

Information for supporters at home - the "dot watchers" -



Follow us on the GPS live tracking [www.expafrica.live](http://www.expafrica.live), and Facebook [Powerbar - Swiss Explorers](https://www.facebook.com/Powerbar-Swiss-Explorers) !  
Team #17 Powerbar Swiss Explorers

For French speaking supporters: Check-out [Endorphinmag live expeditionafrica](http://www.endorphinmag.com). They have a journalist onsite for regular updates & pictures on their webpage.

As you are all motivated and competitive, at least at some similar level as we are ... here are some information and ground rules for you "**Dot Watchers**" at home:

- **Race concept:** Adventure racing is a multi-discipline endurance sport where competitors compete in teams of 4, navigating from control point to control point. Teams travel through day and night, they can decide if, when and where to rest. Teams are required to complete together (always within hearing and visual distance of each other), helping and assisting each other. Teamwork and team dynamics are essential. Route will consist of 16 legs (mountain biking, trekking, kayaking, canyoning, rope work; all disciplines in orienteering).
 

Mountain biking	273 km	5 legs
Trekking	161 km	4 legs
Kayaking	86 km	7 legs
- Race starts on **Sunday May 15th at 8h00**. Teams will finish between Wednesday to Saturday. Slower teams will be re-routed to ensure all teams are back latest Saturday evening for closing ceremony.
- The road book (sequence and distances of each discipline) will be communicated the day before the race. It will be posted on our **Powerbar - Swiss Explorers** Facebook page.
- Remember that the map on your screen will always be in daylight, however, **we have to find our way mostly at night (18h-7h)**.
- Nights can also be long for you, so don't worry, if you miss out on a few hours ... check regularly our Facebook page. Anthony, known as Superman/journalist "Clark Kent", will be updating it regularly with the latest information and pictures he finds from screening the race homepage and other chat rooms. **Anthony is the secret 5th team member !**
- If the dots don't move for a while, don't worry ... **there is probably no satellite connection, or we are just having a break/nap.**
- When we move in circles ... it is not on purpose to write you a special message on the screen - **We are simply lost !**
- If you see 4 dots going in 4 different direction, it's not that we are angry at each other and split ... there are 3 others teams and we're all going in different directions! Each team has 1 GPS only. **Pray for us that we got the right direction!**
- If you are getting too excited while observing us by watching the dots, share your thoughts on our Facebook page with other "dot watchers". **Believe us they are in same situation as you!**
- Unfortunately you aren't allowed to phone us to give us directions. **Even though we will beg you to do it!**
- And the most important rule of all: **DON'T SHOUT AT THE DOTS, WE CAN'T HEAR YOU!**

Knowing that so many friends will be watching us on the GPS tracker is a huge motivation for us. It gives us the energy and strength to go on and cross the finish line. We know, we are not alone in the wilderness.

THANK YOU SO MUCH for your loyalty, support and endurance spending an exciting week "**Dot Watching**" us !!!

**May the force be with us!**

Julien, Francky, Susan and Frank

