

ARC Spring 2020 Newsletter



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COVID-19

As the pandemic of COVID-19 continues in the United States and around the world, ARC is recommending that race directors cancel or postpone all their events scheduled to take place in **APRIL and MAY**.

Race directors may think that **MAY** is a bit far off, but most people's lives are being completely rearranged, and many travel bans/advisories already extend into mid-May. Very few people are going to be able to start racing as soon as social distancing stops. Most K-12 schools and universities around the country have cancelled or transitioned to online classes and graduations for the rest of this academic year. Life is not going to be right back to normal when bans are lifted.

Fortunately, some race directors are looking into virtual races. If a race director would like to go down that path for their race, please consider map handling, CP handling (the punch on the CP), and the fact the US is recommending that all people stay at HOME and gatherings limited to 10 or fewer people.

If race directors would like to have a virtual race, please contact info@arcooperative.org for more information on how to make that possible.

To the entire adventure racing community, we wish you all safety, health, and mental fortitude in this crazy time.

Postponed/Cancelled Races :- (

April

9 Apr 2020	Expedition Africa
18 Apr 2020	Shenandoah Epic
18 Apr 2020	Berryman Adventure
25 Apr 2020	Uwharrie - 5/18 Hour
27 Apr 2020	PC12 AR Colombia

May

2 May 2020	Chasin' The Bone AR
12 May 2020	Expedition Oregon
16 May 2020	Conquer The Mtn
16 May 2020	Blue Ridge AR
18 May 2020	AR Croatia
22 May 2020	Nordic Islands AR
22 May 2020	Rib Mountain AR
23 May 2020	Two Rivers AR

June

3 Jun 2020	Expedition Canada
5 Jun 2020	Mtn Designs GeoQuest
6 Jun 2020	No Sleep AR
6 Jun 2020	Kulshan Quest AR

July

17 Jul 2020	Australia XPD
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August

1 Aug 2020	World Rogaine Champ
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For a complete list of races (cancelled and possibly still on, please visit:

www.arcooperative.org/racelist

ARC Team Ranking

Rankings as of March 11, 2020

1. Rootstock Racing
2. Quest AR
3. No Complaints
4. Rib Mountain Racing
5. Mountain Race Company
6. AR Georgia
7. Kuat/Alpine Shop
8. Untamed New England
9. Bones
10. Strong Machine

ARC Individual Racers (2019-20 data)

Rankings as of March 2020 for Most ARC points Earned

1. Glen Lewis
2. Doug Ritzert
3. Sara Dallman
4. Eric Olson
5. Kit Vreeland
6. Mark Lattanzi
7. Brenda Carlson-Brown
8. Brian Reiss
9. Nicki Driscoll
10. Tim Buchholz
11. Cliff White
12. Dusty Caseria
13. Anna Nummelin
14. Peter Jolles
15. Chris Von Ins
16. Drake White
17. Hunter Leininger
18. Richard Lee Sparks
19. Michele Hobson
20. Olga Huber

The ARC Extravaganza!

Let's crank this up! Our plan is to go ahead with the event at this point. If it has to be cancelled, we will be giving everyone a **FULL refund**.

We have over 40 people signed up for the Extravaganza that will take place at ACE Resort in West Virginia, July 16 to 18, 2020.

We realize that attending all three days may be difficult, therefore we are offering options for 1 and 2 day packages.

Can't come for all three fabulous days of the Extravaganza? Come for 2 days (\$250 for Friday and Saturday) or even just 1 day (\$125 for a 10 hour race on Saturday)! <https://runsignup.com/extravaganza>



The goals of the **Extravaganza** are to offer a great adventure racing experience with skills courses, racing, and camaraderie in one spectacular weekend.

We are also reducing the price back to \$300 for all 3 days. This includes races, skills courses, breakfast and dinner for three days, awards/prizes/giveaways, and apparel.

If you are interested in helping with the event, leading a skills session, or designing a race, please contact info@arcooperative.org

Ready to Take Your
**Adventure Racing to the
Next Level?**

Join the Adventure Racing
Cooperative's **EXTRAVAGANZA!**

Skills Clinics • Races • Adventure

 July 16-18, 2020
New River Gorge, WV

Information and registration:
www.arcooperative.org/extravaganza



ARC Rankings Explained

ARC is excited to continue ranking both teams and individuals for the 2020 race season.

How the ranking works...

Our rankings team (led by the amazing ARC statistician Ryan) uses four criteria to rank teams:

1. Teams are given points based on their finish rank for a race and the race length.
2. A Competition Factor (number of teams in your category) is created.
3. A Standard Distribution is used to even out the scores.
4. ARC compiles races from the last 365 days for each team of every race from which we have results.

