



**onelife**  
*Adventure*



## **What is Adventure Racing?**

### **Disciplines?**

Typically running, mountain biking, canoeing and navigation. Sometimes rope activities and other disciplines too.

### **How long?**

Between 3 hours and 10 days.

### **Categories?**

Usually mixed teams of 4. Often pairs/solos too.

### **Format?**

Sometimes continuous, sometimes separate stages with a break.

## **Does Adventure Racing appeal to me?**

If the answer to these is "yes" or even "a little", then you can and should get into Adventure Racing

**Call Andy on 01506 416118**

**Or e-mail me on  
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