

Greetings from Race Headquarters,

We hope you are as excited as we are for the first annual Vail Kids Adventure Race. We've been working hard on the course and hope that we have created a race that will be fun and memorable for everyone.

Our first goal was to create a course that would be spectator friendly. We want lots of parents there cheering on the teams. It is important though, that all parents remain on the sidelines and let the kids race. It will be a great achievement for the teams to finish on their own. Here are a few tips to help your kids' team to the finish line.

ADVENTURE RACING 101 –

Teams of two must navigate their way through a series of checkpoints in numerical order.

Teams must complete each adventure challenge along the route.

Teams may go back and get missed checkpoints.

Teams must use the proper gear for each section i.e. they can't run the bike leg.

It is first come first served at each obstacle.

Any unsportsmanlike like conduct will not be tolerated

TEAMWORK- Adventure racing is all about working together. It is important that the teams stay together at all times and help each other. No team will be perfectly balanced and each team member should always be thinking, "what can I do to help my partner". Encouraging each other will speed up any team. Competing against each other will only slow them down.

NAVIGATION- The teams will be given a map and directions. I will give a brief course overview for each heat and offer some tips (hopefully they listen). It is doubtful that any team will make it through the course without a small mistake. The map will be cartoonish and simple. Volunteers (identifiable in yellow shirts) will be on the course and helping when teams are straying. What can happen is that teams start following others and not paying attention to their own maps. Pay attention to the map and do not rely on others, it could speed up a slower team.

Teams of two must navigate through a series of checkpoints in numerical order and complete adventure challenges along the route. All teams will need to get their map stamped at each checkpoint. Teams may go back if they miss a check point. Teams will complete the challenges and get stamped at the checkpoint in the order in which they arrive.

There will be three heats with the older kids going first. There is no rule against the younger kids watching the older kids race.

TRAINING- Biking, hiking, and inner tubing are the main means of travel. Any chance that the teams have to get together and practice the main elements together will be a huge benefit. Think of a way for the teams to carry their maps so they do not lose them or get them wet. They must turn them in at the finish line.

TRANSITIONS- In and out as quick as possible! The clock never stops and it is important for all teams to understand that a transition is not a timeout but a chance to pass unorganized teams.

GEAR- Practice putting on and taking off harnesses, lifejackets, and backpacks prior to the race. A brand new bike for the race is not a good idea. Make sure that each racer knows their bike well. We encourage all racers to bring their own gear but can supply lifejackets, harnesses, and inner tubes. It would be helpful for us if you are planning on bringing your own gear to let us know.

Thanks,

Billy Mattison

Adventure Racer & Race Director

P.S. please call with any questions. 970-476-2308 or 970-401-3804