

Event

This is an adventure race for Venturers and Rovers, comprising hiking, mountain biking, canoeing, rappelling, and an aerial runway. Competition will be between teams of 3-6 individuals. Rock climbing and crate stacking will be offered as separate activities after the completion of the race. A communal supper will be served. This is a single day event on the Saturday, but camping will be available on the Friday and Saturday nights. The event is being run as a subset of the Merrickville Centenary camp.

Date

Saturday October 4th, 2008

Registration

A flyer and registration sheet has been distributed to all Venturer leaders in Voyageur Council. Information, forms, and photographs are available on the Venture Advisors Forum website. Registrations to date are shown on the 1st Merrickville website under the Centenary Camp. The registration deadline is September 26th. This is to allow time for food purchasing and so the start times for each time can be finalised. In reality, no team will be turned away. The cost is \$15/participant and \$8 for supper only.

First Aid

Each team is expected to have a first aid kit with them at all times. Qualified first aid personal will be located at the rappelling site and the finish. The course is within civilisation so houses are generally with a half hour walk of the route. St. John Ambulance volunteers, and their equipment, will be located at the main camp. The closest hospital is the Kemptville District Hospital at 2675 Concession Road, Kemptville, (613) 258-6133.

Inclement Weather

The event will proceed rain or shine. The rock climbing and rappelling may be cancelled if safety is compromised. Since the river is narrow, canoes may be pulled to the side in the event of lightning. A tarp and/or shelter will be erected for the supper cooking and dining area.

Prizes

Though this event is advertised as a challenge (at it will is!), small prizes will be awarded for the three fastest teams (that don't get lost!). Prizes will be Toblerone bars of decreasing size.

Attendance

In 2007, the event was attended by 54 Venturers and Rovers along with 16 leaders, for a total of 70 people for dinner. The 54 race participants were split across 14 teams. Similar attendance is being assumed for this year from a planning perspective.

Crate Stacking

Crate stacking is an activity imported from the UK by the Merrickville Scout group. It is an enjoyable pastime for Cubs through Venturers (and even adults!). This, and the rock climbing, is intended as filler between finishing the race and the serving of supper.

The objective is to make a stack of milk crates as high as possible. The crates are stacked in a single or double column. One person is designated the climber and has to keep climbing up the stack to place the next crate as the tower gets higher. The climber wears a climbing harness with a rope up and over an anchor on a tree branch and held by a belayer. Another person is designated the helper and passes crates up to the climber, using a pole when necessary. Eventually the tower falls over and the climber is left suspended in mid air and is lowered to the ground.

Helmets must be worn by the climber, the helper, and the belayer. All safety equipment will be provided. Those Venturers trained in belaying, typically from VenClimb, will provide the belaying function. A ground anchor will be used for the belay station. The maximum height reached is usually about 10-15'. The harness is worn backwards so the rope is not in the way.

For further information and photos, see: http://www.1stmerrickville.ca/events/crate_stacking/

Rappelling

The rappelling (abseiling) activity will take place in a local quarry. Permission has been secured from the owner, Don McConnell Construction, and a requested insurance certificate naming him has been obtained from Voyageur Council. The rock face is 30' high and solid with a large flat area at the top for operations. Anchoring will be to large boulders and potentially specifically placed anchor bolts. A safety belay, from the top, will be used. The edge of the cliff is fairly sharp and the ropes may require protection. Participants will control their descent speed using a figure eight descender. A helmet must be worn; either their bicycle helmet or a provided climbing helmet is acceptable. All equipment will be provided. Yellow caution tape will be used to direct participants along the safe bicycling/walking/scrambling routes.

Aerial Runway

An aerial runway will be constructed at the rappelling site. The design is one successfully used by the Merrickville group at the Whispering Pines Scout camp twice before. It is based on a 3/8" stainless steel aircraft cable and an industrial pulley. Two braking systems are used, an initial bungee cord and secondary rope brake. The construction practices of the UK Scout Association's Aerial Runway Fact Sheet (FS120006) are followed. The participant sits on a bosun's chair with a climbing harness secured as a backup. Since there are no trees at this location "A" frames will be used to elevate the cable at the top and bottom. Anchoring the cable and securing the "A" frames will be through attachments to large boulders and potentially to rock anchor bolts specific placed for this activity. Climbing grade equipment and practices are used throughout.

For further information and photos, see: http://www.1stmerrickville.ca/events/aerial_runway/

Rock Climbing

The Scouts Canada Quebec Council climbing wall is being brought in for the camp. The race participants will have exclusive use of this from 4:00pm to 6:00pm. It will be located at the main camp (a five minute walk from the Venturer camp). Belaying services and climbing harnesses will be provided.

Supper

Supper will include drinks, main course, and dessert. The Valley Highlands Kitchen-on-a-Trailer will be used for cooking the supper. Propane is included with the kitchen. The intention of the meal is to be nut free, but no guarantees will be made. The packages will be kept where possible so the kids can examine them.

Camping

Camping will be available at the Lion's Club campground for no extra charge. Access to onsite potable water and washrooms are currently unknown. Both water and washrooms will be available at the main camp in the fairgrounds (a 5 minute walk). Fires are allowed, however there is limited firewood available onsite. There are numerous trees for the attachment of tarps in the case of inclement weather. Picnic tables are available. A path exists, marked with caution tape, that leads from the west end of the campground (near the boat launch), through some trees and across the foot of a yard to the main camp on the fairgrounds. This route saves walking back through the village.

