

It's almost time for the 2021 Adventure-O hosted by the [Minnesota Orienteering Club](#) on July 10th!

Please check the team list pdf for correctness of

- Race Length
- Team Name
- Team Members
- Category

Please purchase a one-day or annual [US Adventure Racing Association \(USARA\) membership](#). This race is part of the [USARA National Rankings](#) and the [Wisconsin Adventure Racing Series](#).



**Start Location:** [Hickory Ridge Trail Head](#) 225th Ave, Bloomer, WI 54724

- Please park closely together and follow volunteer instructions.
- Pit toilet available
- No Running Water

**Canoe Drop:** [Townline Boat Landing](#) Townline Lake Rd, New Auburn, WI 54757

- One-lane road, please be patient and follow volunteer instructions. You can park on the main road and walk your canoe in as well
- Open 7:15am to 8am for 8 hr racers
- Open 10:15am to 11am for 3 hr racers. Please be careful when driving to canoe drop, there may be racers on the dirt road.
- No toilet
- No Running Water

### Check-In & Start

- One member of the team brings all signed [medical waivers](#) and [media release](#) to the registration tent and will receive the race packet including maps. Each team of 2-4 will receive 2 sets of maps.
- Please maintain social distancing around the registration tent. We ask non-vaccinated individuals to wear masks when in the registration area. If you are not feeling well, please do not come to the race.
- 8 hr registration - 8:15am to 8:45am
- 8 hr start - 9am to 9:45am - start when ready. The race uses an e-punch system. You will be responsible to finish within 8 hours. More information will be given in the pre-race video on Friday.
- 3 hr registration - 11:15am to 12:00pm

- 3 hr start - 12:15pm to 12:45pm - start when ready. The race uses an e-punch system. You will be responsible to finish within 8 hours. More information will be given in the pre-race video on Friday.
- Bikes should be staged at your vehicle.

## **Biking**

- 100% non-pavement. Mostly single-track with some grass trails and dirt road.
- Must have at least 1.5" wide tires.
- Trails are all two-way travel, please be heads-up while riding.
- Have your rear red blinking light on while riding.
- Bikes will be left at the Transition Area (TA). While there will be volunteers there the whole time, we are not responsible for your property. Bring a bike lock if you would like to lock your equipment.
- Please label your bike with your team # (from the attached pdf) before the race.

## **Paddle Trek - Hike-a-Canoe?!**

- Expect to get your feet wet and muddy on the paddling. Portaging your boat(s) short distances will be required.
- It is expected that all teams of more than one are using canoes or tandem kayaks. Adventure Racing is designed to be a team sport and one of the challenges is working together while paddling. Teams of 3 should be in one canoe. Middle seats are not provided. You may want to bring something to sit on. DO NOT sit on bars in the middle of the canoe. These are designed for portaging and are not weight bearing for a human. If you need help with paddling equipment please email me.
- PFDs must be worn while on/in the water.
- No swimming to islands or across lakes allowed for safety. If you're in the water, use your boat.
- I recommend using canoe paddles in canoes instead of kayak paddles that many AR racers use on long paddling sections.
- If you're renting a boat from MNOC it will come with paddles and pfd's.

## **Other General Info**

- [Mandatory Gear List](#)
- Race Rules - attached
- There is poison ivy and wild parsnip in the area. I recommend wearing long pants and long sleeves and bringing a change of clothes for after the race.
- Horse flies, mosquitos, and ticks can be significant in the race area.
- There will be water and other treats at Transition Areas. First TA is about 1/3 into the race.

- There will be juice, soda, and sweet and savory snacks at the finish for racers. There will be no award ceremony. Results will be emailed out and posted on the MNOC website as soon as possible.
- Maps are not waterproof. Bring a map case, ziplocks, or other way to keep your maps dry while paddling.

I'm excited to see you all on Saturday. Please email me with questions and team updates.

Thank you,  
Kendra Stritch  
MNOC Adventure-O Race Director