

APEX TRAIL RACE SERIES
PRESENTS

APEX ADVENTURE CHALLENGE 2025



WELCOME TO THE CHALLENGE!

We're thrilled to have you on board for the 2025 Apex Adventure Challenge. This is going to be an unforgettable day filled with trekking, biking, paddling, and navigating through the beautiful Laurentian Conservation Area in Sudbury.



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www.apexadventurechallenge.com

Bring your energy, your gear, and your best teammate attitude – we're ready for you!



COURSE BREAKDOWN

LEG	DISTANCE	ESTIMATED TIME	NOTES
Leg 1 – Prologue Trek	2 KM	15–25 mins	Warm-up trek, stay fast!
Leg 2 – Mountain Bike	2.7 KM	10-20 mins	Short bike to transition – Rough Trails
Leg 3 – Trek	3 KM	20–40 mins	Trails and light navigation – stay sharp.
Leg 4 – Mountain Bike	11 KM	45–75 mins	Main bike section with mixed terrain and elevation. Mostly gravel roads
Leg 5 – Paddle & Portage	5–6 KM	60–90 mins	Flatwater paddle and portage. Nutrition can be dropped here in the morning.
Leg 6 – Mountain Bike	1.6 KM	10–15 mins	Final ride before you're back on foot.
Leg 7 – Final Trek	3 KM	20–40 mins	One last push to the finish line. Don't leave anything in the tank. Cut off time – 3:00 pm

Note: You can drop off nutrition and hydration at the paddle gear drop in the morning.

RACE DAY TIMELINE

7:00am Canoe & Paddle Gear Drop Opens (Laurentian Nature Chalet)

7:00am Bike Drop Opens (Laurentian Conservation Area)

7:30am - 9:00am Race Kit Pickup (Laurentian University – Athletics Centre)

9:15am Mandatory Pre-Race Briefing (Same location)

9:30am Mass Start (Laurentian University)

3:00pm Final Trek Cutoff (you must have started Leg 7 by this time)

2:30pm Awards Ceremony (happens as results are ready)



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HOW TO GET THERE?

Step 1 – Paddle Gear Drop

Laurentian Nature Chalet

Drop canoe, paddles, PFDs, and any food/drink for the paddle.

[Google Maps Link here](#)

Step 2 – Race Kit Pickup & Briefing

Laurentian University Athletics & Rec Centre

Pick up your maps, bibs, instructions, and attend briefing.

[Google Maps Link here](#)

Step 3 – Bike Drop

Laurentian University

Drop your bike in the marked transition area.

[Google Maps Link here](#)



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RULES & NAVIGATION REMINDERS

-  Teams must stay within **100m** and **visual contact** of each other
-  Checkpoints must be visited in order, unless instructed otherwise
-  **No GPS** use — only map + compass
-  **Helmets** (on bikes) and **PFDs** (in boats) are **mandatory**
-  **Bibs must be visible** at all times
-  Missing **mandatory gear** can lead to **penalties**
-  Be respectful of nature, staff, volunteers, and other teams



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FINAL NOTES

-  **Label your gear** and canoe clearly with your team name
-  Bring a **dry bag, hydration system, and map pouch**
-  Dress for the weather – be ready for heat, bugs, or wet conditions
-  **Carpool if possible** – parking is limited
-  **Watch for final updates** by email or Instagram before race day
-  Have fun, support your teammates, and get ready to make memories

CONTACT US



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SHARED EVENT WEEKEND

WILDERNESS TRAVERSE INFO

This weekend is extra special — not only are you racing in the Apex Adventure Challenge, but you're also sharing the trails with racers competing in Wilderness Traverse, one of the biggest adventure races in North America!

You might see CP flags, signage, TAs, or even racers from Wilderness Traverse out on course.

Don't panic — you're in the right place.



Just make sure you're always following **AAC-specific signage**, checkpoints, maps, and instructions **from our staff** and volunteers.



If you come across a checkpoint (CP) that's not on your map — it's not yours. Keep moving and stay on your designated course.

We're excited to be part of this big weekend for adventure racing in Sudbury. If you're curious about the full 24+ hour race going on around you, check it out at wildernesstraverse.com — and who knows, maybe it'll be your next goal!

PARKING INFO

SUNDAY MORNING

With Wilderness Traverse running all weekend, parking near Laurentian University and Laurentian Conservation Area will be busy on Sunday morning.

Here's what you need to know!

- ✓ **Please carpool if possible** — we're expecting limited space.
- ✓ Plan to arrive early (around 7:00 am if you can).
- ✓ **Priority Parking:** The **main lot at the Athletics Centre** will likely fill first — look for volunteers to direct you to overflow parking areas if needed.
- ✓ Give yourself time to drop your canoe/paddle gear and make your way to kit pickup.



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