



GRIT ADVENTURE RACING

SODA CITY ADVENTURE RACE
Jason's Adventure Bash



2026 Racer Guide

June 13, 2026

Bierkeller Brewing Company

Columbia, SC

12 Hour Adventure Race

5 Hour Family Adventure Scramble

Highlights

Urban Adventure Course

Whitewater Class I-II (12 Hour AR)

River Tubing for the 5 Hour Family Race

Connect Parts of the City in Unexpected Ways!

Surprise hidden location along the course!

Professional Electronic Scoring & GPS Tracking

Fun Course Design & Route Choices

USARA Series Points



**GRIT
ADVENTURE
RACING**

ELEVATE YOUR ADVENTURE

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Race Description

This event is a memorial fundraiser for adventure racer and dear friend Jason Schmidt. Created in conjunction with his family. 50% of the proceeds from the event will go to a college fund for his three children - Harry, Sam, and Eleanor. Jason had a dream of bringing an Adventure Race back to his home city of Columbia, SC for the Summer of 2026

Before his tragic passing in February 2026, Jason had worked closely with GRIT Adventure Racing to create this dream AR in Columbia, SC.

After his passing, his wife, Liz, wanted to continue his dream. GRIT, close friends, and the local community have rallied in support! We have kept his original course design, and with a name change in his honor. Join us for a wonderful weekend of racing. Enjoy exploring the city!

The Soda City Scramble- An Offbeat Urban Adventure! Fantastic for families, athletes, and everyone! Explore the city, get wet with river tubing, and have a blast finding as many checkpoints as you can using a map and compass before time runs out!

The Soda City Odyssey - A challenging endurance adventure race for beginner to advanced athletes. Featuring Class II whitewater, single-track MTB, and a mix of both urban and forested trekking. This is a race you do not want to miss!

5 HOUR SCRAMBLE

Friday:



6:30-8:00 pm

Optional Early Packet Pick-Up
at Bierkeller Brewing Company

Saturday:

8:30 AM



1:30 PM



Leg 1

1 Hour Trek

You will get wet!

Optional: Drive Past this Section
and Proceed to Section 2



Leg 4

1 Hour Trek

You will get wet!

Optional: Drive Past this Section
and Proceed to Finish Area!

Leg 2A

River Tube

1 Hour



Leg 2B

1-1.5 Hour Trek

Suprise Scavenger Hunt

12 HOUR RACE

Friday



6:30 - 8:00 pm



6:00 pm

Saturday:



Leg 1
2.5 Hour



Leg 5
½ Hour



Leg 5
Paddle
3 Hour



Leg 2
1 Hour Bike



Leg 3 A
Orienteering
1.5 Hours



Leg 3 B
MTB Single Track
1.5 Hours



Leg 4
1.5 Hour Bike



COURSE SUMMARY

All races will start and finish at the Bierkeller Brewing Company.

Start/Finish: [Bierkeller Brewing Company](#)

[600 Canalside Street, Suite 1009, Columbia, SC 29201](#)

5 Hour Family Adventure Scramble

The 5 Hour Family Adventure Scramble is perfect for families of all ages and abilities who want to hike, get wet, and river tube while experiencing the city! Racers will receive both river tubing and zoo entry for a special challenge as part of the scramble. The rules are simple: use your map and course rules to find as many checkpoints as you can before time runs out! The checkpoints are placed in unique locations to guide your adventure. Part of the course will consist of a river trek, recommended for children 7+ with an adult (life jackets provided by the race organization). For those with young children, you can drive around this section of the course while still enjoying the full experience of fun and adventure! All participants will receive a slate medal, pizza, and sodas at the finish line. We recommend bringing a small backpack with water, snacks, and sunscreen for the event. You will get wet! On race morning, arrive at Bierkeller for check-in starting at 7:30 AM. There is ample parking at [Columbia Canal and Riverfront Park](#) (a 4-minute walk to Bierkeller). The pre-race brief for the 5 Hour is at 8:20 AM. Race Start is at 8:30 AM.

TUBES ARE PROVIDED BY THE RACE ORGANIZATION.

12 Hour Adventure Race

The 12 Hour Adventure Race is our endurance challenge event, and in honor of Jason. He largely designed this course himself while working with GRIT to bring adventure racing back to the City of Columbia. Racers are encouraged to join us at the Bierkeller from 6:30 - 8:00 PM for early packet pick-up (receive your race packet, including maps) and socializing. On race morning, racers will drop their bikes off at the [Saluda Riverwalk Park](#), 650 Candi Ln, Columbia, SC 29210, between 7:00 - 7:30 AM. Our race staff will watch your bikes for security. Racers will then drive to Bierkeller. There is ample parking at [Columbia Canal and Riverfront Park](#) (a 4-minute walk to Bierkeller). At Bierkeller, you will check in with race staff and receive your GPS Trackers. Race day packet pick-up from 0730 AM. The pre-race brief for the 12 Hour is at 8:00 AM. Race Start is at 8:30 AM. On course, expect water and Gatorade at Transition Areas. We want to ensure racers stay hydrated given the potential for hot temperatures.

