

## Introduction and FAQ

Welcome to the second annual Detroit SonoW.A.R. Ultrasound Wilderness Adventure Race! This is a unique event created to promote collaboration between EM residencies as well as point of care ultrasound and wilderness medicine education. Here's some things to keep in mind:

1. Timing: The race starts at 9am and ends sharp at 12 noon no matter what. Any scorecards not turned in by the strike of high noon will not be counted.
2. Scoring: The focus of the day is education, but friendly competition is a great motivator. There are 10 stations scattered across the island. Each station is worth 10 points. You are not expected to get all 10 points at each station.
3. Stations: You will have about 10 minutes per station, and you may be asked to move along after this time if there are other teams waiting. The stations are not required to be done in numerical order. Use strategy and navigation skills to map the best route for your team!
4. Philosophy: Each station follows a theme that tries to tie together a trifecta of 1.) a unique piece of Detroit history or culture along with 2.) relevant POCUS and 3.) wilderness medicine topics. Some questions are on bread-and-butter foundational skills and board topics. Some push the envelope of current practice in the hopes of introducing you to new ideas and inspiring you to research your own novel applications. All questions are open-book and you have a nice walk between stations to discuss the topics with your team.
5. Conclusion: Lunch will be served at 12 noon at Pavilion 8 and there will be the announcement of the winners. Have fun!