THE CARTOON BOOK OF

ADVENTURE RACING



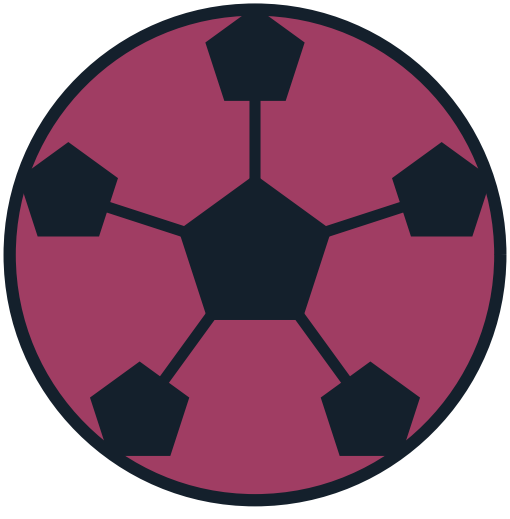
SPORT ON EARTH

Sport on Earth Books · The Athletics & endurance Family

Original illustrations · No characters were copied in the making of this book

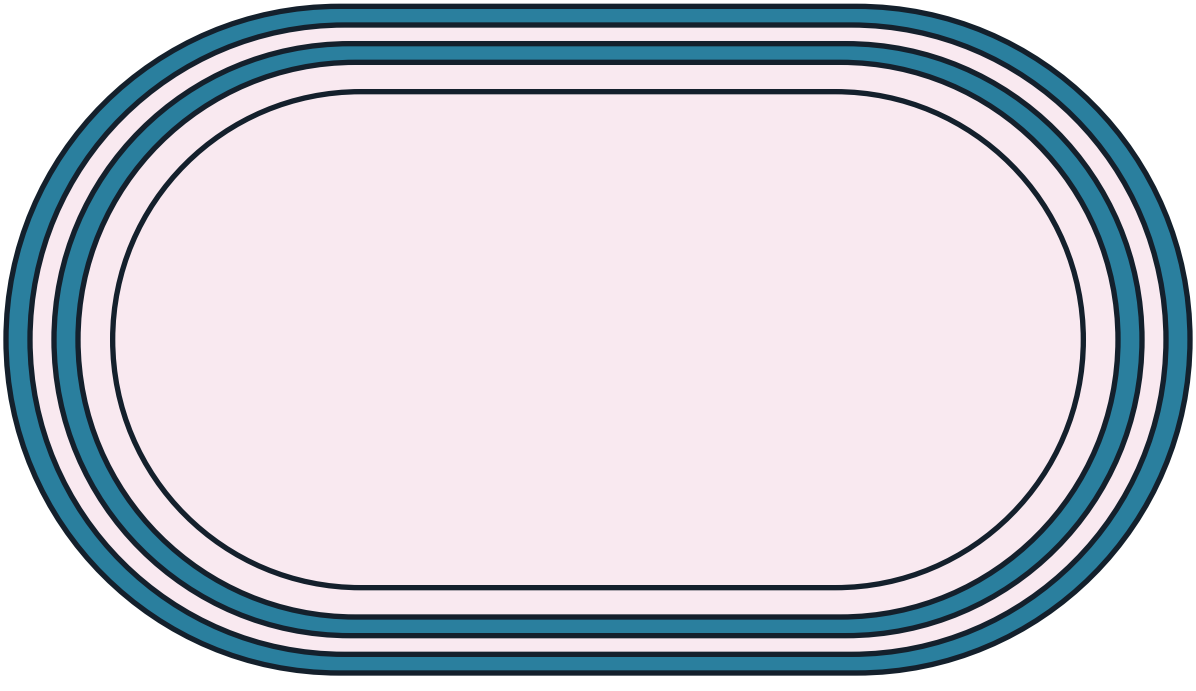
Meet Adventure Racing!

Multi-day expeditions mixing navigation, biking and paddling.



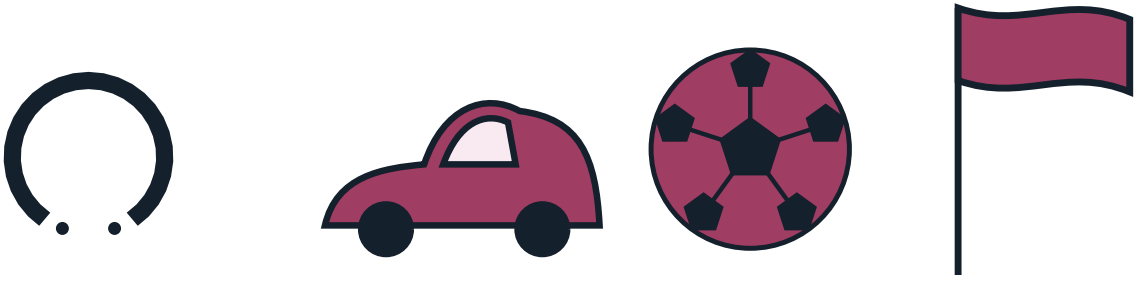
Where It Is Played

An unmarked wilderness course defined only by the organiser's maps, course book, checkpoints and transition areas; distance and terrain are set by each race.



