

MNOC Summer Adventure-O 2026

Race Update 2

In Partnership with Three Rivers Park District

Saturday, July 11, 2026

Thank you all for the tremendous response signing up for this event! We are almost at capacity for both races. Please read the updated details below carefully as we approach race day.



General Information

- **Race Update 1:** Be sure to read [2026 Race Update One](#) if you have not done so already.
 - **Team Changes:** If there are any last-minute team changes, please [email](#) them to us ASAP. Team changes affect logistics including boat rental numbers. Any substituted team members will need to sign waivers at check-in.
 - **Race Rules:** Be sure to read the [Race Rules](#) carefully prior to race day. Racers will also receive a hard copy of the rules in their race packet.
 - **Medical Forms:** A [Medical Information Sheet](#) needs to be filled out and signed by every participant (or guardian) prior to packet pick-up. Because the medical information sheet was not included in the on-line registration process, all participants should bring a signed sheet or fill one out upon check-in on race day.
 - **Biking on Roads:** Due to a couple large construction projects in the area, racers will be riding on active roads. While we do not expect any issues, it is a change compared to last year's course. All roads used have a very wide shoulder or are not heavily used. Please refresh yourselves on best practices for riding with cars present if necessary. We will cover this in greater detail in further updates. Ride single file on shoulders or right side of roads.
 - **Boat needs:** While we cannot promise availability, we do have a few extra large kayaks solo racers with larger frames. These will be available on a first come-first served basis.
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Race Headquarters (HQ)

Osprey Pavilion, Lake Minnetonka Regional Park 🏠 4610 County Rd 44, Minnetrista, MN 55364

Approximate Race Day Schedule

8-Hour Division

- 7:30 – 8:30 am: Packet Pick-up at Lake Minnetonka Regional Park HQ
- 7:30 – 8:30 am: Paddle Gear Drop at Lake Minnetonka Regional Park HQ
- 8:30 am: Pre-race Meeting
- 8:45 – 9:00 am: Race Start
- 5:00 pm: Course Closes
- 4:00 – 6:00 pm: Post Race Meal & Beverage

4-Hour Division

- 10:00 am: Bike & Paddle Gear Drop Opens (Location within 20 minutes of HQ) (Revised from Race Update #1)
 - 11:15 am – 12:15 pm: Packet Pick-up at Osprey Pavilion HQ
 - 12:15 pm: Pre-race Meeting
 - 12:30 pm: Buses depart HQ
 - 1:00 – 1:15 pm: Race Start
 - 5:00 – 5:15 pm: Course Closes
 - 4:00 – 6:00 pm: Post Race Meal & Beverage
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Pre-Race Video & Course Embargo

- **Update 3 Release:** We will be releasing the exact bike drop location for the 4-hour course in a short Update 3.
 - **Race Meeting Video:** We will also be recording and linking a race meeting video to Update 3.
 - **Course Embargo:** At that time, there will be an official embargo making race areas strictly off-limits to participants until the event begins.
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Updated Distances

Actual distance depends on route choice and how many checkpoints your team attempts. Teams attempting to clear the course should expect to be on the upper end of the range.

- **8-hour**

- Trek: 2-12 miles
 - Bike: 17-33 miles
 - Paddle: 1-5 miles
 - **4-hour**
 - Trek: 1-5 miles
 - Bike: 10-15 miles
 - Paddle: 1.5 - 2.5 miles
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E-Punch System

We will be using an e-Punch system to keep track of most of the checkpoints you visit.

- Each team will receive 1 E-punch finger stick.
 - This system tracks what order Check Points (CPs) were visited in, and at what time each CP was obtained.
 - When you "punch" the final "finish" CP at the end of your race, head directly to the results table to download your results and return the e-stick.
 - *Note: E-sticks are expensive, so please do not lose them!* Further instructions will be provided in the upcoming pre-race meeting video.
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Gear Drop Regulations

4 Hour teams will need to stage their bikes at a remote location prior to race check-in.

- **Location:** The location will be within a 20-minute drive of race HQ. An update with the exact gear drop coordinates will be sent 1-2 days prior to the race.
- **Timeline:** The gear drop will open at 10 am. Please allow ample time prior to check-in for this setup. Parking will likely be limited at the Osprey Pavillion and racers will be parking at lots further away (easy walking distance).
- **Security & Logistics:** Volunteers will be stationed to monitor your bikes and gear. All bike gear you drop must go with you when you leave the location on your bikes during the race.

8 Hour teams will stage their personal paddle gear at the check in location. (Optional)

- **Transport:** Personal paddle gear will be transported down the course and back to HQ for post-race pickup.
- **Organization:** Gear must be labeled with team name, secured together in a single bag and contain *only* paddle gear.

Optional: For teams using provided paddles and PFDs no drop is required.

USARA Membership

As indicated on the event webpage, please be reminded of the following:

USARA Membership – Because this event is affiliated with and sanctioned by the *US Adventure Race Association*, all participants must have either an annual USARA membership (\$35) or a single-event license (\$8). You may purchase these memberships [here](#). **If you are purchasing a single-event license**, on the "select your members" page (with the waiver at the bottom) be sure to uncheck the "start membership immediately" button and select the date of your race. Please bring proof of membership to Race Check-in on race day.