Setup

The hiking route will be flagged the week before the event. The bicycle route will be flagged on Thursday evening using a four wheeler for quickness. The aerial runway will be constructed on Friday afternoon, depending on utilisation of the quarry, as this will take several hours and requires two people. At the end of Friday, the safe routes through the quarry must also be marked with caution tape. On Friday, large rocks will need to be positioned with a front end loader to act as anchors for the rappelling and aerial runway. Potentially the front end loader itself could be used as the bottom anchor for the aerial runway. The rappelling and crate stacking will be setup Saturday morning. The rappelling must be ready to go by 10:00am. The allowed corridor from the campground to the fairgrounds needs to be marked with caution tape on the Saturday morning. The cargo trailer will be required Saturday morning to transport equipment to the Lion's Club campground.

Teardown

The rappelling and aerial runway will be dismantled as soon as the last team has passed. All infrastructure in the campground will be removed either Saturday evening or Sunday, depending on whether any groups are camping over night. Trail markers will be removed over the next week.

Recognition

Thank you letters will be sent after the event to:

Don McConnell Construction

Lion's Club of Merrickville

Non-Scouting property owners whose fields were crossed

Person between campground and fairgrounds

Non-Scouting volunteers

Pat & Jacques Avery

Diana Yates

Thank you email will be sent to:

Scouting volunteers

Scouting property owners whose fields were crossed

Contact

Allan Yates

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Centenary Camp Activities

Youth and leaders are welcome to wander around the rest of the camp and investigate the various activities. If an activity is not currently being used by the Beavers/Cubs/Scouts, then the Venturers and their leaders are welcome to try things out. Groups camping over Saturday night are welcome to participate in the main campfire. On Sunday morning there will be a parade through the village, a Scouts Own, and the camp closing ceremonies. Full uniform is required for the Sunday activities. After the closing, Venturers are more than welcome to help in the tear down of the main camp.

Financial Budget

As this event is being run as a subset of the main Merrickville camp, no separate budget is being produced. For simplicity, the registration fee is being kept the same as last year. That is, \$15 per race participant and \$8 for supper and crest only.

Venturer specific costs:

- Supper \$7/person
- Activities \$100 (does not include climbing wall)

Each person will receive an embroidered camp crest. 1st Merrickville is underwriting the event, and thus assuming profit/loss.

Activity costs

Item	Quantity	Cost	Extended
Flagging tape	2	\$2	\$4
Caution tape	2	\$15	\$30
Expansion bolts, 3/8"	6	\$2	\$12
Granola bars, small box	3	\$5	\$15
Limonata/Originata, cans	12	\$2	\$24
Total			\$85

Meal costs

Item	Quantity	Cost	Extended
Plates, disposable	20		
Cups, disposable	20		
Food			
Milk			
Coffee			
Total			\$

Course

The course starts with hiking at Stew Hamill's house. The route continues through Carol Williams'/Doug Savage's farm and through a number of fields up to Carleys Corners Road and along to Snowden's Corners Road. The route can be extended by 2km by taking it down Kerford road and up Snowden's Corners Road. The final route will be picked based on the test runs to get the exact duration.

At the intersection of Carleys Corners Road and Snowden's Corners Road, the switch is made from hiking to bicycling. The time of this switch is noted. The bicycle route goes in to Don McConnell's quarry. At the main pit, there will be rappelling and an aerial runway. The route continues north through the quarry to Armstrong Road. Then east along Armstrong Road, turning north up the road through the swamp. After exiting the swamp, it turns east again along Scotch Line Road. A turn south is made down xxx Trail to the sand hills. The route meanders it's way back up to Scotch Line Road on xxx Trail, then continues west to Bolton Road. Then north on Bolton Road, take a short jog east on County Road 43, then north again on Davis Road. Then west on County Road 23 to Lower Nicholson's locks.

The switch is made to canoes and the time noted. The canoes are carried down to the locks. Canoe upstream, portaging around Upper Nicholson's Lock (Andrewsville), Clowes Lock, and the two Merrickville Locks. The route ends at the west end of the Lion's Club campground at the boat ramp.

Element	Distance	Estimated Duration
Hiking	5.5 km	2 hours
Mountain Biking	15 km	1 ¼ hours
Rappelling / Aerial Runway	N/A	½ hour
Canoeing	4 km	1 hour
Total	25.5 km	4 ¾ hours

The course crosses the following people's properties:

- Stew Hamill
- Doug & Carol Savage
- Fred McFarland
- Elizabeth & Denis Dickie
- Van Humbeck
- Garnet & Rose Lamingham
- Wally Kazakowski
- Don McConnell
- John Laprade

Schedule

8:30am - 11:30am

Teams will be started every 10 minutes. The intent is so teams can't follow each other and to minimize congestion at the rappelling.

10:00am

Rappelling and aerial runway ready to go.

2:30pm

Tear down of the rappelling and aerial runway should be able to begin.

2:00pm

First team should finish about now.

5:00pm

Last time should finish about now.
Supper preparations start.

4:00pm - 6:00pm

Climbing tower available for exclusive use by race participants.

6:30pm

Supper served

7:00pm

Winner announced

Volunteers Required**Hiking Start (8:30am - 11:30am)**

One person (with watch) to record times, handout team numbers and maps, ensure teams are started at the desired intervals.

1 - Barb Bowman

Biking Start (9:30am - ~12:30pm)

One person (with watch) to record times.

1 - Jamie Orchin (Rover)

Rappelling (9:00am - ~1:30pm)

One hour allowed for setup. Five volunteers to provide safety belay and ensure safety. Each volunteer can run a single rappel, so the more volunteers the quicker the participants can be cycled through. Arrival and departure times need to be recorded.

1 - Christiaan Burchell

2 - Ben Catton (Venturer)

3 - Ivan Wood

4 - Grant Szalai (Venturer)

5 - Adam Szalai (Venturer)

Aerial Runway (9:00am - ~1:30pm)

One person to launch participants and ensure safety.

1 - Doug Proud

Canoeing Start (11:30pm - ?)

