

Course overview for the May 18th 2019 Adventure Race (8 hours format)

- Start of MTB section #1 —————> Transition 1 (BAG A) End of MTB section #1
- Start of TREKKING section —————> Back to transition 1 (BAG A) to pick up your bike
- Start of MTB section #2 —————> Transition 2 (BAG B) End of MTB section #2
- Start of PADDLING section —————> Back to transition 2 (BAG B) to pick up your bike
- Start of MTB section #3 —————> FINISH LINE

What goes in the bags:

BAG A (The Raid Pulse support vehicle will bring bag A to TRANSITION AREA #1)

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

BAG B (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.