

# 2010 Fontainebleau 8-Hour Adventure Race

Gulf Coast Adventure Racing, L.L.C. is thrilled to announce the first annual **Fontainebleau 8-Hour Adventure Race**. This course will travel throughout Fontainebleau State Park and beyond for a true adventure! Teams of 3 will compete in co-ed, all-male, all-female, or coed masters divisions. Special awards will be given to the top three finishers in each division.

Adventure racing is a multi-sport endurance event that includes running/trekking, canoeing, and mountain biking. In addition, mystery challenges may be added to test the team's ability to work together. All team members must race together at all times. In adventure racing, just finding the finish line is part of the challenge. Distances for each race are approximately 20 miles biking, 7 miles canoeing, 9 miles trekking/running, plus additional mystery challenges. **This race is limited to the first 50 teams and we race rain or shine.** No refunds or late registrations.

**Date:** Saturday, October 9, 2010 - 9:00am

**Entry Fee:** \$105 per person plus license if received 30 or more days prior to race.  
\$115 per person plus license if received 15-29 days prior to race.  
\$125 per person plus license if received before 7-14 days prior to race.  
Entry fee includes your team canoe, paddles, life jackets, maps, and post race meal.



Each racer must purchase a one-day license for \$5.50.

**Equipment You Provide:** Mountain Bike (no road bikes), helmet, front white bike light, flashing red rear light, headlamp, compass, means for carrying supply of fluids and food.

**Race Director:** David Poleto – dave@gulfcoastadventure.com

**Make Forms Payable To:** Gulf Coast Adventure Racing, L.L.C., 2231 East Canterbury Drive, Laplace, LA 70068

**Teammates:** For assistance in finding teammates, check out the Forum at [www.GulfCoastAdventure.com](http://www.GulfCoastAdventure.com).

## Fontainebleau 8-Hour Race Entry Form

Team Name: \_\_\_\_\_ Division: \_\_\_\_\_

Team Captain: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

E-mail: \_\_\_\_\_ Sex: \_\_\_\_\_ T-shirt Size: \_\_\_\_\_

Team Member 2: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

E-mail: \_\_\_\_\_ Sex: \_\_\_\_\_ T-shirt Size: \_\_\_\_\_

Team Member 3: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

E-mail: \_\_\_\_\_ Sex: \_\_\_\_\_ T-shirt Size: \_\_\_\_\_

**For Payment by Credit Card, visit [www.GulfCoastAdventure.com](http://www.GulfCoastAdventure.com), click on the EVENTS link and go to the Fontainebleau 8-Hour event page.**

