

MNOC Summer Adventure Race 2025

In Partnership with Three Rivers Park District

Race Update #2

Race Update 1

Be sure to read [Update 1](#) 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 [Personal Injury Waiver and Medical Information Sheet](#) needs to be filled out and signed by every participant (or guardian) prior to packet pick-up. For most efficient check-in, print and complete the form ahead of time and bring it to check-in and packet pick-up. Information on the medical summary sheet is considered confidential and will only be communicated to emergency personnel if there is a medical emergency. These forms will be destroyed after the event. Blank forms will be available at check-in.

Race Headquarters (HQ) at Elm Creek Park

[Bluebird Picnic Area, 12420 James Deane Pkwy, Maple Grove, MN 55369](#)

Approximate Race Day Schedule

8-Hour

6:15 am Bike & Paddle Gear Drop Opens
(Location within 20 minutes of HQ)
7:00 – 8:15 am Packet Pick-up at Elm Creek HQ
8:10 am Pre-race Meeting
8:30 am Buses depart HQ
9:00 – 9:15 Team Pics and Race Start
5:00 – 5:15 Course Closes
4:00 – 6:00 Post Race Meal & Beverage

3- Hour

10:00 am Bike & Paddle Gear Drop Opens
(Location within 20 minutes of HQ)
11:00 am - 12:15 Packet Pick-up at Elm Creek HQ
12:10 Pre-race Meeting
12:30 Buses depart HQ
1:00 - 1:15 Team Pics and Race Start
5:00 – 5:15 Course Closes
4:00 – 6:00 Post Race Meal & Beverage

Update 3, Pre-Race Meeting Video, and Course Embargo

We will be releasing the bike/paddle drop location in a short Update 3 on Thursday the 10th. We will also be recording and linking a race meeting video to Update 3. At that time, there will be an embargo making race areas off-limits to participants until the event begins.

E-Punch.

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 keeps track of 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. E-sticks are expensive, so please do not lose them! Further instructions on how to use the e-punch stick will be provided in the upcoming pre-race meeting video.

Gear Drop

Teams will need to stage their bikes and any personal paddle gear at a remote location prior to race check-in. An update with the exact gear drop location will be sent to you 1-2 days prior to the race. The gear drop will open at 6:15am for 8-hour racers and 10am for 3-hour racers. This location will be within a 20-minute drive of race HQ. Please allow time prior to check-in for this. Volunteers will be stationed to watch your bikes and gear while it is there. All bike gear you drop at this location must go with you when you leave from there on your bikes during the race. Personal paddle gear will be transported back to HQ to pick up after the race.

Biking and Road Safety

This is an open course race (there are no road or trail closures) and racers will be in parks and on trails that are heavily used by the public. The race courses will cross roads and may encounter vehicle traffic. Be sure to follow all rules of the road and be safe. There will be one mandatory bike road crossing (and one potential paddle crossing) staffed by volunteers that will ensure crossing only on green “walk” signal. Also, please be conscientious of private property and be courteous to other users of the parks and trails.

Water

Racers are required to be able to carry 1-2 Liters of water. 8-hour racers may go several hours without easy access to water. Racers should consider their personal needs and weather conditions when deciding how much water to carry during the event. We are not currently planning to actively provide water at Transition Areas (TAs). Sites to refill water are marked on maps, but may not always be part of the most convenient routes on the course.

Weather

At this point, the weather forecast looks fantastic with highs in the mid 80s and sunny. Weather this year has been very unpredictable so please keep an eye on the forecast and plan accordingly. Race officials may adjust the course and/or schedule based on weather conditions.

Park Conditions

It has been a very wet year. The bugs are out and water is high! There has also been a considerable amount of wood nettle that has come up in the last couple weeks. We have re-routed a couple maps to avoid the worst of it, but be aware that it is out there. We recommend long pants tucked into socks or gaiters and bug spray. Check yourself well after the race.

Personal Property

The Minnesota Orienteering Club nor the Three Rivers Park District are responsible for lost, stolen, or damaged personal items. There will be transition areas during the race where you will leave your bike or other gear. While there will be volunteers at these transition areas watching bikes and gear, we cannot guarantee the absolute safety of your equipment. We recommend you label all your gear and lock up anything you are truly concerned about.

Post Race Celebration and Awards

The post race meal for each racer is included in your registration. We will have a picnic style meal offering meat and vegie options and an assortment of beverages. Meal time will also include a short awards ceremony. Awards will be given for 1st through 3rd place in team and solo categories for both the 3-hour and 8-hour races.

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
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