

MNOC SummerAdventure Race 2025

In Partnership with Three Rivers Park District

Race Update #3

Embargo!!! Elm Creek Park Reserve and Fish Lake Regional Park 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.

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

Racers must stage their bike and personal paddle gear at the designated gear drop location at **Fish Lake Regional Park**. If using Google maps, search “[Fish Lake Pavilion](#)” for the best directions to the lot.

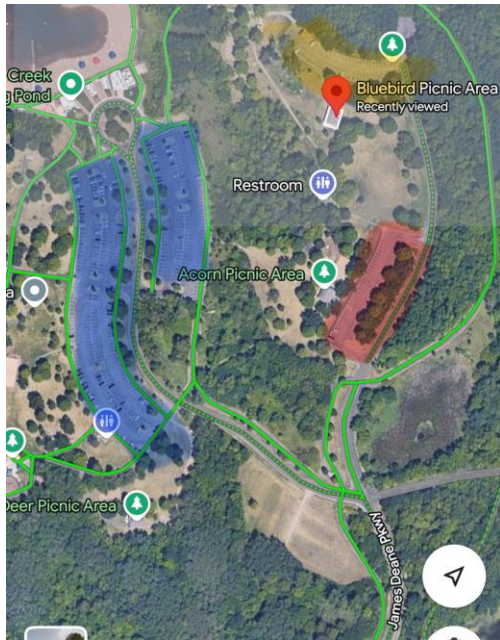


Volunteers will be stationed to watch your gear while it is there. All bike gear you drop at this location must go with you when you leave from there on bikes. Paddle gear will be transported back to HQ by volunteers to pick up after the race. **Note: Please label personal paddle gear and secure it together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

- 8-hour racers Gear Drop will be open at 6:15am
- 3-hour racers Gear Drop will be open at 10:00

Weather

The forecasts for race day is looking good. As of this writing, we are looking at a partly cloudy day with high temps forecasted in the 70s and lows in 60s. There is a chance of patchy storms Friday night into the early morning. We will race in the rain. If lightning occurs near race time we will adapt as necessary. **Plan on Racing!** 8-hr folks - it is possible the MTB trails will be closed and you will have a different cycling challenge.



HQ Parking and Check In

Our race headquarters and check in will be at the [Bluebird Picnic Area](#) at Elm Creek Park Reserve. Our primary lot will be the area highlighted in yellow adjacent to HQ. If this lot fills, please park down the hill in the lot highlighted in blue. The lot adjacent for the Acorn Picnic Area (red) is reserved by another event and **can not** be used by racers. Please carpool if possible so we can get the most out of the lot nearest HQ.

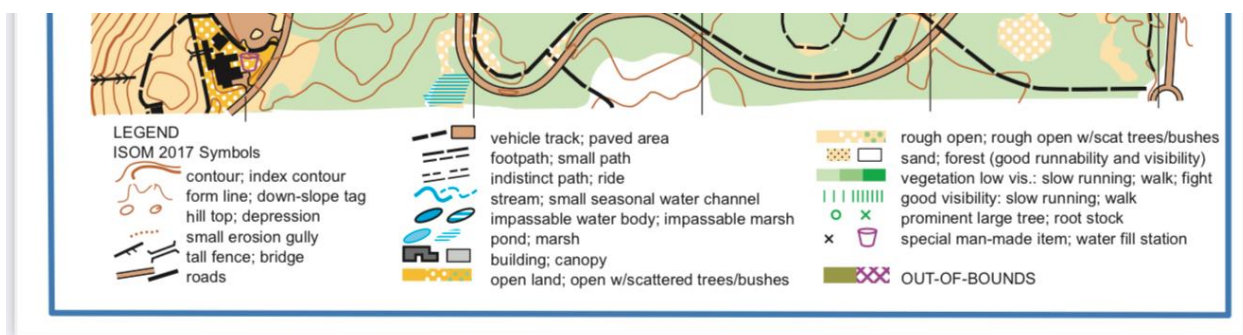
- If your teams have multiple vehicles, please consider parking some in the lower parking lot (near the swim pond). There is easy access up to Bluebird on a gravel walking path (about 3-5 minute walk).
- Event volunteers are asked to park in the lower lot, as close to the NE corner of the lot as possible to access the gravel walking path up to Bluebird.

Post-Race Picnic

Make sure to stick around for the post race picnic and awards. We have more than 100 racers participating this year and the energy is sure to be fantastic. We have a lot of picnic table seating, but it might be a good idea to pack a camp chair in the car for post race relaxation!

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 1:22,000.



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 by looking 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/water caution - due to recent stream flooding, the water features (blue) on the map may not accurately reflect the amount of water actually flowing through the park on race day. Streams are going up and down, so beware that the water features on the maps may not perfectly represent where the water is on race day.

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!

8 Hour Paddlers

- Note that the course may include an opportunity to portage along the way.

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](#) Facebook page and the [MNOC Adventure Race Facebook Event](#) page. We will be posting photos and videos from the race course along with other helpful information on these pages leading up to 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