

Rescue Needed!

Arrowhead District Klondike Derby

February 6-7, 2009

Lone Pine Hunting Club, Hollis, NH

In March of 1964, the Great Alaska Earthquake struck south-central Alaska. Ground fissures, collapsing buildings and tidal waves caused over 100 deaths. It was the most powerful earthquake ever recorded in North America, measuring 8.4 on the Richter scale. Post quake landslides and tsunamis affected Valdez, Whittier, Seward, Kodiak and many more Alaskan communities.

Our Klondike Derby is a challenging winter contest of the teamwork and Scouting skills needed to bring relief to a desperate situation. Your patrol will pull a sled full of gear around a course through the woods, visiting a number of Klondike "towns" on the way. At each town, you will have a task to complete. You will use your knowledge, teamwork, leadership, and Scout spirit to earn gold nuggets, in competition with the other patrols in the Derby.

Klondike Derby Schedule – Saturday February 7

6:45 AM Meet at Pilgrim Church

7:00 AM Depart to Lone Pine Hunting Club, Hollis

7:30 Mayor's Meeting

8:00 Opening Ceremony
Safety Checks and Registration open
You may move to your first station after completing both.

9:00 Stations open

9:30 Webelos Safety Checks and Registration open

10:00 Stations start receiving Webelos

11:30 Lunch Break – all stations closed
Remember to notify the mayor when you start cooking.

12:30 PM Stations reopen

2:30 Stations stop accepting new sleds

3:00 Scout Stations close/Webelos Award Ceremony

4:00 Awards Ceremony

The OA Café will be offering breakfast, lunch, and afternoon snacks for purchase on Saturday.

2009 Klondike Derby

General Rules

These rules apply for the entire Klondike weekend.

1. Everyone at the Klondike Derby site – Scouts, adults, workers, everyone – needs to file a medical form. Class I, II, or III form are all accepted. Keep a copy of your Troop's forms, since we cannot return the forms you submit.
2. Everyone on the course must be appropriately dressed. In particular, no Scout will be allowed on the course wearing sneakers or cotton jeans.
3. You are expected to abide by your Scout Oath, the Scout Law, and the Outdoor Code. Show respect to our hosts, event staff, and other Scouts.
4. There are no existing fire rings at Lone Pine. To build a fire for competition, for lunch, or in your campsite, you must use a metal fire pan such as a trash can lid or wheelbarrow pan, and elevate it at least 6" off the ground with bricks, cinder blocks, or similar materials. A fire pan set on the ground scorches the ground and kills vegetation. When finished, make sure your fire is dead out, and take the ashes away with you.
5. SNOWBALL THROWING IS NOT ALLOWED. This is grounds for disqualification of the entire patrol, so help each other remember this rule!

On the Course

1. Every patrol must have one sled. The sled must be at least 6 feet long from tip to tip and it must carry all of your Klondike Derby equipment. The patrol flag and Troop number must be displayed on the sled.
2. In case there's no snow, your sled may have wheels, preferably detachable. You must have a way to keep your sled in control at all times, even on hills.
3. When you register, you will receive a list of stations. You must visit the stations in your assigned order.
4. Other than Klondike Staff, no adults are allowed to enter a station, or to communicate with any patrol inside a station.
5. It is the responsibility of the Patrol Leader to notify the Mayor of each station that his patrol has arrived and is ready to perform the task the Mayor has assigned for them. It is also the Patrol Leader's responsibility to check out with the Mayor and receive the gold nuggets his patrol has earned.
6. When Lunch starts, all patrols inside a station will prepare, eat, and clean up their lunch in that station. All patrols enroute between stations will proceed to the next station and have lunch there.
7. Before starting to prepare lunch, the Patrol Leader must notify the Mayor of the station where you are located, to ensure that your efforts will be scored. See the sample Lunch Scoresheet in this packet to see what will be evaluated.
8. The Mayor of any station is the final arbiter of any conflicts concerning the scoring at that station. The on-site event chairman is the final arbiter of any conflicts concerning a patrol's overall score and ranking. Since no adults are allowed in stations, any arbitration must be initiated and conducted by the Patrol Leader.

Equipment Lists

Sled Specifications:

Here are some web sites with sled designs:

<http://home.earthlink.net/~scouters/sled.html>

http://scoutdocs.ca/Klondike/Klondike_sled_plans.php

<http://inquiry.net/outdoor/winter/gear/sleds/>

Your sled must be at least 6 feet long from tip to tip and it must carry all of your Klondike Derby equipment. The sled may have wheels, preferably detachable. The Patrol flag and Troop number must be displayed on the sled.

Patrol Equipment List:

- Two (2) notebooks and two (2) pencils or pens
- Hot balanced meal for each member of the Patrol - no hot dogs, no soda. Soup is allowed provided it contains meat and vegetables; be aware cans may freeze. MRE's will earn no points for cooking.
- Utensils for cooking
- Hot drink for each Scout
- Pot to heat water or cocoa
- Minimum of one (1) quart of water per Scout (2 quarts recommended)
- Adequate clean-up material for cooking and fire-building stations
- Soap to wash hands
- A portable stove, unless you are cooking lunch over a fire.
- Fuel, kindling, and tinder for two small fires, or three if you are cooking lunch over a fire.
 - Fires may use only natural materials (wood) - No charcoal, liquid fuel or gaseous fuel allowed
 - All fires must be built above the ground in a trash can lid, wheelbarrow body or similar fireproof fixture supported on bricks or cinder blocks - no ground fires
- You do **not need** to supply wood to the mayors this year.
- Matches or alternative fire starting tools. (bonus Points?)
- A trash bag for all wood, paper, garbage, ashes, etc; this is a pack in/pack out event!
- Minimum of eight (8) six foot (6') or longer ropes, 1/4 " or more. Rope must be properly whipped or spliced.
- Two (2) camp-style blankets
- Scout staves six feet (6') long. You should have one for each Scout, but at least six staves. Each staff must be able to support the weight of a Patrol member.
- One (1) tarp (trail tarp) or 10' by 10' or larger piece of canvas or heavy-duty plastic
- First Aid Kit to meet all requirements of first aid for First Class Scout - include materials for slings and splints
- Scout Handbook and/or Fieldbook