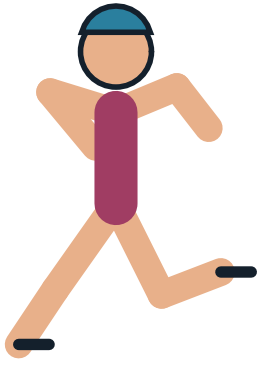
The Gear

Mandatory kit per the ARWS list: navigation (map and compass), mountain bike, paddle craft where the course requires it, ropes kit, shelter, food and safety equipment.



How It Starts

Start with a short sprint or discovery-category race with an experienced team, learn map-and-compass navigation first, and complete the organiser's competency and gear checks.



How to Play

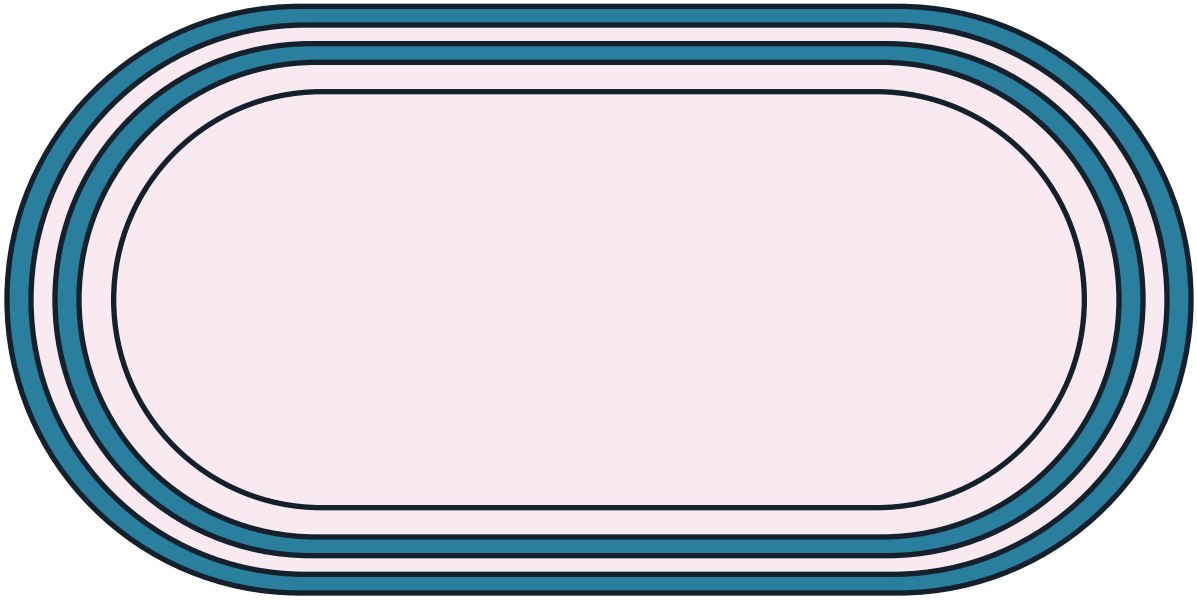
- Format: teams race non-stop over a multi-discipline wilderness course navigating by map and compass through checkpoints (CPs) and transition areas (TAs).
- World Championship courses include disciplines such as trekking, mountain biking, packrafting, sea kayaking, canyoning and rope challenges.
- Teams must complete the course as directed in the course book, through the CPs and TAs, in the racing discipline and using only the maps provided by the organiser.
- Teams must travel and complete the course together, without substitution.
- Teams must carry the mandatory equipment on the AR World Series Mandatory Equipment List plus any race-specific items directed by the organiser, and pass pre-race equipment and competency checks.

More of the Game

- Teams may not receive unauthorised race-related assistance during the race.
- The race clock does not stop, and time in transition areas counts toward a team's total time.
- A team has officially finished when all team members have crossed the finish line; the fastest complete team wins, with penalties added for infringements.
- Penalties are graded, e.g. BLUE penalties for minor infringements are normally time penalties of the order of 15 minutes to 2 hours as determined by the Race Referee; athletes may not use substances banned under the World Anti-Doping Code.

