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**IAAR**

**WORLD CHAMPIONSHIP**

2022

PARAGUAY



Expedición Guarani

ORGANIZE





# RACE GUIDE

**Welcome | Schedule | Location | Climate | Accommodations | Travel Information | Registration | Check In | Race Format | Disciplines and Distances | Timing and CPs/TAs Validation | Lock Down | Mandatory Equipment | Maps | Logistics | Safety and Personal Responsibility | Rules | Languages and Announcements | Extra Services | Deposit | Live Tracking | Media | Family and Friends | Finish Line and Awards | Hall of Fame | Environment | Contacts**

## WELCOME

It's happening! This is the year! Expedición Guaraní Paraguay will host the most important race on the 2022 calendar, the Adventure Racing World Championship (ARWC).

During these first six years, we have worked to offer you a first class race. Teams from all over the world have passed through and most of them have returned from this adventure with fantastic experiences, far exceeding their expectations. One of the most rewarding aspects is seeing how many have come back year after year.

Expedición Guaraní is a benchmark of adventure racing in America. They are an industry reference on the technical side of the competition for the unique race courses, detailed maps and exceptional services offered to the racers, a significant step above other similar events. This year, we plan to continue to offer these industry leading services coupled with the intensity that a World Championship requires. We understand the dedication it takes for a team to be ready on the starting line of a race of this level and we will give you our best to make this competition a success!

This newsletter is targeted to all the athletes that will participate in the race, but there is also valuable information for the support staff and press. Should you have any additional questions or doubts, please do not hesitate to contact us.



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# SCHEDULE

<b>Wednesday 7</b>	Course outline & logistic plan online released. Email to the teams.	
<b>Wednesday 14</b>	Teams arrival to ASU/Transfers to the Hotel	
<b>Thursday 15</b>	<b>Morning</b>	Teams arrival to ASU/Transfers to the Hotel Team registration and checks (each team allocated specific time) Equipment and race boxes preparation
	<b>Afternoon</b>	Team registration and checks (each team allocated specific time) Equipment and race boxes preparation
	<b>Evening</b>	Parade, Opening Ceremony and Welcome Dinner   Hotel first night
<b>Friday 16</b>	<b>Morning</b>	Equipment and race boxes preparation
	<b>Afternoon</b>	Equipment weighed and loaded onto trucks
	<b>Evening</b>	Hotel second night
<b>Saturday 17</b>	Transfer to the Start   Lock down and Maps handout   Race start 12:00	
<b>Sunday 18</b>	Race in progress	
<b>Monday 19</b>	Race in progress	
<b>Tuesday 20</b>	Race in progress	
<b>Wednesday 21</b>	Race in progress	
<b>Thursday 22</b>	Race in progress   First bus back to Asuncion	
<b>Friday 23</b>	Race in progress   Second bus back to Asuncion	
<b>Saturday 24</b>	<b>Morning</b>	Race closed 12:00
	<b>Afternoon</b>	Third bus back to Asuncion
	<b>Evening</b>	Hotel third night
<b>Sunday 25</b>	<b>Morning</b>	Race equipment cleaning and preparation for traveling
	<b>Afternoon</b>	Closing ceremony, Dinner and Awards ceremony   Party
	<b>Evening</b>	Hotel fourth night
<b>Monday 26</b>	Transfers to ASU	



# LOCATION

## Headquarters

The Headquarters (HQ) will be located in the Hotel Guaraní, located in the center of Asunción. On September 15 and 16, this will be the location for team registration, equipment check, official photography and interviews. On September 25th this will also be the location of the Closing Ceremony.



Here you can enjoy the hotel facilities and a variety of services located in the city center, both before and after the race. There we will have space available to organize your equipment and we will have rooms dedicated to carry out the official needs of the event. In the city center you will have shops and markets available to make last minute purchases for the race.

## The Race

The exact place where the race takes place will not be revealed until hours before. During the race you will find a great variety of terrains. Contrasts between panoramic pastures, extensive fields, imposing and gentle hills, cool forests, streams, waterfalls and wetlands. You will pass through small villages, where you can discover the daily life of the Paraguayans (do not hesitate to interact with them, you can appreciate their generosity and kindness). Throughout the race you will also experience the feeling of being far away from civilization.

For more information about Paraguay, you can visit its official tourism website: <http://www.senatur.gov.py/>



# CLIMATE

In Paraguay the subtropical climate is predominate, with temperatures ranging between warm and hot; although frost can also be present in the mornings.

Mes	Ene	Feb	Mar	Abr	May	Jun	Jul	Ago	Sep	Oct	Nov	Dic	Anual
Temperatura máxima absoluta (°C)	40.0	39.2	39.6	35.8	33.4	31.4	32.4	35.0	39.2	39.2	39.4	41.8	41.8
Temperatura máxima media (°C)	32.5	31.6	30.5	27.0	24.0	21.7	22.1	23.8	25.1	27.7	29.7	31.8	27.3
Temperatura media (°C)	26.6	26.0	24.6	21.1	18.0	16.0	16.1	17.5	19.0	21.2	23.4	25.6	21.3
Temperatura mínima media (°C)	20.6	20.2	18.6	15.2	12.0	10.2	10.1	11.1	12.7	15.4	17.1	19.3	15.2
Temperatura mínima absoluta (°C)	10.4	9.4	6.4	3.6	-1.8	-4.4	-6.0	-2.8	-0.7	4.8	7.4	9.2	-6.0
Precipitación total (mm)	157	166	136	173	150	151	107	106	152	214	161	180	1853
Días de lluvias (≥ 1 mm)	9	8	7	8	7	8	7	7	8	10	8	8	95
Horas de sol	279	224	217	200	186	150	176	190	210	229	240	279	2580
Humedad relativa (%)	69	72	74	77	84	83	79	73	72	71	65	63	74

Fuente: Dirección Nacional de Meteorología e Hidrología (1971-2000)

Seasons in Paraguay are not well defined, having a subtropical climate; it is hot for most of the year. In addition, rainfall is abundant throughout the year and thunderstorms can occur at any time, usually during the transitional of the seasons (autumn and spring). The average annual temperature varies between 20°C and 24°C. The difference between the coldest and the warmest month is around 10° C.

