

## Clint Adams

### Intro to Adventure Racing and Orienteering.



Discover the difference between Adventure Racing and Orienteering. Learn what it takes to get into each of the sports with this fun, engaging presentation.

I will provide a brief presentation highlighting the differences of the sports. Participants will get hands-on experience navigating with their own copy of a map. We will review the basics of using a compass, go over techniques and talk about the most common terminology. After conquering the basics we will discuss different formats, course ratings, equipment needed, and training.

I am Clint, General Manager of Moosejaw Birmingham. I have been adventure racing, canoeing, biking, running, and just getting out there since I can remember. I have been competing in adventure races since 2010, with races ranging from short sprints (~2hrs) to multi-day events. From 2017 to 2020 I was the Event Director for Southern Michigan Orienteering Club.