The Shape of a Match

A four-person team navigates an expedition course over several days, switching between trekking, biking and paddling stages at transition areas.

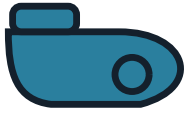


More of the Athletics & endurance Family

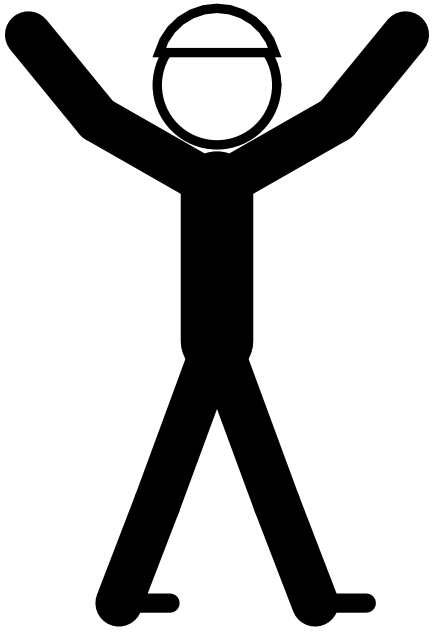
- Athletics (Track & Field) — Running, jumping, and throwing events measured by time, height, or distance, plus combined even.
- Cycling — Road, track, mountain bike, and BMX racing; road stage races reward overall time across days.
- Swimming — Four strokes (freestyle, backstroke, breaststroke, butterfly) raced over distances from 50 m to.
- Marathon and Road Running — 42.195 km road races, with the World Marathon Majors.
- Triathlon — Swim, bike and run in one race.
- Ultrarunning and Trail Racing — Races longer than a marathon on trails; UTMB is the best known.

A Note on the Rules

Adventure racing is governed loosely by the Adventure Racing World Series and national bodies: multisport expedition formats (trek, bike, paddle, ropes) with course-specific rules per event, mandatory gear lists as its core regulatory instrument. By design every race writes much of its own law. No major documented rule change is carried for adventure racing.