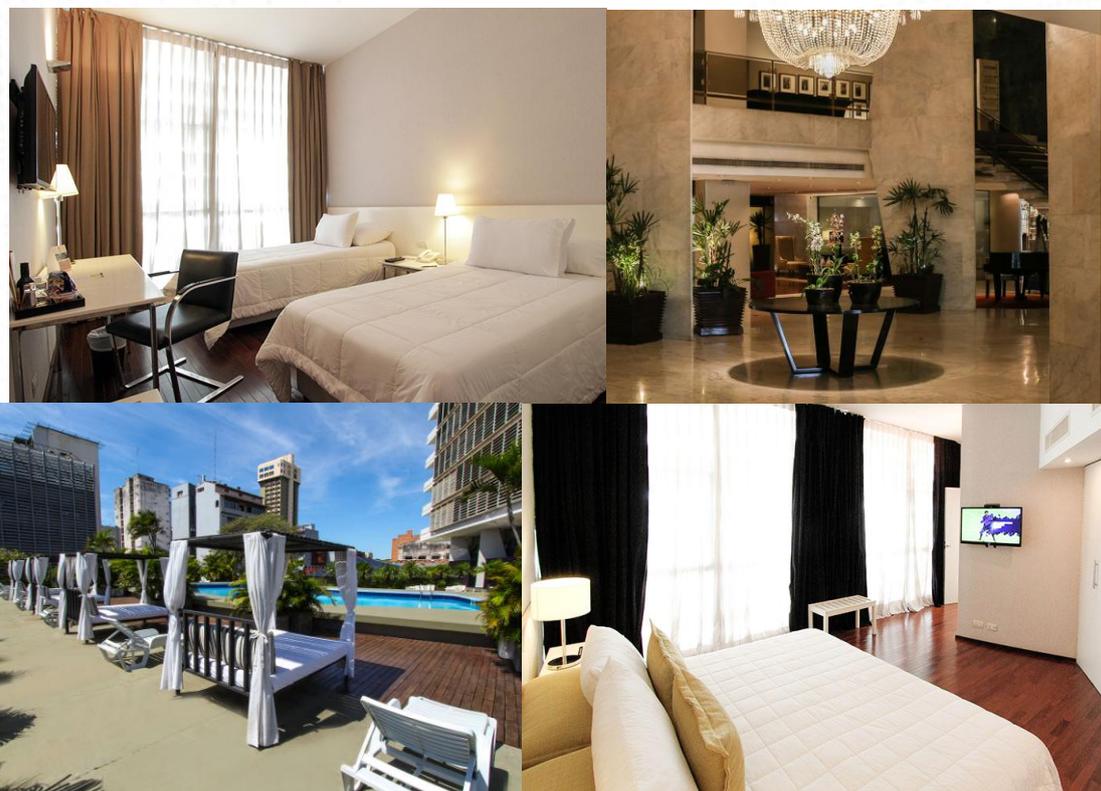




# ACCOMMODATION

## Official race hotel

The official hotel of Expedición Guaraní ARWC 2022 is the **Hotel Guaraní**.



Hotel Guaraní offers special rates to all the teams (and their families) to stay the days before and after the race. The majority of the official events will also take place at the hotel.

For reservations, contact the hotel directly by writing an email and commenting the name of the event, the details of the participants, the number of nights and type of room you would like to reserve. We advise you to make reservations as soon as possible, to guarantee your accommodation and room type.

[rriveros@hotelguarani.com.py](mailto:rriveros@hotelguarani.com.py)

### TO MAKE YOUR RESERVATIONS, PLEASE PROVIDE US WITH THE FOLLOWING DATA:

- Name of the event: Expedición Guaraní ARWC2022
- Name and surname of the guest(s):
- Date and estimated time of arrival and departure:
- Type of room requested:
- Data of a card (type, number and expiration date) to guarantee the reservation.



## Rates of the official race hotel

ROOM TYPE	ACCOMMODATIONS	ARWC 2022 RATE
<b>CONCEPT SINGLE</b>	Single room of 18 m <sup>2</sup> . Single bed (1.60x2m), private bathroom (shower / bathtub). Safe. Air-conditioning. Heating. Hair dryer. Desk. Cable TV. Refrigerator. Alarm clock.	USD 48 w/VAT
<b>DOUBLE CONCEPT MAT/TWIN</b>	Double room of 22 m <sup>2</sup> . Two single beds (1.20x2m) or one double bed (2x2m), private bathroom (shower / bathtub). Safe. Air-conditioning. Heating. Hair dryer. Desk. Cable TV. Refrigerator. Alarm clock.	USD 55 w/VAT
<b>TRIPLE CONCEPT STANDARD</b>	22 m <sup>2</sup> suite. Three beds, private bathroom (shower / bathtub). Safe. Air-conditioning. Heating. Hair dryer. Desk. Cable TV. Refrigerator. Alarm clock.	USD 85 w/VAT
<b>SUITE CONCEPT QUADRUPLE</b>	66 m <sup>2</sup> suite. Two rooms: bedroom and balcony with a panoramic view of downtown Asuncion. 4 beds, private bathroom (shower / bathtub). Safe. Air-conditioning. Heating. Hair dryer. Desk. Cable TV. Refrigerator. Alarm clock.	USD 100 w/VAT

- The reported rates are per night, per room, expressed in US dollars. They include VAT (10%), American breakfast, parking, wi-fi internet, swimming pool, gym, business center, 24-hour medical emergency coverage.
- Check-in time is at 3:00 p.m. and the Check-out at 12 noon.
- Early-Check-In, starting at 06:00 am, with a charge of 50% of the rate.
- Late – Check-out, until 18:00 pm, with a charge of 50% of the rate.
- Upon arrival at the hotel, the passenger will be asked for the details of a credit card or cash deposit to guarantee the charge for accommodation and extras.





# TRAVEL INFORMATION

It is important that all racers be previously informed of the requirements that Paraguay demands to enter the country from different points of origin and different means of transport. These requirements may change, so please check back often.

## Documentation to travel to Paraguay

The maximum stay for visitors in Paraguay is 90 days. The necessary documentation to travel to Paraguay varies depending on the country of origin and there are a number of countries whose citizens must have a valid visa to enter.

VALID TRAVEL DOCUMENTS		Required for	
Foreigners – Tourists		ENTRANCE	DEPARTURE
1	Valid passport <i>(for all nationalities and in any destination)</i> or current Identity Document of the country of origin <i>(for citizens from MERCOSUR countries that have another country in the block as destination)</i>	✓	✓
2	Visa <i>(only for foreigners from countries that require the holding of VISA CONSULAR or IN ARRIVAL to enter Paraguay)</i>	✓	
3	Proof of Income to the Country <i>(stamp of entry to Paraguay in the passport or in the migratory ticket)</i>		✓

### ADDITIONAL INFORMATION AND RECOMMENDATIONS

- Always check with the competent authority of the country of destination what are the travel requirements requested for entry into your territory.
- For information on VISAS, contact the Ministry of Foreign Affairs of Paraguay and/or consult the list of countries with Visa Suppression Agreements and the list of beneficiary countries of the Arrival Visas in Paraguay.

<http://www2.mre.gov.py/index.php/tramites/visas/acuerdos-de-supresion-de-visas>

## Fly to Asunción

The best way to get to Asuncion is by air. There are international flights from Cordoba (Argentina), Panamá City, São Paulo-Guarulhos, Santiago de Chile, Buenos Aires, Lima, Bogotá, Santa Cruz de la Sierra (Bolivia) and Madrid.





## Arrive by road

If you decide to arrive by road, Asuncion is located:

1350km from Sao Paulo, Brazil

1265km from Florianópolis, Brazil

1256km from Buenos Aires, Argentina

1645km from San Juan, Argentina

1342km from Montevideo, Uruguay

## Transfers for international competitors

The organization will offer a free transfer from the airport to the race hotel for all international teams arriving in Asuncion (ASU) on September 14 and 15. As well as the return from the hotel to Asunción airport (ASU) on September 26.

If you are an international team and have not informed us of your flight information on the registration form and would like to use the transfer service, please let us know by August 15 via email to [expedicionguarani@gmail.com](mailto:expedicionguarani@gmail.com), indicating the number of racers, your arrival times and your flight numbers. We will get directly in touch with each of the teams once all this information has been received.

If no information is received by August 15, it will be understood that the team will not use the services offered by the organization.

## Vaccines

Among the mandatory vaccines to enter Paraguay, vaccination against yellow fever is required, but only for travelers from countries with risk of transmission.

Hepatitis A, tetanus, diphtheria and hepatitis B vaccines are also recommended.

Remember to take mosquito repellent to avoid bites.

*!!! Attention Brazilian racers and/or racers who travel from certain areas of Brazil!!!*

*The Migration Board of Paraguay recalls that, from February 1, there is the obligation to have the International Certificate of Vaccination against Yellow Fever for travelers coming from or to the Brazilian States of Bahia, Rio de Janeiro, Sao Paulo and Espírito Santo; which are the risk areas determined by OPS/OMS. The Migration Board of Paraguay warns that foreign tourists coming from a risk zone and not presenting the vaccination card will not be allowed into the country.*

## Covid-19

Today, to enter Paraguay, all foreigners, nationals or foreign residents in the country must present a vaccination certificate against COVID-19 with a complete schedule.

Travelers who do not have a vaccination certificate must present a negative RNA test result: RT/PCR/LAMP/NAAT carried out no before than 72 hours before boarding. Or if they have suffered from COVID-19 from 10 to 90 days prior to entering the country, they must prove this situation through laboratory results, RNA detection techniques: RT/PCR/LAMP/NAAT or positive antigen test.