One person (with watch) to record times.

1 - Ray Renton

Finish & Crate Stacking (1:00pm - ~4:30pm)

One person (with watch) to record times.

1 - Bill Bowman

Supper

Two people to cook and server supper.

1 - Cyndy Courtland

2 - Pat & Jacques Avery

3 - Diana Yates

The people doing the hiking start will be free before the first teams will reach the finish.

Volunteers are recommended to bring a lunch, snacks, drinks, and a chair. Some snacks and drinks will be provided.

Volunteer Instructions

For those recording the time, please ensure your watch is set reasonably accurately.

The drinks and granola bars in the coolers are for your (and other volunteers) usage, or if you see a desperate need among the participants.

The water container is for the participants to fill their water bottles if needed.

If the weather is cold and wet, keep an eye open for hypothermia among the participants.

After the last team has passed your area, you may return to the campground or move to your next location.

Motorized vehicles (other than those of the rappelling volunteers) are NOT allowed in the quarry. People may enter on foot, but must stick to the marked trail.

Ensure all garbage is picked up from your area. Leave it cleaner than when you arrived.

Bring back any lost & found along with the cooler and water jug(s) to the campground.

Bring the clipboard with the timings to the kitchen at the campground.

You are welcome to stay for supper.

Equipment**Hiking Start**

Clipboard
 Recording sheet
 Pen on string
 Plastic map covers
 Route maps
 Route instructions
 Support vehicle instructions
 Support vehicle maps
 Venturer flag on County Rd 15

Biking Start

Clipboard
 Recording sheet
 Pen on string

Rappelling

Rope, dynamic, 5
 Rope protection?
 Harness, lots
 Figure eight descender, 5
 Helmets, 3
 Belay device, 5
 Carabiner, locking, 12
 Slings
 Tubular webbing
 Clipboard
 Recording sheet
 Pen on string
 Rope, static

Canoeing Start

Clipboard
 Recording sheet
 Pen on string

Crate Stacking

Crates, milk, 70
 Harness, Cosmic, 3
 Belay device, 1
 Rope, climbing, retired
 Carabiner, locking, 4
 Sling, nylon, double, 2
 Helmets, climbing, 4
 Pole, extendable

Aerial Runway

Harness, lots (share with rappelling)
 Cable, stainless steel
 Towing straps, 2
 Pulley, cable
 Come-along
 Bosun's chair
 Sling, double, nylon
 Carabiner, locking, 10
 Spars, 4
 Lashing rope, 10
 Rope, lots
 Generator
 Drill, hammer
 Drill bit, masonry, 3/8"
 Expansion bolt, 3/8", 8 (purchase)
 Bolt hanger, 3/8", 8 (make)
 Wrench, 1/2"
 Hammer
 Pulley
 Bungee cord, 30'
 Rope, climbing, retired
 Rope, static, retired
 Ratchet straps, 3
 Cold chisel
 Hammer, sledge, 5 lbs

Campground

Lantern, propane, 4
 Propane, 1 lbs, 6
 Laptop
 Tarp, huge
 Rope
 Baler twine
 Picnic tables, 10
 Kitchen-on-a-Trailer
 Drink cooler, 2
 Water container, 2
 Disposable plates (purchase)
 Disposable cups (purchase)
 Disposable knives, forks, spoons
 Stir sticks
 Garbage can
 Garbage bags
 Trailer, cargo

Course Layout

Flagging tape, 300' (1 roll) (purchase)
Caution tape, 1000' (1 roll) (purchase)

Rappelling Volunteers

Cooler, 1
Water container, 2
Limonata, 12 cans (purchase)
Ice
Granola bars, 24 (in Ziploc bag) (purchase)
Garbage bag

Canoeing Volunteer

Cooler, 1
Water container, 1
Limonata, 3 cans (purchase)
Ice
Granola bars, 6 (in Ziploc bag) (purchase)
Garbage bag

Biking Volunteer

Cooler, 1
Water container, 2
Limonata, 3 cans (purchase)
Ice
Granola bars, 6 (in Ziploc bag) (purchase)
Garbage bag

Menu**Drinks**

Fruit punch
Coffee
Milk
Sugar
Hot chocolate

Main Course

Chili
Buns
Taco chips

Dessert

Mille-Feuille

Assuming each person will drink half a litre at supper, 35 litres of juice will be required. This is two 19 litre drink coolers.

Recipes

Mille-Feuilles

Grease 9" x 13" pan

Honey graham crackers (squares)

Large vanilla cooked pudding

- Let sit for 10 minutes covered
- Pour carefully over crackers
- Cover with wax paper
- Let sit for half an hour
- Then half an hour in the fridge
- 500 mL whipping cream (whip) with 1/3 cup icing sugar and 1 teaspoon vanilla
- Put on top
- Another layer of graham crackers
- 2 ½ cups icing sugar and 5 tablespoons milk; cover crackers
 - Same some, add coco powder or chocolate

Recipes

Cracker Dessert

Looks and tastes just like a French pastry. It needs to stand at least 24 hours. Eight pans are required for 70 people.

Instant vanilla pudding powders, 4 serving size each	2
Milk	4 cups
Unsalted soda crackers, approximately	84
Whipping cream, whipped	4 cups
Fruit Sauce:	
Sliced fresh strawberries (or blueberries or sakatoons)	2 cups
Water	1 cup
Granulated sugar	½ cup
Cornstarch	2 tablespoons

Beat pudding powder and milk together in a bowl until smooth.

Line ungreased 9" x 13" pan with crackers. Spread 1/3 of pudding over top. Spread with ½ of whipped cream. Repeat layers twice more. Refrigerate for 24 hours.

Fruit sauce: Mix all four ingredients in saucepan. Heat and stir until boiling and thickened. Cool. Drizzle sauce over individual servings.

