

Gaviota OCR

Endurance Challenge

Saturday, May 16th, 2009 6:30am

9.5 miles of open **O**cean paddling * 26 miles of sandy beach and **C**anyon trail
running * 38 miles of **R**idgeline mountain biking

Ocean

9.5 mile open ocean paddleboard, stand up or kayak from Refugio Beach to Haskell's Beach.

Canyon

26 mile run from Haskell's Beach to Hendry's on the sand, up Jesusita and Tunnel Trails, East Camino Cielo to La Cumbre Peak. 3000' elevation gain in the last 5 miles.

Ridge

38 mile mountain bike from La Cumbre Peak along East Camino Cielo, West Camino Cielo, Broadcast Peak and down Refugio Road, returning to Refugio Beach.

YOU MUST PROVIDE YOUR OWN CREW, TRANSPORTATION AND AID STATIONS – THIS IS AN UNSUPPORTED EVENT!

- You're welcome to complete ocean portion only.
- Teams are encouraged
- You can solo the event
- No entry fee
- No littering

For more info Contact Mike Postma at postma.michael@gmail.com