Equipment List for Each Scout

- Scout Spirit
- Proper footwear for snow and/or mud – NO SNEAKERS
- Layered clothing for cold weather activity – NO COTTON JEANS
- Folding pocketknife (No sheath knives allowed)
- Compass and whistle
- Cup and eating utensils
- High-energy snacks for morning and afternoon

Directions to Lone Pine Hunters Club 114 Rideout Road, Hollis

From the East

From the Everett Turnpike, take Exit 6, Rt. 130 West toward Hollis. Proceed about 3 miles. After passing an open field on the left, bear left onto Parker Lane. At the stop sign, proceed straight on Rideout Road. After one mile, turn left into the Lone Pine driveway. Follow directions to parking.

Parking is limited, so please carpool to the greatest extent possible.

When You Arrive

Before registering, you must present your entire patrol and loaded sled at the Safety Check. Safety Check opens at 8:00 AM. Here we will make sure you are properly dressed and equipped to enjoy the Klondike Derby safely. Scouts who do not have proper winter clothing and footwear will not be allowed on the course.

Take the token you receive at the Safety Check, along with your Patrol Roster and Medical Forms for everyone in your patrol, and proceed indoors to Registration. Here you will settle any remaining fees, and receive your starting orders, your campsite assignment, and (if you pre-ordered them) your supper tickets.

After completing Safety Check and Registration, you may choose to move onto the trail to your first assigned station, but you will not be allowed to start working at that station until 9:00. If you have extra time, you may choose to move your camping gear to a cache at your campsite. If you do this, you should protect your gear by wrapping it in a tarp.

Strategy Hints

At each station you will be given a task to complete. Make sure you understand what is expected, and ask questions if necessary. Take a bit of time to plan how you will attack the task.

Patrols that work together, with each Scout contributing ideas and effort, are likely to score better than patrols where some Scouts are left out.

Display your patrol flag, and use your patrol yell, at every appropriate opportunity.

Budget your time. There is enough time to visit every station, but only if you don't take too long at any one task. Sometimes you will do better to accept a partial score at a station where you're having difficulty, so that you can move on to complete other stations.

Lunch is a scored activity. If you are working in a station when the lunch period begins at 11:30, you will prepare lunch at that station after completing its task. If you are on the trail, you will prepare lunch at the next station you reach. In either case, **BE SURE TO NOTIFY THE MAYOR**, before you begin, that you will be making lunch in his station. Give him your lunch scoresheet, and tell him what your menu is and how you have divided up the work.

Cold Weather Tips

Winter can be a lot of fun if you're properly prepared. Here's how:

1. **AVOID COTTON!** Cotton clothing absorbs moisture from your skin while you're active. When you stop moving, the damp cotton draws heat out of your body very fast. Instead of cotton, use synthetic long underwear, and wool-blend socks. These allow moisture to pass through, and stay warmer even when damp.
2. Dress in layers. You should have a wicking layer next to your skin, then one or more insulating layers, and a weatherproof shell layer on the outside. Multiple layers trap insulating air between them, and give you flexibility to adjust as temperature or activity levels change. Windproof and water-resistant shell pants and jacket with hood will help keep that warm air from blowing away.
3. Plan ahead for warm feet. Wear insulated winter boots or hiking boots that are large enough to wear two pairs of wool socks inside. If your boots (or any clothes) are tight, they'll reduce circulation, leading to cold spots.
4. "If your feet are cold, put your hat on." Keep your core warm so there's extra heat for your extremities. An unprotected head loses a great deal of heat, so make sure to wear a hat. Use a neckwarmer or scarf to protect your neck as well.
5. Mittens are warmer than gloves, because your fingers stay together. Wear thin liner gloves for tasks that need more dexterity, but keep your mittens on whenever possible.
6. Stay dry. Brush off snow before it melts on your clothing. Unzip or remove layers if you're overheating, so you don't soak your clothes with sweat. Carry extra socks in case your feet get wet (they can also be used as emergency mittens).
7. Watch each other for signs of frostbite or hypothermia, and take action as soon as you notice them.
8. Fuel your engine. Your body needs food to generate warmth, so eat a good breakfast, lunch, and supper, and carry high-energy snacks. Candy will give you a quick energy boost, but it is followed by a fast drop unless you add slow-burning protein, fats, or complex carbohydrates.
9. Stay hydrated. Your body needs plenty of water to pump the heat from your core to your extremities. In winter's dry air, you lose moisture without noticing it, so make an effort to drink – at least 1 quart in the morning and another in the afternoon. Plan lunch to include water too, as in a soup or stew.
10. Protect your food from freezing. Remember that cans may freeze in cold weather.
11. Keep your water in widemouth bottles, and store them upside down, so that any ice that forms does not seal the opening.
12. White gas (Coleman fuel) works well for cooking in cold weather, but be careful not to spill it on your skin – its rapid evaporation can cause frostbite.