

## What is the challenge?

Each TrailPlus Adventure Challenge Series event is a unique team-adventure journey that will involve three core activities: trail running, mountain biking and kayak canoeing. There will also be some extra challenges thrown in for good measure!

All in all, it will be a unique adventure experience that will put smiles on your face if not a little sweat and mud on your brow.

## How many people are in a team?

Three. Your team can be all male, all female or mixed.

## Can I enter a team if I only have two people available?

Whilst it is possible to enter and take part as a pair there would be no reduction of the event entry fee.

## What is the format for the challenge?

The first thing to know is that your team has to stay together throughout the whole challenge. All of you will do all the activities together.

We mentioned above that there will be some off-road running, mountain biking and kayak canoeing... but not necessarily in that order.

Don't forget that there will also be some special challenges to tackle at the end of your journey.

## So is the challenge event like a triathlon?

It is not quite that simple! You see, your team will only find out the sequence of activities on the morning of the event - and even then we usually split up the running into 2, 3 or even 4 chunks. So expect the unexpected.

## I am not very good at map reading – will this be a problem?

Absolutely not as there is no map reading involved! Your whole adventure journey is marked out with large direction arrows so no need to worry about getting lost.

## How long are each of the challenge activities?

This will vary according to the nature of the terrain at each challenge venue, but as a general guide you and your team-mates should expect to cover about 10km of trail-running, between 20 -25km of mountain biking and up to 1km of kayak canoeing.

The majority of teams take between 3 – 4 hours to complete the challenge but there is no time limit and you can choose to be as competitive as you like. There will be no limit on your enjoyment either!

## How hard will the mountain biking be?

Our challenge events attract a wide range of ability and fitness levels and we do our best to ensure that all aspects of the challenge can meet the needs and exceed expectations of every participant.

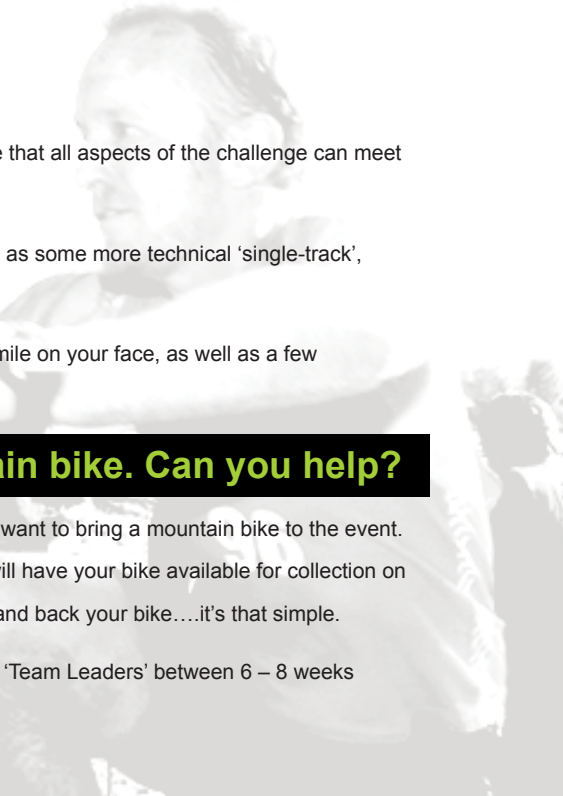
Our mountain biking course routes will have a combination of wider, easier tracks and trails as well as some more technical 'single-track', but even these will be fun and manageable for those of more modest ability levels.

It will just mean you might be going a little slower than others, but we think you'll be riding with a smile on your face, as well as a few grimaces. It's not called an adventure challenge for nothing!

## I like the sound of the event but don't have a mountain bike. Can you help?

Yes we can. Our events attract large numbers of first – timers, many of whom either do not own or want to bring a mountain bike to the event. So for every event there will be the chance to pre-book a mountain bike from a supplier and they will have your bike available for collection on the morning of the event. Pre-book and pay for your bike- turn up and collect – do the event and hand back your bike....it's that simple.

Full details will be included in the comprehensive Event Information Pack that will be emailed to all 'Team Leaders' between 6 – 8 weeks ahead of each event.



## What about equipment for the kayaking?

This is all included in your team entry fee (kayak canoes, paddles and buoyancy aids). In fact we are so nice we even inflate the canoes for you!

## Will we need to bring any food and drink for the challenge?

Yes. Your team are required to be self-sufficient throughout the challenge, though we do provide water beside the transition area.

We strongly recommend using energy bars and gels.

There is usually an on-site mobile catering vendor offering a range of hot and cold food before, during and after the event for all participants and spectators.

## I've never done anything like this before. Is it for me?

You bet! Just take a look at some of the images in the gallery and you'll see what hundreds of ordinary, active people and weekend warriors get up to. We go to great lengths to deliver a genuinely unique and inspiring adventure journey whilst ensuring essential safety for those with more limited levels of fitness, skill and experience. If you have ever fancied a filthy threesome then look no further!

## This sounds like adventurous fun...How can I enter?

It is very easy and you have three options:

**Option 1: Online** - Just click on the Online Entry button.

**Option 2: By Post** - Just click on the Entry Form button for a downloadable entry form that you can complete and return with a cheque.

**Option 3: By Phone** - Call the Challenge Series booking line now on **03332 400616** and enter your team quickly and simply using a debit or credit card payment.

The entry fee is **£145.00\*** per team, though we offer an attractive **£20.00 discount per team** when you enter 5 or more teams or, indeed, enter your team for the full Series.

\* An additional £2.50 booking fee will be applied to credit card transactions. No service charge is applied to debit cards.

## What happens after I enter?

We'll email you a confirmation of your entry immediately upon receipt and then, between 6 – 8 weeks before each challenge event, we'll email you with a comprehensive Event Information Pack that will provide you and your team-mates with everything you need to know about the venue and what to expect.

At this time we will also ask you to fill in and return your Team Registration Form so that we know the names and contact details for all three participating team members.

## What happens if one of my team members has to drop out before the event?

You may bring in any reserve / replacement so long as you notify us in advance. And if you are unable to find a third team member you will still be allowed to take part as a pair.

## What happens if my team is unable to take part?

Our Refund Policy offers you the chance to transfer your team entry to an alternative challenge event (£40.00 administration charge applies) or reimbursement of £105.00 per team (terms & conditions apply). Full details are included in your Event Information Pack sent to all entered teams.

## Can I get my friends, colleagues, club and company involved?

Absolutely! As well as attracting some of the UK's leading adventure athletes, the TrailPlus Adventure Challenge Series is regarded as the ideal starting point for those interested in adventure racing and outdoor challenge events.

With increasing numbers of both first-timers and returning teams it is no wonder why the series has quickly grown into the UK's biggest and most enjoyable.

We welcome corporate entries as well as teams using their participation for charitable fund-raising efforts.

As well as the considerable 'teambuilding' benefits involved, many enlightened businesses recognise the benefit of encouraging and inspiring their employees towards more active lifestyles.

Why not approach your employer to see if they want to support your participation or perhaps use a Challenge Series event as a broader employee participation initiative. Call us now on 01457 855425 to find out how TrailPlus can really get your company going places!

## **Will there be a chance to see us in action and our team's position?**

Results will be posted on this website within 24 hours of each Challenge Series event.

Extensive action photography will be available for viewing and / or purchase via our friends at [www.sleepmonsters.co.uk](http://www.sleepmonsters.co.uk). All participating teams will be emailed with this information after each event.