Note: Frozen fruit, thawed, may be equally distributed

Utilise disposable aluminum pans.

Grocery List

Coffee
Tea (Scout room)
Hot chocolate
Sugar packets (Scout room)
Juice crystals, lemonade, 3 x 23 litres
Chili
Tostitos, 14 large bags
Granola bars, large box, 2
Dinner rolls, 128
Limonata, 24 cans
4 x 1Kg cheese

Support Vehicle Instructions

Drop your team(s) for hiking at 369 Wolford Centre Road. They require a compass and a whistle. You may drive down the laneway and utilise the turning loop. This property is owned by the Merrickville group treasurer. You must arrive at least 20 minutes prior to your team's designated start time. If you miss your start time, you may be bumped to the end of the list.

Drop your team's mountain bikes at the bottom corner of Kerford Road, a dirt road goes off at this corner. Your team will be at this location approximately 1 1/2 hours after they start hiking.

You may enter the quarry (at 328 Carleys Corners Road) to observe the rappelling and aerial runway, but please keep to the marked trails. Support vehicles are not permitted in the quarry.

Drop canoes and pickup mountain bikes next to 669 County Road 23, this is the Lower Nicholson's locks. There is a large parking area at the top. A road leads down to the river, but vehicles are not permitted. Your team will be at this location approximately 1 1/2 hours after they depart the rappelling.

Meet team at finish at the Lion's Club campground. You may drive into the campground to pickup the canoes at the far end; there is a turning loop.

Schedule

All day

Crate stacking available. Complimentary coffee available at community centre and kitchen in Lion's Club campground.

4:00pm - 7:00pm

Climbing tower available for exclusive use by Venturers (and their leaders if time permits)

6:30pm - 7:30pm

Supper served

Winners announced at end of supper

Team Route Instructions (1 of 2)**Hiking****Ensure your departure time is recorded**

Follow flagged trail to a rail fence; climb over fence

330° along a rail fence, skirt piles of brush and trees, keeping close to the fence

Climb over an electric fence

Go past two white barns, under a hydro line, and around the north side of a wooden barn

You may be walking through a flock of sheep; they won't bite :)

60° over an electric netting fence, keep along rail fence on left

Climb over a rail fence, keep going straight

Just before the next rail fence, climb over the rail fence on your left.

10° to a pair of trees

80° to tree stand; find your own way across/over/through the water filled ditch; go to the tree stand

Starting from the tree stand, 330° along the rail fence; climb over this fence at yellow flag

Follow flagging to start of a field

20° to a jutting in corner of field, then stop

330° to nearly the end of the field (near the road), to the yellow flag

20° through bush to next field; follow flagging; across a stream

40° across field of clover and continue along the field edge (keep to edge of clover) at 30° to row of large trees with yellow flag

At yellow flag, go 150° along tree line and rail fence for a long way to yellow flag; climb over fence

40° to a ladder in a tree

Follow flagging to a rail fence, climb over fence

60° across end of field

Follow flagging through trees to next field over a rail fence

90° to corner of field

Follow flagging along wide trail to next field

180° across field; over culvert to next field; past rusted roller on the left

150° along edge of field to end

Continue through trees to dirt road, following flagging over rail fence

Turn left, 60°, along dirt road

You will find your bicycles at a large yellow and black chequered sign post.

Ensure your arrival/departure time is recorded

} Make sure no steps are missed

Warnings!

All bearings are magnetic, with no declination.

You are crossing farm land. Do NOT annoy the animals, especially the Llama!

You will be crossing electric fences. Do NOT touch the wire!

Do not deviate from the route, you will get lost!

Do not try a short cut if you see another team; there may be swamp between the teams!

Your team must stay together at all times.

Safety Bearing: If your team is lost, head NW and you will eventually find a road.

Team Route Instructions (2 of 2)**Biking**

Go 60° along gravel road

At tee intersection, turn left onto Snowdens Corners Road.

Follow road to tee intersection with Carleys Corners Road

Turn right onto Carleys Corners Road,

After just a couple of hundred feet, turn left over or through a steel gate into a quarry

Follow the quarry road, bearing up and right, following yellow flagging, to the rappelling.

Ensure your arrival time is recorded

Do the rappelling and aerial runway

Ensure your departure time is recorded

Continue along the path out of the quarry; over a pile of trees

Turn right onto a road

Follow your map and flagging

Yes, the trail does go under water for a long section!

You will be using an unguarded railway crossing

You will find your canoes at Lower Nicholson's locks, at 669 County Road 23.

Ensure your arrival/departure time is recorded

Canoeing

Canoe south to the far end of the Lion's Club campground in Merrickville.

Ensure your arrival time is recorded

Once you reach the campground you may try the crate stacking activity. The climbing tower in the main camp is available for your exclusive use from 4:00pm - 7:00pm.

Supper will be served from 6:30pm to 7:30pm. Bring your plate, mug, and utensils.

Warnings!

Stay away from all equipment, sand/rock piles, and cliff faces in the quarry!

You will be crossing an unguarded railway crossing; look both ways!

Do not deviate from the route, you will get lost!

Your team must stay together at all times.

When canoeing, stay away from dams! Dangerous undertows!

Team Kit List**General**

- Clothing for each team member suitable for forecast weather conditions
- First aid kit
- Water bottle (filling available at rappelling and canoeing start)
- Lunch
- Snacks
- Sunscreen
- Insect repellent
- Plate, mug, knife, fork, spoon for supper

Hiking

- Hiking boots or sturdy footwear (recommended)
- Compass (required)
- Whistle (required)

Mountain Biking

- Mountain bike (front shocks and wide knobby tyres recommended)
- Puncture repair kit (optional)
- Tyre pump (optional)
- Bicycle helmet (required for those under the age of 18)

Canoeing

- Personal Floatation Device (PFD) or Life Jacket, one per person
- Paddle, one per person
- Bailer, one per canoe
- Painter or grab loop, one per canoe
- Floating throw rope, one per canoe
- Canoe, one per 2-4 people

Rappelling

All required equipment and instruction will be provided. You may bring your own equipment if desired.

