Adventure Racing 101:
Outdoor thrills for everyone

Objective: Mention adventure racing to the average person and those who might be familiar with the term may think of Mark Burnett and Eco-Challenge. It’s not necessary to travel to Fiji to have fun and do well at one of these outdoor races. If you love being outside and have any interest in trail running, navigation, mountain biking and paddling then this sport could change your life. In this session you will learn how to get started and properly prepare for your first race.

Skills:
- Learn what an adventure race is
- Discuss what the basic skills are
- Gear – what is usually required and where to buy it
- Training – what is suggested to prepare for different kinds of events
- Nutrition – before, during and after
- Team mates & team dynamics – how to train together to be ready to race
- Tips, learning and other items that can make or break you

Evaluation: Participants will know where to find various events, team mates and gear, where to train and what resources they can use to learn the various disciplines.

Fall Semester: Clinic #1

September 12th 6-9 pm
Outdoor Adventures Classroom
336 Hill Street
Ann Arbor, MI 48104
Onsite parking available

For further information email sldougl@umich.edu