Division: 3/4 Person Coed Search All rankings: Search for a team				
Rank	Total Points	Team	Number of Races	Division
1	319	Rootstock Racing	5	C-3/4
2	255	Quest AR	3	C-3/4
3	252	No Complaints	5	C-3/4
4	234	Rib Mountain Racing	5	C-3/4
5	184	Mountain Race Company	3	C-3/4
6	178	ARGeorgia	2	C-3/4
7	172	Kuat/Alpine Shop	5	C-3/4
8	140	Untamed New England	2	C-3/4

ARC uses a set of rules to ensure as much equality in the ranking as possible.

1. Our goal is to incorporate all AR races where a US team is competing.
 - a. To be considered an AR race, the event must contain 2 different types of non-motorized travel and map/compass based navigation.
 - b. All results must be complete to be considered in ranking.
1. Up to seven racers per team for C-3/4, M-3/4, and F-3/4. All other divisions need exact team members.
2. Results from the past 365 days will be considered.
3. Rankings will be calculated the first week of each month/quarter.
4. Top 5 races by point count towards the ranking.
5. A tie in a race will result in splitting the 2 position points equally.
6. A team must request any team name change by email.
7. Adjustments to the equations can occur once a year in January as needed.

In order for teams to be accurately ranked, ***race directors must provide the raw data to ARC***. If you raced and those race results have not been submitted to ARC, please contact the race director. All they need to do is email the race results to results@arcooperative.org and ARC will do the rest.

Region Coordinators

The ARC Board is reviving their Region Coordinator positions. We realize that in order to keep the race directors informed of the great work we are doing to support the AR community, we need Region Coordinators to keep us all connected.

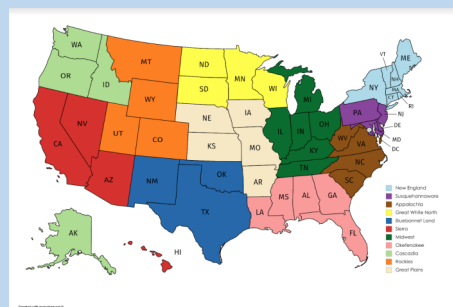
Additionally, the Region Coordinators can give to the ARC Board much needed feedback from the race directors on their needs and requirements to be successful.

In an effort to even out the regions, the regions will be readjusted to reflect race series that already exist and combine areas that have fewer race companies.

If you would like to be a part of the Region Coordinator community, please email Jess Evans at

jrevans6@gmail.com

and learn about how to be involved.



Map of Current ARC Regions

AR Sponsors

Every race organization has at least one sponsor that makes a difference in their races. Please share these sponsors with us, and we will happily promote them. Email

info@arcooperative.org

with their logo and information.

Team Foot Kinetics



RunGoo, a product of Footkinetics, is provided to several adventure racing companies throughout the United States as SWAG for racers. This product is perfect for keeping your feet and other areas of your body free of chaffing.

The better you feel, the better you perform in these long adventure races.

Go to www.footkinetics.com to learn more about this product and others.

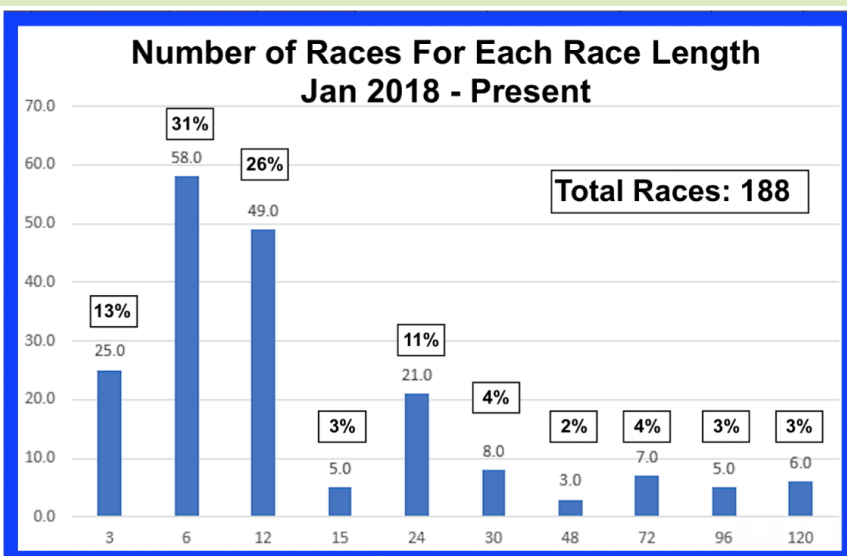
ARC is also working on a partnership with **Gnarly nutrition and hydration products** (gognarly.com). Stay tuned as we work out the details. We will have their products at the Extravaganza for everyone to try.



