



PREPARE FOR THE UPCOMING ADVENTURE RACE DECEMBER 19TH.

YOU WILL RECEIVE CERTIFICATION FOR THE NEXT RACE BY ATTENDING.

Adventure Race Hawaii

specializes in providing affordable instruction and adventure racing opportunities that increase environmental awareness, health and well being and most of all help you realize your potential as an adventure athlete.

These classes are designed to be taken together. The skill sets learned during each session will be built on through each following session.

Each will be done in following format: Proper equipment, and technique, followed by practical learning. See the equipment list for a list of necessary equip, some equipment will be provided.

Each session will contain all the elements of an adventure race to include, land navigation, mountaineering, kayaking, trekking, trail running, and mountain biking, **but will focus on one specific area of per session.**

Detailed instructions for each session will be given 1 week prior to the session.

NAVIGATION: Learn how to plot check points (cp's), navigate with a map and compass, choose a route, understand and locate terrain features, orient your map, and finding your location using triangulation and altitude.

ROPES: Learn mountaineering skills such as, rappelling, ascending and traversing.

KAYAKING: Learn to navigate on the ocean, open ocean skills, entry and exit, surf entry and exit, kayaking through heavy surf, and portaging. You will also gain knowledge on basic ocean survival, tides, currents, and wind (set and drift).

MOUNTAIN BIKING: Learn how to navigate while mountain biking, use speed vs distance, how to handle technical terrain, descending and ascending, and bike mechanics.

Session 1 Navigation	Session 2 Ropes	Session 3 Kayaking	Session 4 Mountain Bike
<i>Saturday 09/18</i>	<i>Saturday 09/25</i>	<i>Saturday 10/02</i>	<i>Saturday 10/09</i>
<i>10am-2pm</i>	<i>10am-2pm</i>	<i>10am--2pm</i>	<i>10am-2pm</i>
<i>Sany Beach Park</i>	<i>Kualoa Ranch</i>	<i>Kailua Beach Park</i>	<i>Mokuleia Beach Park</i>

Name

Address

E-Mail Address and T-shirt size

Phone

Method of Payment

Cash Visa

Check MasterCard

Credit Card # _____
Exp. date

Signature

CHECK ALL THAT APPLY

Sign up for:	Date	Price
<input type="checkbox"/> Adventure Race Training (all sessions)	09/18-10/9	200.00
<input type="checkbox"/> Session 1 Only	09/18	55.00
<input type="checkbox"/> Session 2 Only	09/25	55.00
<input type="checkbox"/> Session 3 Only	10/02	55.00
<input type="checkbox"/> Session 4 Only	10/09	55.00

Subtotal: _____
Total: _____

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