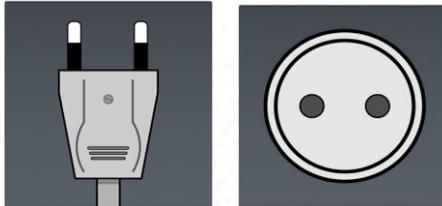


## Currency

Guaraní is the official currency of Paraguay and is identified by the acronym PYG. One Euro equals approximately 7.350 guaranies and one dollar at about 6.850 guaranies. The coins of very low denomination are not used; the most used are those of 50, 100, 500 and 1000 PYG. The lowest denomination bill is 2.000 PYG and the highest reaches up to 100.000 PYG.

## Plugs

The voltage used in Paraguay is 220V and the electric frequency is 50Hz. The plugs are type C.



## Time zone

The event will take place in the UTC-4 time zone (America/Asunción) and the 24-hour format will be used for all time information.

## Food shopping

In Asunción, near the HQ, you will have supermarkets where you can buy food and basic needs for the race. Should you have any dietary restrictions, we recommend that you bring with you as some may not be readily available.

There is a Stock supermarket less than 1km from the HQ and a Super Seis s less than 2km from the HQ.

## Telephones and internet

In Paraguay, you can purchase prepaid phone cards from any company operating in the country.

Free Wi-Fi is available in the HQ and at the race hotel. In addition, most public places (hotels, cafes, restaurants...) have a Wi-Fi.

The country code for calling Paraguay is +595.

## Driving

In Paraguay, driving is on the RIGHT side of the road.

## Travel gear storage

Teams may leave personal bags at the race hotel while competing. These bags will not be available at the finish area.



# CATEGORIES AND REGISTRATIONS

To participate in the ARWC 2022, teams must complete the Registration Form with the team data and for its members and make the payment by the Registration deadlines. Teams will appear on the list of registered teams once they have completed payment.

In order to facilitate the participation of the teams, the Expedición Guaraní offers the possibility of making an initial deposit and paying the remainder of the registration fee at a later date.

The official ARWC category is made up of teams of 4 athletes, which must be mixed, with at least one male athlete and one female athlete. 2 routes will be enabled so that the largest number of teams can reach the finish line, but all will enter the same race classification.

Expedición Guaraní also offers the possibility of participating in the race, outside the official ranking, to teams of 4 non-mixed athletes and also to pairs without distinction of gender.

There will be a special mention and prize money for the first young team and the first veteran team in the official category of ARWC 2022.

All the information regarding the registration fees of the different categories and forms of payment can be found on the race website.

Registration will close on July 31. All payments must be formalized by that date.

<https://www.expedicionguarani.com/inscripcioneseg>





# CHECK IN

The registration and check in process will take roughly 2 hours per team.

Each team will be assigned a time to start the process (to be published later). Punctuality is requested and race bibs must be worn once they are received.



Teams will:

1. Receive their race bibs and a card with the sequence of the check in process, which they will have to complete as the process progresses.
2. Sign waivers and forms.
3. Pay the deposit.
4. Receive the necessary items for the race (bibs, stickers...) and merchandising.
5. Individual and team photography will have to be taken (with team uniform and race bibs)
6. Deliver all documentation on navigation, first aid and ARWS rules.
7. Receive training in safety protocol.
8. Have to check the mandatory equipment (the equipment will be shown and specified later)
9. Have the opportunity to acquaint with the kayaks.





# RACE FORMAT

All control points (CPs) and all transition areas (TAs) are mandatory. Moving to another activity (take the photographs) or another section's CP without previously having passed through the corresponding TA is not allowed.

There will be several cut offs along the course (defined in the racebook). Our goal is that as many teams as possible be able to reach the Finish line and therefore we have put these cut off zones in order to allow the slower teams to cut part of the course and reach the finish line and not miss the final party.

To complete the full course all TAs have to be visited and all CPs have to be validated along the course up to the finish line. The TAs' visits and CPs' checks have to be validated by the corresponding tracking system.

If a team skip a CP, either on its own decision or due to a cut off, they will continue to compete, however, they will be ranked behind the teams that have managed to complete all stops of the race. For ranking purposes among these teams, it will be taken into account the number of CPs or TAs that the teams have reached without interruption.

Teams that do not reach the finish line at the established time will stop racing at the exact place where they are at that moment. These teams will have to return on their own or with

the help of the organization if necessary. Their position compared to other teams will be decided by the number of checkpoints reached or by analyzing the track if necessary and they will be ahead of the teams that have interrupted the sequence of CPs or TAs before said team (even if these teams have reached the finish line).



## Short Race ARWC

We are preparing a shorter alternative course for teams that do not feel they are not able to complete the full course of an ARWC. These teams will classify in the official championship ranking, behind all the teams that have started the race on the long course. Our goal is that the teams furthest behind can enjoy the same race scenarios as the fastest teams. Allowing them to enjoy the essence of the Expedición Guaraní, even if it is on a smaller scale. This will allow for the possibility that if, for example, in the middle of the race, they need to skip stages, eliminating 300 kms of mtb to reach the finish line, they can be transferred by vehicle to rejoin later.

Starting in the long race does not force you to do the full course, nor does it put you out of the race if you do not make the cutoffs. The long race also offers the possibility of cutting back some of the activities.



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# DISCIPLINES & DISTANCES

## Orienteering



Orienteering can be considered the main discipline of the race, since in all sections teams will advance with the help of a map and compass. In the race, updated topographic maps will be used on different scales.

## Mountain Biking



**Long Race 230-270km / Short Race 230-270km**

**3 Legs**

You will ride mainly on dirt, sand and cobblestone roads and in very varied places, going from areas with wide plains to gentle hills and even reaching mountainous areas with short but steep ascents and descents. There will also be few technical trails (Long Race)

Some roads can become torture if heavy rains come, so we will have some alternative routes if the weather is not good.

## Trekking



**Long Race 180-220kms / Short Race 140-160kms**

**4 Legs**

Trekking sections will be the most challenging parts of the race. Teams will have to walk in paths, to cross wetlands and grasslands or go through streams, climbing waterfalls and even making its own way through the middle of the forest.

## Kayaking



**Long Race 80-100kms / Short Race 60-80kms**

**1 Leg**

Kayaking will be done in rivers. In some places, the current will help you progress faster. There will be some a I level small rapids.

## Canyoning



Be prepared to cross or advance through streams and canyons, using different techniques such as walking, climbing up and down, jumping or swimming. There will also be a specific section of canyoning with a couple of abseils.

## Ropes



Throughout the race there will be two different rope activities: abseil and zip lines.

Come acquainted with your equipment and practice before if you consider that your knowledge is short. An expedition race is not the best place to learn rope techniques.



# TIMING & CPs/TAs

## VALIDATION

The overall timing of the race will be carried out using the Sportidend system.

Before the start, all the teams will receive an electronic chip which they will use to validate their entry into all the transition zones (TAs) and passing the finish line.

All the CPs of the race (except ones that could be virtual or with the presence of the organization, in which cases it would be reflected in the racebook) will be validated by digital camera. CPs must always be visited in ascending order and the exact location of the CP and the arrival of all four members at the site must be clearly reflected in the picture. **It will be teams' responsibility to clearly demonstrate that the four members visited the correct place.**



In some CPs an Expedición Guaraní signboard will be placed with the corresponding CP number. These labels have reflective stickers to make it easier to find at night. For other CPs, you will be asked to take a photo next to a specific feature in a place (construction, poster...). To recognize the exact location that you must find and photograph, a book with the pictures of these places will be provided.



In each transition, you must show the organization staff the photos of the CPs visited in the previous stage and at the end of the race you will be asked for the cameras to download all of them. At the end of each stage, the CPs will be revised by race volunteers. This review will be solely for provisional classification purposes and as a reference for the organization. The race volunteers will be able to warn each team if an error occurred in the achievement of the CPs or lack of clarity in a photo\*. The fact that there is no warning does not mean that the execution of the CPs is correct.