Climbing

All required equipment and instruction will be provided.

Crate Stacking

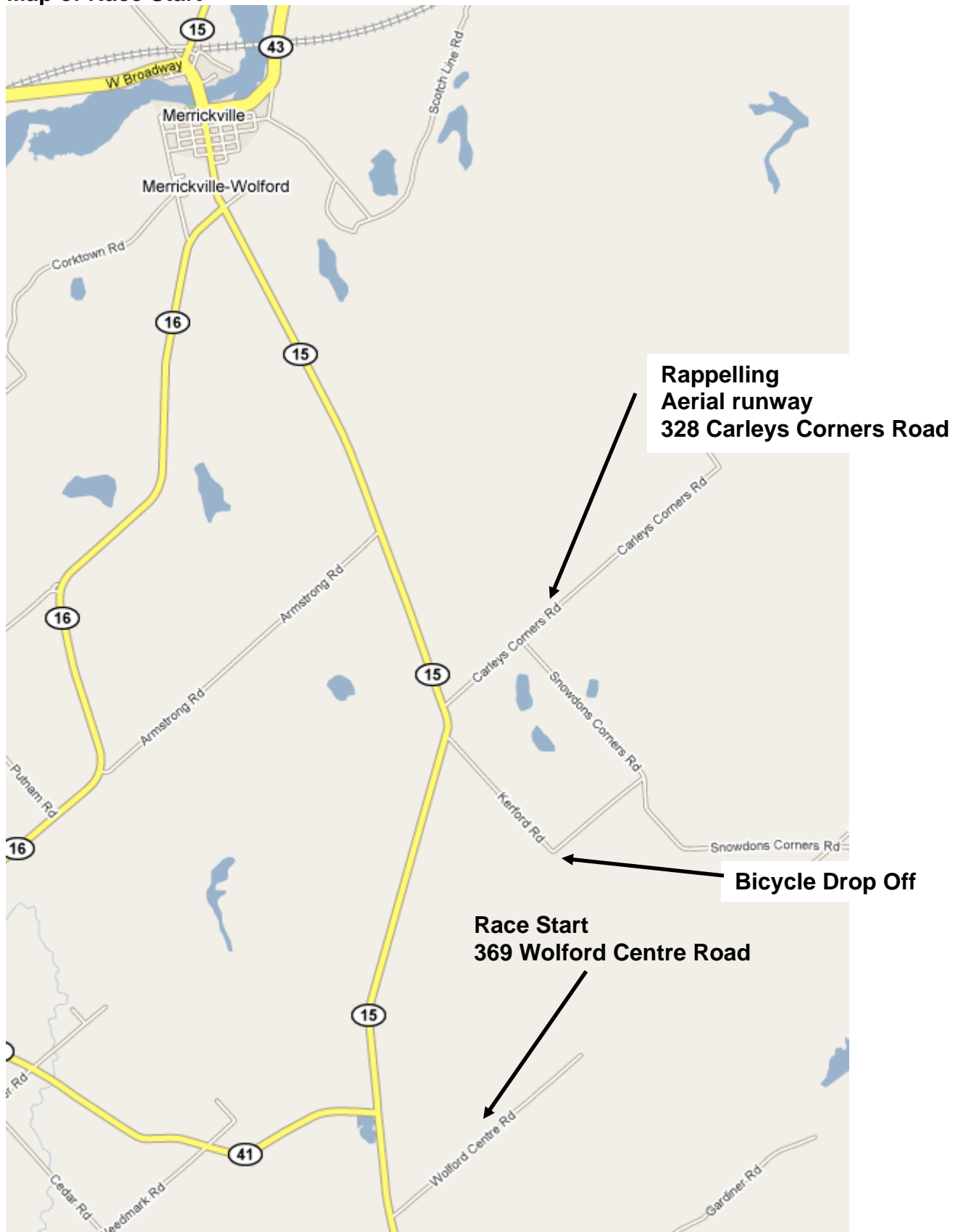
All required equipment will be provided

Upon arrival at the finish, teams may wish to have dry clothing and footwear available.

