



# Adventure Race World Championship Costa Rica 2013



CRC Adventure Race S.A.D.

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## FREQUENTLY ASKED QUESTIONS

### 1. How is a race in a tropical environment, will we be using only summer clothing?

No, as you can see in the mandatory gear, we are requesting equipment for cold weather, tents, sleeping bags and warm clothing since some parts of the race are above 10,000 ft ASL (3,500 mts ASL), and the temperature will be close to 40° F (4 C°).

### 2. Are sails allowed on Kayaks?

Yes, sails are allowed, but any structural modification of the boat is strictly forbidden.

### 3. Will we have a special tank or specific box for the food?

No, you can arrange your food any way you like. You will have your 4 gear boxes and bike box as well to use for food storage.

### 4. How are the maps of the race going to be?

All maps of the ING (National Geographic Institute of Costa Rica) will be in a 1:50,000 scale. All other maps not given by the organization are forbidden. All the checkpoints will be tagged in the maps.

### 5. Do I need a visa to enter the country?

Some countries require a visa to enter Costa Rica, Please visit:  
<http://www.visitcostarica.com/ict/paginas/informacionturistica.asp>

### 6. What certifications do I need?

Valid First Aid certification 2 members. CPR certification min 2 members.

### 7. Can I bring my gear boxes?

Yes you may, they must not exceed 27gal. Boxes must be sturdy, lockable, and marked according to newsletter #5.

### 8. Can I bring a homemade Bike box?

Yes you may no cardboard or wooden, it must not exceed ARWS max sizes. It will be used as gearbox and will be sitting in the open under (probably) rain, if your box falls apart, Race Org will not transport it, we are not responsible for items lost during transportation if box breaks. Check before leaving to the airport that your airline and connections will take the box. Check for max size bike box according to your airline. Avianca has severe issues with the bike boxes (newsletter #4)

### 9. Do we all need to buy a pump?

Yes, you will require at least one pump per team. You will have to deflate the boats several times during the race and in case of a puncture.





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## 10. Can we buy the pumps in Costa Rica?

No, there are very few places to buy river gear in Costa Rica. We recommend you to order them at: [RiversLakesOceans@gmail.com](mailto:RiversLakesOceans@gmail.com), attention Michael García.

## 11. Are we going to carry the tent the entire race?

No, the tent and all the warm gear will only be used in the high mountain section.

## 12. Is the water safe to drink?

Normally there is no problem to drink the water from the tap. We recommend treating all water from streams, rivers.

## 13. Can we buy/rent the kayaks to train before the race?

Yes, you may buy or rent the kayaks before the race, there are two new boats assigned to each team, you may rent it or purchase it in advance, but you have to return it during the race and no modifications are allowed. You will use the same boats during the race, so if you destroy it while training you won't be able to race. We don't have any extra boats.

## 14. Are the maps pre plotted with the TAs and CPs?

Yes

## 15. Are watches GPS allowed or valid as mandatory GPS.

No

## 16. Do I need insurance?

Yes, all team members must bring proof of existing valid medical/travel accident insurance that will cover you during the race.

## 17. Do I need to sign a release waiver?

Yes all team members must sign a release waiver during registration.

## 18. Do I need to bring my climbing, rappel device and helmet?

No, you only need your climbing harness, 2 lanyards and 2 locking carabiners.

## 19. Can my family/friends follow me during the race?

Yes, there will be areas along the course for friends and family to follow. For obvious reasons we can't tell in advance where they are and so the only way to book a hotel or place to stay is via Horizontes Travel Agency, official travel agency for ARWC2013. You have to write Alonso Lopez [ARWC2013@horizontes.com](mailto:ARWC2013@horizontes.com)





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## 20. Do I need yellow fever or any vaccines to enter the country?

Racers coming from some countries in South America may require a vaccination certificate. Visit <http://www.visitcostarica.com/ict/paginas/informacionturistica.asp>

## 21. If my team arrives to the finish line before December 12th, does the race fee include the hotel and food?

No, there will be an area for camping and several lodges nearby. Race Org has arranged special budget prices with all local hotels.

## 22. Do we need to bring PFDs and paddles for the Rafting sections?

No, all the Rafting gear will be provided by the race organization to all teams