At the end of the race, the race director and/or the race referees will review all the photos to validate the CPs.

*\*After receiving a warning, teams may decide to revisit the unvisited CP or that does not show having been visited (by the same means in which it should have been visited, on foot, by bike or by kayak).*



# LOCK DOWN

Two hours before the start, on September 17, teams will enter the quarantine area, where they will receive the maps and racebook. Teams must remain in that zone until the race starts. Access to Internet, smartphones, tablets, smart watches, etc. (except Garmin in Adventure Race mode) is prohibited from the moment teams enter the area.

In the lock down area, there will be tables and chairs so that teams can study the maps and work on the course during the established time. There will be toilets and a typical Paraguayan breakfast will be served.

There will be no access to the race boxes in this area, but once the race begins, teams will be able to leave, in a well-identified bag, the equipment used for the preparation of the maps and a bag that they will receive back after the race.

**Only race officials and accredited media may enter the lock down area.** Family/friends are not allowed in this area but they can be present at the start line of the race.





# MANDATORY EQUIPMENT

Below, we show you the list of mandatory equipment (to date) for ARWC 2020 Paraguay. Note that is not a list of the only items that should carry. It a list of the mandatory equipment that each racer and team must carry, throughout the race or at specific times, either to meet minimum safety requirements, to prevent and/or treat some possible injury or to perform actions of short term survival.

In addition to the mandatory equipment, the following items are either strongly recommended:

- Backpacks and water carrying containers/bladders/bottles.
- Foods and sustenance, sufficient until the next re-supply, including quantity for unexpected circumstances.
- Personal race clothing and footwear suitable for extreme conditions (including accessories such as hats/gloves, eye protection, watch/altimeter as required and clothing for water activities such as wetsuits).
- Cycle repair kit (including pump, tubes, tools and spare parts).
- Waterproofing/dry bags to keep personal and team equipment as dry as necessary.
- Water purification device or chemicals - to avoid illness from drinking contaminated water.
- Personal medications (not in contravention of anti-doping rules) permitted analgesics, therapeutic medicines, medical insurance certificates, allergy or illness identification tags, sun protection creams.
- Money/Credit card, personal identification card/Passport, immigration or visa certificates.
- Additional and back up Mandatory/Recommended and Inferred items in re-supply boxes as permitted.

You and your team together are responsible entirely for carrying suitable and appropriate equipment, clothing and sustenance for the climate, conditions and activities in the event.

This list may have some changes before the race.

Checks of mandatory equipment done by Expedición Guaraní or the ARWS referees may occur during the race and missing equipment may result in penalties or disqualification as per the race rules. If any items are used/consumed/lost during a leg, they must be replaced at the next transition point.

 <b>ALL TIMES - ALL DISCIPLINES – ARWC 2022</b>				
Yes/No	Name	Image	Quantity	Description
	<b>Official Race Bib</b> (Vest/Jersey/Bib)		<b>1 x per competitor (no share)</b>	The official race bib must be worn by each competitor at all times as the outermost garment. Vest/packs that cover the front of the bib are not permitted. Race bibs are provided by Expedición Guaraní.



✓	<b>Whistle</b>		<b>1 x per competitor (no share)</b>	Each competitor must carry at all times a whistle that is pea-less and functional in wet conditions. It must be easily accessible at all times to sound an alert if required.
✓	<b>Light Source (Headlamp)</b>		<b>1 x per competitor</b>	Light source (such as headlamp), waterproof with the required batteries for the section of the race. Different light sources may be used in different disciplines e.g. headlamp, cycle lights.
✓	<b>Shell Layer Top (Jacket)</b>		<b>1 x per competitor</b>	The shell/outer layer jacket must be waterproof, windproof, breathable as specified by the manufacturer. Jacket must have hood, seams tape sealed and suitable for potentially extreme conditions in an adventure race.
✓	<b>Shell Layer Bottom (Pants)</b>		<b>1 x per competitor</b>	The shell/outer layer pants must be waterproof and windproof as specified by the manufacturer. Pants must be suitable for potentially extreme conditions in an adventure race.
✓	<b>Mid Layer Top (Fleece)</b>		<b>1 x per competitor</b>	The mid layer top is used between the baselayer and Shell layer to provide additional insulation in cooler conditions. Long sleeve top of synthetic or wool fabric. Mid weight (greater than baselayer), moisture wicking/ quick drying. Top may be carried or worn. When tested on scales the weight of the top must be 175 grams or greater.
✓	<b>Baselayer Top</b>		<b>1 x per competitor</b>	Long sleeve, close fitting top of synthetic or wool fabric. Lightweight, moisture wicking/quick drying, and worn next to your skin. Top may either be carried or worn.
✓	<b>Baselayer Legs (Leggings/ Tights)</b>		<b>1 x per competitor</b>	Long leg, close fitting bottom of synthetic or wool fabric. Lightweight, moisture wicking/quick drying, and worn next to your skin. Bottom may either be carried or worn.
✓	<b>Baselayer Head (Beanie)</b>		<b>1 x per competitor</b>	Beanie (or Buff) must be close fitting and of synthetic or wool fabric. Lightweight, moisture wicking/quick drying, and worn over your hair/skin. Beanie may either be carried or worn.
✓	<b>Survival Blanket (Space Blanket)</b>		<b>1 x per competitor</b>	Sheet or bag of material coated in a metallic reflective agent. Used in emergencies to reflect heat. Can be used to counter hypothermia, but also provide shade or aid in visibility. (Note bags can deteriorate over time).
✓	<b>Magnetic Compass</b>		<b>2 x per team</b>	Quality compasses for accurate navigation. Compass must have a needle balanced to the magnetic zone of the race. Watch compasses do not meet these requirements.
✓	<b>Course Information and Maps</b>		<b>1 x per team</b>	Course maps, course notes and passport/control card, provided by Expedición Guaraní, appropriate for section of the race teams are completing.



✓	<b>Fire Starting Device</b>		<b>1 x per team</b>	Waterproof matches, gas lighter, flint and steel are all acceptable fire starting devices.
✓	<b>Knife</b>		<b>1 x per team</b>	Minimum blade length 50mm and sharp enough to cut rope or webbing in an emergency. Folding blade for safety. Must be easily accessible while kayaking.
✓	<b>First Aid Kit</b>		<b>1 x per team</b>	First Aid contents specified separately. Must be contained in waterproof bag.
✓	<b>Strobe Light</b>		<b>1 x per team</b>	Must be flashing white light 360 degree visibility, waterproof to 1m or greater, rated for visibility beyond 1nm (1.9km) and with charged batteries. Normal flash rate 60 per minute. Can be used in an emergency situation (on both land and sea) to alert others to your location. Headlamps or cycle lamps that flash are not acceptable.
✓	<b>Sleeping Bag / Bivy Bag</b>		<b>1 x per team</b>	Full length sleeping bag or heat reflective breathable bivy sack. (not enclosed survival/space blanket) When tested on scales the weight of the bag must be 150 grams or greater. Primary purpose is warmth.
✓	<b>Emergency Shelter (Tent or Bothy Bag)</b>		<b>1 x per team</b>	TENT - Must have sewn in floor and minimum floor area of 2.5m <sup>2</sup> or 27ft <sup>2</sup> . Tent design must include poles. All the required poles, pegs, ropes etc must be carried with the tent. Must be suitable for potential conditions of the race. or BOTHY BAG - Single Bothy bag rated for 4 people (not e.g. 2 x 2 person bags) made from waterproof & windproof material and containing air vents. When tested on scales the weight of the bag must be 400 grams or greater.
✓	<b>Cell Phone / Emergency Communications</b>		<b>1 x per team</b>	Cell phone, with fully charged battery and in a waterproof bag/container. For emergency calls only.
✓	<b>GPS Tracker</b>		<b>1 x per team</b>	Specific device provided by Expedición Guaraní. Must be carried and used in accordance with direction of race organisers.
✓	<b>Digital Camera</b>		<b>2 x per team</b>	Camera, with screen, waterproof, shockproof with charged battery. Used to photograph in checkpoints. May also be used for general photography (at risk of having flat battery when needed).