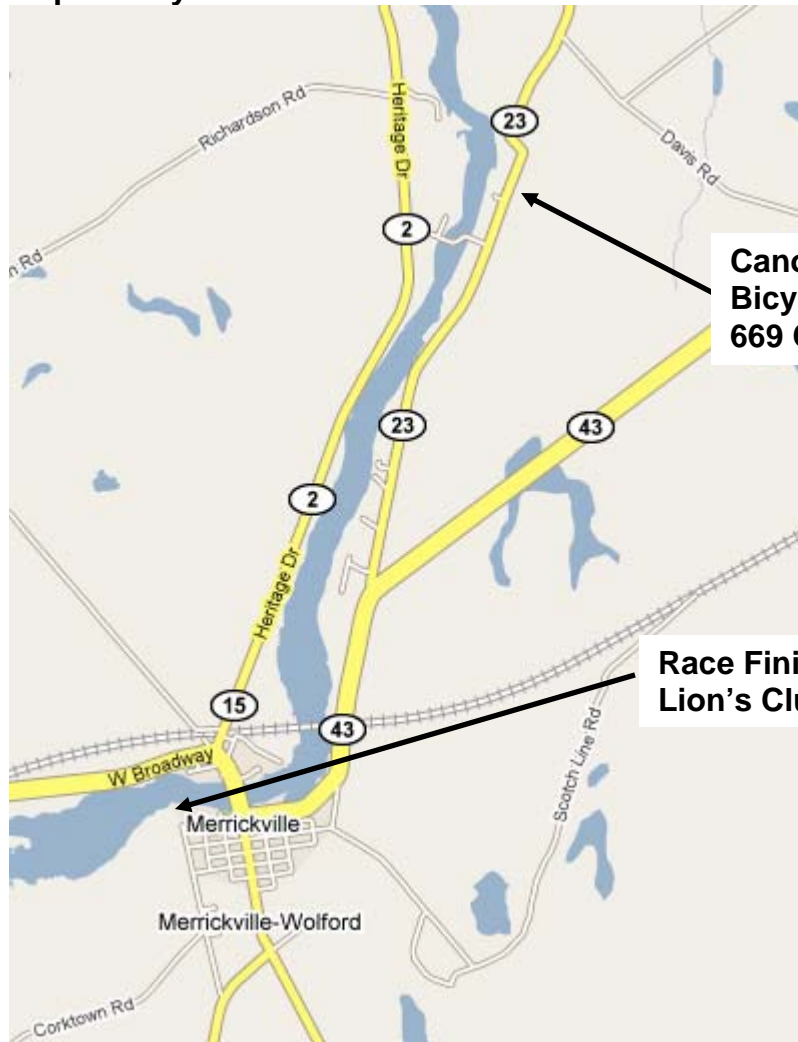
All teams need to know how to follow a compass bearing!

Teams will not be allowed to start without a compass and a whistle!