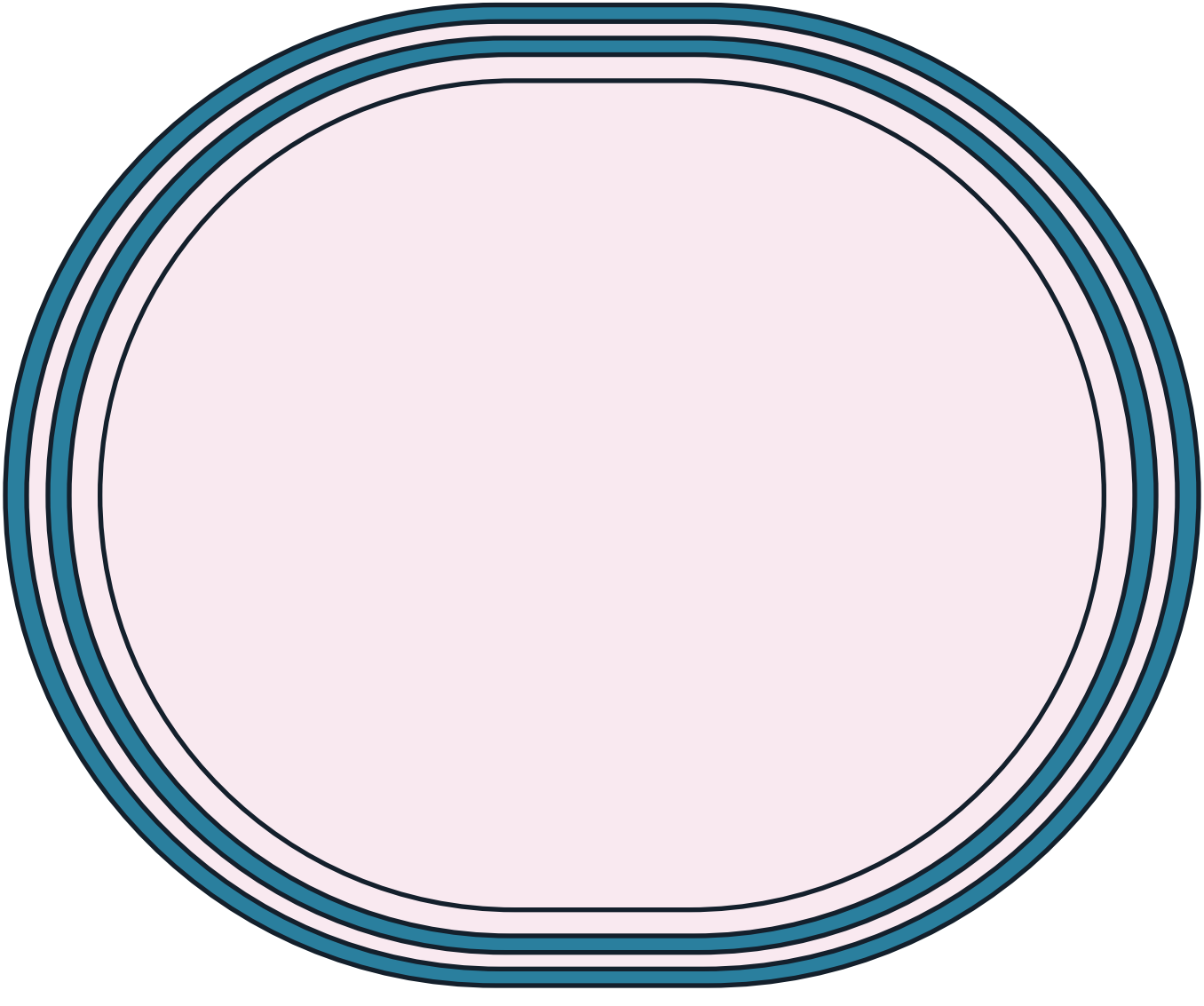


Colour the Action

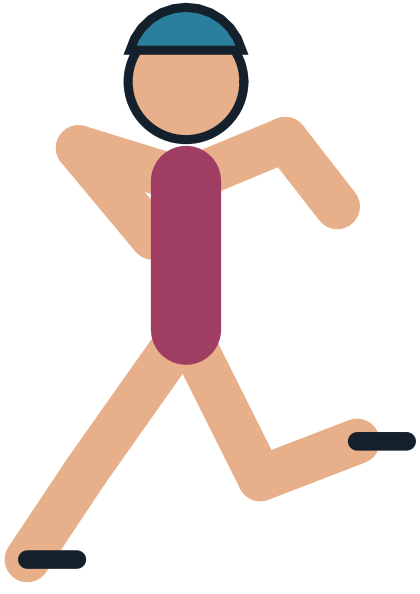


Psst — this page is a colouring page!