		<b>ALL TIMES - MOUNTAIN BIKE DISCIPLINE – ARWC 2022</b>		
Yes/No	Name	Image	Quantity	Description
✓	Mountain Bike		1 x per competitor	Mountain Bike appropriate for adventure racing. No road or cyclocross bikes.
✓	Helmet		1 x per competitor	Cycle helmet with an approved safety standard certification. (e.g. CE, UIAA or country equivalent)
✓	Front Light		1 x per competitor	Front facing white light. May be head or handlebar mounted.
✓	Rear Light		1 x per competitor	Rear facing red light. Must be mounted on the bicycle. Recommended spare rear light is carried amongst team.

		<b>ALL TIMES - KAYAK DISCIPLINE – ARWC 2022</b>		
Yes/No	Name	Image	Quantity	Description
✓	Personal Flotation Device (PFD/ Lifejacket)		1 x per competitor	Correctly sized for the competitor and must meet safety standards of the country of the race. Worn at all times while kayaking. Inflatable type vests not acceptable. Foam deteriorates over time and loses buoyancy. Expedición Guaraní may have specific tests in place to ensure buoyancy meets required standards and laws.
✓	Whistle		1 x per competitor	Must be attached to the PFD/ Lifejacket.
✓	Paddle		1 x per competitor	
✓	Helmet		1 x per competitor	Cycle helmet is acceptable. It has to be worn at all kayak stages.
✓	Kayak		2 x per team	Supplied by Expedición Guaraní.
✓	Throw Bag Rope		1 x per boat	Rescue device with length of rope stuffed loosely into a bag so it can pay out through the top when thrown to a person. Minimum rope length 10m/30ft. Also useful for towing other kayaks in emergency.



✓	<b>Illumination</b> (Glow Stick/ Chemical light)		<b>1 x per competitor</b> <b>1 x per boat</b>	One glow stick (100mm) attached to PFD in a highly visible position at all times (i.e. shoulder position). One glow stick attached to kayak (bring cable tie). Glow sticks must be glowing when dark. Multiple sticks may be required, bring spares.
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	<b>FIRST AID KIT - ALL TIMES - ALL DISCIPLINES – ARWC 2022</b>
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Yes/No	Name	Image	Quantity	Description
✓	<b>Bandage</b> (Elastic/ Crepe)		<b>2m long x 7.5cm wide</b>	Total length of bandage is minimum of 2 metres and minimum width is 7.5cm un-stretched. Multiple bandages are permitted. Used to create localised pressure to site of injury or wound.
✗	<b>Triangular Bandage</b>		<b>1 x</b>	This bandage in shape of right angle triangle can be used to make a sling, as normal bandage and other applications
✓	<b>Wound Dressing</b> (Sterile)		<b>2 x</b>	Dressing minimum dimensions 7.5cm x 7.5cm each. Applied to wound to prevent further harm and promote healing. Self adhesive or used in conjunction with a bandage. Gauze dressing with nonstick film recommended
✓	<b>Strapping Tape</b> (Adhesive/surgical tape)		<b>1 x</b>	One roll of strapping tape. Can be used to secure bandages or dressings and in improvised splints
✓	<b>Antihistamine</b> (strong)		<b>4 x adult doses</b>	Antihistamine tablets inhibits the action of histamines and can be taken in event of allergic reaction. Further medical attention may be required.
✓	<b>Injectable antihistamine ampoules</b>		<b>2 x team</b>	Easy to buy in Paraguay.
✓	<b>Injectable adrenaline ampoules</b>		<b>2 x team</b>	Easy to buy in Paraguay.
✓	<b>Intramuscular needle syringes</b>		<b>4 x team</b>	

**Recommended Items** - Additional first aid items that are highly recommended include (not in contravention of anti-doping rules) analgesics, anti-inflammatory, electrolyte replacement, anti diarrheic, disinfectant and antiseptic solutions/creams, blister treatment, CPR face shield, medical gloves.





		<b>ALL TIMES – ROPES SECTIONS – ARWC 2022</b>		
Yes/No	Name	Image	Quantity	Description
✓	Climbing harness		1 x per competitor	Must be competitor sized.
✓	Helmet		1 x competitor	It may be the same helmet used in bike sections
✓	Lanyards approx. 60cm		2 x competitor	A sewn sling is a piece of webbing which has its ends stitched together to make a continuous loop usually 60 cm in diameter. The 3 slings are girth-hitched onto the harness belay loop (or central attachment point). Sewn sling minimum breaking strength must be 22kN. Knotted slings are NOT acceptable.
✓	Locked carabiner		3 x competitor	Locking carabiners are used at each of the following points: 1) Lanyard #1 2) Lanyard #2 and Rappel Device 3) Prusik Attachment
✓	Pair of leather gloves		1 x competitor	Must cover the whole hand. It may be the same gloves used in bike sections but with leather palms.
✓	Belay device		1 x competitor	8 or ATC belay device.
✓	Automatic Stopping System (Prusik)		1 x competitor	Prusik loop must be attached below the extended rappel device. The Prusik loop is attached to rope with a three wrap Prusik hitch.



✓	OTHER SPECIFIC ITEMS FOR ARWC 2022			
When/Where	Name	Image	Quantity	Description
Trekking	Helmet		1 x competitor	In some Trekking stages the use of a helmet could be mandatory. It can be the same helmet from the mountain bike sections.
Transition Areas	Tie downs		2 x competitor	Tie downs to tie re-supply boxes before leaving transition.
Transition Areas	Cable Ties		50 x team	Cable ties of minimum 30cm in length to tie re-supply boxes before leaving transition.
Registration	Travel insurance		1 x competitor	Each team member must have travel insurance covering medical costs including medical transportation for an injury sustained during a competitive event.
Registration	First aid qualification		2 x team	A minimum of two members of the team must have at the time of the race a first aid qualification appropriate for the activities undertaken in the event or other appropriate and relevant training and/or experience in first aid (must be outlined at race accreditation). Senior first aid certificate with resuscitation is acceptable.

✗	PROHIBITED ITEMS FOR ARWC 2022	
Name	Description	
GPS devices	Includes devices that show your position, display maps, distance travelled etc (excludes GPS trackers provided by Expedición Guaraní and Garmin watches in Adventure Race mode)	
Distance measuring devices	Such as foot pod accelerometers and pedometers. (cycle computers exempt)	
Mobile phones, radios, other communications or internet access devices	Excluding the compulsory emergency phone.	
Maps other than those provided by Expedición Guaraní	Specifically from race start to crossing the finish line.	
Firearms, night/nocturnal vision devices.		





## Kayaks

Expedición Guaraní will provide kayaks. During the days of accreditation and checking of the equipment, you will have the possibility to get acquainted with them. They will be sit on top kayaks, like the one in the picture. The organization will also provide seats to teams that require them.



## Glow Sticks

Plan that you will need glow sticks for the two nights of racing.

## Mobile phones

The use of own or third-party mobile phones during the race is prohibited, the only exception is the one required by the organization as mandatory equipment, which must be turned off, with the battery charged, with a SIM that works in Paraguay and with the pin code written on the external part. The phone will be sealed by the organization in the lock down area and each team must make sure to keep it dry during the race.

## Purchase of specific equipment

We will have for sale some specific products for the race.

- **Moscow Compass** compasses (balanced for Paraguay area)
- **Nordenmark** bike mapholders
- Map cases for trekking
- **Mocke** PFDs
- **Trimtex** orienteering pants and gaiters
- **OutThere** backpacks
- Thermal blankets
- Glow sticks
- Water purification chemicals
- Dried food

Those interested in any of these products, can write to [nonstopaventura@gmail.com](mailto:nonstopaventura@gmail.com), before August 15, to confirm stocks.



