

MNOC SummerAdventure Race 2026

In Partnership with Three Rivers Park District

Race Update #3

Embargo!!! Lake Minnetonka Regional Park, Gale Woods Farm and Carver Park Reserve are OFF LIMITS until the race.

Race Update 1 and 2

Be sure to read [Update 1](#) and [Update 2](#) if you have not already. We will also be launching a short race meeting video by noon Friday on the website.

Team Info

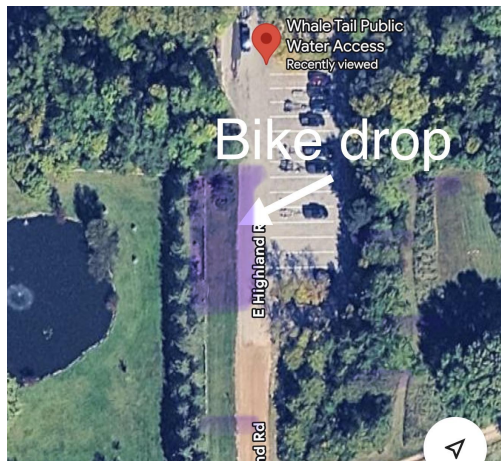
Check your team registration [HERE](#). Email with any issues.

Race Rules

Read over the [Race Rules](#). The rules will be included in your packets, but we feel like we never have enough time to read through these properly on race day and there is really important information for racers to understand.

Bike/Gear Drop

- **8 hour racers** will stage bikes and personal paddle gear at HQ when checking in.
 - Personal paddle gear will be transported from and back to HQ by race staff.
- **4 hour racers before checking in** must stage their bike at the designated bike drop location at [Whaletail Public Water Access](#).
 - 4-hour racers do not have the option to use personal paddle gear.



Volunteers will be stationed to watch your gear while it is there. All bike gear you drop at this location must go with you when you leave from there on bikes. **Note: Please label personal paddle gear and secure it together in a bag per Update 1.**

- **4 hour racers Bike Drop will open at 10:00**
- **4 Hour racers**, If heavy rain is forecasted, an email may go out in the morning regarding a change in bike drop location.

Weather

The forecast for race day is looking **HOT**. As of this writing, Sunny with a high of 87, winds 5-10mph. We advise packing **extra water** with electrolytes and taking advantage of water refill stations on the course.

Rain Plan

There is little chance of rain Friday or Saturday, but if forecasts change, or if lightning occurs near race time we will adapt as necessary. **Plan on Racing!** - it is possible the MTB trails will be closed and you will have a different cycling challenge.

Long Pants and Shirts are Recommended

- The course this year includes significant sections of tall grass prairies for those looking to “clear the course.”
- It is summer in Minnesota, there are possible toxic plants racers can encounter. We have seen poison ivy, nettles, hogweed, and wild parsnip while scouting the course. We worked to avoid problem areas, but it is possible you will find some. [Plant ID Resource](#)

HQ Parking and Check In



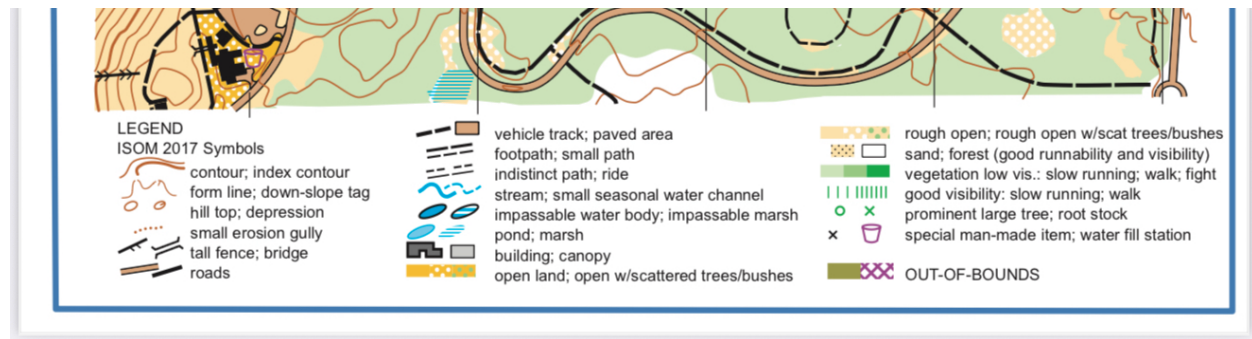
Our race headquarters and check in will be at the [Osprey Pavilion](#) at Lake Minnetonka Regional Park. It is possible the adjacent lot could fill before 4 hour check-in, and racers are free to use the other lots in the park. There has been a lot of construction in the area, so we advise allowing for **extra time to drive to HQ**.

Post-Race Picnic

- Make sure to stick around for the post race picnic and awards. We have nearly 150 racers participating this year and the energy is sure to be fantastic. We have plenty of picnic table seating, but it is never a bad idea to pack a camp chair in the car for post race relaxation!
- The HQ area is very family friendly with a huge playground and swim pond. The swimming pond does require a small fee payable at the park entrance.

Maps

Race teams will get 2 sets of maps, solo racers will receive 1 set. Maps are based on data from a variety of sources and provide the detail you will need to navigate your way through the race. Map scales are between 1:7,500 and 1:40,000.



New Adventurer Racers/Navigators

We have designed this event to be friendly to new racers, while still having challenges for veteran racers. If you are new to map and compass navigation and orienteering, you will find [MNOC's Map Reading 101](#) to be helpful.

Some important and very helpful features of the orienteering maps include:

North Arrows - if you know where north is (compass), point the north arrows on the map in the appropriate direction. This is called “orienting” the map and is a basic, but crucial skill in orienteering. Another way to orient the map is to look for identifiable features (buildings, trails, lakes, etc.) and orient the map to the feature.

Map Symbols - there are many symbols on the maps that are helpful to understand. Our trekking maps will have a legend which will help you understand the features on the map. Take a moment to check out the map legend in the example above. The colors on the map are very important and helpful to understand. In particular, know the difference between yellow, white, and green. Yellow is open land, white is runnable forest, and green is generally thicker woods that are more challenging to run through.

Map/trail caution - Not all trails are created alike! Some trails in certain parts of the course may be significantly overgrown by this point in the summer. Trust the topography and your compass!

Clue Sheet - the maps include clues or descriptions of what you are looking for at each checkpoint. This is very helpful and important information. For example, a clue may be “west side of tree”. If you don’t read the clue, it’s possible that you may be standing on the east side of the tree and are unable to see and find the checkpoint. Use the clues!

Sponsors

We are extremely grateful to our much appreciated sponsors of this event and of the Wisconsin Adventure Racing Series. See a full list of event sponsors [here](#).

Facebook

If you have not already, please “like” our [Minnesota Orienteering Club](#) page. We will be posting photos and videos from the race course on these pages after the race. In the days after the event, please visit to see photos of your team and tag yourself.

Questions? Send us an [email](#) with any questions you may have.

John Daniels and Brett Young - Race Directors
MNOC Adventure-O