Map of Race Start



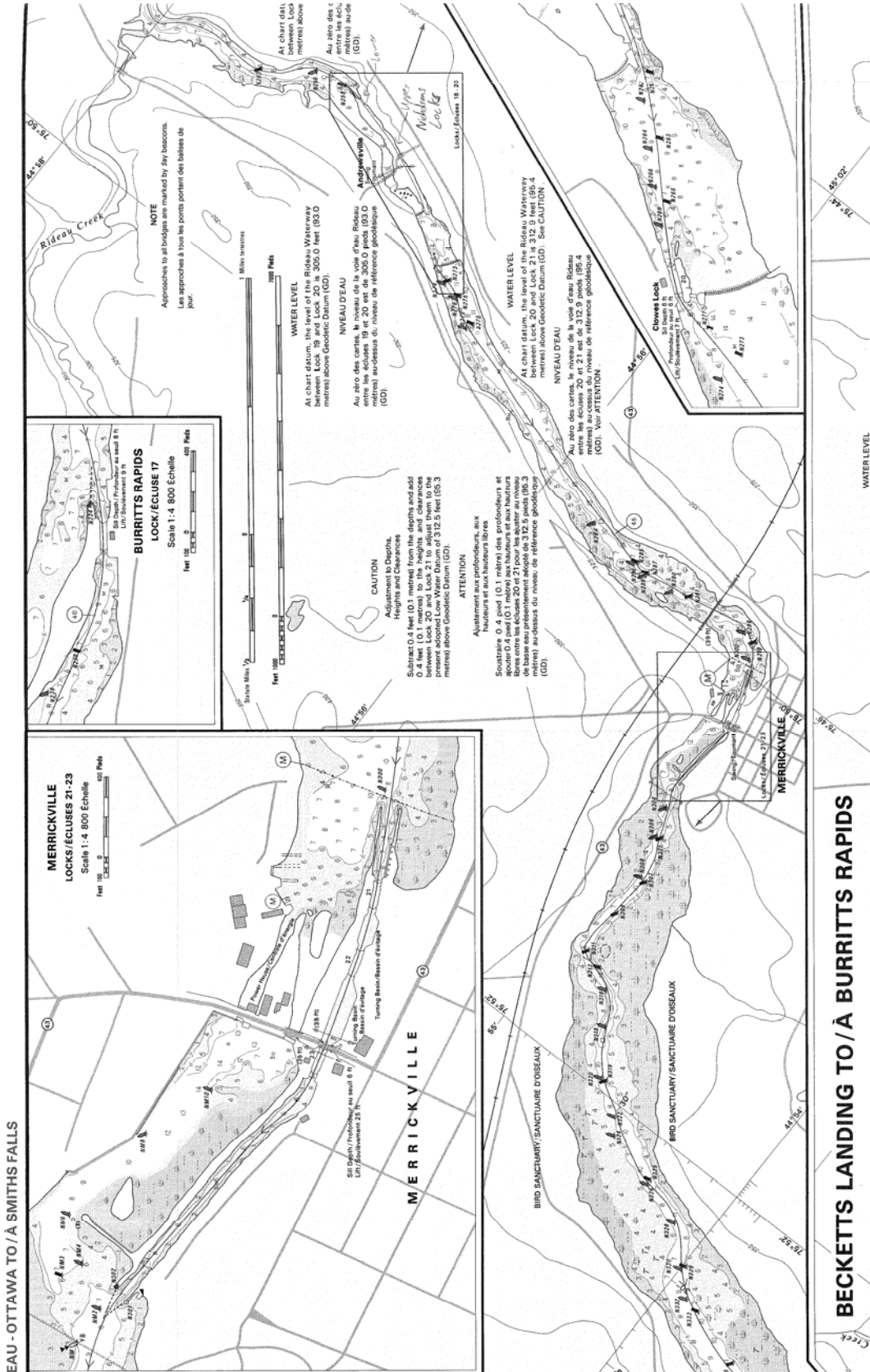
Map of Bicycle/Canoe Switch



**Canoe Drop Off
Bicycle Pickup
669 County Road 23 (Burritys Rapids Road)**

**Race Finish
Lion's Club Campground**

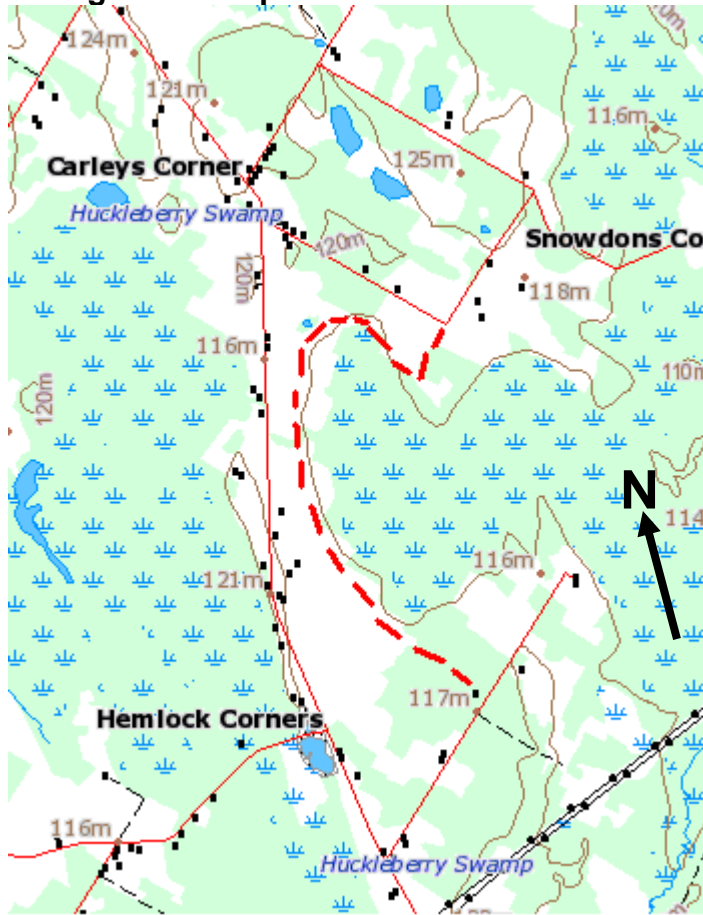
Chart of Rideau River



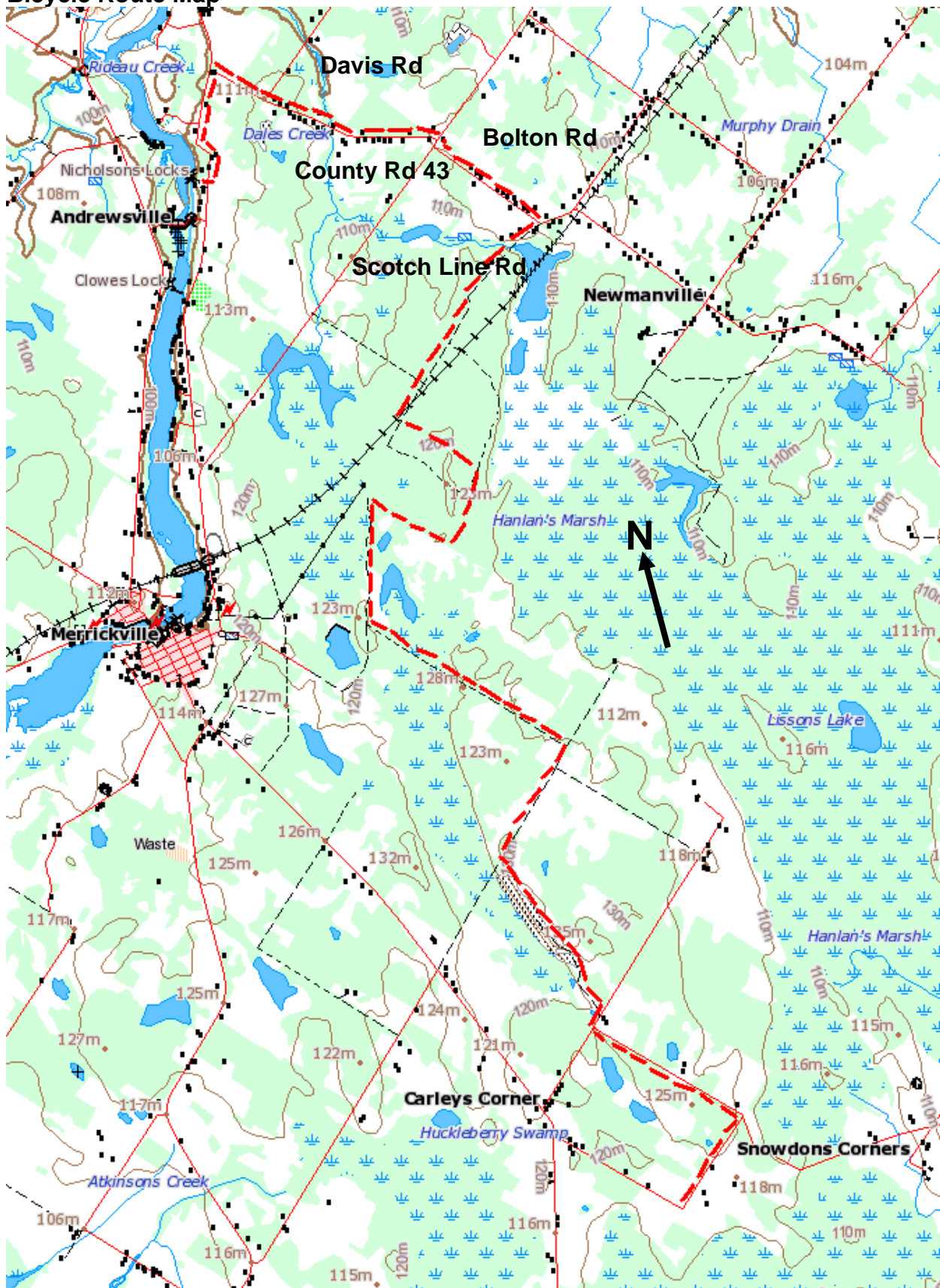
Map of Race Finish (Village of Merrickville)



