



"Live the Adventurous Lifestyle"



Adventure Racing 101 Clinic

What is Adventure Racing - Essentially, it's a multi-disciplinary group race. You grab some teammates, a map (for navigation), a mountain bike and your running shoes and head out to the woods or a local park to compete in different challenges against other like minded individuals.

Do you want to find out about the growing sport of Adventure Racing during an introductory clinic? This beginner-oriented clinic will be led by a national race director and experienced adventure racers. We'll discuss the various aspects of the sport and what you need to know to get started. The topics covered will give anyone interested in trying adventure racing the basic skills and knowledge to compete and have fun in a race. You will experience what the local environment and culture has to offer local adventurers.

Why we do it = [Love of outdoors](#), [Curiosity](#), [Endurance/Team effort](#), [Heart](#), [Desire and Passion](#)

What is Adventure Racing: Types (Muddy Buddy – Eco Challenge) Sprint, Half Day, 24 Hour and Expedition

Adventure Racing is a multi-disciplinary team sport involving navigation over an unmarked wilderness course with races extending anywhere from two hours up to two weeks in length. The principal disciplines in adventure racing include trekking, mountain biking, and paddling, although races can incorporate a multitude of other disciplines including climbing, abseiling, horse riding, skiing and white water rafting. Teams generally vary in gender mix and in size, from two to five competitors, however the premier format is considered to be mixed-gender (or coed) teams of four racers. Some races offer solo competition as well.

Sprint

A sprint race is generally a race that is from 2-6 hours long.

These races require less technical skills and are designed to be easy enough for anyone to have a go. This is especially true of the kayaking stage, which might just be a short paddle on a sit-on-top.

Some sprint races will involve navigation, but others won't. Team make up can also be much more varied with teams of 2 or 3 and sometimes solo categories. (Some would say teamwork and navigation are required to be a true adventure race, but there are 'adventure races' that don't require those elements.)

Sprint events might also include teamwork challenges and obstacles – in fact some of the earliest of these kinds of races in the early 2000's included slippery walls, mud pits and other challenges ... well before OCR took off as a sport.

Half Day

Half day races are usually 6 to 12 hours long and require a bit more endurance than a sprint race, typically having longer sections of trekking, paddling and biking. Teams have more route options and more checkpoints to find along their route. This tends to be the most popular type of Adventure race for endurance athletes.

24 Hour

This race requires more time and commitment. You are spending much, or all, of your weekend adventure racing and tackling longer, harder courses.

This event involves racing into the hours of darkness, or right through the night. These events usually involve plotting of maps and a lot of route options.

Racing in the dark makes everything harder, especially navigation, and for 24 or 36 hour races you will be dealing with sleep deprivation as well.

Expedition Race (30+ Hours)

This is any adventure race that is longer than 30 hours. It is usually multiple days. In these races you typically have a transition area where racers refuel and resupply their gear. These types of races can be supported by gear along the route. Route selection and sleep are key strategies in this racing format.

Tough Mudder is actually an obstacle course race (Set Course)

Map Reading / Navigation

Navigation is a must skill for all adventure racers who want to compete in the sport. It doesn't matter how fit or strong you are if you are moving in the wrong direction! If you do not know how to use a map and compass, trust me, you will not stay on course.

Orienteering\Map Reading



Map and Navigation Skills

Orienting and reading your map.

Setting your compass, plotting your course and attack points.

Orienteering course.

Check points.

Identifying features, following trails / terrain, estimating distances.

Explain different types of maps.

Explain different types of map scales

Teach how to use all the information on a topographical map.

Identify land features on a map.

How to use a compass and its different features.

How to set up and use a GPS device with a map.

How to estimate pace count and when to use it.



How to take and follow a bearing in the field.

Route finding strategies

How to use land features to your advantage during the day and night.

How to work with a team to navigate successfully.



Sprint (3-6h), Adventure (12-24h), Expedition (36-96+h) (distance?).