BOATS ARE PROVIDED BY THE RACE ORGANIZATION.

Post Race

At the finish line, expect high-fives, pizza, chips, sodas, and music! Grab a beer from the Brewery and hang out with fellow racers! Jason was all about the racing community, and we will honor him by coming together. Your bikes will be waiting at the finish line.

TIMELINE

Friday

Early Packet Pick-Up

We will have an optional early packet pick-up from 6:30 - 8:00 PM at [Bierkeller Brewing Company](#). Packet collection is also available on race morning. The packet includes your maps, race rules, bibs, t-shirts, and epunches. GPS Trackers are distributed only on race morning. There is food as well as indoor and outdoor seating. So grab a bite to eat and stay while you review your race maps and rules of travel!

AR Clinic - Beginner / Intermediate

Our clinic will start at 6:00 pm at the [Bierkeller Brewing Company](#). Taught by AR Pro Jesse Tubb, this will teach you everything you need to know (and more!) to crush the event with confidence the next day! Even for those who have raced for years, Jesse's 20 years of racing at the elite level provide ample experience for participants to learn from. You can register online during race registration or by emailing jesse@gritadventureracing.com.

Saturday

5 Hour Adventure Scramble

7:30 AM Check-In at [Bierkeller Brewing Company](#) with late packet pick-up

8:20 AM Pre-Race Brief

8:30 AM Start

1:30 PM Finish, Food, Music, Medals

12 Hour Adventure Race

7:00 - 7:30 AM Bike Drop at [Saluda Riverwalk Park](#)

7:30 AM Check-In Opens at [Bierkeller Brewing Company](#)

- Early packet pick-up can go straight to GPS table
- Morning packet pick-up available
- Ample parking available at [Columbia Canal and Riverfront Park](#)

8:00 AM Pre-Race Brief

8:30 AM Start

8:30 PM Finish, Food, Music, Medals, Awards!



GRIT ADVENTURE RACING

SODA CITY ADVENTURE RACE
Jason's Adventure Bash

5 HOUR



Individual Mandatory Gear

ALL TIMES

- Small Pack
- Water Source (1L Minimum)
- Appropriate Clothing for Weather
- Food & Electrolytes
- * Parents can carry items for kids and share a bag.

TUBING

- PFD and River Tubes
 - Provided by the Race Organization

Team Mandatory Gear

ALL TIMES

- Cell Phone
 - Fully Charged for Photos and Emergencies; No GPS Navigation (Use the map!)
- Pen or Marker
- Magnetic Compass (Cell Phone Compass is ok!)
- GPS Tracker, Maps, Race Rules (Provided to you by the Race Organization)
- Map Case or Ziplock

12 HOUR



Individual Mandatory Gear

ALL TIMES

- Whistle
- Pack
- Water Source (1L Minimum)
- Appropriate Clothing for Weather
- Food & Electrolytes
- Headlamp w/ Extra Batteries

MOUNTAIN BIKE

- Mountain Bike (Front or Full Suspension)
- Bike Helmet
- Front White Bike Light (or Headlamp)
- Red Rear Bike Light (Blinkie)

Recommended

- Chamois Cream Lube
- Bike Bottles; Liquid Nutrition

PADDLE

- PFD and Paddle (Provided by the Race Organization)
- 2 x Glowsticks (with method of attaching 1 per boat and 1 per lifejacket)
- BOATS ARE PROVIDED BY THE RACE ORGANIZATION

12 HOUR



Team Mandatory Gear

ALL TIMES

- Cell Phone
 - Fully Charged for Emergencies; No GPS Navigation
- Pen or Marker
- First Aid Kit: Anti-Diuretic, Anti-Acid, Bandage Wrap, Gauze, Antibiotic Ointment, Acetaminophen, NSAID, Medical Tape, Blister Care Supplies, Medical Gloves
- Water Purification Method
- ~~Fire Starting Method~~
- 1 x Survival Space Blanket (e.g., SOL Emergency Blanket)
- Magnetic Compass
- GPS Tracker, Maps, Race Rules (Provided to you by the Race Organization)

Recommended

- Foot Lube for Blisters
- Map Case or Ziplock

MOUNTAIN BIKE

- Bike Pump
- Bike Repair Kit
 - Spare Tube, Bike Tool, Chain Repair Link, Tire Lever, Tire Patch
 - You want to be able to repair a flat, fix a broken chain, tighten a loose bolt, or adjust a derailleur. If you run into trouble on the course, often other racers will assist if you ask! We're a super nice community that loves the sport!
 - If the race organization assists, you may incur a minor penalty. Sometimes it's best to incur a slight penalty to stay on the course and keep having fun!

