

# Eco-Challenge Adventure School Program



Within the context of a guided mini Eco-Challenge Expedition, participants will learn the secrets to success in Adventure Racing through simulated Eco-Challenge race conditions. All training is in the field and will test your skills.

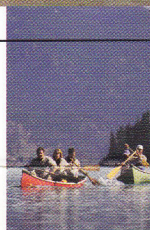


**Climbing** Learn Jumar Ascending, Rappelling, Tyrolean Traversing and other climbing techniques critical to Adventure Racing.

**Ocean Kayaking** Learn proper techniques for long distance paddling and Kayak safety including wet exits, bracing, rolling water navigation (using currents, tides, and winds) paddling dynamics/stroke analysis, paddling as a team.

**Orienteering** Learn to confidently utilize a compass, a topographical map, the sun, to effectively navigate back country terrain, both day and night.

**Mountain Biking** Learn proper bike fit, repair, uphill and downhill riding techniques. towing safely, pacelines, and strategies for effective cross country cycling.



**"Dealing With It"** Experience real adventure race conditions, learn proper pacing, how to move fast over rough terrain, pathfinding, sleep management techniques, team dynamics, choosing a pacesetter, understanding and communicating your condition.

**Confronting Limits** Discover your true potential to confront and overcome adversity by learning to push beyond pre-conceived notions of physical and mental endurance. In short, Learn not to quit!

**Leadership** Understand the secrets to being a compassionate leader and team member. Learn when and how to both give and receive help. Discover how to motivate yourself and others to achieve to maximum potential.

**Environmental Awareness** Reaffirm your appreciation for the wonders of the outdoors. Enjoy the beauty of the Santa Monica Mountains through ethical outdoor recreation. Train hard while practicing low impact backcountry skills. For Adventure Racing to survive we must never be too cool to care.

**Nutrition, First Aid,  
Outdoor Survival Skills and more . . .**

The Eco-Challenge Adventure School is hosted in co-operation with the California Department of Parks and Recreation, Malibu sector.

