How about scoring?

Pretty simple. Each Checkpoint is worth one point. Teams will be ranked first by points then by finish time. For example, Team A has 25 points and finishes in 13 hours; Team B has 26 points and finishes in 14 hours. Since Team B has more points, they will be ranked above Team A.

Food? Water?

Teams should plan on being self-sufficient for the entire race. A support crew is neither necessary nor permitted. We will not be providing water on the course. Be prepared to treat water with iodine tablets or another method of your choice.

How hard are these races?

That depends on how hard you are and how motivated you are to push yourself. If you are already an endurance athlete like a distance runner, triathlete, or dedicated mountain biker you'll probably be fine. We also race right alongside folks who wouldn't even describe themselves as athletes at all. They actually seem to have a better time than most.

We have courses that will challenge serious racers who will be trying to visit every CP, but is also designed to allow less experienced teams to complete the course by visiting less CPs.

You will be challenged. Be ready a hard day of adventure. It won't be easy, but we suspect that if you've read up to this point you aren't looking for something easy.

Can we "clear" the course?

If you race fast enough, any course is clearable. As a generality, we like setting courses that are almost too big. This brings in a lot of strategy on what checkpoints to go for, as opposed to racing full-throttle on a course you know you'll be able to clear. Note that only a handful of racers have ever cleared a 361° course.

What are the disciplines?

Race will be divided into legs according to the mode of travel:

Mountain Biking - both on and off road

Trekking - running or walking

Paddling – generally flat-water or Class I (ish)

Other – sometimes there's a rappel/traverse or maybe a pfd-assisted swim thrown in for fun

These legs of the race may come in any order and you may do each sport more than once during a race.

How far is each discipline?

Adventure races are not typically measured in distances, but rather by a certain length of time. This means that we will set a cut-off time after the start and all teams should be back to the finish line by then.

But really, how far?

As a very loose estimate of typical distances for a race of say 12 hours: Teams trying to "clear" the course should be ready to cover 10 - 15 miles on foot, 5 - 10 on the water, and 20 - 40 miles on bikes (trails & roads). It could be significantly less or more depending on route choice, however.

What about the navigation stuff?

At least one member of the team should be proficient with map and compass (no electronic navigation aids i.e. GPS are allowed). You'll mark the location of the Checkpoints (CPs) on the map we provide. The CPs are orange and white flags about a foot wide per side with a coded hole-punch attached. Teams may choose to skip CPs or try to get all of them. The team that locates the most number of CPs in the least amount of time is declared the winner. So the distance you travel is pretty dependent on route choice and the number of CPs you decide to go for. It is very common for the great majority of teams to skip CPs, and in a lot of races only the elite teams will "clear" the course.

UTM plotter?

For longer races that may require UTM plotting, it's one of those things that for some reason intimidates newer racers occasionally. Plotting points on your map, however, will be the least of your worries. The map has a grid printed on it. The CP locations will be listed as two numbers, like this: 3860 9440. Split both of those numbers down the middle 38|60 and 94|40. The 60 tells you how far to move right (east) from the 38 line, and the 40 tells you how far to move up (north) from the 94 line.

That's really all there is to it. You can buy a 1:24,000 scale plotter & find some detailed information, tutorials, and exercises at MapTools.com, as well as checking out fellow racer Mark Lattanzi's Navigation Tips site (navigationtips.com). Here's a pretty good video explaining how it's done as well.

Just remember that a full UTM coordinate will look like:

10 S 0294324   3925702

For our purposes we only need to look at four of those digits.

10 S 02943224

39257002

We hope this answers most of your question about what you're getting into. If you're completely new to the sport we have several beginner-friendly races on the schedule that are usually proceeded by a free Navigation Clinic to get you pointed in the right direction.

If you have a question not answered above or need a little more info email us at contact@361adventures.com