PADDLE

- 2 x Glow Sticks, 6"+ in Size, Per Person. For night paddles (1 x PFD; 1 x Boat)

12 HOUR



Team Support Logistics

Paddle Drop Bag

- 1 Per team
- Weight limit 30lbs.
- You may use your own life jackets and paddles.
- If a team exceeds weight, we will review your bag with common sense to ensure what you packed is reasonable and fair (Life Jackets, Paddles, Basic Food/Drink).
- Receive at TA 5
- **Submitted by 7:30 AM at the Bike Drop Location**

Food Drop Bag

- 1 Per person
- 10 lbs each
- Food or Drink
- Receive at TA 2 / 3 / 4
- **Submitted by 7:30 AM at the Bike Drop Location**



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Photo Credit: Backwoods Orienteering, NC

Electronic Scoring

Also known as '*epunching*', this is a professional-grade system for scoring adventure races. Racers will receive a 'thumbstick' with their race packet. When a team reaches a checkpoint (CP), they will stick their thumbstick into the blue control box until they hear an audible 'beep'. The box then inputs the exact time you reached the CP into your thumbstick. When you cross the finish line, you will download your thumbstick to the race HQ computer, and we will provide you with a receipt printout of all controls you visited, the times you visited each, and points earned for that CP. You will return your epunch to the race organization at the download. This system ensures professional and 100% accurate scoring.

GPS Live Tracking

RACE IOT is providing live GPS tracking for the event. Each team will receive a GPS tracking device on race morning. The Race Organization will ensure they are on, but double-check that you see blinking blue and green lights when you receive the tracker. The tracking device must be stored high on your pack so it can receive GPS and Cellular Signal. These devices receive their location from satellites, store the data internally, and then upload when a cell signal is available. If you pass through areas with no cell coverage, the devices will be delayed in updating your information. The Tracking Site will also show live scores. However, these are not official; there are limitations with signal accuracy. Official scoring is through electronic scoring.

LIVE TRACKING WEBPAGE LINK
WILL BE SHARED THURSDAY BEFORE THE RACE

The screenshot shows the RACE IOT live tracking webpage. At the top left is the RACE IOT logo. To its right are navigation links: Account, Tools, and Participants List. Below the logo is the event name "grit_frozen_foot_26_10hr". A search bar labeled "Search Participant" and a "Sort" button are visible. A "Roster" section with an "Auto Pan" toggle is on the left. The main area is a map showing a blue race route with numerous blue location pins. The roster items are as follows:

- Rank 1 - Full Spectrum Racing / GRIT
- Rank 2 - WildStyle/GRIT Adventure Racing
- Rank 3 - Will Race For Pi
- Rank 4 - James River AR
- Rank 5 - Find A Flag Or Make One
- Rank 6 - Justin Nunez
- Rank 7 - Rocktown Racing
- Rank 8 - Lone PAWS

