

Ellison Extreme Adventure Run and Score-O

June 29th

Ellison Park/Roadside Shelter

Registration starting at 10:00 a.m.

Mandatory pre-race meeting: 10:45 a.m.

Mass start for all competitors at 11:00 a.m.

Course closes at 3:00 p.m.

Optional Instructional Clinic Starting at 10:15

Divisions -

SOLO: Male/Female

TEAM: Male/Female/Co-ed

(teams of 2 recommended, though number is up to you!)

Cost:

\$10 for solo, \$15 for teams

\$6 for just the score O

**\$3 discount to ROC members, or members of other clubs such as
RXCSF, Harriers, track clubs, or other similiar groups**

What is it: An adventure run is a team (though we like singles too!) event. Something of a cross between trail running, orienteering, and adventure racing, adventure running includes elements of all three, which allows competitors from many different sports to meet and compete!. This years adventure run will offer 3 different courses meeting the demands of everyone from the elite athlete and competitor, to the orienteerer looking for a physical challenge, to the average club member just looking for some fun.

At the extreme level this course will challenge even the fittest and strongest competitor! Of course this is an "Adventure run", and the ROC is an ORIENTEERING club, so expect a couple of tough navigational challenges...but nothing so tough, that anyone who's done even a small amount of orienteering or land navigation, couldn't handle it.

Who should come: With three options of various lengths this race has something for everyone! Runners who want some real trail, and a mental challenge that is more than just following the shirt in front of you. Adventure racers looking for some hard training close to home, or hashers looking for a little different type of event. And of course orienteerers who might want a longer than average event, or with the score o option, just some time with a map wandering through Ellison park!

Courses:

Extreme Adventure Run - 17km-19km - This will be a physically demanding 17km-19km event comprised of 6-7km orienteering, 6-7km of trail running, and a score-o format segment known as the labyrinth. Expect hills, hills and more hills! There are no rules on vertical in this event, and the course setter has no mercy!

Adventure run - 10-12km - Similar to the Extreme, but with shorter segments, Still expect alot of hills!

Score-O – 15 Controls in any order! Any length you choose! 4 hour time limit (though no one should need four hours to complete the score-o option!)

Required Equipment: Each competitor should have a compass, whistle, and water. For the longer races food might help as none will be on the course!

What to Expect: Well without giving away to many details....

- A. You can expect maps ranging from orienteering quality, right through to aerial photos.
- B. There will be water on the course, but it will be pretty well spaced out, and might not be right on the best routes (so make sure you carry some!).
- C. Maps will be handed out three minutes before the start with a mandatory pre-race meeting at 10:45
- D. Mass start at 11:00 - Drafting (following) is of course legal, though mixed among the crowd may be those who feel it is a cowardly action, and will lead you astray
- E. The placement of the control flags which you must navigate to will be fairly simple, on or near major features, like trails or of course hilltops...but the choice of routes to them will be up to you...trails are easy and fast, but might be long...through the woods is shorter, if you don't get lost!
- F. Post race hot dogs at the finish!

Any questions? Eric@johnmyersphoto.com - 585-383-4413