

## **Greetings Racers!**

The Orangewood Challenge is just around the corner! Our race crew is busy putting the final touches on the event and making sure everything is spectacular. This year's event adds new elements onto the course and we are now opening the event to your family and friends to watch. It will be a great day out for a great cause.

The event will take place at Newport Dunes, <u>1131 Back Bay Dr</u>, <u>Newport Beach</u>, <u>CA 92660</u>, and will be an obstacle style race that will include paddling, team challenges and a few surprise; fun twists and turns. You will be getting wet, sandy, and dirty, carrying heavy objects and may even go for a small swim. That being said, make sure to dress appropriately and bring a change of clothes, towels and something warm to wear after you finish.

The event is run as an elimination race. The fastest teams from each round will progress until the two fastest face off in a timed trial. The challenge consists of up to four laps of the course, with only the fastest teams doing more than two times around. There will be intermittent breaks while other teams race so plan accordingly.

Breakfast and lunch will be provided but if you have specific race fuels please feel free to bring them.

## Clothing and Gear

We will be providing a quick-dry tech shirt that will have your team's name on the back, so we ask you to wear that as your top outer garment. You will receive your shirt at registration. In addition to this we highly recommend wearing synthetic clothing, including (but not limited to): quick dry shirt, running or synthetic quick dry shorts, synthetic underwear or swimsuit, synthetic running or cycling socks and trail running shoes. Also consider using an anti-chafe product like <a href="Body Glide">Body Glide</a>. It will greatly increase your comfort.

Recommended after race item:

Clean shirt

- Pants or shorts
- Jacket or sweatshirt
- Towel

- Shoes or sandals
- Underwear and socks

Schedule: (subject to change)

## Saturday, March 26, 2022

8:00 AM Check-In – Breakfast with Coffee and Tea Available

8:40 AM Race Briefing

9:00 AM First Round

10:05 AM Second Round

11:00 AM Third Round

12:20 PM Final Round (Lunch is served)

2:00 PM Awards & After Party

5:00 PM End of Event

If you have any questions, please email info@orangewoodfoundation.org. #ChallengeAccepted