

Course overview for the September 12th 2020 Adventure Race (3 hours format)

- Start of MTB section #1 —————> Transition area (BAG A) End of MTB section #1
- Start of TREKKING section —————> Back to transition area (BAG A)
- Start of PADDLING section —————> Back to transition area (BAG A) to pick up your bike
- Start of MTB section #2 —————> CP14, 15 and/or FINISH LINE

What goes in the bag:

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

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 before the start of the race (starting at 7:30AM Saturday morning).

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