



# Adventure Race Luxembourg

## Mullerthal Adventure Race

**15.06.2024**

The **MAR** is the one and only adventure race in Luxembourg. This year will be physical!!

### Track:

+/- 50 km MTB

+/- 25 km Hike / Run

+/- 15 km Kayak

\* Special Tasks

In a team of 2 competitors, you will have to complete several tasks. More information about the tracks will follow in the **roadbook**. The roadbook will be handed out a few weeks before the competition.

Once the race starts, the clock is ticking. The first team arriving at the finish line and collecting all the checkpoints wins the race.

**Support can only be provided at the transition-zone.** You must get through the race on your own. The whole race is self-sufficient.

Start & Finish location: to be announced.

Time & schedule: to be announced.

### **What to bring to the MAR?**

- MTB (mandatory) + Red-Rear-Light
- Bike Helmet (mandatory)
- Trail running shoes (running shoes)
- Backpack or Camelbak
- First Aid Kit + Rescue Blanket (mandatory)
- Flat Tire Kit + tools
- 1 smartphone per team + waterproof bag (mandatory)
- Waterproof map holder
- Magnetic compass
- Climbing harness + helmet (no bike helmet) (mandatory)
- Courage and bravery



## **Provided by the organisation:**

- Kayaks, paddles and life vests
- Roadbook and set of orienteering maps

## **Registration**

For club members the contribution is for free.

For external teams the contribution will be **60 Euros** per team.

## **Payments for the race must be done in advance and will confirm your registration.**

You can register by phone or by email until the 1<sup>st</sup> of May.

The 15 first registrations will participate on the race! (limit number of teams is 15).

You can cancel your registration until the 1<sup>st</sup> of May for free.

Your registration should contain:

- Team-Name,
- Names of the competitors,
- Phone number of the competitors

### **Bank-Account (please mention the team-name)**

**BCEE LU25 0019 5855 4863 5000**

**Adventure Race Luxembourg**

**Email:** [adventure.race.lux@gmail.com](mailto:adventure.race.lux@gmail.com)

**Phone:** +352 621 512 873 (for registration & further information)

## **Disclaimer**

This race is on your own risk. If any personal material will break or you hurt yourselves during the race, the Adventure Race Luxembourg will not take the responsibility. You are free to participate on the race and you can stop it at any time.



Thanks to our partners!

# ASPORT CYCLING



Gemeng Beefort



# WANDWERK®

D'HANDWIERK ASS EISE METIER.

Adventure Race Luxembourg  
Follow us on Instagram & FB