Given a map and passport, a team must navigate to Control Points (CPs) and punch passports while on foot, bike or paddle.

The team that collects the most number of CPs in the shortest time wins.

Team event: Co-ed (at least one female and one male), all-female/all-male, 2,3,4, or solo.



Trail Running / Trekking - Shoes



Biking / Mountain Biking / Hike a Bike - Paddling and lights



Climbing - Repel or ropes section



Paddling (Canoe, SUP, Kick boards, swimming, intertubes, kakaks, and white water rafting)



Race Flow - Pre-Race briefing: Explain the course, rules, hand out maps and the passport

Transition Areas (TA): Where teams stage gear and may transition from one activity to another (bike, trek, paddle). Usually bike or paddle gear can be left at TA while doing other activities.

Prologue: Race separator, to spread the field out early in the race (some short challenge). Get a passport and determine the order of legs of the race.

Race: Actually starts with the Prologue, once you finish the prologue, you immediately start on the first leg.

Gear check: Many races will have random locations throughout the course to check if the team and individuals have all mandatory gear (see Required Gear)

Challenges (Mental and Physical)



Distance - 30 minutes to 10 days - 1 Mile to 250 Miles



Team Members - You don't stop for weather but you stop for your teammates (Your team is only as fast as your slowest competitor)



Leadership\Team Captain - Goals (Participate or Place?)



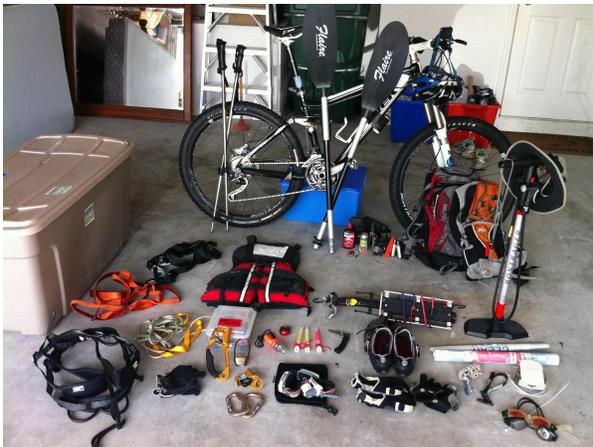
TEAM (Together Everyone Achieves More)



Nutrition - Feed the machine (28,000 calories a day)



Gear



Mandatory Gear: (pack weight)

Fully charged cell phone

Mountain Bike

Bike helmet

Bike Lights (Front\Back)

Backpack to carry your gear (pockets are key)

Hydration system and water filtering

Headlamp with extra batteries

Food\Energy

Trail shoes\bike shoes

Paddle (two bladed kayak paddle)
Map (Map Bag), Compass
Whistle
Knife
Emergency blanket
Waterproof Dry bags
Rain Jacket
SmartWool shirt
Buff (Sweat, Sun protection, under bike helmet)
Flask??

Optional/Recommended Gear:

Camping/folding chairs to use during the clinic
Water resistant case/bag for cell phone in case of rain
First aid kit
Change of shoes for after the race, and a small garbage bag for dirty shoes, dry socks!!!!
Hat or sunglasses,
Sunblock
Bug spray
Personal PFD if allowed
Pen and pencil, Highlighter pens and Colored pencils (optional)
2 x 20 oz water bottles

Video 1:22 (AR World) - <https://www.youtube.com/watch?v=5hFO8BUWr1c>

Video 7:03 (Overview) - <https://www.youtube.com/watch?v=occW94DgWT4>

Video 2:52 (Rev3Adventure) 24 Hour - <https://youtu.be/l9fb12PFSwo>

Video 3:43 (Rev3) Cowboy Tough - <https://youtu.be/l4GHKp9vAUM>

Video 1:06 (Cowboy Tough) Promo - <https://youtu.be/AV4ArydVZx4>