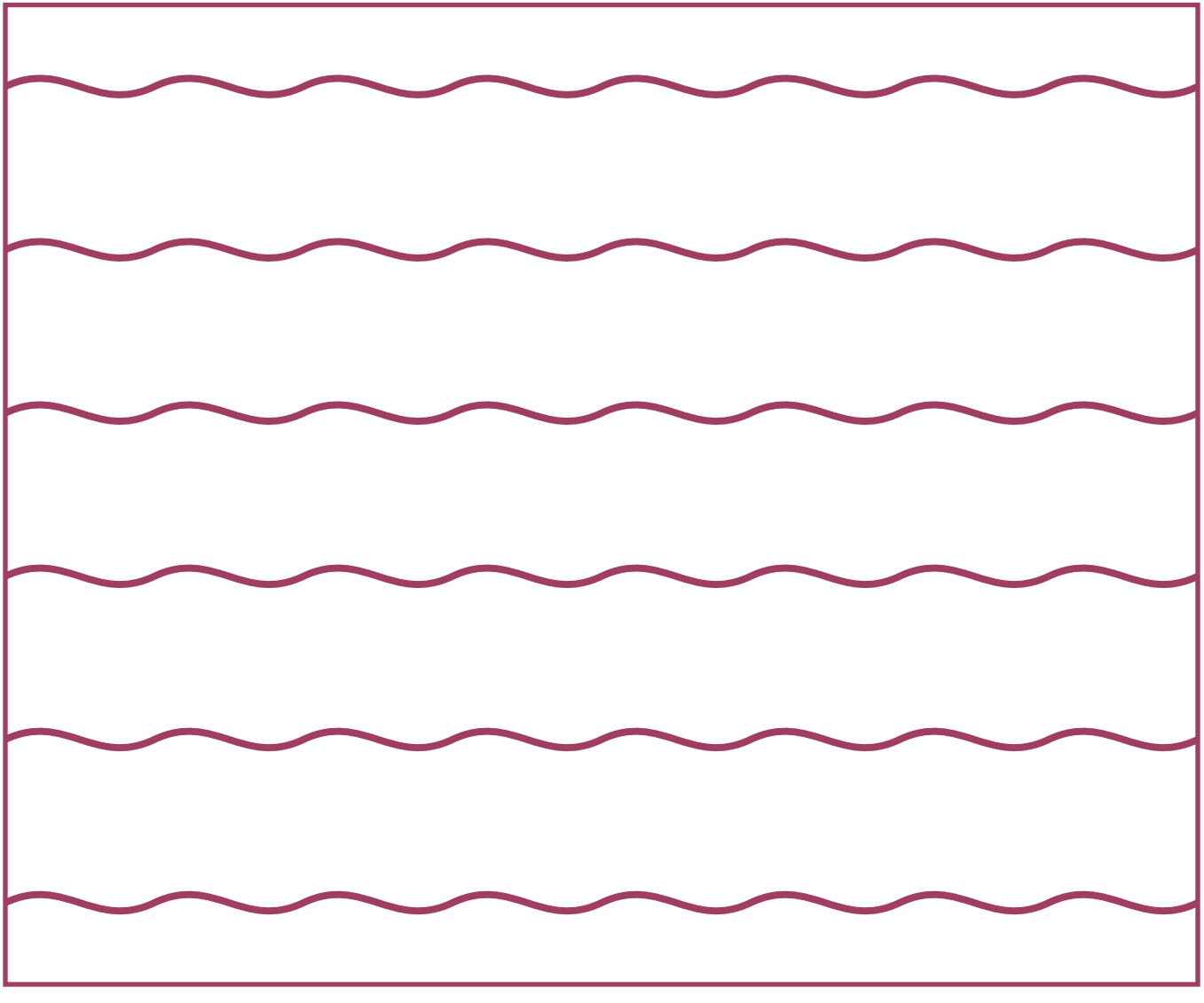
The Sport Today



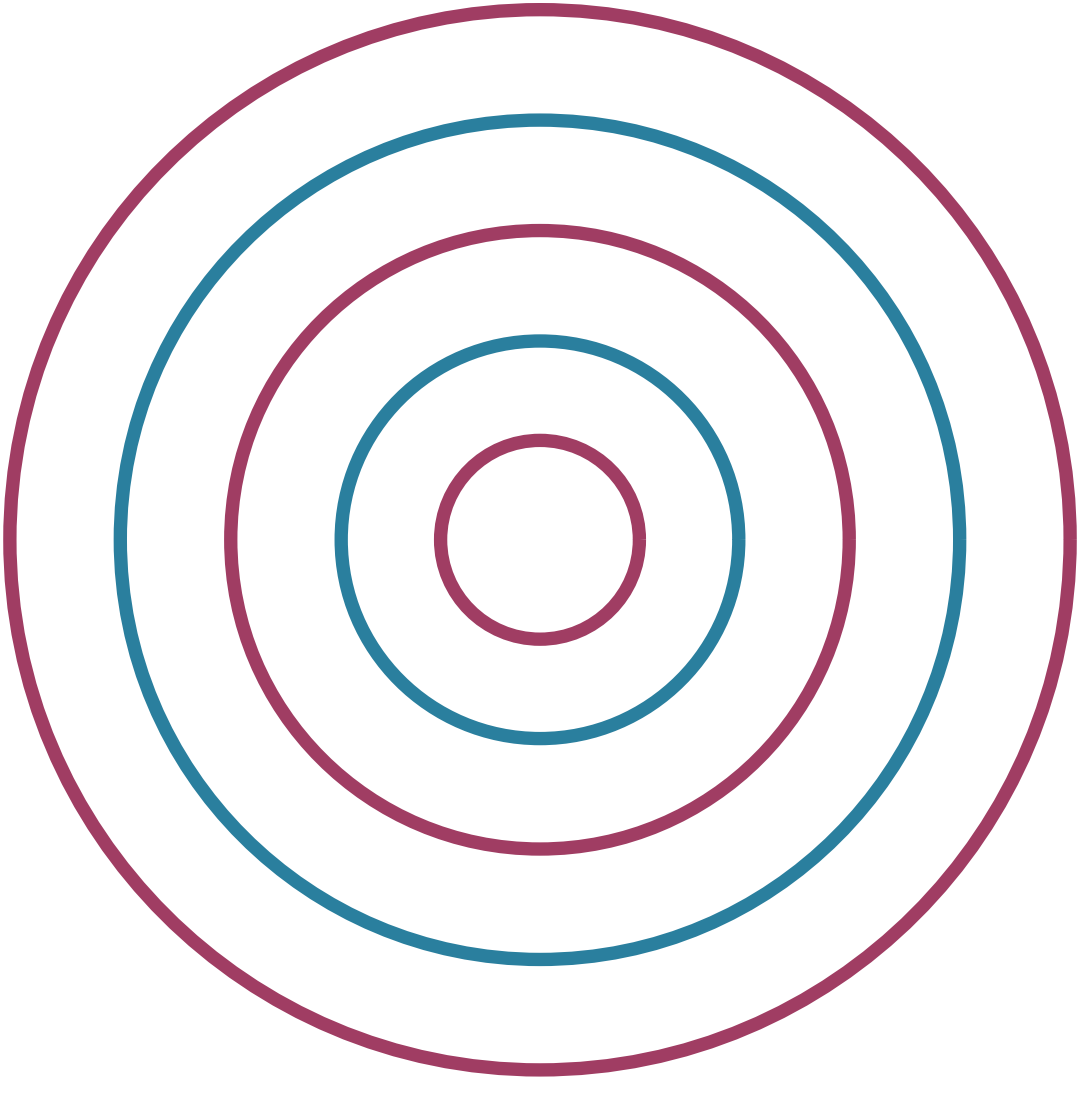
At School and College



Play It Near You



Through the Year



The Athletics & endurance Family

Every sport belongs to a family of games that share its shapes and skills. Here are some of this book's closest relatives — each with a cartoon book and a colouring book of its own.

- Athletics (Track & Field) — Running, jumping, and throwing events measured by time, height, or distance, plus combined even.
