



#BeAWarriorNow

www.apexwarrior.ca

APEX ADVENTURE CHALLENGE

PADDLE, BIKE, TREK PACKET

ADVENTURE INFORMATION PACKAGE



#NoBoundaries

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WORDS FROM THE DIRECTOR

Dear **Warriors**,

Welcome to the wild side of racing!

We are beyond excited to have you join us for Apex Adventure Challenge, an unforgettable journey that blends endurance, grit, and pure adventure. Whether you're here to challenge your personal limits, conquer the course with your team, or simply experience the thrill of racing through the untamed outdoors, you are officially part of something extraordinary.

This race isn't your average footrace or trail run. You'll be biking through winding forest paths, trekking across rugged terrain, and paddling through dynamic waters—all in one epic challenge. This is a test not just of your physical strength, but of your teamwork, mental toughness, and ability to adapt when the terrain gets tough and the trail disappears.

You are not alone on this journey. You're part of a community of bold, resilient, and adventure-hungry individuals we proudly call **Warriors**. Every one of you brings something unique to the course—and every story that unfolds along the way becomes part of the legend that is this race.

Everything you need to know to prepare for race day is included in your **Paddle, Bike, Trek Packet: Adventure Challenge Information Package**. Be sure to read it carefully so you and your team are ready to take on whatever the course throws at you.

We strongly encourage you to read through it thoroughly so you're well-prepared for whatever twists, turns, and unexpected moments the course throws your way.

A few important reminders:

- **Teamwork is key.** There may be moments when the course gets tough—lean on each other. Communicate, support, and push forward together.
- **Respect the environment.** This race takes place in nature's backyard. Leave no trace. Let's work together to preserve the beauty we're privileged to race through.
- **Hydrate and fuel wisely.** This course will demand a lot from your body. Take care of it.

Above all, embrace the experience. The mud, the sweat, the laughs, the detours, the victories big and small—these are the moments that make adventure racing truly magical.

We'll see you at the start line, **Warriors**. Get ready to ride, run, and paddle into one of the most unforgettable races of your life.

Here's to the spirit of adventure and to each of you brave enough to chase it!

With excitement and respect,

Dennis Legault
Race Director
Owner, Apex Warrior



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Section 1

GENERAL OVERVIEW

Welcome to the first Apex Adventure Challenge! We're pumped to host this brand-new adventure race at Laurentian Conservation Area in Sudbury, Ontario. This will be a 3 to 5 hour adventure packed with biking, trekking, paddling, and navigation. The course is built for teams of 2 or 3 racers, combining marked and unmarked sections to keep you guessing and laughing.



You'll explore Sudbury's beautiful wilderness, using a map and compass to locate checkpoints. Some sections will be well-marked, others will have you feeling like a modern-day explorer. Bring your sense of adventure – and maybe a snack or two for those "how are we lost already?" moments.



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Section 2

RACE DAY ITINERARY

July 27, 2025 – Sunday

7:00am	Bike Drop Opens (Laurentian Conservation Area)
7:00am	Canoe Drop Opens (Laurentian Nature Chalet)
7:30am	
9:00am	Race Kit Pickup (Laurentian University)
9:15am	Mandatory Pre-Race Briefing (Laurentian University)
9:30am	Race Start (Start waves by team category if needed)
1:00pm	
3:30pm	Teams Finish



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Section 3

RACE DETAILS

TEAMS	2-3 racers
TOTAL EXPECTED TIME	3-5 hours

RACE SECTIONS



MOUNTAIN BIKING

Approx. 20 km
(mix of trail and dirt road)



TREKKING

6 km
(trails and some off-trail navigation)



CANOEING

6 km (flat water)

Canoe Notes

- ♥ Maximum 3 people per canoe.
- ♥ Bring your own canoe or rent one (limited supply – first come, first served).
- ♥ Canoes must be dropped at the Laurentian Nature Chalet (10-minute drive from Laurentian University).



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Section 4

NAVIGATION

Maps and a set of race instructions will be handed out at Race Kit Pickup.

