

2009 EXTREME KANSAS EVENTS

BACK IT UP TRAIL RACES--5K, 10K or 1 mi fun run, Acorns Resort

DATES: Feb 21st, Apr 25th, Jun 20th, Aug 8th, Sep 19th. Rain or shine. Ice/tornado cancellations only.
COURSE:: Beautiful and rugged nature trail, wear appropriate gear.
TIMES: 10K starts at 9am, 5K starts at 9:30am, 1 mile at 10am..
REGISTER: \$10 (1 mi free). Register on-line by the day before or "in line" at 8am on race date.
PRIZES: 2009 registration proceeds donated to local non-profit youth groups that helped clear the trail you'll be running on! Actual prizes for 1st, 2nd and 3rd in 5k and 10k TBD.

ADVENTURE RACE TRAINING COURSE, Acorns Resort

DATES: Mar 19-22nd, 2009
COURSE:: 3 ½ days hands on training/practice in orienteering, fixed ropes, sports nutrition, kayaks/canoes, running, mountain biking, team strategy, gear selection, & capstone sprint (25 miles) race. Course taught by seasoned Adventure Racers & local experts.
REGISTER: \$285 pp includes instruction, course materials, gear rental (except for mountain bike), LS dry fit race shirt, camping & all meals.. Register on-line by 2/15/2009 (limited space).
PRIZES: 1st, 2nd, 3rd place prizes for Extreme Spring Sprint (Capstone Race) TBD.



EXTREME SPRING SPRINT—"about" 25 miles, 2 and 4 person Co-Ed teams.

DATE: Mar 22nd, 2009 9am-5pm
COURSE:: Orienteering, approx 12 mi biking, 8 mi trekking & 3mi kayak or canoe, ropes & other TBD.
WHERE: Milford Lake--In the water and on land. Starting location will be announced before the race.
REGISTER: \$35/racer for 4 person Co-Ed team, \$45/racer for 2 person Co-Ed team (includes registration, gear rental and post race award dinner). Register on-line by 3/1/2009—or until all team slots are filled.
PRIZES: 1st, 2nd, 3rd place prizes in both categories TBD .

EXTREME DISCOVERY SPRINT—"about" 25 miles, 2 and 4 person Co-Ed teams.

DATE: Oct 10th, 2009 (times TBD)
COURSE:: Orienteering, approx 12 mi biking, 8 mi trekking & 3mi kayak or canoe, ropes & other TBD.
WHERE: Milford Lake--In the water and on land. Starting location will be announced before the race.
REGISTER: \$35/racer for 4 person Co-Ed team, \$45/racer for 2 person Co-Ed team (includes registration, gear rental and post race award dinner). Register on-line by 9/1/2009—or until all team slots are filled.
PRIZES: 1st, 2nd, 3rd place prizes in both categories TBD .



MILFORD LAKE EXTREME (50 miles)

DATE: Oct 10th, 2009 7am-7pm
COURSE:: Orienteering, approx 30 mi biking, 15 mi running/trekking & 5mi kayak or canoe, ropes & other TBD.
WHERE: Milford Lake--In the water and on land. Exact starting location will be announced before the race. Last year's 50 mile course gave teams extreme adventure highs and lows—this year, teams should expect another great up close and personal discovery of wild Kansas—and of themselves.
REGISTER: \$75/racer for 4 person Co-Ed team (includes registration, gear rental, free camping, pre and post race dinners). Register on-line by 9/1/2009—or until all team slots are filled. **4 person Co-Ed teams only.**
PRIZES: 1st, 2nd, 3rd place prizes TBD.

Want more Adventure--kayak trips & zip lines?