

Adventure Race Participant Guidelines

Dear Participant,

Thank you for registering for the upcoming Adventure Race! We are excited to have you join us for this thrilling experience. Below are important guidelines to ensure your safety and enjoyment during the event:

1. Registration

Please ensure you have completed your registration and received your participant number prior to the event date.

2. Required Gear

Participants are required to bring the following gear:

- Comfortable running shoes
- Weather-appropriate clothing
- Hydration pack or water bottles
- First aid kit
- Map and compass

3. Safety Protocols

For your safety, please adhere to the following protocols:

- Stay within marked trails and boundaries.
- Report any injuries to the nearest race official.
- Follow the instructions of event staff at all times.

4. Environmental Responsibility

We encourage all participants to respect the environment:

- Leave no trace; pack out what you pack in.
- Avoid disturbing wildlife.

5. Post-Race Activities

Join us after the race for refreshments and an awards ceremony!

Thank you for your cooperation. We look forward to an exciting adventure race!

Sincerely,
The Adventure Race Team