**February 8, 2019**

**Krajna Adventure Race 2019**

There were rivers: Glomia, Kocunia, Gwda, Debrzynka, Pilawa, Lobzonka. There were lakes: Slawianowskie, Miejskie, Zaleskie... When we are coming up with a new course of the race, we always start with finding a place for paddling stage - a river gives us the direction that leads the rest. 5 editions of the race are behind us, tens square kilometers of explored terrain and nonetheless we are still finding something special, something that gives us a thrill and positive vibe. This time, racers on both courses will kayak on the same river, but we chose the one that was never used during Krajna AR. It's gonna be great!

During the last weekend of March (29-31.03.2019) we’ll take all participants to new locations, we’ll be exploring new rivers, lakes and hectares of beautiful forest. Forests will be the main theme of this edition of the race. As last year, we are preparing 2 adventure racing courses (60 and 150 km), bike orienteering (50 km) and short 5 km orienteering run.

**Direction Zlotow**

All teams from the short course will be transported to the start line somewhere in the middle of nowhere, from where they will run, cycle and paddle in the direction of the finish line located in Zlotow. They will begin in the middle of the forest and run for 6 km, paddle 8 km, run again, 18 km and finally cycle 30 km. All in 2-people teams and white navigating their route finding control points. On this course the GPS devices are allowed as we welcome newcomers in adventure racing.

**Something for experienced racers**

The long course is more demanding – the navigation is more tricky, sections longer and logistics more complicated. Additionally teams need to master inline-skating. Racers will start at midnight between 29th and 30th of March in Zlotow. After short prologue they will jump on bikes and cycle for 55 km. At dawn they will enter kayaks and paddle 8 km across beautiful lakes into real wild place where they’ll run next 14 km to get back to their kayaks. They paddle 25 km crossing first transition area just to take skates. When they reach last kayaking control point, they’ll leave all the paddling equipment and start skating and running, depending on terrain, in the direction of transition area with their bikes. Final stage closing this big loop will be 30 km of cycling. The best teams are estimated on the finish line after 16 hours and all the others have 24 h to finish the race.

**Region of Krajna**

Krajna is a region located in Poland, in northern part of Greater Poland region. It is a perfect spot for an adventure race, full of lakes, rivers and forests. The terrain is varied and is a great background for spending time actively. The maps provided by polish publishing house Compass are quite detailed and make navigating nice experience while searching for control point. We hope all the racers will have much fun, as during last 5 editions of the event.

**Cheer your team on-line**

Each team will be equipped with a GPS device and it’s position will be available on-line which gives all fans of the sport chance to follow the race from start to finish and analyze different route choices. Every year there are few thousand people following the race and everyone who does that, confirms how addictive dot-watching is.

More details of the race and registration form are available here: [www.krajnaar.pl](http://www.krajnaar.pl) and on the Facebook page of the race: <https://www.facebook.com/krajnaadventurerace/>