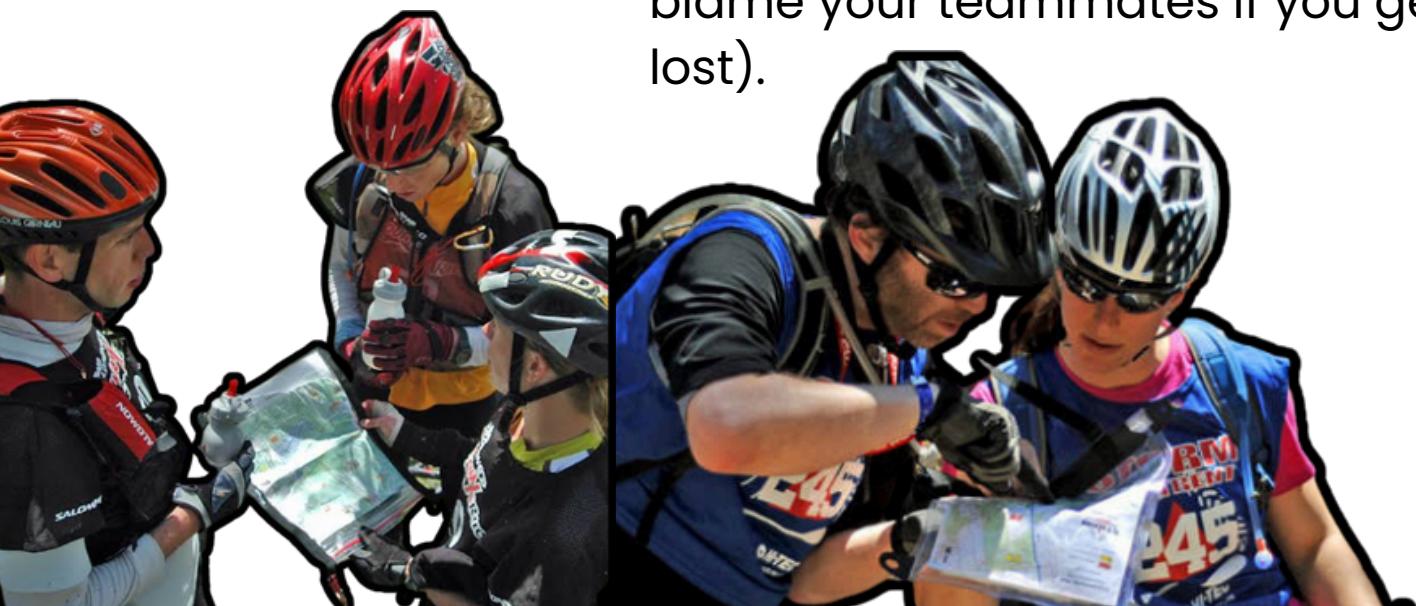
Navigation will need basic map reading skills. Race markers will be at major trail splits, but you'll need to pay attention – **no autopilot allowed!**

Marked Sections

Follow the signs, high five them if you need motivation.

Unmarked Sections

Trust your maps and your brain (or blame your teammates if you get lost).



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Section 5

MANDATORY GEAR LIST

Mandatory per Racer

- Mountain Bike in good working condition
- Certified Bike Helmet
- Coast Guard or DOT-approved PFD (no inflatable PFDs)
- 2 whistles (one carried, one attached to PFD)
- Water capacity for 2L minimum
- Backpack
- Spare long-sleeve (non-cotton) shirt in watertight bag
- Toque or Buff
- Headlamp or flashlight
(for when you "adventure a little too hard")

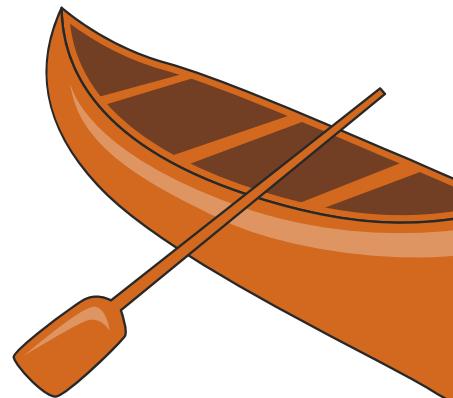
Section 5

MANDATORY GEAR LIST

Mandatory per Team

- Compass
- Waterproof map pouch or ziplock bag
- Fully charged cellphone (for emergency use only – not for googling "how to read a map")
- Emergency blanket
- Pocket Knife
- Permanent marker or pen
- Medical kit (basic supplies)
- Dry bag for gear (minimum 20L)
- Canoe (for paddle section)
- 2 paddles, 1 bailer, 1 throw rope (15m minimum)

Note: Canoe rentals include paddles, throw rope, and bailer.



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Section 6

RACE RULES

- Teams must stay within 100 meters and visible sight of each other.
- Teams must visit all checkpoints in order unless race instructions say otherwise.
- GPS navigation is a no-go. Adventure means getting "almost lost" the old-fashioned way.
- Helmets on while biking, PFDs on while paddling – *no exceptions*.
- Missing gear may lead to time penalties or just sad faces at the finish.
- Racers who can't continue must report to race staff.



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Section 7 **AWARDS**

Prizes and medals will be awarded to the top teams in each division (Male, Female, Coed, Masters if enough teams sign up).

