



WITH A LITTLE TRAINING AND A LOT OF GRIT –
YOU GOT THIS!

JOIN US!

DO YOU:

- Love being outside?
- Claim bragging rights while doing epic stuff?
- Not mind being a little lost and way off the trail?
- Stay happy when the going gets a little tough?
- Find happiness with getting dirty and doing things you normally don't do every day?

YOU ARE AN ADVENTURE RACER!

Adventure racing is the fun cousin to triathlon that everyone wants to party with & the rugged uncle to obscacle racing!

KAYAK:

If you've ever been in any floaty kayak,

YOU GOT THIS!

Sprint races: kayaks are provided

Other distance: Bring your own

boat or blow up swan**



TREK:



Question your entire existence while you hit road, trail, thicket, creek, ravine, shoreline, mud, pond, rocks, hills . . . yup! Pace yourself and have a little fitness & map skills; **YOU GOT THIS!**

MOUNTAIN BIKE:

If you can stay upright and pedal for miles, we'll send you over roads, mountains and maybe even a river! Stay out of the poison oak and **YOU GOT THIS!** Bring your bike or rent one from a local bike company down to party!



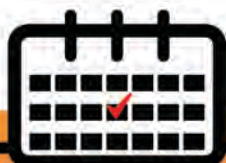
ADVENTURE!!!



Ropes, rappel, puzzles, teamwork, and crazy adventures that keep you coming back!

**Blow-up swan not actually recommended

YOUR GUIDE TO ENSURING ADVENTURE RACE HAPPINESS:



1. SELECT AN EVENT OR EVENTS!

- All Out partner challenge (3 hours)
- All Out 6 hour (6 hours)
- Dawn to Dusk (12 hours)

(Check our site for all options each year: alloutadventureseries.com)



2. ROPE IN A TEAM OR A FRIEND.

The partner challenge is done in teams of two. Other races can be done solo or with up to 4 people.



3. REGISTER!

4. TRAIN



- I want to win! Excel at mountain biking, running, kayaking and orienteering and be in shape enough for at least an Olympic distance triathlon
- I want to have fun and finish the race! Have some experience with all of the disciplines and be comfortable being outside and moving for the time period of your chosen race.
- I just want to have fun! Don't worry about anything: you will have fun!

- ## 5.
- Figure out how to be at the starting line at least an hour before your wave on race day! If doing Dawn to Dusk... at least one team member needs to stage gear on Friday night



6. FIND A HOTEL/CAMPSITE.



- ## 7.
- Find out what's in the area or on the way and make sure to make a whole weekend of it!** Bring friends and family to cheer you on! We have fun stuff to do while they wait and our locations are awesome for tourism.



- ## 8.
- Borrow, rent or buy mandatory equipment: bike, hydration pack, a water craft, shoes, etc. Check out our gear list at our site.



- ## 9.
- Tune up that bike of yours! Organize your gear! Plan for transitions and pick out day-of-race nutrition!

- ## 10.
- Go! See you soon! Check out AllOutAdventureSeries.com for more on training, motivation, and strategy!

**Optional, but you'll be missing out!