@expedicionguarani



Expedición Guaraní



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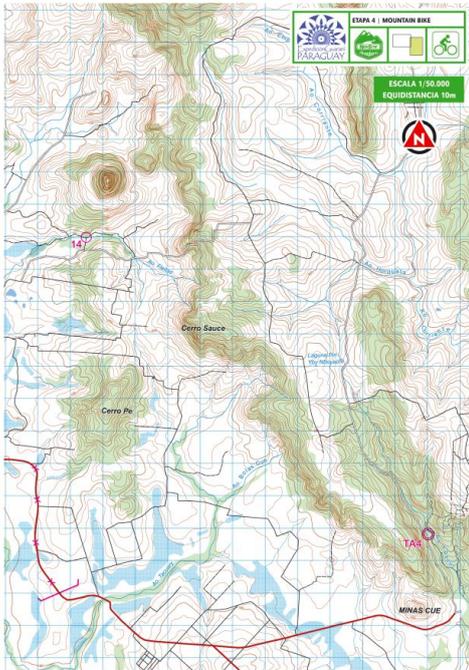
[www.expedicionguarani.com](http://www.expedicionguarani.com)





# CARTOGRAPHY

Expedición Guaraní works hard on the mapping, to make sure the maps as accurate as possible in relation to the current real terrain. Intense fieldwork is carried out during the previous months.



1:25,000 scale maps (especially for trekking), 1:50,000 (especially for mountain biking) and 1:100,000 (for kayaking) in A3 and A4 sizes will be supplied.

For trekking legs, and in order to facilitate map reading, we will use orthophoto maps, as we did in the previous years. Maps will be printed on high quality waterproof paper.

Maps will already have printed the location of the CPs, by means of a red circle. The exact location of the checkpoint will be defined by the center of the circle itself. Mandatory routes and prohibited roads or areas will also be printed on the maps.

The racebook reflects everything necessary to follow the course correctly. In it, information regarding obligations and prohibitions in the race will be provided, which will have to be met without question. It will also have additional information, which can be of great help to progress in the race. Like the maps, the racebook will also be waterproof.

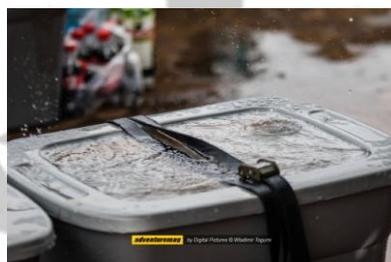
All teams will receive one set of maps and racebook. Those who have ordered for extra copies of the maps and books by indicating on the registration form, must pay the corresponding amount at the time of accreditation (if they have done prior at the time of entrance fee).

All race maps will be delivered during the lock down zone. The organization will not provide copies of maps and books once the race starts. Please note that maps and racebooks are part of the mandatory equipment and their loss may be a reason for penalties.



# LOGISTICS

<p><b>Travel/Personal bags</b></p> 	<p>You can leave your travel bags (not needed for the race) in the race hotel. It is important that you identify your luggage well to avoid misplacement and try not to leave things of great value. The organization will not be responsible for any damages or losses. These bags will not be available in the finish area.</p>
<p><b>Race boxes</b></p> 	<p>One of the great aspects of expedition races is the self-sufficiency. The days before the race, you must make a meticulous planning on everything that you are going to need in race and you must keep it in your race boxes. You will have 4 plastic boxes (2 x 18 gallons and 2 x 20 gallons), provided by the organization and which you will see, two by two, in much of the transitions of the race. Each box may not exceed 20kgs. Team identification stickers A, B, C, D will be provided.</p>
<p><b>Kayaking bags</b></p> 	<p>In addition to the boxes, you will need a bag (not provided by the organization) to put all the equipment that is requested for the kayaking stages. You must transport this bag during the kayaking legs. Paddles can go out of the bag, tied together and identified with the team number.</p>
<p><b>Ropes bag</b></p> 	<p>You will need a bag (not provided by the organization) to put all the equipment that is asked for the Rope sections. This bag will be at a specific point in the middle of a trekking stage, from where you will have to continue with your equipment to carry out different rope activities. You must transport the bag yourself until the end of the stage. Team identification stickers for the bag will be provided.</p>
<p><b>Maps bag</b></p> 	<p>The organization will deliver the race maps in a bag identified with the number of each team. Said bag will be delivered hours before the start in the lock down zone, where the teams will be able to study the maps. Once the study and planning time has passed, the teams can return the bag to the organization with the equipment they have used to work with the maps and that they will not need in the race.</p>
<p><b>Bike boxes</b></p> 	<p>It will be mandatory to use boxes to store bicycles during some trekking and kayaking legs. We will use the standard measures used in the ARWS. It will require a bicycle box with maximum measures of 140cm x 80cm x 30cm, in it, you can put in addition to the bike, all the equipment you want (helmet, shoes, food...) but can not weigh more than 25kg, at no point in the race. Other type of boxes/bags or with higher dimensions will not be accepted.</p> <p>During the race, we will try to keep the boxes dry, but there is a chance that they will get wet. Cardboard boxes can suffer a lot, so we recommend that you cover them with plastic or that you make your own version in plastic cardboard.</p> <p>Make sure you put your bike properly in the box. Although the logistics staff will take special care in the transportation of the boxes, the organization will not be responsible for any damage or equipment lost during the transport.</p> <p>Team identification stickers for the boxes and bikes will be provided.</p>
<p><b>Finish bag</b></p> 	<p>On September 17, before traveling to the race area, you can give the organization a bag per team (not provided by the organization) with some clothes to use when you reach the finish line.</p> <p>A team identification sticker will be provided.</p>





# SAFETY AND PERSONAL RESPONSIBILITY

## Personal responsibility

I understand and acknowledge that participating in this event is a dangerous activity. I am aware and understand the activities I will be involved in. I am aware of the hazards involved and acknowledge that there is always risk of injury (including permanent injury, mental injury, paralysis and death). In my judgment I have sufficient competence, knowledge, common sense, experience, survival skills and equipment to participate in all the event activities in a manner safe to myself and others.

I understand and agree that, in the first instance, I am responsible for the provision of first aid to myself and those around me. I know and accept that rescue by the organizers, or emergency services, may not be possible immediately (eg, night, rain, equipment failure, other rescue etc).

If I get to a point in the course that I believe the level of inherent risk is unacceptable for me, and I am not confident in completing it safely, it is my responsibility to take action. I must choose an alternate route, avoid the hazard, or even withdraw from that leg or the race. I accept this self responsibility.

## In an emergency

**Teammates:** Remember that your first point of assistance is your teammates.

**Other teams:** There may be other teams close by who can assist. Teams assisting other teams in an emergency will be given a time credit.

**Race Officials:** If you need assistance from a race official, make your way to the nearest TA.

## Emergency communications

All teams will carry a phone as an emergency tool. Communication with the organization via phone call will be understood as an emergency communication and will result in the exit of the race for the team.

The teams will also have a GPS Tracker, which in addition to marking the position of the teams to know their location, has an SOS button. This button should only be pressed in serious emergencies that require an imminent evacuation. Communication with the organization through the SOS button will be understood as an emergency communication and will mean the withdraw from race.

## Emergency medical transportation

If a team requires medical evacuation by civilian emergency services (e.g. Ambulance or Helicopter) they are liable for these costs. Therefore it is compulsory that: All the athletes have a travel insurance policy that covers medical costs including medical transportation for an injury sustained during competitive event.



## Common medical issues

- Dehydration/Heat Exhaustion
- Hypothermia (lowering of core body temperature - athletes more vulnerable when tired and dehydrated)
- Systemic Infections
- Sunburn (especially on legs in exposed kayaks)

It is important that you share any important personal medical information with your team members.

