



**CENTRAL COAST  
ADVENTURE  
CHALLENGE**  
RUN ♦ BIKE ♦ PADDLE ♦ ADVENTURE

**DAWN TO DUSK  
SANTA MARGARITA LAKE  
MAY 15<sup>th</sup> 2010 7am**

**CATEGORY**

Solo Male/Female  
2 Person Male  
2 Person Female  
2 Person Co-Ed  
3 Person Co-Ed  
4 Person Co-Ed

**COST**

\$120 per person until April 28<sup>th</sup>  
\$140 per person until May 13<sup>th</sup>  
\$170 per person day of (if available)

Team Name \_\_\_\_\_ Category \_\_\_\_\_

**Racer 1**

First Name \_\_\_\_\_

Last Name \_\_\_\_\_

Address \_\_\_\_\_

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

Phone Number \_\_\_\_\_

Email \_\_\_\_\_

**Racer 2**

First Name \_\_\_\_\_

Last Name \_\_\_\_\_

Address \_\_\_\_\_

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

Phone Number \_\_\_\_\_

Email \_\_\_\_\_

**Racer 3**

First Name \_\_\_\_\_

Last Name \_\_\_\_\_

Address \_\_\_\_\_

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

Phone Number \_\_\_\_\_

Email \_\_\_\_\_

**Racer 4**

First Name \_\_\_\_\_

Last Name \_\_\_\_\_

Address \_\_\_\_\_

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

Phone Number \_\_\_\_\_

Email \_\_\_\_\_

USARA 1 day license \$8 per person (at event)

Students, please [e-mail](#) for 15% discount

Hello:

Thank you for registering for the Central Coast Adventure Challenge, May 15th 2010 at Santa Margarita Lake! We are excited to share some of the most adventurous terrain the Central Coast has to offer with you.

Please remember to bring the required gear for the race. A list can be found at <http://www.ccadventure.com/ddgear.htm>. If you need to purchase gear, please consider Santa Barbara Outfitters, Mountain Air Sports and Foothill Cyclery as your first outfitting destinations.

We will be holding various pre-race clinics including navigation, the essentials of adventure racing (discussing what to expect, what to eat, what to bring, how to move, and teamwork), paddling, and possibly first aid.

Plan on a demanding day race employing biking, kayaking, rope work, foot travel (covering road, trail, fire road, water, bushwhacking, boulder scrambling), and navigation throughout.

After your adventure, stay and celebrate at our festival area providing food, music and sponsor booths.

You will receive an email with detailed information and race specifics one week before the race.

It is our goal to make your adventure racing experience as enjoyable as possible for you and your team. We'd love to hear from you!

#### ALL OUT EVENTS

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