- Cycling — Road, track, mountain bike, and BMX racing; road stage races reward overall time across days.
- Swimming — Four strokes (freestyle, backstroke, breaststroke, butterfly) raced over distances from 50 m to.
- Marathon and Road Running — 42.195 km road races, with the World Marathon Majors.
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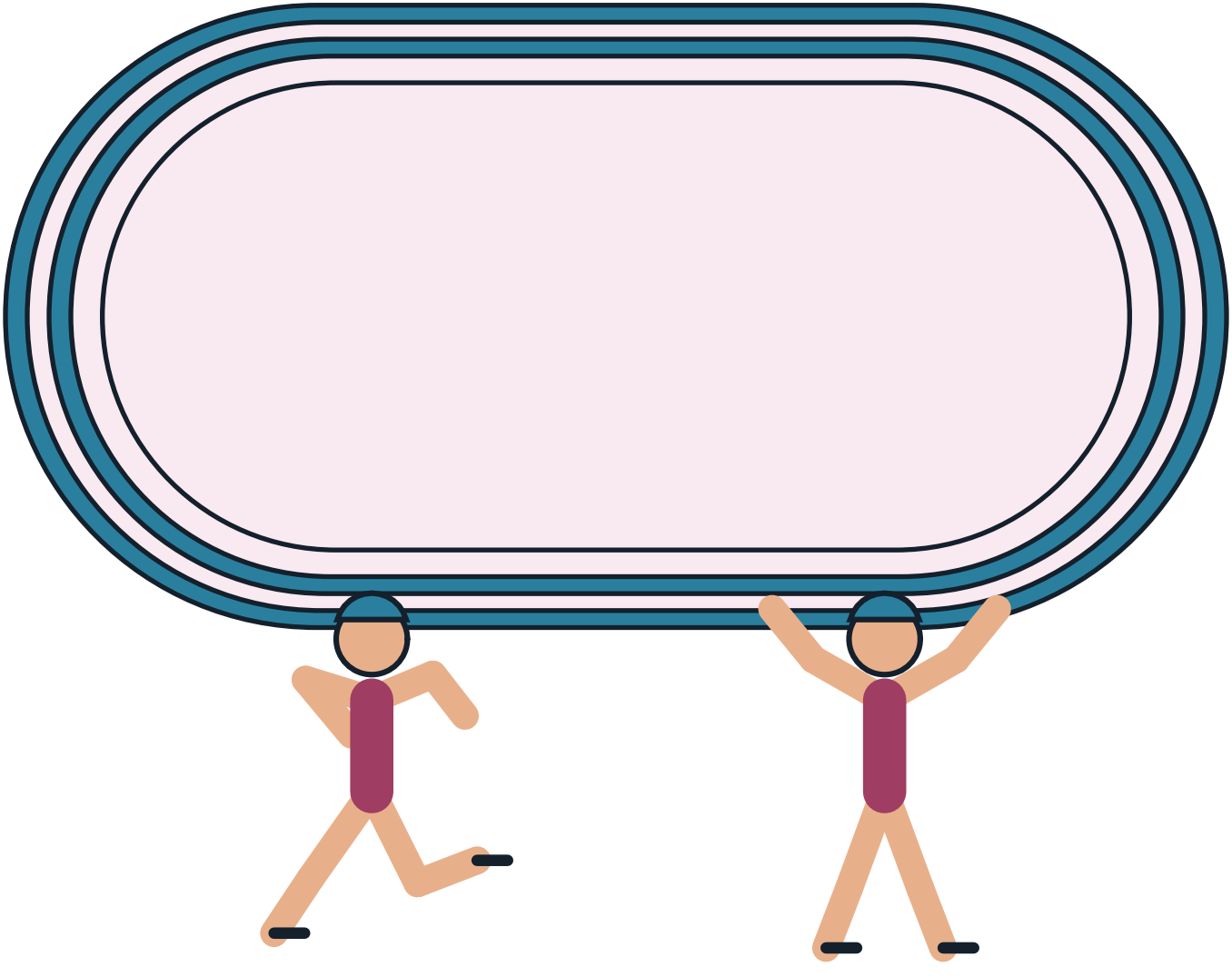
Game Day!