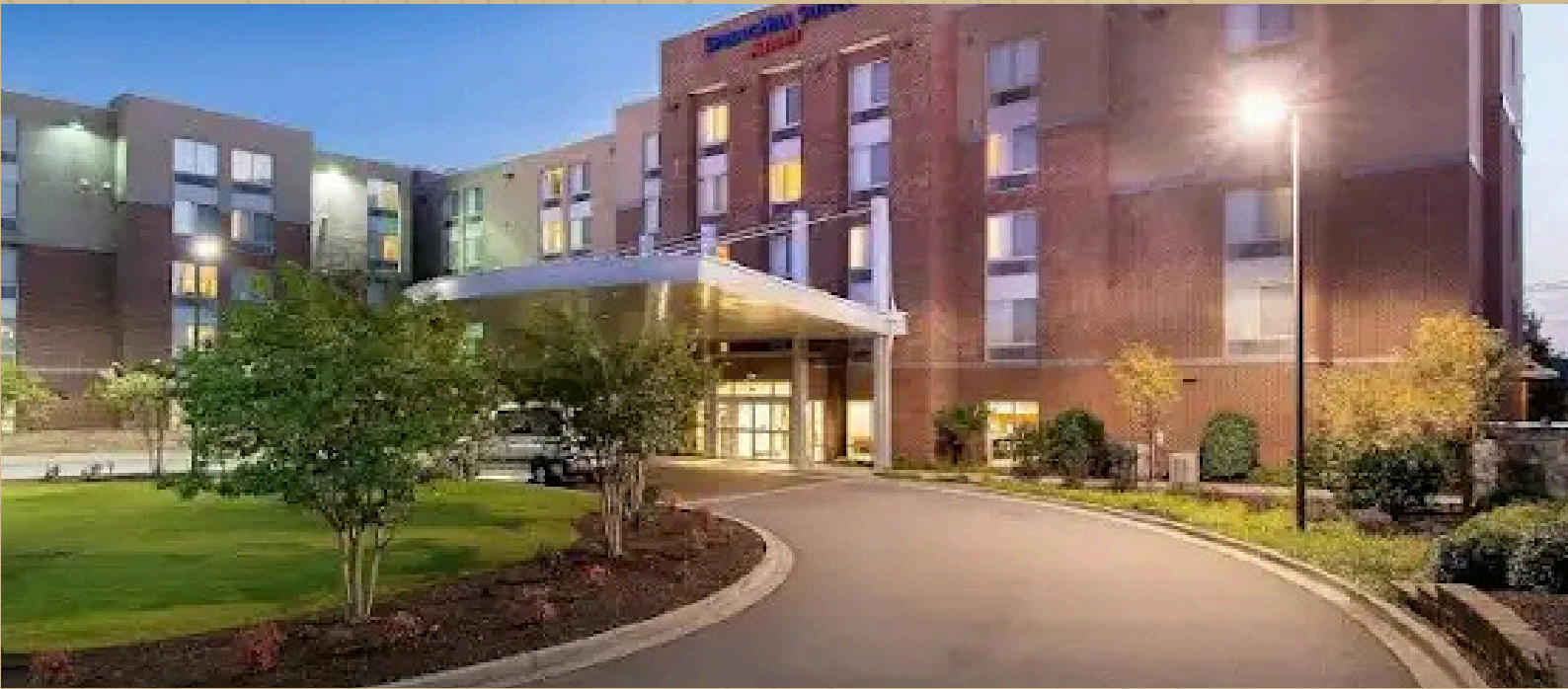
Race Rules

Overview

Collect as many points as possible and cross the finish line before time expires! The team with the most points wins! A tie is awarded to the team that crossed the finish line first. You must follow the *Rules of Travel* provided at packet pick-up to complete the course, using your maps and your abilities to navigate the course. Each AR course is unique; reading the (ROT) Rules of Travel for every race is very important. Details enclosed in a course's ROT include the order of disciplines you must complete the race, the value of points for every CP (checkpoint), which CPs are mandatory vs. optional, out-of-bounds area, clues for each CP, and so much more!

Rules

1. All racers are expected to be examples of good sportsmanship. Racers must treat fellow racers and race staff with courtesy and respect.
2. No GPS navigation is permitted.
3. Racers may use cell phones only for pictures and videos.
4. Teams must assist fellow teams in need of medical attention; a time credit will be given for teams who assist with a medical or emergency situation.
5. Maps, Passports, GPS Trackers, & Rules of Travel/Instructions must be carried the entire race.
6. Teams must electronically punch each CP until they hear an audible "beep".
7. Lost GPS Trackers will be replaced at a cost of \$219.
8. Lost e-punches (Finger Stick) will be replaced at a cost of \$84.66.
9. Travel out of bounds is prohibited. Red Polygons are out of bounds.
10. Trails, roads, or waterways marked with a red 'X' are off-limits. Do not travel on or cross them.
11. Mandatory Gear must be carried at all times unless specified by the Race Director or in your Leg Instructions.
12. Teams must return to the finish line by the time cut-off. Racers who punch the finish line after the finish time will lose 1 point and then lose an additional point for each minute thereafter. E.g., A racer that arrives at 7:05:30 sec will be penalized 6 points for a 7:00 pm cutoff.
13. Race Directors have the right to award penalties in the form of time penalties and/or point reductions. These are handled on a case-by-case basis and are designed to reflect the severity of the infraction. Rarely are two cases ever the same; penalties will be awarded to ensure fairness for all participants on the course.
14. Final rankings will be as follows:
 - a. Teams will first be ranked by the number of points acquired (CPs are worth different point values)
 - b. Teams will then be ranked by fastest time.
 - c. If two teams have the same exact CPs and Time, a 3-trial game of Rock-Paper-Scissors-Shoot under the finish arch will determine ranking.
15. NO LITTERING! Leave no trace behind!!
16. Be courteous to our Volunteers! They are wonderful and we cannot do this without them. Any frustrations should be directed to the race directors.
17. Be courteous to the State Park Staff and the general public!



