



	Sport course – Long	Popular course – Short	Mini course – Beginners
Date(s), location(s) and description	Triatel xRace – adventure race serial with five stages. Challenging, but doable for beginners, exciting for professionals. Competition takes place in five locations/cities - April 30 – Bauska, June 11 – Dobele, July 9 – Cesis, August 20 - Riga (night race), September 17 - Sigulda (final stage of Baltic Adventure Race Championships). Stage locations: http://bit.ly/pbNkMf . The competition is based on the orienteering, mountain biking, rowing, strategic planning, as well as other mind and special tasks. It is required to attend about 50 checkpoints in distance and depending on the chosen course and distance, time spent in track could be between 2 to 8 hours. Each stage and entire serial 3 best male, female and mix teams in Long and Short tracks will be awarded with prize and diploma. Best team of xRace serial will be awarded with prize equal to 1000 EUR. Total score of entire serial makes results of 4 best stages.		
Team size	3 members (3 SI6 or SI9 Cards)	3 members (3 SI6 or SI9 Cards)	2-4 members (1 Any type SI Card)
Groups	men, women, mixed 3 best teams awarded in each group	men, women, mixed 3 best teams awarded in each group	men, women, mixed 3 best teams awarded
Race format	Specific order of checkpoints; partially free-order		
Disciplines	trekking, mountain biking, boating with inflatable boats (three pads)		
Mandatory equipment	For each member: bicycle + helmet, SI-Card. For night stages also: bicycle rear red lamp, flashlight, reflector on clothes, bags, etc. For team: mobile phone, simple medical kit, bike locker for three bikes.		
Recommended equipment	Bicycle map board (could be rented), compass with degree scale (could be rented), spare bicycle camera, repair kit, odometer with 10m scale, clock, sport nutrition, ruler, permanent marker, gloves.		
Provided equipment	Inflatable Boats with safety vest and pads, wrists straps for SI cards, number bibs for participants and bicycles, waterproof maps, inventory for rope tasks and for other special tasks.		
Special tasks	Rope works, jumping, shooting, swimming, thinking, descending, etc.		
Winning time	6h – 6,5h	4h – 4,5h	2h – 2,5h
Cut-off time	10h	8h	5h
Entry fees for all team: until - 13 days until - 4 days	82 EUR 103 EUR	60 EUR 82 EUR	30 EUR 39 EUR
SI-card rent	1,5 EUR		
Race director, contacts	Janis Vanags, +371 25888832, xrace@xrace.lv , www.xrace.lv		