## Hazards

- **Wasps:** In some areas of the course there might be nests of red wasps. By feeling the human presence (because of noise and movement) and seeing their nest in danger, the wasps usually defend themselves through stings. Red wasp stings are painful but, for the vast majority of the population, they cause no more problems than a skin reaction, which is usually short-lived, with redness and swelling around the sting. In individuals with a good general state of health and not allergic to wasp venom, it has been shown that they can stand quite well from 1 to 25 bites and it has been estimated that toxic effects appear from 50 bites. But in allergic individuals a simple sting will suffice to cause hives or wheals, difficulty breathing, dizziness... These symptoms, with involvement of different organs of the body, are what is called as an anaphylactic reaction or anaphylaxis. For this reason, all the teams require carrying at least 2 injectable antihistamine ampoules, 2 injectable adrenaline ampoules and 4 intramuscular needle syringes.
- **Snakes:** In Paraguay, there are approximately 127 species of snakes, of which only 14 are poisonous: Crotalus (like a rattlesnake); Bothrops, which is divided into six species; and Micrurus, of which 7 coral species are part. Most teams will not see any snakes during the race. In these 6 years organizing Expedición Guaraní, we can say that we have not found more than 10. Anyway, if you find a snake, avoid it and do not attempt to touch it. If bitten, it is important to keep calm, immobilize the victim, and notify the organization immediately.

## Roads

No roads are closed for the event. You must follow the road laws of Paraguay and remember in Paraguay driving and cycling is on the right.

The course is designed to avoid the use of main and busy roads. Many of them, in fact, are marked as prohibited on the maps or in the racebook. It is possible that you will have to ride through one of them at some point in the race, therefore, please be careful.

## Water safety

First assistance is your teammates in they other kayak: stay together when paddling!

The event has safety boats on the water and emergency points on land.

In case of an emergency, attract attention by waving paddle vertically.

Caution if using mobile phone on the water.



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## First aid certificates

A minimum of two members of the team must have first aid qualification appropriate for the activities undertaken in the event or other appropriate and relevant training and/or experience in first aid (you must show them at the race check in).

## Public liability

Expedición Guaraní has a public liability insurance policy to cover the event. This is not personal accident insurance for athletes. Each team member must have travel insurance covering medical costs including medical transportation for an injury sustained during a competitive event.

## Withdrawing from race

If a team decides to withdraw from the race (not in an emergency situation and without needing to be evacuated), they must go to the nearest TA, inform the race officials and return the trackers and other elements of the organization.

If one or two team members withdraw, the rest of the team must obtain permission from the Race Director to continue in the race (Unclassified). Continuation of a solo member will not be allowed, unless he/she is re-engaged to another team in a similar unsorted situation. Anyway, the final decision will be made taking into account the race circumstances at that moment.

If a team member retires and needs ongoing care or support, the team will NOT be allowed to continue. If he/she needs hospitalization, the team will be responsible for this ongoing support.

If a team withdraws voluntarily and without being in an emergency situation, it will have to be self-sufficient to reach the nearest TA. Afterwards, the organization will try to help, as much as possible, so that the team can reach the finish area of the race (not other cities or HQ), but in no case will it be a priority, since the efforts of the organization will focus on the proper development of the race. The race equipment (boxes and bags) will be returned at HQ and not before the first teams arrive.



# RULES

ARWC 2022 Paraguay will use the standard AR World Series Rules of Competition.

Any time penalties awarded to a team who might place top 5 will be served on course outside the last Transition Area prior to the finish. Teams will complete their transition, hand in all boxes/bags and check out. These penalties will be executed in a space that the organization will enable for this purpose. Teams will remain there for the duration of their time penalty and once served, continue racing to the finish. Time penalties for teams finishing outside of prizes will be added to their finish time.

## Race referees

The event will be officiated by 2 official AR World Series Referees.

## Nationality rule

Teams must include a minimum of three members of the same nationality to enter the official ranking of ARWC. Competitors must prove their nationality at race registration with a valid passport or if different, suitable proof of residency. Teams at the AR World Championship will represent one designated nation only, being the nationality of the majority of team members.

Ensure in the team list you have the correct nationality selected. Race bibs will have nationality flag printed.

# LANGUAGES AND ANNOUNCEMENTS

The official languages of the event is Spanish and English. Both languages will be used during presentations and awards as well as for technical instructions and written information (Racebook and announcements).

## Announcements

All communications that the organization makes to the teams due to penalties, changes or instructions to follow that are not indicated in the racebook, will be made in writing in both English and Spanish and will have to be signed by the captain as a receipt confirmation.

If your team needs assistance with translations, contact us at [expedicionguarani@gmail.com](mailto:expedicionguarani@gmail.com)  
We recommend that teams have at least one member fluent in English or Spanish.



# EXTRA SERVICES

We want to continue with the good traditions of Expedición Guaraní. As usual and as some of you already know, we are not going to facilitate the course and navigation in the race, but we are going to make your life a little more bearable in some other points.

## Water and food

In all transitions, you will have potable water. And in many of them, you will have hot water, milk, tea, cocoa, coffee and fruits. In some TAs, you will also receive hot food. Some of us know very well that these little details make a lot of difference.

## Technical service

On days 15 and 16, at the HQ, we will have a mechanics team prepared to solve almost any problem you have with your bicycles, only the spare parts will have a cost, the service is included in the registration cost.

In the middle of the race, you will also be able to have this service, in 4 of the transitions. Any repair can only be done while the team is in the TA.



## Bicycle cleaning

Prior to being event organizers, we are racers and understand that one of the hardest parts in an adventure race takes place at the end of an event: having to collect all the equipment, clean it and pack it again to travel back home. Once again we will have a team that will clean your bike and prepare it for your return trip.





# DEPOSIT

At the time of accreditation, each team must give the organization 300USD (in cash) as deposit for the loan equipment (trackers, kayaks, kayak seats, race boxes...) which will be returned once the race is finished and the loan equipment is returned in good conditions. **Guaranies (paraguayan currency) will not be accepted.**

In case of loss or breakage, the following amounts will be charged:

Tracker, 125USD.

Box, 10USD.

Kayak, 300USD.

Electronic card, 60USD

Seat, 15USD

# LIVE TRACKING

Live tracking system will be carried out through **NonStop Tracking.**

NonStop Tracking is an integral geolocation system that informs in real time of the position and progress of the teams racing. For this, it is only necessary to have a device with an internet connection.

With this application, followers and family members will be able to know the situation of the teams at all times, see the ranking in real time, see the track of the teams, visualize the different route choices of each team, make comparisons between favorite teams, visualize race-specific maps (those used by racers)...

But not only that, thanks to the live tracking, from the organization we can control the teams, both for safety and to see that the teams comply with the rules.





# MEDIA

## TV production

During the race, daily summaries of the race will be made and a final video of the event will be edited.

An international television documentary of ARWC 2022 Paraguay will be produced.



## Photos

Photography will be provided by Wladimir Togumi ([www.adventuremag.com.br](http://www.adventuremag.com.br)) and Adventuresport Media.

## Hash Tags

We recommend the use of the following Hash Tags: #ARWC2022 #EG2022

## Social Media

Follow us in:

Facebook: [www.facebook.com/expedicionguarani](http://www.facebook.com/expedicionguarani)

Instagram: @expedicionguaranipy



## Contact

For Official Media Accreditation please contact [expedicionguarani@gmail.com](mailto:expedicionguarani@gmail.com).

Before the race, a meeting will be held with the media that will accompany the race. They will be provided with all the information and the interesting points to capture images.

Expedición Guaraní will facilitate, as far as possible, transportation for the media that want to follow the race.

Any other material provided to this organization to share in the official media will be accepted, always with the authorization of its owner.

## Live coverage

We will have a communication team made up of cameras and reporters that will inform of everything that happens before, during and after the race. This team will offer extensive information on the situation of the teams in the race, will conduct interviews with racers and race officials and will tell anecdotes that occur during the race. All this, making live connections on social networks.



# FAMILY AND FRIENDS

Paraguay, without being a known tourist destination, offers interesting places and experiences to enjoy a vacation. Some of you will be thinking about traveling with your family and friends and, of course, they will also be welcome at ARWC 2022 Paraguay.

Once the course is revealed, friends and family will have maps and information available on the best places to see the racers and other tourist attractions.

