

Gwillim Adventure Race

The adventure race is an opportunity for students in grades 6-12 to compete in a fun outdoor challenge. Students will race in teams of three and travel by means of canoeing, biking and backcountry trekking. Every student team needs to have a teacher sponsor to act as coach and supervisor (teacher will **not** be joining students in the race).

The race will cover a total distance of approximately 20 km and will take student teams approximately 4-6 hours to complete. There will be checkpoints throughout the racecourse where teams will be required to check-in and have their race passport stamped. Teammates must be within sight of each other for the duration of the race and students must complete the race without adult assistance.



Trekking	Biking	Canoeing
<p>Most of the trekking will take place through marked trails. There will be some off trail route finding. It is recommended that teams practice map and compass skills well before the race. Teacher sponsors can request practices and orienteering information sessions.</p>	<p>Biking will be done on trails and roads (free of vehicle traffic). It will not be technical mountain biking but some trails are hilly and bumpy. Mountain bikes will be more comfortable but are not mandatory. Each student will need to supply his/her own bike and properly fitted CSA approved bike helmet.</p>	<p>Students will be paddling on flat water (no rapids) on Gwillim Lake. Canoes, paddles and life jackets will be supplied for all teams. Safety boats will be stationed to observe the canoe race portion. It is recommended that teams practice prior to the race.</p>

Race Itinerary	<p>Friday May 24: 3pm -5pm: Arrival at Gwillim Lake Camp, check in and prepare sleeping arrangements. 5:30pm: Dinner 6pm: Racer meeting – Students will receive final race details as well as course maps 7pm: Course overview and time for students to plan routes and arrange gear 8pm: Campfire, climbing wall and canoe instruction.</p>
	<p>Saturday May 25, Race Day: 7am: break camp and breakfast 8:30am: Race begins 1pm: Half-way cut off (if students have not yet passed the midway checkpoint by 1pm, they will not be permitted to continue) 3-4pm: Race finishes, depart camp</p>