



2015 Klondike Derby Participants

Welcome to the Nineteenth Annual Klondike Derby of the Fishawack District! As in the past, there will be eight towns that will test each team's knowledge, skills, teamwork, physical endurance and mental ingenuity. Scouts will not learn the actual events of the competition until the day of the Klondike – January 31, 2015 at Camp Sacajawea in Sparta.

There will be separate prizes for the best all-around junior and senior teams. (junior Scouts may not have reached their 14th birthday; senior Scouts may not have reached their 18th birthday.)

Sleds are mandatory. The equipment list will be distributed later.

Pre-registration is strongly encouraged. Walk-in registrations complicate planning for the event and delay the check-in process.

Pre-registration online is \$10 per Scout and 2 adult leaders.

Fee for walk-in registration is \$15 per Scout and 2 adult leaders.

Register online through the Fishawack District Calendar at www.ppbsa.org. Online registration opens January 1 and closes on January 24.

Although detailed rules are attached, here are some critical ones to remember –

- Each troop vehicle must bring a snow shovel.
- Each troop must present at check in team rosters (see last page) and signed medical forms for each attendee. The roster must list each Scout, age, and a phone number for parent or guardian.
- Each troop must have at least two responsible adults in camp.
- Arrive at your last town by 2:30 pm.
- Each Scout must be suitably dressed for the cold weather. Sneakers are not allowed. Any mayor or official may remove a Scout at any time if the Scout is deemed to be inadequately clothed.
- Stay away from the lake! Do not throw stones in the lake.
- Proper behavior is expected. A mayor or official may disqualify any Scout or team for improper behavior.

Strong Scouter support to help with this event is especially appreciated. We know that you'll want to volunteer to help set-up or assist one of the town mayors to help make this event as fun as possible for our Scouts.

Camp Sacajawea has added extra cabins. Contact me to arrange rental.

Dave Haessig, Klondike Governor

973-934-9659

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2015 KLONDIKE DERBY DETAILS

Event Particulars:

Date: **Saturday, Jan. 31**

Place: **Camp Sacajawea in Sparta**

Parking is limited so please consolidate passengers per vehicle and park tight.

Times: Check in at Camp Sacajawea Dining Hall 8:30 am and receive instructions.

Shotgun start at 9:00 am. Awards announced at 4:00 pm.

Snow number to call if rescheduling appears necessary: **973-765-9322 x229**

We will try to arrange for refreshments to be available at Dining Hall for a modest fee.

“The Fine Print”

1. Each troop may enter as many teams as it wishes. A team must consist of between 4 and 8 Scouts from a single troop.
2. Junior Scouts (less than age 14) may serve on a senior team. A senior Scout (ages 14 – 17) may not serve on a junior team.
3. No adults (anyone 18 or older) are allowed to assist any team in any way. Adults not assisting with the event are not allowed to travel with a team on the trail or to enter any town.
4. Material for the skills tests will be based on the current Boy Scout Handbook.
5. Use of sleds is mandatory. As long as the sled can hold all equipment, there is no minimum size, weight or design requirement. Spot checks may be made at various checkpoints to ensure that all items are with the team at any given time.
6. Unless otherwise indicated at a town, a maximum of 20 minutes will be allowed for a team to complete a town's skill event.
7. All sleds and equipment must cross the finish line, even if the sled or equipment becomes broken along the way.
8. No equipment, trash, or food may be left along the trail.
9. Teams may not use two-way radios.
10. Penalties and point reductions may be assessed for failure to adhere to rules, including attempting to give/take advantage to/from other teams, horseplay and any behavior observed to be un-Scout like. Disqualification may occur for actions such as damaging trail markers, live trees, camp property or another team's equipment; violating the waterfront or lake restrictions; or failure to follow directives of the town mayor or any official.



TIPS FOR SAFE COLD WEATHER CAMPING

Always use the buddy system. If something happens to one, the other can get help.

Dress in layers. You control body temperature by adding more layers when you start feeling cold and removing layers before you overheat.

Stay dry. Damp clothing lowers body temperature and lessens clothing's insulating value. If you start to sweat, you're overdressed. If your clothing gets wet, change into clean, dry gear as soon as possible. Dry socks are especially important – keep an extra pair in a plastic bag. If you are staying overnight, change into clean, dry clothes before you go to bed.

Eat a balance of nutritious foods. Food produces energy to keep you warm. Think of your stomach as being a wood-burning stove. Sugary foods, like burning paper, provide a flash of energy that is quickly consumed. Complex carbohydrates, like kindling, produce energy over a longer period of time. Fats, like logs, produce lots of energy over a sustained period of time. Remember: It's the fire within that keeps you warm.

Drink plenty of fluids. In cold, dry weather, your body uses a lot of liquid, even if you're not active. Don't risk dehydration. Take frequent water breaks. In extreme cold, keep the water bottle inside your clothing to keep it from freezing.

Warm up with exercise, not campfires. Campfires heat only one side of you and tricks the body into believing it doesn't need to generate its own heat. Also, your winter clothing insulates you from the heat just as it insulates you from the cold.

Watch out for elastics. Jackets and pants with elastic cuffs, if too snug, can slow or cut off circulation to fingers and toes, leading to frost bite. Tight waistbands, also, can seriously reduce the body's heating ability.

Protect your face. A scarf, neck gaiter, balaclava, helmet or facemask helps shield your face from dangerous exposure to wind and weather. Lip balm helps keep lips from chapping or bleeding.

Heat rises. Most body heat is lost at the extremities. Wear a hat, earmuffs, hood or a combination of these items. Gloves or mittens are essential (mittens are better for warmth).