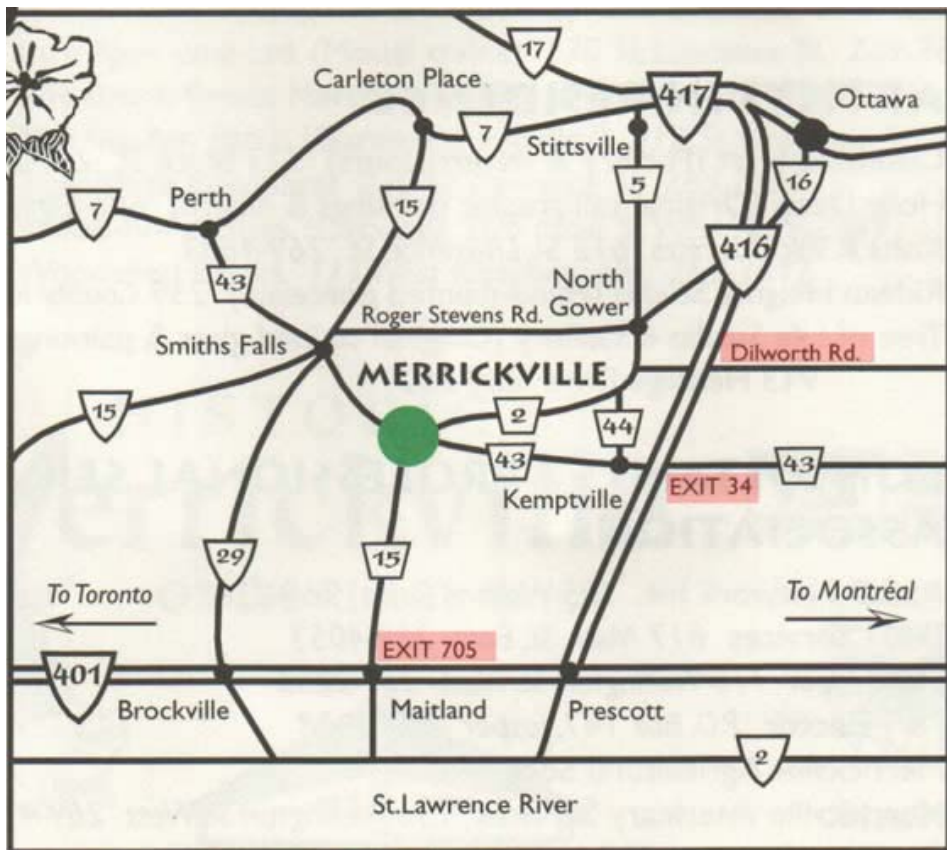
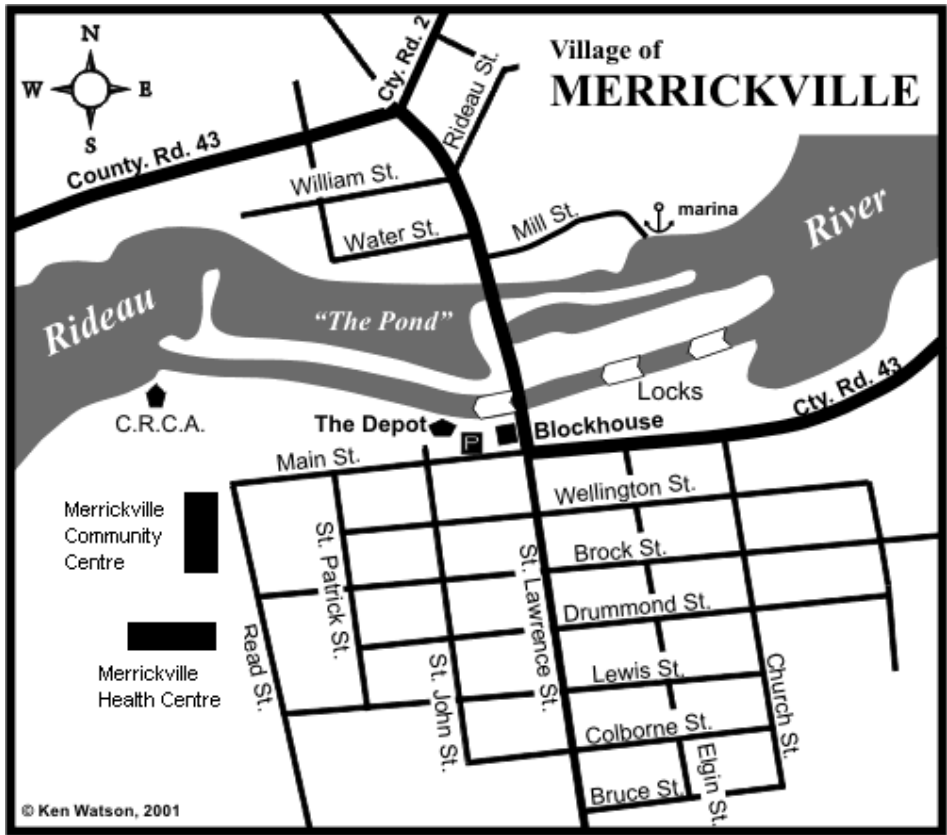
Hiking Route Map



Bicycle Route Map



Maps to Merrickville



Crate Stacking



Crate Stacking



Aerial Runway

Showing secondary brake rope in the foreground, bosun's chair, safety harness, "A" frame, and primary brake rope going back up the hill.

