



Susan Wood is doing the **Cumbrian Commotion** **Grizedale Forest, Cumbria**

Sunday 21st March

What is it?

The Helly Hansen Adventure Challenge Series is a team-adventure journey that will involve off-road running, mountain biking and kayak canoeing. There will also be some special extra challenges thrown in for good measure!

How far... How long?

Run or jog for about 10km. That's between 6 and 7 miles in old money.

Cover up to 25 km of mountain biking and possibly up to 1.5km of kayak canoeing but don't think it is just as simple as this.

With a few surprises and break up the journey don't assume each activity will be all in one go. We won't be telling you in advance! That would spoil the fun! Participants only find out the exact sequence of activities on the morning of each Challenge Series event.

We expect the elite teams to take perhaps two and a half hours. Most teams take between 3 – 4 hours and many will be happy to get around the Challenge in their own time...

It is a team event involving three people, all three must stay together at all times and all three will do all of the activities and challenges together.

If you would like to support her to raise money for Leeds CAB you can sponsor her in the event.

