

Largest Adventure Race in U.S. to Take Place in Ludington State Park

The Michigan Adventure Race: Epic Edition will be held May 21, 2016, at Ludington State Park along picturesque Lake Michigan and Hamlin Lake. Registration will stay open until May 19.

Adventure racing is relatively unknown. Unlike its more popular “cousins,” obstacle course races and triathlons, adventure racing requires participants to run, bike and paddle their way through wilderness with a topographic map and compass. Most adventure races draw 50-150 racers, partially because of this added challenge. With over 300 racers, the Epic Edition is the largest adventure race in the U.S. to date. A free adventure racing/navigation clinic will be held May 14 in Grand Rapids to help new racers learn the basic skills they need for the race. An online version of the clinic is on the race site.

The Epic Edition requires one, two- and three-person teams to find over 30 on and off-trail checkpoints pre-marked on a map, collecting as many as they can within either five or ten hours. Racers find that they get just enough of a break to catch their breath, stopping to read the map, punch the flags, and transitioning between running, biking and paddling. The hours fly by.

Canoes and kayaks will be provided for 5-hour racers; rentals are available for the 10-hour racers. Bikes are also available for rent at Spindrift Cycle Shop in Ludington and West Michigan Bike in Grand Rapids.

“Ludington State Park is such a beautiful place. By offering such a unique race in a unique place, racers get a one-of-a-kind experience. The opportunity to camp at the venue and celebrate accomplishments after the race with pizza and awards on the shores of Hamlin Lake adds to the experience. There’s nothing like this.” says Michigan Adventure Racing owner, Mark VanTongerren. “Adventure races are appealing because they require a balance between brain and body. Often the fastest team doesn’t win; rather it’s the team that figures out an efficient route between checkpoints and doesn’t get lost along the way.”

Sponsors of the race to date include Todd and Brad Reed Photography (presenting sponsor), Spindrift Cycle Sports, Spanky’s Pizza, House of Flavors, Gazelle Sports, Bill & Paul’s Sporthaus, West Michigan Bike & Fitness, EcoTrek Bars & Fitness, and Zanafel.

The charity partner is Friends of Ludington State Park.

For more information about the race and to register, go to www.MIAdventureRace.com and visit www.facebook.com/MIAdventureRace to join a growing community of adventure racers.