

Halloween Invitational Adventure Race 2010
Packing List

Kayak (30-45 minutes) – You'll be transitioning to the run directly after the paddle, so plan on paddling in your running attire. Shorts and a sport's t-shirt are convenient to wear for the entire event, depending on the weather. Kayaks, paddles and life jackets will be provided or bring your own if you'd like.

Trail Run (45-60 minutes) – wear what you kayaked in. Road or trail running shoes are fine.

Mountain Bike (30-45 minutes) – a properly functioning bike preferably with front or dual suspension, helmet, cycling glasses*, gloves, water bottle or hydration pack. *Sunglasses may be too dark on the trails. Rental bikes are available at [Bicycle Planet](#) in Syosset.

Snacks & beverages will be provided at aid stations along the route so there is no need to carry food or liquids, except for the bike portion.

Bring a towel to clean up and extra (warm) clothing to change into for the festival after the race.