



WARNER ADVENTURE RACE OCTOBER 28, 2006

WHAT?

- 4-6 hour Adventure Race to include:
- 2 or 3 person teams (no solos)
- Orienteering
- Trail Running
- Biking (mountain bike only)
- Mystery Team Events

WHERE?

Edwin and Percy Warner Parks,
Nashville, TN
Start/Finish at Edwin Warner
picnic area off of Vaughn Rd
(pavilions #9 and #11).

**Race is limited to 30 teams
so sign up early!!!!**

Required Gear List (Each team member must have):

- Mountain bike (no road or cyclo cross bikes)
- Bike helmet (ANSI approved)
- Spare bike tube or patch kit
- Hydration pack or containers for 2 liters of water
- Whistle
- Emergency blanket
- Polypro top
- Waterproof jacket

Each TEAM must have:

- First Aid Kit to include bandages, gauze, duct tape, disinfecting swabs, etc...
- Bike pump or CO2 inflator
- Water proof map case
- Orienteering compass
- Writing utensil
- Bike repair tool and tire levers

**prizes to top finishers!!
door prizes!!**

Schedule:

7:00 a.m. CHECK IN/GEAR CHECK
8:15 a.m. TEAM MEETING
9:00 a.m. RACE START
3:00 p.m. AWARDS/DOOR PRIZES

CHECK RACE WEBSITE PRIOR TO RACE FOR UPDATES
www.trailblazerar.com/musiccity
OR CONTACT DIRECTOR AT timhike@msn.com

Please Print

TEAM NAME: _____
CATEGORY (circle one):
2 PERSON 3 PERSON
TEAM CAPTAIN: _____
ADDRESS: _____
CITY, STATE, ZIP: _____
PHONE: _____ Male Female
E-MAIL: _____
T-SHIRT SIZE (circle one): SM MED LG XL
TEAM MATE 2: _____
ADDRESS: _____
CITY, STATE, ZIP: _____
PHONE: _____ Male Female
E-MAIL: _____
T-SHIRT SIZE (circle one): SM MED LG XL
TEAM MATE 3: _____
ADDRESS: _____
CITY, STATE, ZIP: _____
PHONE: _____ Male Female
E-MAIL: _____
T-SHIRT SIZE (circle one): SM MED LG XL

REGISTRATION FORM

Registration is also available at www.active.com

Racers must be 18+ years

---All participants must sign liability form on race day---

Pre-Registration (before 10/07/06).....\$50/person +\$8/person 1 day USARA license*
Registration (after 10/07/06).....\$65/person +\$8/person 1 day USARA license*

Total amount enclosed.....\$ _____

Checks should be made payable to Warner Adventure Race
and can be mailed to:

Tim Heichel
Attn: Warner Adventure Race
5210 Anchorage Dr
Nashville, TN 37220

* not required if you are already a USARA member

metro parks



Murfreesboro Outdoor And Bicycle



ENDURANCE FUELS