Lodging

Start/Finish Location

[Bierkeller Brewing Company](#)

Address: 600 Canalside Street, Suite 1009, Columbia, SC 29201

Best Walking-Distance Options

[Homewood Suites by Hilton Columbia Downtown](#)

Address: 400 Gervais Street, Columbia, SC 29201

Approx. distance to Bierkeller: 0.4–0.6 miles / 8–9 minute walk

[SpringHill Suites by Marriott Columbia Downtown/The Vista](#)

Address: 511 Lady Street, Columbia, SC 29201

Approx. distance to Bierkeller: 0.5–0.7 miles / 10–15 minute walk

[Aloft Columbia Downtown](#)

Address: 823 Lady Street, Columbia, SC 29201

Approx. distance to Bierkeller: 0.7–0.9 miles / 12–15 minute walk

[Hyatt Place Columbia/Downtown/The Vista](#)

Address: 819 Gervais Street, Columbia, SC 29201

Approx. distance to Bierkeller: 0.8–1.0 miles / 12–17 minute walk

[Hampton Inn Columbia-Downtown Historic District](#)

Address: 822 Gervais Street, Columbia, SC 29201

Approx. distance to Bierkeller: 0.8–1.0 miles / 12–17 minute walk

[Airbnb — Columbia, SC](#)

[VRBO — Columbia, SC](#)

Food & Dining

Breakfast / Brunch / Coffee

[smallSUGAR](#)

709 Gervais Street, Columbia, SC 29201

Notes: Breakfast, brunch, lunch, coffee, and pastries.

[The Toasty Hot Spot](#)

1202 Main Street, Columbia, SC 29201

Notes: Brunch and comfort food.

[Market on Main](#)

1320 Main Street, Columbia, SC 29201

Notes: Brunch, lunch, dinner, coffee, cocktails, and outdoor seating.

[Motor Supply Company Bistro](#)

920 Gervais Street, Columbia, SC 29201

Notes: Weekend brunch, lunch, and dinner. Reservations recommended.

Lunch & Dinner

[Bierkeller Columbia](#)

600 Canalside Street, Suite 1009, Columbia, SC 29201

Notes: German-style brewery and restaurant.

[Liberty Tap Room and Grill](#)

828 Gervais Street, Columbia, SC 29201

Notes: Casual American food, burgers, beer, and group-friendly dining.

[SakiTumi Grill and Sushi Bar](#)

807 Gervais Street, Columbia, SC 29201

Notes: Sushi, grill items, and dinner.

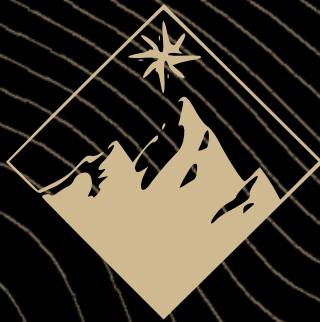
[Blue Marlin](#)

1200 Lincoln Street, Columbia, SC 29201

Notes: Seafood, Southern-style dishes, lunch, and dinner.



Sponsors & Partners



GRIT
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Bierkeller Brewing Company

Bierkeller Columbia is proud to serve as the host location and community partner for the Soda City Adventure Race. Located along the Columbia Canal at 600 Canalside Street, Bierkeller provides an ideal start and finish venue with a unique riverfront setting, great food, and drinks. It has a welcoming atmosphere for racers, families, and supporters. Racers are encouraged to join us at Bierkeller during early packet pickup, where they can check in, connect with other teams, and enjoy dinner on-site. Bierkeller offers German-inspired food and brewery fare, including items such as pretzels, bratwurst, schnitzel-style dishes, sandwiches, sides, and craft beer. We are grateful for Bierkeller's support in helping create a memorable race-weekend experience and giving racers a great place to gather before and after the adventure.

<https://www.bierkellercolumbia.com/>

CANOEING FOR KIDS, NONPROFIT

Canoeing for Kids is a Columbia-area nonprofit dedicated to getting children outdoors and on the water through free canoe, kayak, and paddleboard adventures. Since 1993, Canoeing for Kids has served as a recreational outlet for disadvantaged youth and qualifying groups, including children's homes, camps for kids with health issues, and children with physical or mental challenges. Their trips are designed around each group's abilities to help build teamwork, self-reliance, confidence, environmental awareness, and a love for time spent *on the water* and *in the woods*. The Soda City Adventure Race is proud to recognize Canoeing for Kids and its long-standing work to make paddling and outdoor adventure more accessible to kids across the Columbia region.

<https://www.canoeingforkids.org/>





COLA
Parks &
Recreation



Columbia Parks & Recreation

City of Columbia Parks & Rec.

