

# Disaster Relief Trials FAQs

## What is the DRT?

The Disaster Relief Trials (DRT) is a bicycle competition which challenges participants to consider how their bike could be a resource during an emergency. It simulates a disaster blocking roadways, and challenges participants to use their bikes to pick up food, water and other emergency supplies from checkpoints throughout Arlington County while completing emergency preparedness challenges and traversing obstacles, such as barriers and water crossings.

## What are the challenges I will have to complete?

There are two kinds of challenges in the DRT: Essential Elements and Emergency Preparedness Challenges.

### Essential Elements

- **Physical Barrier** simulated a downed tree or other obstacle blocking passage, up to 1 meter high
- **Water crossing**, at least 15 cm deep
- **Rough Terrain**, which may cause riders to dismount their bicycles; at least 400 meters or longer
- **Food Pick-Up and Drop-Off** stations of non-perishable food
- **Water Pick-Up and Drop-Off** stations; participants must supply their own water receptacles
- **Medication Pick-Up and Drop-Off** (simulated)

### Emergency Preparedness Challenges

- **Critical Message** – Successfully pick up and deliver a message from one checkpoint to another.
- **Water Filtration** – Successfully demonstrate the ability to filter water to a safe drinking level.  
Test your own filtration system or select and test a filtration system supplied at the checkpoint.
- **Tourniquet Application** – Successfully demonstration the ability to apply a tourniquet.
- **Animal Evacuation** – Successfully pick up and evacuate a (simulated) pet in a carrier.

## How far is the route?

There is no defined route for the DRT. Approximately 30 minutes before the start of the competition the locations of the checkpoints will be revealed, and participants will be able to plot out their route. Riders can expect to ride between 17-22 miles if they ride to all of the checkpoints, depending upon the route they develop to complete the event. However, all checkpoints are optional, and participants can reduce their mileage by eliminating one or more checkpoints.

## Can I use GPS?

GPS is not allowed. A BikeArlington map will be provided to all participants to assist in navigation.

## How do I win?

Points are awarded based upon the successful completion of Essential Element and Emergency Preparedness Challenges, as well as per pound of emergency supplies successfully transported to its

drop-off. Additional bonus points are awarded to those who successfully complete all five checkpoints. Top finishers in each category will be awarded prizes.

### **Do I need a cargo bike or bicycle trailer?**

Absolutely not! Any type of bike will work! In fact, in the 2018 DRT a majority of participants were on standard bikes with either racks and panniers or backpacks.

### **Do I need to be part of a team to participate?**

Absolutely not! There are categories for individuals, teams or families.

### **What if I need to make changes to my registration after I register?**

Contact us at [info@bikearlington.com](mailto:info@bikearlington.com) if you need to make changes to team members, etc.

### **Can I participate without a bicycle?**

YES! Join us at the Finish Festival at Gateway Park from 10am-2pm, where you can test your emergency preparedness skills and get your family in tip-top shape for an emergency, including free bike maintenance/assessment. Plus, eat delicious food from local food trucks, bring the kiddos and watch them do our "Kiddie DRT" course, get free swag, play lawn games, try out new fitness activities, and more!

### **How much does it cost?**

Standard registration for individuals is \$40 and teams/families \$90. However, early bird and late registration pricing also applies. Registration information can be found at [DRTArlington.com](http://DRTArlington.com)

### **What do registration fees pay for?**

The DRT is a county supported event, and we strive to keep it revenue-neutral. All registration fees directly offset the cost of the event.

### **Are there scholarships to help with registration costs?**

YES! Please inquire at [info@BikeArlington.com](mailto:info@BikeArlington.com). We don't anyone to NOT participate simply because of the cost.

### **Can I volunteer?**

YES! This event cannot happen without the help of many volunteers! Please go to [DRTArlington.com](http://DRTArlington.com) for more information and to be notified when volunteer registration is open!