Come for the challenge, stay for the glory shots with your medals!

Section 8 **VOLUNTEER CALL**

We'd love volunteers! Friends, family, random strangers you recruit — all are welcome. Volunteers get a free race Buff, a lot of thanks, and possibly some epic high-fives.

Send an email to

bookings@apexwarrior.ca or **contact@apexwarrior.ca**
if you know someone who can volunteer.



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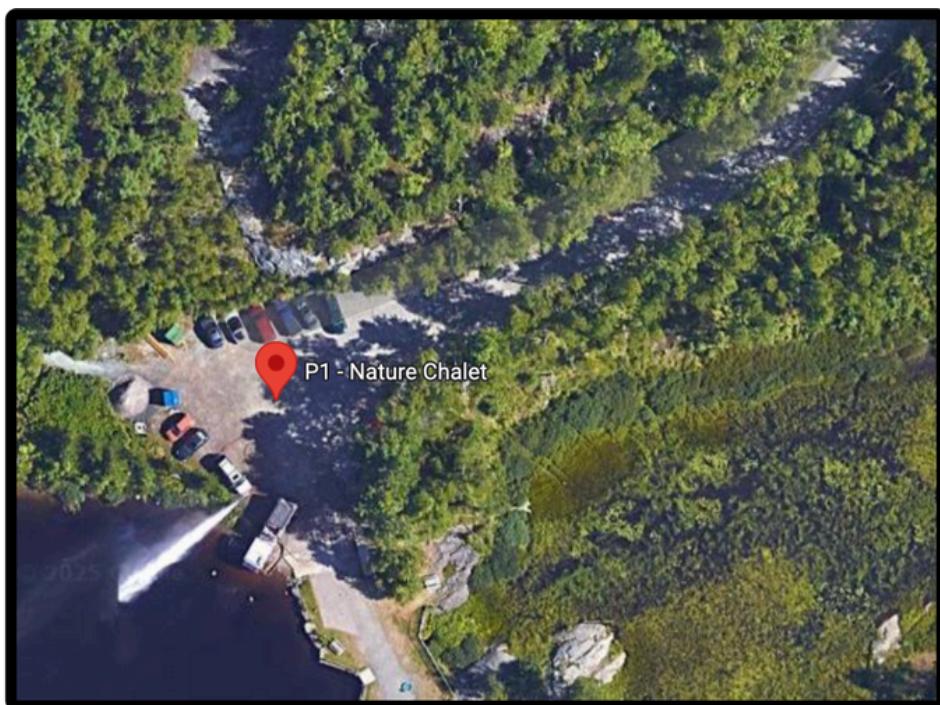


Section 9

HOW TO GET THERE?

Step 1. CANOE & PADDLE GEAR DROP

Drop your canoe and paddle gear (PFDs, paddles, etc.) at the **Laurentian Nature Chalet**. This is approximately a 10-minute drive from **Laurentian University**. This is the first stop on race morning. Race staff will be on site to help you unload and direct you to the staging area.



Laurentian Nature Chalet

 2309 S Bay Rd, Greater Sudbury, ON P3E 6H7,
Canada

Google Maps: <https://maps.app.goo.gl/7QYTp3HALwe7QKMw7>



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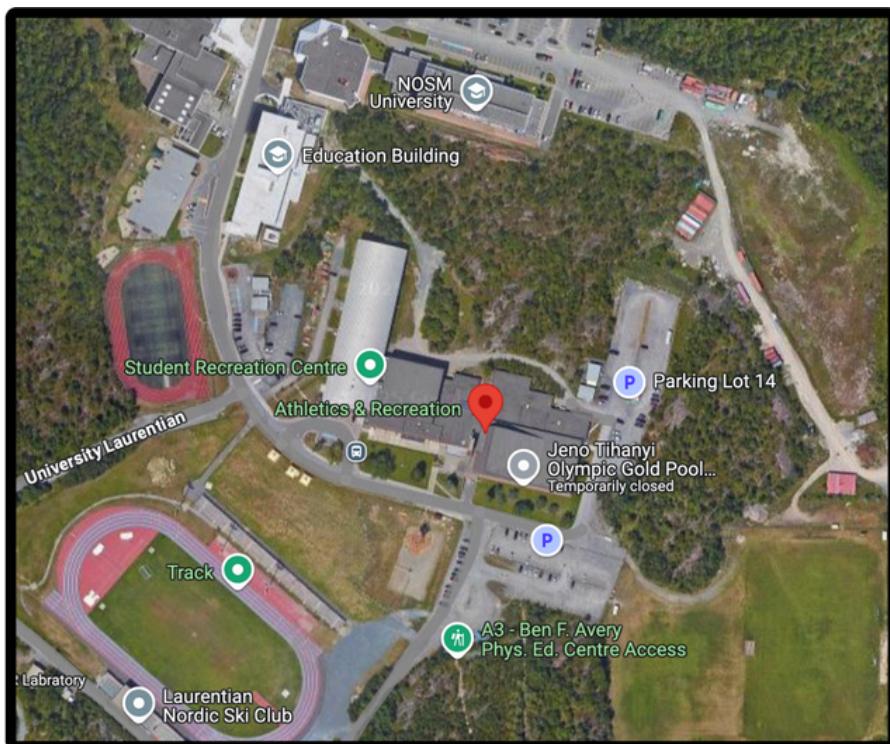