Through its parks, riverfront spaces, facilities, youth programs, outdoor adventure opportunities, and community events, Columbia Parks and Recreation helps create safe and inclusive places for residents and visitors to play, gather, explore, and stay active.

<https://parksandrec.columbiasc.gov>

RIVERBANKS ZOO & GARDEN

Riverbanks Zoo and Garden is a valued course partner for the Soda City Adventure Race and one of Columbia's most recognizable outdoor destinations. Located along the Saluda River, Riverbanks is home to more than 3,000 animals and one of the nation's noted botanical gardens, with a 170-acre site featuring natural habitat exhibits, scenic river views, and educational experiences for all ages. Riverbanks' mission is to create connections and inspire actions that have a lasting impact on wildlife and wild places - making it a natural fit for an adventure race that highlights movement, exploration, and appreciation for the outdoors. We are grateful for Riverbanks Zoo and Garden's support in helping make the Soda City Adventure Race a unique Columbia experience.

[RIVERBANKS ZOO & GARDEN](#)



**RIVERBANKS
ZOO & GARDEN**
columbia south carolina



DASH

ADVENTURES

Climbing Mountains
—& Making Friends—

DASH Adventures, founded in 2023 by Colonel Dave Ashley, a retired US Air Force officer, is a small business that takes pride in its veteran ownership. DASH Adventures exclusively partners with guide companies that are locally owned and operated in the countries where we embark on our treks and climbs. Our unique business approach involves working as unpaid staff members and setting prices that solely cover our expenses. Dave is an Adventure Racer and World Record Kidney Donor.

[**Dash Adventures Facebook**](#)




OVERNIGHT GRIT YOUTH CAMP!!!



Join us for a Life-Changing ADVENTURE RACING CAMP

Sleep-away camp \$1200

July 12-17 2026

- 
- Navigation
 - Mountain biking
 - Canoeing
 - Team challenges

- GRIT
- Resilience
- Independence
- Tenacity

Location:
Massanutten Resort

Register here

Information : 301-325-6466



THE ADVENTURE RACE



TRAINING PODCAST

ART:

The Adventure Race Training Podcast

Ready to level up your adventure racing? The Adventure Racing Training Podcast is your essential resource for the sport. We go beyond the basics: diving into race strategies, training methods, and the mindset required to navigate the toughest courses with engaging conversations with experts from multiple fields.

Join professional coaches Nick Hurff and Jason Magness, who have both coached athletes from beginners to World Record-holding professionals. Gain insights to better perform for your next adventure through a deep-dive into the science and implementation of adventure race training.

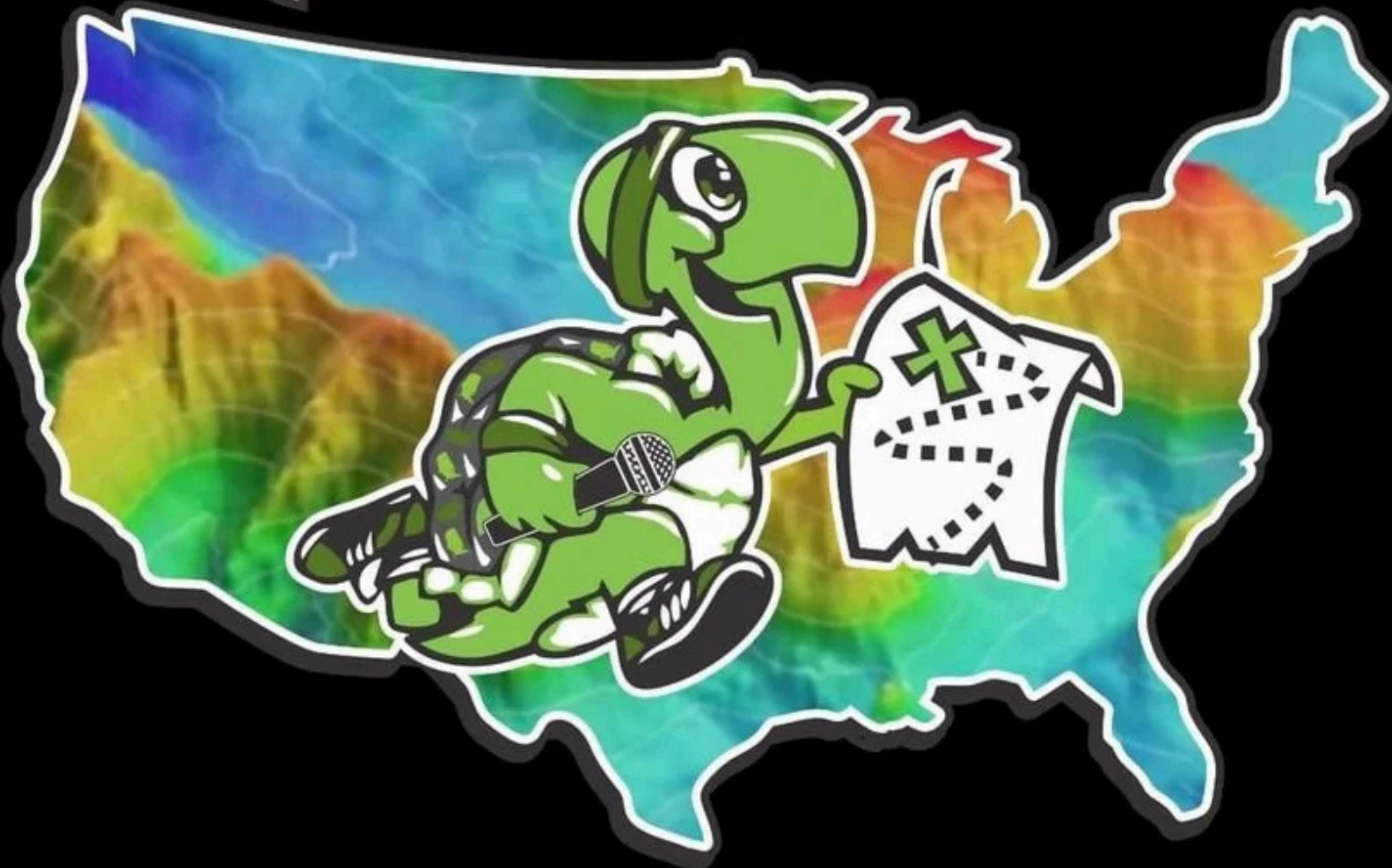
Join us on Apple Podcasts and Spotify!

