



June 1, 2009

Saturday August 29, 2009
Camp Manitou-Lin,
Middleville, MI

DETAILS

The third annual multi-sport event sponsored by Merrell and Gazelle Sports will involve teams of two or three individuals and their toy lizards who will navigate their way around the 4-6 hour course on foot, trail, bike, ropes, and whatever mode of transport fancies the race directors.

Like a Chameleon, we may change our color from time to time, mixing up the disciplines, the locale ... you name it. The \$100 entry fee gets you six hours of fun, a great workout and a cool Chameleon Adventure Race long sleeve Opti-Wick T (\$35 value). Plus your entry fee will benefit a local non-profit organization.

Designed for new and experience adventure racers alike, the fun and challenging course will feature the following disciplines: Mountain Biking (10-15 miles), Trail Run (3-5 miles), Fixed Ropes (high ropes course), Climbing Wall, Orienteering (wilderness navigation 3-5 miles with map and compass), Water Element (paddle, swim, or wade) and Surprise Elements (remember, this is supposed to be fun).

TEAM

DIVISIONS 2

person male 2

person female 2

person co-ed 3

person co-ed

COST \$100/person, NO REFUNDS, NO EXCEPTIONS

Event proceeds support a local non-profit organization.

PRIZES

We'll have cool prizes from our sponsors including Merrell footwear and apparel to the top 3 finishers in each division. We also offer a Merrell "middle of the pack award" for the team that finishes exactly in the middle of all finishers! All participants will receive a long sleeve Opti-Wick T (\$38 value), cool goody bag, great food at the finish, and a CD of pictures available at Gazelle Sports on September 5. Trust us, the \$100 entry fee will be worth it.

Bonus #1: Purchase a pair of Merrell Trail or Running shoes at Gazelle Sports between now and October 10, 2008 and bring a copy of your receipt to the race and receive a Merrell Hat.

Bonus #2: Wear a pair of Merrell footwear during the race and receive a more Merrell Swag.

PACKET PICK-UP
(EACH TEAM MEMBER MUST SIGN RACE WAIVERS!)

Saturday, August 29, 2009

6:30 – 7:30 a.m. Race Day at event site

RACE DAY (August 29, 2009)

6:30-7:30 a.m. Team Check-in / Photos

8 a.m. Pre-Race Meeting / Course Overview

9 a.m. Race Begins

2 p.m. Awards Ceremony

THE COURSE (Subject to change)

Mountain Biking (10-15 miles), Trail Run (3-5 miles), Fixed Ropes (high ropes course), Climbing Wall, Orienteering (wilderness navigation 3-5 miles with map and compass), Water Element (paddle, swim, or wade) and Surprise Elements (remember, this is supposed to be fun).

MAP READING SKILLS Teams will be given standard USGS 1:24,000 quad maps. Points will be plotted by race management. Basic orienteering skills will be used to move through the entire race. There will be an off-trail orienteering section testing more specific skills. Check out these sites for map reading and orienteering tips.

- <http://www.us.orienteering.org/>
- http://www.4orienteering.com/orienteering_techniques/
- <http://www.learn-orienteering.org/old/>

QUESTIONS.

- 1 What gear is required? A mandatory and recommended gear list is available on the race website.
- 2 What type of bike should I bring? Each race participant must bring a mountain bike and helmet.
- 3 What kind of footwear should I wear? Trail running shoes are most common. Most racers prefer a light, sturdy shoe. Be sure they are comfortable and broken in. Some racers choose to bring bike shoes as well for the biking section(s). Bonus: Wear a pair of Merrell footwear during the race and receive a free Merrell Hat.
- 4 How physically demanding is the Chameleon Adventure Race? What can I do to prepare? This race intends to be challenging but reasonable for a person who regularly exercises. The ability to run short distances (3-5 miles), cycle 10-15 miles, water element (paddle, swim or wade) and complete a fixed rope element is necessary (no climbing certification required). The best teams are not always the most fit, but rather read the course book and navigate and work well as a team to get to the finish line first.

PREPARE:

Become confident with navigation. Practice at local orienteering courses like Yankee Springs. Using a USGS quad try finding new routes to places you already go from day to day will help you learn to look at all options and track your progress. Ask questions whenever you can, email us or check out online resources like this:

http://smacworld.com/smacgear/product_info.php?cPath=24&products_id=39&osCsid=3f9a8466fdabaa0a50284e0a50919184

PHYSICALLY: Continue the type of exercise that works for you. Try to exercise for one hour or more at a time. Biking and running are great for building up cardiovascular endurance. Not many adventure races have swimming, but this is incredible cross training. Climb, paddle, swim or build upper body strength to prepare for the ropes section. These websites have great information on training for much longer races, scale back these ideas to fit your comfort level:

<http://www.adventuresportsonline.com/training.htm>

<http://www.sleepmonsters.com/training.php>

REMEMBER, above all, be safe and HAVE FUN!!!