Section 9

HOW TO GET THERE?

Step 2. RACE KIT PICKUP & BRIEFING

Head to **Laurentian Athletics and Recreation Centre** for Race Kit Pickup and the Pre-Race Briefing. All racers must check in, get their maps, bibs, and gear plates, and attend the 9:15am briefing.



Laurentian Athletics and Recreation Centre



935 Ramsey Lake Rd, Sudbury, ON P3E 2C6,
Canada

Located in: Ben F. Avery Physical Education
Centre

Google Maps: <https://maps.app.goo.gl/VgJHbfedmmgpsV2C9>



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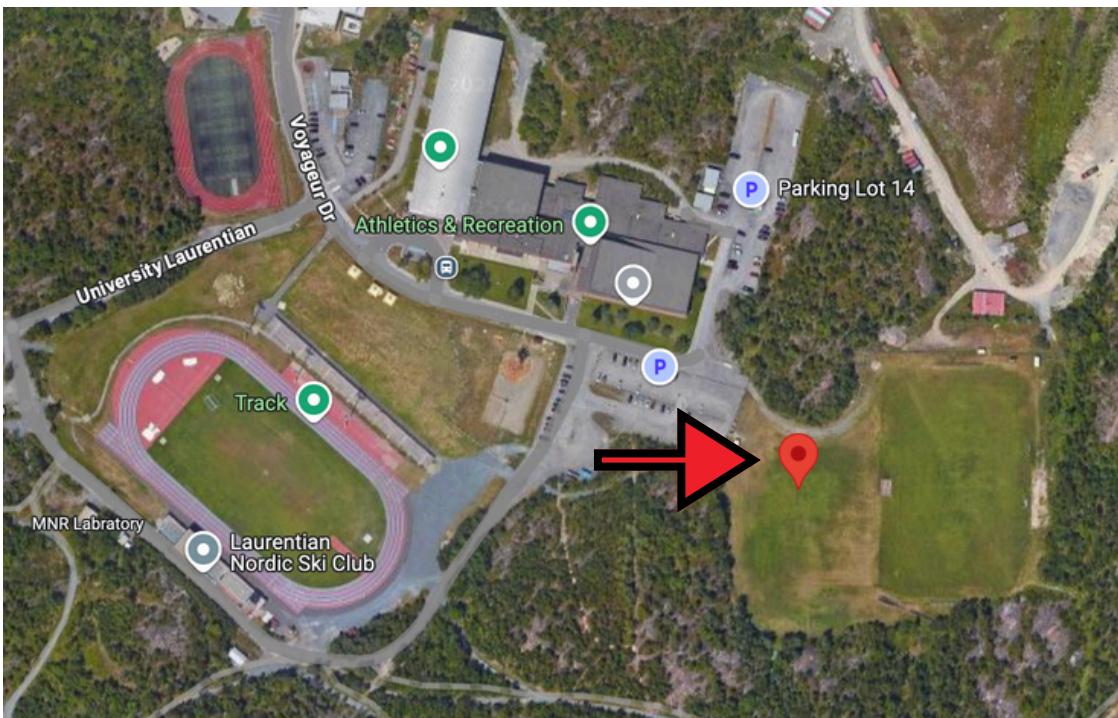
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Section 9

HOW TO GET THERE?

Step 3. BIKE DROP

After checking in, go to the **Laurentian Conservation Area** to drop your bikes at the designated transition zone. Parking is limited, so we highly recommend carpooling.



Laurentian Conservation Area

Google Maps: <https://maps.app.goo.gl/YGhPdjBL7i78LVfB8>





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FINAL NOTES

Bring all your gear! (No gear, no glory.)

Carpool – parking will be tight.

Watch for race updates in the weeks leading up.

Get ready for "No Boundaries" – the first-ever Apex Adventure Challenge! Let's make some memories (and maybe a few wrong turns)!



TALK TO US:



[705-920-0793](tel:705-920-0793)



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