ARDotWatch

ARDotwatch, led by Doug Silk, is proud to support GRIT Adventure Racing and the athletes who bring adventure racing to life. AR Dotwatch helps fans, families, and racers follow the strategy, teamwork, and grit that define the sport. They provide exceptional live tracking, race coverage, and storytelling. From local events to expedition-length races, AR Dotwatch is committed to growing the adventure racing community by making the race experience more visible, accessible, and exciting for everyone watching from home.

[**Follow ARDOTWATCH here!**](#)

ARDotWatch





Nick Hurff Coaching

Adventure Race & Ultra-Endurance

Performance-driven endurance training built for the demands of adventure racing. Backed by experience as a top-level adventure racer, former U.S. Army Ranger, and an M.S. in Exercise Science, Nick combines applied sport science with real-world execution in high-consequence environments.

As an active adventure racer with national and international competition experience, he understands the full spectrum of race demands—from navigation and fueling to teamwork and decision-making under fatigue. His coaching has supported athletes performing at world-record levels, with a focus on building durable fitness, resilience, and precision when it matters most.

nickhurffcoaching.com

Jesse Tubb Coaching

About my work

I design and lead experiential programs that help individuals and teams build resilience from the inside out. Through GRIT Adventures, I blend adventure-based learning, mindfulness, and mental fitness to create workshops, team-building experiences, and coaching that develop self-awareness, communication, and the ability to respond, not react, under pressure. My work uses real-world challenges as the classroom, guiding athletes, leaders, and organizations to translate resilience from high-intensity experiences into everyday life, leadership, and performance.

I bring this work into diverse environments, including veteran organizations, sports teams, schools and universities, and corporate teams, tailoring each experience to the unique demands of the group. Whether supporting veterans navigating transition, helping athletes perform under pressure, equipping educators and students with emotional resilience, or strengthening team culture in organizations, my focus remains the same: build stronger individuals who can think clearly, connect authentically, and lead with intention when it matters most.



**GENERATING RESILIENCE
INDEPENDENCE AND TENACITY**

Workshops and adventure-based team-building

Email:

jessetubb@gmail.com

Websites:

<https://www.grit-adventures.com/>

<https://www.jessetubb.com/>



AR Clinic

Beginner - Intermediate

6:00 pm at Bierkeller Brewery Columbia

All GRIT Adventure Races offer a beginner to intermediate clinic on race weekends. This additional event is a fantastic way to learn and enhance your AR experience. The clinic is 2 hours the evening before the race, with a 1-hour race review afterward (or a virtual one later in the week for races that end in the evening).

This is taught by pro-racer Jesse Tubb, who has traveled across the world competing at high levels. He is an excellent teacher and can make even a new racer feel much more confident stepping out onto the course on race morning after the first two hours of teaching the night before the event.

. You can sign up when registering or by email jessetubb@gmail.com.

