

A group of cyclists on their bikes at a starting line, with event banners and a building in the background. The scene is overlaid with a semi-transparent green filter. The cyclists are wearing orange and black gear. In the background, there are banners for 'ATMOSPHERE SPORTS PLEIN AIR' and 'RAID PULSE'. A building with a sign that reads 'CENTRE COMMUNAUTAIRE WAKEFIELD - LA PÉCHÉ' is visible. There are also tents with logos for 'CAA CAMP DE BASE' and 'atmosphèrepleinair.ca'.

COURSE OVERVIEW

Raid Pulse 8 hour

OVERVIEW

8 hour



TREKKING start → Transition area #1 (BAG A)

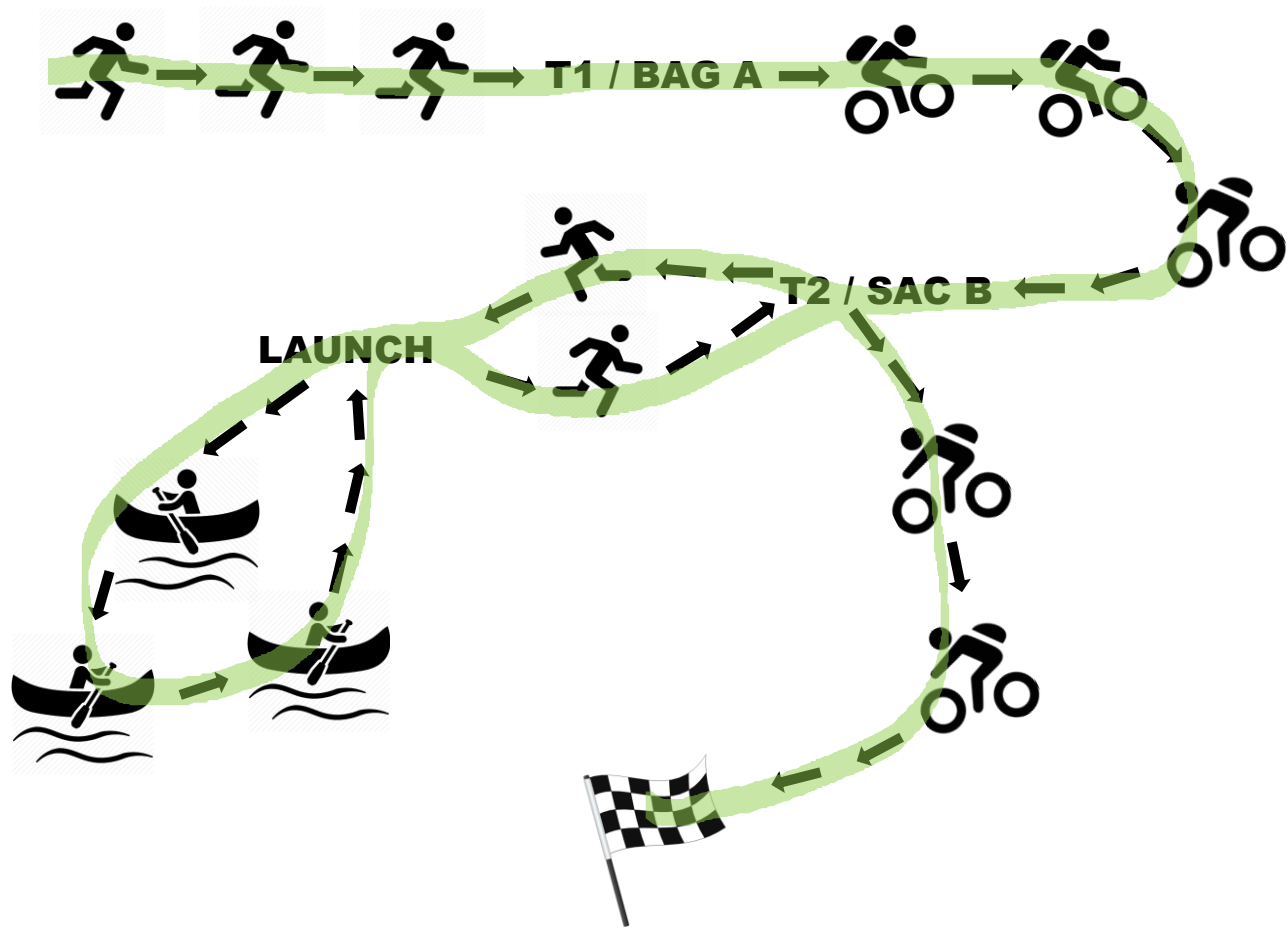
MTB section #1 → Transition area #2 (BAG B)

Short TREK to PADDLING section

After PADDLING section → Advanced TREK and/or short TREK back to Transition area #2 (BAG B)

MTB section #2 → Advanced cp's and/or FINISH LINE

OVERVIEW
8 hour



What goes in the bags



BAG A (You may leave BAG A with your bike at transition area #1 located at the baseball field near HQ prior to start)

- I. Spare shoes or bike shoes
- II. Spare clothes
- III. Food and *hydration

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

- I. Spare shoes
- II. Spare clothes
- III. Food and *hydration
- IV. Life jackets (provided by Raid Pulse with the rental program)
- V. Paddles (standard canoe paddles will be provided by Raid Pulse with the rental program)

Teams that bring their own boats must bring them to TRANSITION AREA #2 before the start of the race (starting at 7:30AM Saturday morning). TRANSITION AREA LOCATION: Information will be provided at least one week before the event.

* 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.