HWY 25E through Corbin. About 1 hr later you will come to the Cumberland Gap Tunnel, go through the tunnel and approximately 2 miles after the tunnel Lincoln Memorial University (LMU) will be on your right. Turn in and follow the signs.

Northbound: I-75 North to exit 134 in TN for US-25W/TN-63 toward Caryville/Jacksboro/La Follette & turn right (east) off of the exit. Follow Hwy 63 for around 38 miles until it dead ends into Hwy 25E. Turn left at that red light/intersection & follow the signs.

Westbound: I-81 West to exit 8 for US-25E toward Morristown/White Pine. Turn right off of the exit on Davy Crockett Pkwy/TN-113/TN-32/US-25E and follow for approximately 38 miles. You will dead end into Hwy 33, make a right at that red light towards Harrogate/Cumberland Gap and drive for roughly 10 miles, and follow the signs once in Harrogate.

Northwest bound (from North Carolina): Follow I-40 W up to I-81, right onto I-81 towards Bristol/VA, take exit 8 for US-25E toward Morristown/White Pine. Turn left off of the exit on Davy Crockett Pkwy/TN-113/TN-32/US-25E and follow for approximately 38 miles. You will dead end into Hwy 33, make a right at that red light towards Harrogate/Cumberland Gap and drive for roughly 10 miles, and follow the signs once in Harrogate.

PARKING INFORMATION

Park at the DCOM medical school building.

CAMPING/ACCOMMODATIONS

Optional tent camping is available 5-10 minutes from race start on Friday before race day and Saturday evening following the race. Camping is at the *Cumberland Gap Campground*. Tent only camping. Racers will share one group camping site reserved by the race directors. Please select the camping option during registration if you would like to join us the campground. Space is limited so camping will be limited to registered racers only.

There are also 2 hotels in Middlesboro, KY, however, we suggest reserving a room early as they have a tendency to fill up. Search in the Harrogate and Middlesboro area.

