

What are the disciplines?

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

Mountain Biking - both on and off road

Trekking - running or walking

Paddling - We will be providing identical canoes. (One canoe per 2 or 3 person team and two canoes per 4 person team. One kayak for solos. Racers may use personal PFDs/paddles or ours.)

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

There's whitewater there.

There will be no whitewater paddling involved in the race. If you're into that sort of thing, however, the area has some awesome opportunities for you.

How far is each discipline?

Adventure races are not typically measured in distances, but rather by a certain length of time. The Breakdown, for example is going to be 15 hours long. This means that we will set a cut-off time for 15 hours after the start and all teams should be back to the finish line by then. Many teams will finish the race in less than 15 hours.

But really, how far?

As a very loose estimate of typical distances for a race of this length: Teams should be ready to cover 10 - 15 miles on foot, 5 - 15 on the water, and 20 - 50 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?

This is 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 symbol on the grid below is approximately at those coordinates. 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](http://NavigationTips.com) site (navigationtips.com).

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 02**94324**

3925702

Feel free to email us with map questions if you still have any (contact@361adventures.com).

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 will this race be?

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 a course 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. This area is mountainous, and the terrain is rugged. Be ready for some big elevation changes and 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.

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