A group of cyclists on mountain bikes are lined up at a starting line. They are wearing helmets and orange safety vests. In the background, there are several banners for 'ATMOSPHERE SPORTS PLEIN AIR' and 'RAID PULSE'. A building with a sign that reads 'CENTRE COMMUNAUTAIRE WAKEFIELD - LA PÉCHÉ' is visible. The scene is outdoors with trees and a clear sky.

COURSE OVERVIEW

Raid Pulse 3 hour

OVERVIEW

3 hour



MTB section #1 → Transition area #1 (BAG A)

PADDLING section → Back to Transition area #1 (BAG A)

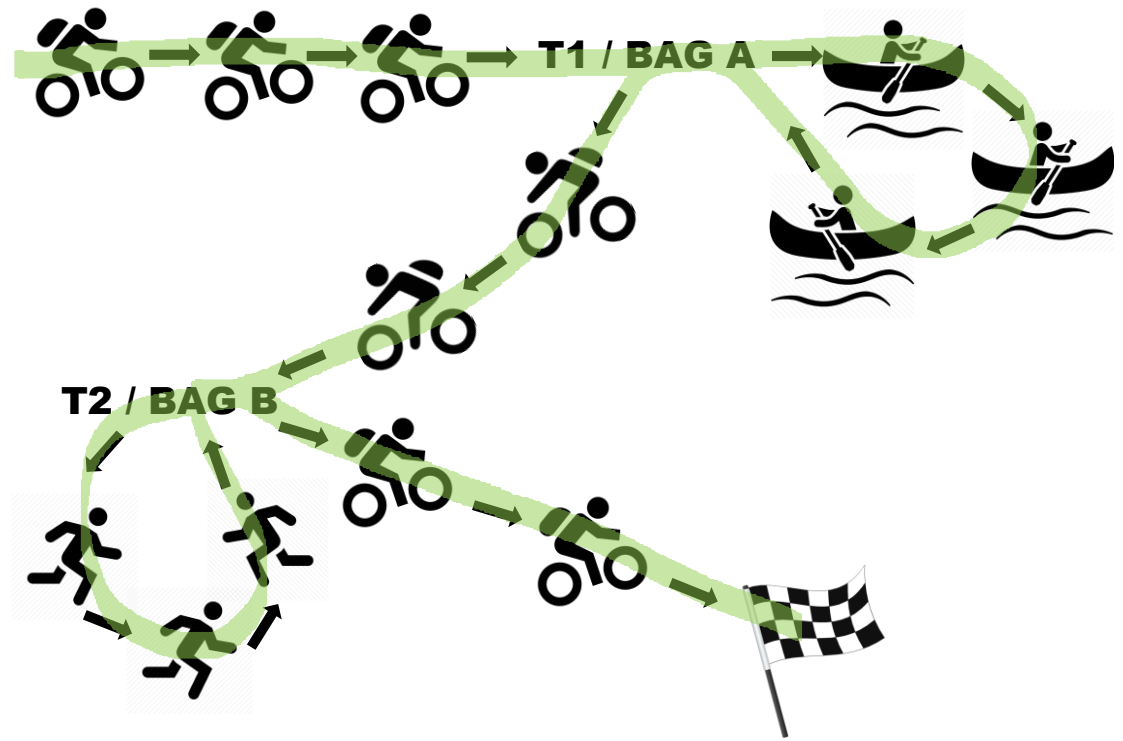
MTB section #2 → Transition area #2 (BAG B)

TREKKING section → Back to Transition area #2 (BAG B)

MTB section #3 → FINISH LINE

OVERVIEW

3 hour



What goes in the bags



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

BAG B (You have to leave bag B at headquarter and Raid Pulse will bring it to TRANSITION AREA #2 for you)

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

* 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.