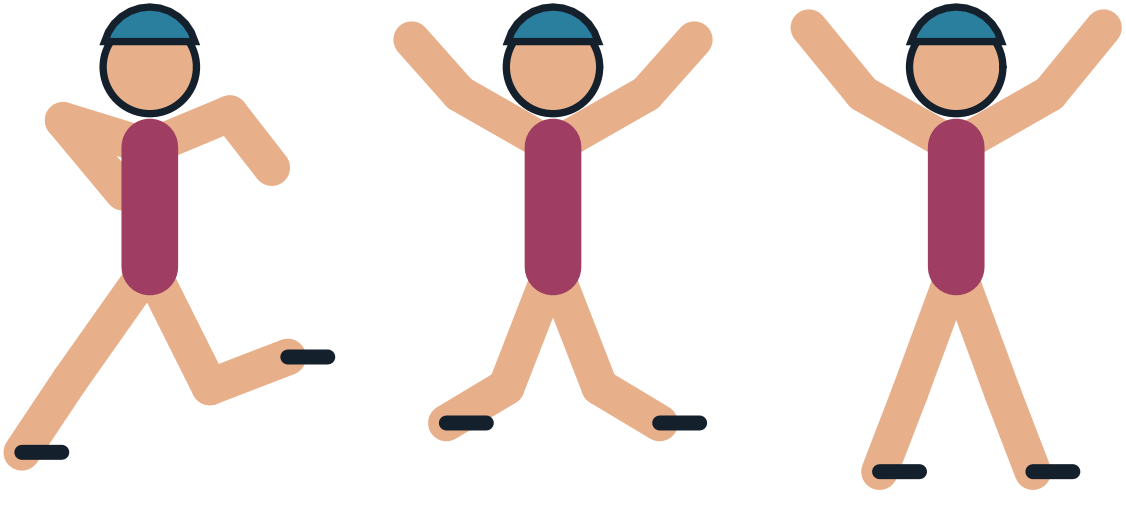


The Sport on Earth Mark

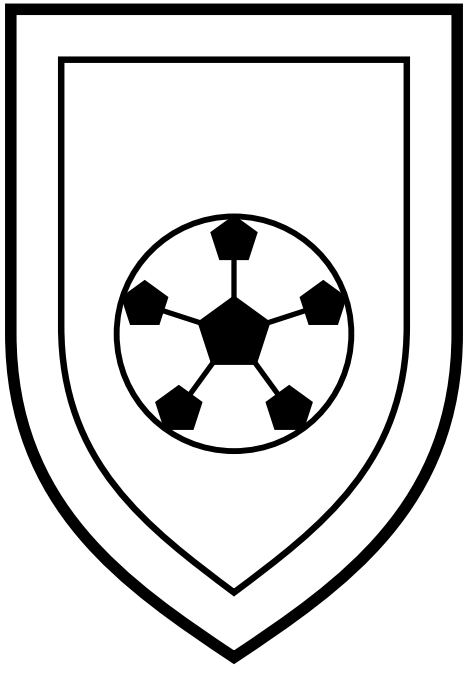
Every sport on Sport on Earth carries its own original mark, drawn for the site. Here is this sport's.



