

## Course overview for the May 18<sup>th</sup> 2019 Adventure Race (3 hours format)

- Start of TREKKING section —————> Back to starting line area (Transition 1 BAG A) to pick up your bike
- Start of MTB section #1 —————> Transition 2 (BAG B) End of MTB section #1
- Start of PADDLING section —————> Back to transition 2 (BAG B) to pick up your bike
- Start of MTB section #2 —————> FINISH LINE

### **What goes in the bags:**

**BAG A** (You can leave the bag at the starting line area)

1. Spare shoes
2. Spare clothes
3. Food and \*hydration

**BAG B** (The Raid Pulse support vehicle will bring bag B to TRANSITION AREA 2)

1. Spare shoes
2. Spare clothes
3. Food and \*hydration
4. Life jackets (provided by Raid Pulse with the rental program)
5. Paddles (standard canoe paddles will be provided by Raid Pulse with the rental program)

\* Note that you are responsible for your hydration during the event, the hydration stations in the transition areas are meant to be a backup only.

**Important note:** Box or cooler will not be accepted, you must use bags.

Teams that bring their own boats must bring them to the TRANSITION AREA #2 before the start of the race (starting at 7:30AM Saturday morning).

TRANSITION AREA #2 LOCATION: Information will be provided at the registration table at Headquarters.