

# Sprint Adventure Race

Hosted by Southern Michigan Adventure Club



July 18, 2009

Highland Recreation Area  
White Lake, MI



## ABOUT EVENT:

---

---

The event's unique design makes it suitable for the beginner competitor reflecting our commitment to hold events that are suitable for the first time racer but challenging to the experienced competitor. This 10 hours race captures the essence of the sport utilizing the protocols of a professional level event. All teams are 2-person with the divisions of male (MM), female (FF) and co-ed (MF). No support crew is needed. Look for detailed pre-race announcements on the clubs website that will guide racers through the process. Teams will be required to navigate each stage of the race using provided topographical maps. Navigation instruction as well as a racer support network is available on our clubs website. In addition SMAC is planning preparation clinics on the disciplines of adventure racing. As always SMAC will be providing post-race food and drink in an atmosphere where racers can share their experiences.

## ABOUT SMAC:

---

---

In our ninth years of holding adventure races our club is proud that our July sprint is one of the oldest adventure races in the nation. We are passionate about the sport and have a longstanding tradition of innovation with unique events for the outdoor recreational athlete. We feel that adventure races need to be more than just an endurance event. We include as much adventure as we can by capturing the fun aspects of adventure racing yet allowing most of the field to finish the race. We are excited about holding this year's race as it will let us incorporate some new concepts and surprises that will make this event special. To find out more about the events go to our website at [www.smacworld.com](http://www.smacworld.com)

## EVENT DISCIPLINES:

---

---

**Mountain Bike:** The mountain bike stage will be around 10 miles. You must locate and check in at each required checkpoint. The course will be mostly single track in combination some two track. The trails will be moderately technical in most areas.

**Canoe:** The canoe sections will not include any whitewater canoeing but a basic understanding of water safety is required. Teams are responsible for their own canoes, paddles (standard or kayak), and PFDs. Heavner Canoe Livery will be providing a delivery and pickup service to the race site. Visit [www.heavnercanoe.com](http://www.heavnercanoe.com) or call (248) 685-2379 to reserve your equipment.

**Trekking/Trail Running:** Total trekking in this stage will be a minimum of 8 miles – more depending on your route. The trails will be taking you through woodlands, field and lowlands. Anticipate trails, dense brush, woodlands and swampy lowlands with a significant off-trail section where navigation will be tested. Typical orienteering protocols will be used with orienteering clue cards (hieroglyphic control descriptions). The number of check points that are collected in this last stage of the race will determine the team overall finish. For more information on orienteering look on our website [www.smacworld.com](http://www.smacworld.com) or [www.michigano.org/](http://www.michigano.org/). Clothing for this section should be suitable for bushwhacking.

**Fixed Ropes:** The rope stage is set up to be extremely safe and is closely monitored by qualified guides from [www.planet-rock.com](http://www.planet-rock.com) who will make sure that your experience is fun and safe. No special skills, equipment or certifications will be required. There will be multiple rope stages that could include tyrolean traverses, zip lines or other.

**Mystery Events:** This stage will test the competitors with unique task that could be physical and/or mental in nature and could test the team's ability to deal with unexpected difficulties that will add to the adventure. The events could happen at any point during the event.

## EVENT DETAILS:

---

---

**Online Registration, Mandatory Gear List, Team Finder & Race Information** is available at [www.smacworld.com](http://www.smacworld.com)

**Questions:** e-mail race director Paul Piorkowski at [paul@smacworld.com](mailto:paul@smacworld.com) or call (734) 699-5182 mail box #3.

The Southern Michigan Adventure Club is a not for profit Internet-based organization developed for the advancement of adventure racing. Currently the club has over 1800 members, making it one of the largest adventure racing clubs in the nation. SMAC tailors its races, clinics and training sessions to allow its members a chance to improve and to have fun along the way.

