

# GENERAL INFORMATION

South Jersey

## Law Enforcement Outdoor Challenge



### YMCA CAMPS

The YMCA Camps of Medford is private property. Competitors are not authorized to train on the campgrounds. For information on purchasing a membership, check out their website at [ycamp.org](http://ycamp.org).

### Welcome to the SJLEOC

2010 marked the 1<sup>st</sup> annual South Jersey Law Enforcement Outdoor challenge. Inspired by an outdoor challenge in North Jersey and a duathlon in South Jersey; members of the South Jersey Law Enforcement community were driven to develop a challenging, but exciting race for the community. YMCA Camps of Medford opened their campsite to host a one-of-a-kind outdoor challenge encompassing running, mountain biking, and “the canoe” for an awesome outdoor race. Open to the public, 2-person teams challenge themselves and navigate a 3 mile trail run, 10 mile mountain bike course, 2 mile canoe and a 3 mile train run AGAIN; just to remind you that you’re still alive.



#### SJLEOC

##### Arrival

You can arrive to the camp no earlier than 7:30 am.

##### Directions

1303 Stokes Road  
Medford, NJ 08055

##### Event Map

Parking, bathrooms, transition, spectators shown on map at our website



You are permitted to warm-up on the course following the appropriate course markers. While on mountain bikes, helmets **MUST** be worn and eye protection is strongly recommended.

## MECHANICAL

“Wheelies” will be on location for any last minute bicycle issues. This is not a bike inspection! You are responsible for insuring the good working order of your mountain bike.

## INFORMATION TABLE

When competitors arrive to the transition area they must sign the participant waiver, receive team numbers and set up your transition box. Competitors must keep all equipment, clothing and bikes inside their team box. Last minute race instructions will be announced at 8:55 am.

Water and Gatorade will be available before and during the race. Changing area and restrooms can be found next to the mess hall.

## ITEMS TO BRING

- Mountain Bike & **HELMET**  
(Not provided by host site)
- Eyewear (Strongly recommended)
- MTB shoes if needed
- Running shoes
- Appropriate clothing for weather conditions
- Specialty drinks / water bottle / hydration system
- Food / nutrition bars
- Towel and change of clothes
- Spare tires / CO2 / Pump / Utility Tool
- First Aid Kit





## RACE RULES 8:55 AM START 9:00 AM

Water and gatorade is available in the transition area. You will pass transition at the completion of each stage.

- ❖ You can use or wear a camelback hydration system if you wish and carry any wanted legal supplements during the race.
- ❖ All bikes, shoes, equipment, clothing and other race essentials must be placed in our team section located in the transition area.



The Best location for family and friends is in and around the transition area. You will see the competitor's six times. Spectators can purchase a lunch ticket for a \$5 donation at the information table. Hot dogs, hamburgers and soda will be served.