To move from one place to another, it is recommended to rent a car and it is relatively easy to move around the race zones, on asphalt and dirt roads.

Family and friends will also be welcome at the opening and closing dinners and the final party. Reservations and payments will have to be made in the check in area on September 15 or 16, 2022.





# FINISH AND AWARDS

## Finish

At the finish line, we will receive you as we always do in Expedición Guaraní. Beer, champagne, pizza, finisher gift and a comfortable lounge where you can rest until the next team arrives. The race will finish in a different location than HQ. In future newsletters we will inform you about the after-race in the finish area.

## Awards

### 1st CLASSIFIED – WORLD CHAMPION

- \$22,000 USD for team
- Free registration for next ARWC (paid by next ARWC).
- Trophy
- World Champion T-Shirt

### 2nd CLASSIFIED

- \$12,000 USD for team
- Trophy

### 3rd CLASSIFIED

- \$8,000 USD for team
- Trophy

### 4th CLASSIFIED

- \$4,000 USD for team

### 5th CLASSIFIED

- \$2,000 USD for team



### 1st MASTER TEAM

- \$1,000 USD for the first team across the line where team ages on the first day of the race add up to (190) years or over.

### 1st YOUNG TEAM

- \$1,000 USD for the first team across the line where team ages on the first day of the race add up to (110) years or less.

### 1st 100% PARAGUAYAN TEAM

- Registration for a CBCA 2023 race (to be defined) for the first 100% Paraguayan classified team.

*\*Prizes are only for the teams that qualify in the ARWC 2022 Paraguay and, therefore, comply with the participation rules for said event.*

Finisher medal for all teams that finish the race, which will be awarded during the awards ceremony.





# HALL OF FAME

## EXPEDICIÓN GUARANÍ WINNERS

### 2021 EG 6th Edition Brazil Multisport

Nick Gracie, Guilherme Pahl, Camila Nicolau, Pedro Lavinas



### 2019 EG 5th Edition COLUMBIA VIDARAI

Nick Gracie, Guilherme Pahl, Camila Nicolau, Jon Ander Arambalza



### 2018 EG 4th Edition COLUMBIA VIDARAI

Guilherme Pahl, Camila Nicolau, Jon Ander Arambalza, Nick Gracie



### 2017 EG 3rd Edition CYANOSIS

Nicholas Mulder, Susan Carter-Brown, Clinton Mackintosh, Rob Crichton



### 2016 EG 2nd Edition COLUMBIA VIDARAI

Nick Gracie, Jon Ander Arambalza, Barbara Bomfim, Marco Amselem



### 2015 EG 1st Edition ADIDAS TERREX

Guilherme Pahl, Camila Nicolau, Nick Gracie, Jari Hiatt



## AR WORLD CHAMPIONS

### 2021 WORLD CHAMPIONS SWEDEN Swedish Armed Forces Adventure Team

John Karlsson, Emil Dahlqvist, Oskar Svärd, Malin Hjalmarsson (L to R).

Country – SPAIN (Galicia) / Race host – Raid Gallaecia.





**2018 WORLD CHAMPIONS NEW ZEALAND AVAYA**

Chris Forne, Nathan Fa'avae, Fleur Pawsey, Stuart Lynch (L to R).  
Country – FRANCE (Reunion Island) / Race host – Raid in France.



**2017 WORLD CHAMPIONS NEW ZEALAND SEAGATE**

Stuart Lynch, Joanna Williams, Bob McLachlan, Chris Forne (L to R).  
Country – USA / Race host – Cowboy Tough.



**2016 WORLD CHAMPIONS NEW ZEALAND SEAGATE**

Nathan Fa'avae, Joanna Williams, Stuart Lynch, Chris Forne (L to R).  
Country – Australia / Race host – XPD Expedition Race.



**2015 WORLD CHAMPIONS NEW ZEALAND SEAGATE**

Chris Forne, Stuart Lynch, Sophie Hart, Nathan Fa'avae (L to R).  
Country – Brazil / Race host – Brazil Pro Adventure Race.



**2014 WORLD CHAMPIONS NEW ZEALAND SEAGATE**

Nathan Fa'avae, Stuart Lynch, Sophie Hart, Chris Forne (L to R). Country – Ecuador / Race host – Huairasinchi.



**2013 WORLD CHAMPIONS THULE ADVENTURE TEAM**

Albert Roca, Jacky Boisset, Myriam Guillot, Stuart Lynch.  
Country – Costa Rica / Race host – Costa Rica Adventure Race.



**2012 WORLD CHAMPIONS SEAGATE**

Trevor Voyce, Chris Forne, Sophie Hart, Nathan Fa'avae (L to R). Country – France / Race host – Raid in France.



**2011 WORLD CHAMPIONS THULE ADVENTURE TEAM**

Per Vestling, Jacky Boisset, Myriam Guillot, Martin Flinta (L to R). Country – Australia / Race host – XPD Expedition Race.



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**2010 WORLD CHAMPIONS BUFF THERMOCOOL**  
Benjamen Midená, Emma Roca, Fran Lopez Costoya, Arnau Julia (L to R). Country – Spain / Race host – Bimbache Extrem.



**2009 WORLD CHAMPIONS HELLY HANSEN PRUNESCO**  
Warren Bates, Tom Gibbs, Nicola Macloed, Nick Gracie (L to R). Country – Portugal / Race host – Portugal XPD.



**2008 WORLD CHAMPIONS ORION HEALTH**  
Wayne Oxenham, Anna Berthelsen, Brent Edwards, Stuart Lynch (L to R). Country – Brazil / Race host – Ecomotion Pro.



**2007 WORLD CHAMPIONS NIKE**  
Mike Tobin, Chris Forne, Monique Merrell, Mike Kloser (L to R). Country – Scotland / Race host – Wilderness ARC.



**2006 WORLD CHAMPIONS NIKE POWERBLAST**  
Monique Merrell, Dave Weins, Richard Ussher, Ian Adamson (L to R). Country – Sweden / Race host – Explore Sweden.



**2005 WORLD CHAMPIONS BALANCE VECTOR**  
Marcel Hagener, Nathan Fa'avae, Kristina Anglem, Richard Ussher, (L to R). Country – New Zealand/ Race host – Southern Traverse.



**2004 WORLD CHAMPIONS NIKE ACG BALANCE BAR**  
Mike Kloser, Danelle Ballangee, Ian Adamson, Michael Tobin (L to R). Country – Canada / Race host – Raid The North Extreme.



**2001 WORLD CHAMPIONS NOKIA**  
Petri Forsman, Jukka Pinola, Mika Hirvinen, Elina Maki-Rautila. Country – Switzerland.





# ENVIRONMENT

The participants of ARWC 2022 Paraguay commit to follow the general guidelines of respect of the environment such as:

- Drive slowly in the presence of people, animals or other vehicles.
- Do not produce alterations in the processes and in the natural functioning of ecosystems.
- Do not deteriorate biotic, geological, cultural resources or, in general, the landscape.
- Avoid environmentally sensitive areas.
- Any defecation should occur in a toilet, but if this is not possible, it must occur away from water sources such as creeks and be well buried below ground surface.
- Do not use soaps or detergents in water sources.
- No fires should be lit unless in an emergency.
- Do not use or install any type of structure or element that leaves a permanent mark in the place.
- Do not leave trash in places not suitable for it.
- Make as little noise as possible on the course.
- Respect the rural world, local rights and customs.
- Leave gates, chains or the like in the same situation they were found.
- Do not invade private or prohibited properties along the course.

There will be garbage cans in the transition areas so you can leave the trash generated during each stage.

The course will not be marked with strips, arrows, graffitis... in any case (unless specifically indicated in the facebook or maps or communicated through an official statement throughout the race). The only marks that will be on the ground will be the signboards of the CPs identified in such a way.

## Green Conduct Code

This is only a general information document which will be available on the web at all times. Until the start of the event, this information may be expanded or even altered.

Evaluate whether it is really essential to print this document.



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