New to AR?

We have you covered!



CRIT ADVENTURE RACING

ELEVATE YOUR ADVENTURE



**GRIT
ADVENTURE
RACING**

ELEVATE YOUR ADVENTURE



What is AR?

Adventure Racing (AR) is a multi-discipline navigation-based team endurance sport. Teams traverse distinct landscapes using map and a compass, selecting their own routes to collect checkpoints as they race towards the finish line. AR scales from family-friendly four-hour races to elite-level expedition races running 4-11 days continuously across remote and often mountainous landscapes.

CORE DISCIPLINES

Mountain Bike | Paddle | Trek

EXAMPLE MINOR DISCIPLINES

Rapelling | Climbing | Canyoneering | Glacier Traverse

Adventure Race Spectrum

Sprint Adventure Races

- 3 - 7 Hours
- Ages 3+ Recommended
- Family-friendly races where families have fun while experienced racers sprint to clear the course and win! Fun, fast, and welcoming for all abilities! Any minor disciplines do not require any prior experience and can be easily completed.

Half-Day Adventure Races

- 8 - 12 Hours
- Ages 10+ Recommended
- The majority of adventure races fall into this category. Slightly more technical than sprint races, expect more challenging navigation and more difficult terrain.

Full Day Adventure Races

- 15-36 Hours
- Ages 15+ Recommended
- Moderate races often cross more technical terrain. May have speciality disciplines. Often, logistical plans are integrated with resupply on the course preplanned by racers and transported by race staff.

Multi-Day Adventure Races

- 2- 3 Days
- Ages 15+
- Often technical and crossing vast landscapes. These are mini-expedition races. Often having technical features such as ropes, whitewater rafting, rappelling, or other speciality disciplines intermixed. Logistical resupply is required, with logistical plans being created prior to the race and communicated by the race organization.

Expedition Adventure Races

- 4.5 - 8+ Days, 500+ KM
- Ages 18+
- Extremely technical and remote races. Advanced racers are expected to manage their own risks and provide self-care in emergencies for sustained periods of time. Often self-supported; no assistance from the race organization except for gear transportation. Expect advanced disciplines (whitewater, ropes, etc). Very remote & technical terrain, advanced navigation, tough travel, and high-consequence environments. Often, teams of 4+ are required for safety.
- Ex: Alpine mountains, isolated rivers, Amazon Rainforest, etc.

United States Adventure Racing Association

USARA is the largest adventure racing organization in the United States and sanctions the top races in the nation. USARA supports racers and race directors across the country and annually hosts the U.S. Adventure Racing National Championship. USARA-sanctioned races adhere to the highest standards of safety and quality.

All GRIT Races are USARA-sanctioned.

The logo for the United States Adventure Racing Association (USARA) features the letters 'USARA' in a stylized, outlined font. The 'US' is blue and the 'ARA' is red. The letters are composed of multiple parallel lines, giving them a 3D, tunnel-like appearance.

— UNITED STATES —
ADVENTURE RACING ASSOCIATION

The Adventure Racing World Series

ARWS is the largest international adventure racing organization in the world. ARWS annually hosts The Adventure Racing World Championship, featuring 200+ racers representing 30+ countries. Leading to the world championship is the robust AR World Series consisting of many expedition-length races across the globe. These are typically 5-7 days in length and cover 300-500+ miles.

ARWS racing in North America ranges from expedition-length ARWS World Qualifiers through many shorter regional series races lasting 5-50 hours.

The logo for the Adventure Racing World Series (ARWS) features the letters 'AR' in a large, bold, white font. The 'A' has a yellow and white diagonal stripe. Below 'AR' is the word 'WORLD SERIES' in a smaller, bold, white font.

Additional Resources

[New to AR?](#)

A beginner's guide to AR by the United States Adventure Racing Association (USARA).

[Surviving Your First Adventure Race \(AR\)](#)

by Racer Heather Hart

[The Adventure Race Training Podcast](#)

Two Premier Endurance/AR Coaches, Jason Magness and Nick Hurff explore training techniques and topics related to all things Adventure Racing.

[Team ThisAbility AR YouTube Channel](#)

Adventure racers Chip and Andrea share their races and experiences in videos of their races around the world. Experience the races with them first-hand through Go-Pro Footage Videos and then listen to their post-race recap interviews. They show that you do not have to be an elite athlete to enjoy all-levels of this beautiful sport! See their videos on YouTube!

[Dark Zone and Adventure Race Training Podcast](#)

Experienced Racer Brian Gatens interviews racers from around the world on their relationship with AR. A phenomenal glimpse into the community and people involved in the sport, from first-time racers to world champions, race directors, and more! and more!