



# ENDURANCE QUEST

Adventure Race



## RACE INFO 1

Back in 2002, Endurance Quest was born with a mission to challenge the world's best endurance athletes in Finland. That mission still exists. Endurance Quest 2024 will offer new challenges for every racer and new exciting location.

### Race HQ & Accommodation

Race HQ will be in **Leppävaara Sport Stadium**, Veräjätienkatu 17, 02650 Espoo. Detailed map of the Race HQ and parking options will be published two weeks before the race in the final race info.

There are a lot of accommodation options close to Leppävaara Sport Stadium. We recommend to check out AirBnb & Booking.com & visitespoo.fi

### Course & Logistics

The course consists of several stages, which include mountain biking, swimming, trekking, kayaking, and rope activities. Details of the course will be published two weeks before the race in the final race info.

### TA (Transition Area) Boxes

Every team has to bring one (1) TA bag max 110 liters and max packed weight is 25kg.

### Kayaking

Kayaking will be carried out with duo kayaks. You can use your own paddles and life vests for kayaking; however, everything has to fit inside the kayak bag you bring for the race. We highly recommend using the ARWS paddle bag or Long ski bag. Teams have to transport the kayak bag and all its contents during the kayaking stage.

If you need paddles and/or PFDs (life vests) for the kayaking stage please book them via forms: <https://forms.gle/sZQADKwh6z8LHR2n8>. NOTE: Even if you use organizers paddles & lifevest you still have to bring a kayak bag for the food and other equipments for the kayaking stage. Max packed weight for a kayak bag is 25kg.





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## Bike Boxes

Your bikes will be transported by the organization from the HQ to the first bike stage TA and other TA's during the course. As we value the safe transportation of bikes, the use of bike boxes is mandatory.

Bring your own bike box if you have one. For teams entering the adventure race scene we understand that the transportation of the boxes and obtaining them can be a hassle. Therefore there are local bike shops in Espoo offering free cardboard boxes, book them directly via their email. It's the team's own responsibility to make cardboard boxes waterproof, All the TA's will be outdoors.

## Bike Shops where to book boxes

- Larunpyörä, 10km from the HQ, myynti@larunpyora.com
- Bike planet Espoo, 13 km from the HQ, espoo@bikeplanet.fi

Maximum dimensions of the bike box are: 140 x 80 x 30 cm and MAX packed weight is 25kg . Weight of the box will be checked before hand in.

## Mandatory Equipments (minor changes are possible)

You can find mandatory equipment lists on race websites.

## Rules of the competition

When registering, you have already taken note of and agreed to the rules of competition. We will use standard ARWS-rules:

<https://seureservercdn.net/198.71.233.44/405.520.myftpupload.com/wp-content/uploads/2021/08/ARWS-Rules-of-Competition-1.6.1.pdf>





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## Preliminary Race Schedule (minor changes are possible)

### THURSDAY 8.8.2024

- Team transfers from the airport

### FRIDAY 9.8.2024

- 15.00 - 20.00 Pick up team material + team photos + sponsor booths open
- 15.00 - 21.00 Packed TA box & Bikeboxes & paddlebag hand in

### SATURDAY 10.8.2023

- 5:30 Map handout & Buss to start location (Busses leaves from the Race HQ)
- 8:00 Race Start, Location X

### SUNDAY 11.8.2023

- 5:00 Winning team finish (Estimation)
- 5:00 - 15:00 Sauna + Showers
- 12:00 - 15:00 Post-race dinner
- 14:00 The course closes
- 14:00 Prize giving
- Team transfers to the airport

### MONDAY 12.8.2023

- Team transfers to the airport

### Pick up/ drop off - International teams only

Please let us know when you arrive at the Helsinki-Vantaa airport or Helsinki Harbor by email ([lauri@multisport.fi](mailto:lauri@multisport.fi)) So we can plan your pick up and transportation to Race HQ. We would like to get into the process of flight times as soon as possible so that we can offer appropriate solutions.

Note: If you have any doubts or questions regarding a flight to book or your journey in general, please contact us directly at [lauri@multisport.fi](mailto:lauri@multisport.fi) and we will assist you.

