

## **Frequently Asked Questions**



### **Q. How long is the race?**

A. That depends! Smart teams who take advantage of resources and plan out their route in advance will probably save themselves some extra miles. A rough estimate would be as follows:

4-6hrs: Foot/Bus 2-4 miles; Bike 15-20 miles; Paddle - TBA

We shake our heads every time we see teams who do not **TAKE THE TIME** to plan out their route in advance. We know you are excited to get going. Your heart is beating fast; your adrenaline is rushing; you don't want to lose any time to other teams.

But do yourself a huge favor...read through all of the directions **THOROUGHLY**. In fact, read them twice. You will save yourself much heartache later. We promise.

### **Q. How hard is this race?**

A. This race is designed such that anyone in reasonable health can complete them. We plan them out so that our mothers could finish them if they wanted to. In fact, our mothers have done the race! Many teams have finished the entire race without running one step. It takes them close to 6 hours, but they also tend to have the most fun.

### **Q. How do you give out Awards?**

A. We recognize the Top teams in the following divisions: Co-ed Open, Co-ed Master's, Men's Open, Men's Master's, Women's Open, and Women's Master's.

### **Q. Will there be food and water on the course?**

A. Yes and no. We will not provide you with food and water along the course. Adventure Races are "self-supported" and that would take away part of the challenge!

On the other hand, there are tons of convenience and grocery stores in the city. You can stop at any one of them to grab a quick snack or drink. Bring some cash. Water fountains are located at many parks.

We encourage you not to rely on convenience stores and water fountains though. Make sure you have water bottles and snacks with you.

### **Q. I've never done an adventure race before. How often should I eat and drink? I have a hard time exercising on a full stomach.**

A. One of the biggest mistakes teams make in adventure racing is with their nutrition; that is, they do not eat and drink enough. Top teams sip a beverage every 15 minutes and eat some calories (solid or liquid) every 30 minutes. Do yourself a favor and avoid "energy drinks" (i.e. - those with stimulants) before and during the race.

Endurance athletes will usually drink water and/or sports drink during races. They will eat primarily carbohydrate-based foods, such as Fig Newtons and energy bars/gels. Trail mix works great too. Don't try a new food on race day!

**Q. What gear is required?**

A. Each team must have the following: a writing utensil, a bicycle and helmet for each teammate, 1 cell phone, 1 working digital camera (we suggest back up batteries and be sure to check your memory card, prior to the start of the race), cell phones with a camera are fine, and a spare change of clothes.

**Suggested Equipment:** We strongly recommend teams consider the following items: snacks/water (this is a self-supported event!) sunscreen, sunglasses, towel, first aid kit, money for purchases along the way and a great attitude!

**Q. Will you provide maps? Can we bring our own?**

A. We will provide you with a city map. Yes, you may also bring your own.

**Q. Can we take a Taxi?**

A. No, the modes of transportation allowed are foot (during the specified running/walking leg) and bike (during the specified leg). Unlike previous years, you will not be given a City Utilities Bus Pass, but teams will still be permitted to utilize this mode of transportation. Be sure to bring cash to purchase a bus pass. Adult Pass-\$1.10 (one time ride), Senior Pass-\$0.55 (one time ride), and Daily Pass (Unlimited use)-\$3.30/person.

**Q. I heard you had a section where 2 teammates were on bikes and 1 was on foot. What's up with that?**

A. We've found that this is a good way to insert some intrigue into the race while speeding up the completion of that particular part of the race as teams can trade out the "runner" as they get tired. If you encounter this scenario, your runner must be on foot at all times. That is, don't do this (or you will get DQ'd):



**Q. Are there cut-off times for the event?**

A. Yep, we've got to go home at some point! The cut-off time will be 6 hours/3:00pm.