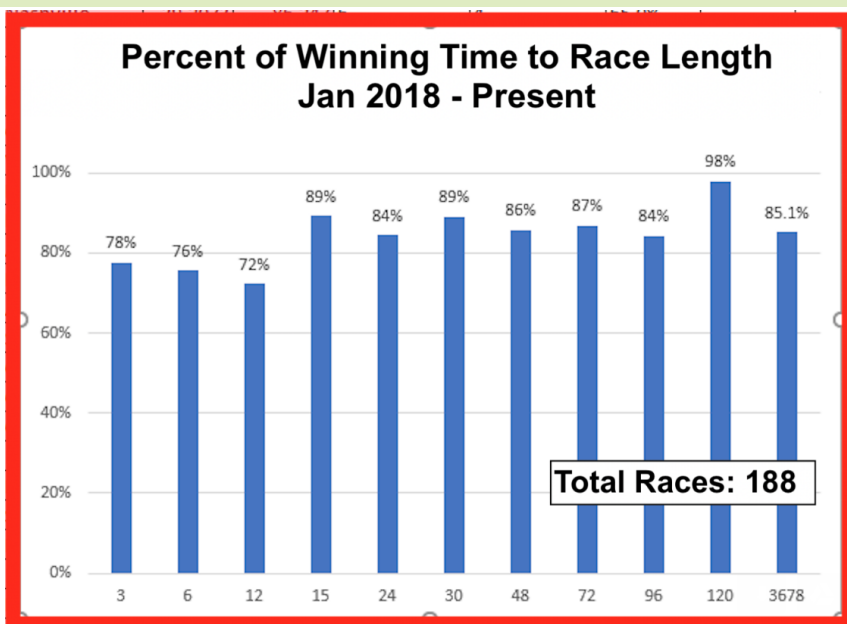
Adventure Racing Statistics

For the past two years, ARC has been gathering data on adventure races around the country. We have more than 200 races and their data in our database. We are creating some very interesting statistical data from all this information.

Since January 2018, 6 and 12 hour races are the most common adventure race offered.



Additionally, the average winning time for an adventure race is 85% of the total length of the race.



We will keep crunching the numbers to give you more adventure racing stats.

RD Survey Form

ARC is offering a Google survey form for race directors to use to send out to their racers.

This form should help race directors gather pertinent information from their participants to improve adventure racing in the United States.



Please get the template form at www.arcooperative.org/resources

New Awards

ARC has added a new award to the list of awards we give out at races. We wish to recognize not only individual racers who are topping the rankings lists, but also the most improved racers in our sport.

Keep an eye on the individual race results to see how you stack up to your fellow racers, as well as who the up-and-coming racers are!

Please visit: www.arcooperative.org/racerdata/ to see the current list.



Resources

The ARC website has many resources for both race directors and adventure racers, both experienced and novice racers. Go to the Resources page on the website.

- The FAQ section covers common questions and concerns to very specific question about the sport.
- All past ARC Newsletters are archived and can be viewed from this page.
- Adventure Racing 101 videos are available. ARC is also working on creating a series of AR101 short videos to assist the newer racers of our community.
- ARC now administers the Facebook AR Discussion group. Please follow this page to see what adventure racers from throughout the US and the world are talking about.
- If you are struggling with finding good books, ARC has a book list to inspire you for your next adventure.
- We link to attackpoint.org, a platform focused on adventure racing with training logs and discussion.
- The ARC race director feedback form may be accessed from this page.
- Access to resources like canoe rentals, mapping services, gear bazaar, and tracking services.
- An extensive library of race reports and technical papers can be accessed for anyone interested in learning more about adventure racing and specific races.
- Adventure racing articles by Sleepmonsters keep us all updated on adventure races around the world.
- Finally, there is a teammate finder Facebook page to aid you in building the perfect (or at least complete) great adventure racing team.

ARC Board Members

The ARC Board for 2020 has been finalized. We have some great new members for the upcoming term.

As was mentioned in the last newsletter, Mark Lattanzi, Jess Evans, Mike Garrison, and Ryan Ognibene will be remaining on the board to further the ARC initiative. Rachael Abler from Colorado, Chip Dodd from Virginia, and **Craig Sheriff** from Florida will be joining the board. We are very excited for their new ideas.

We are an enthusiastic team looking forward to bringing the ARC Extravaganza to the AR community in 2020 as well as continuing our efforts to give out awards, support race directors and their regions, and provide resources for adventure racers.

If you would like to be more involved in ARC, please email

info@arcooperative.org

and let us know how much time and energy you have to make a difference in the AR community.