Moves of the Game

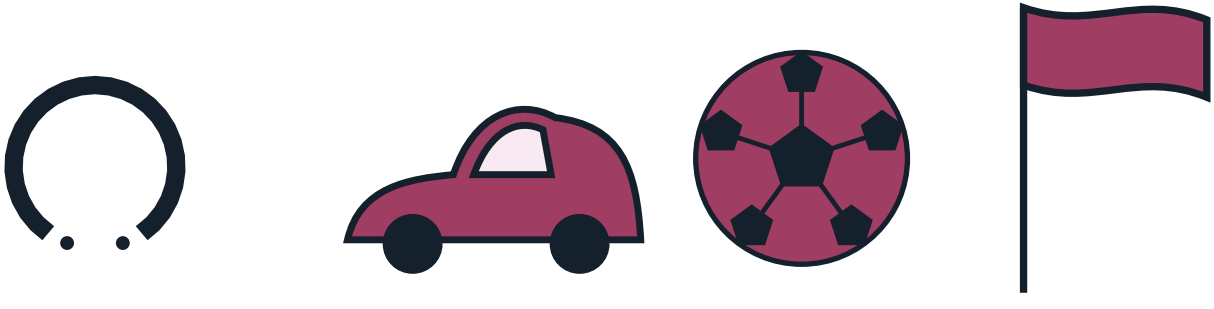


Design a Badge

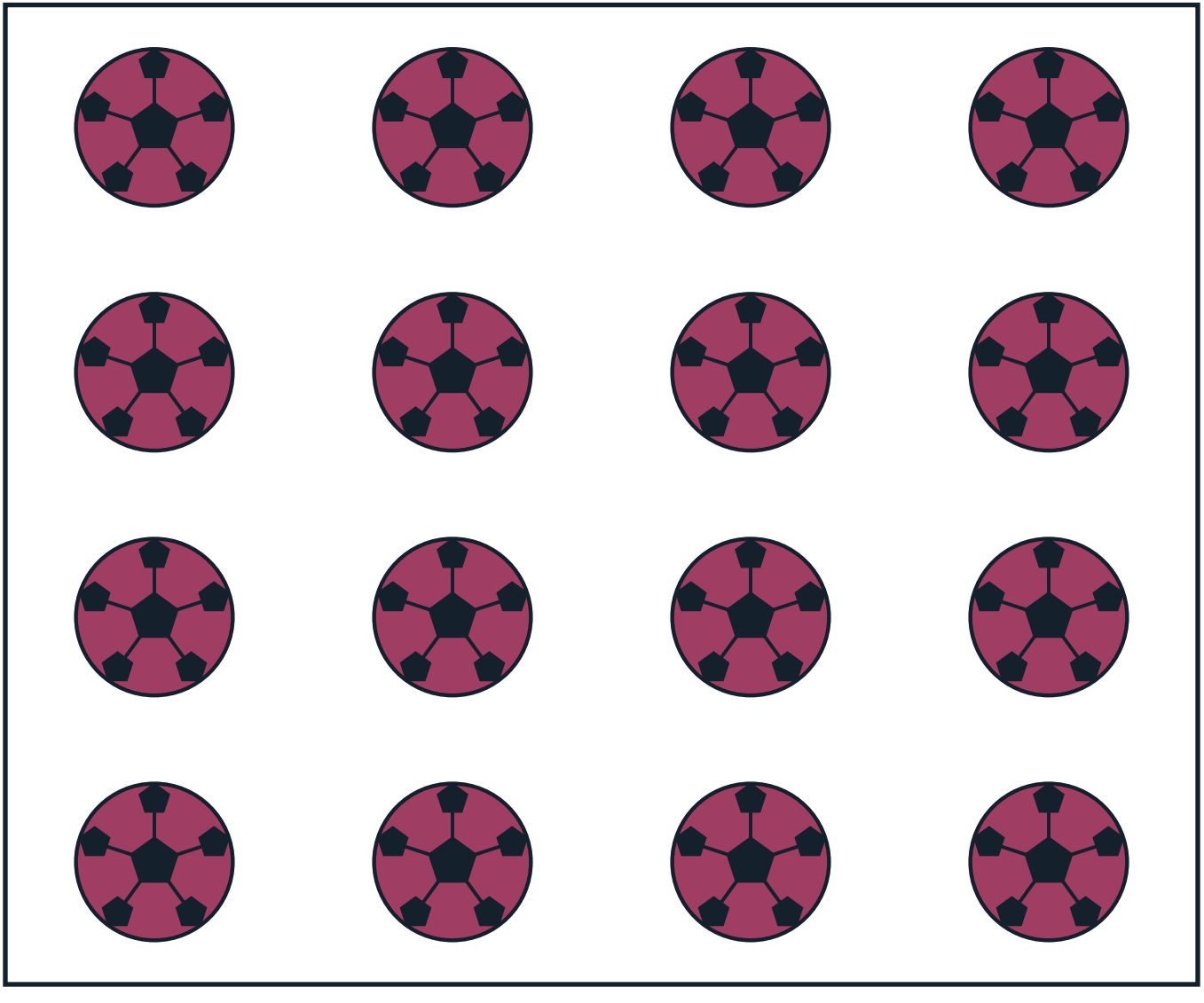


Draw and colour a badge for your own team.

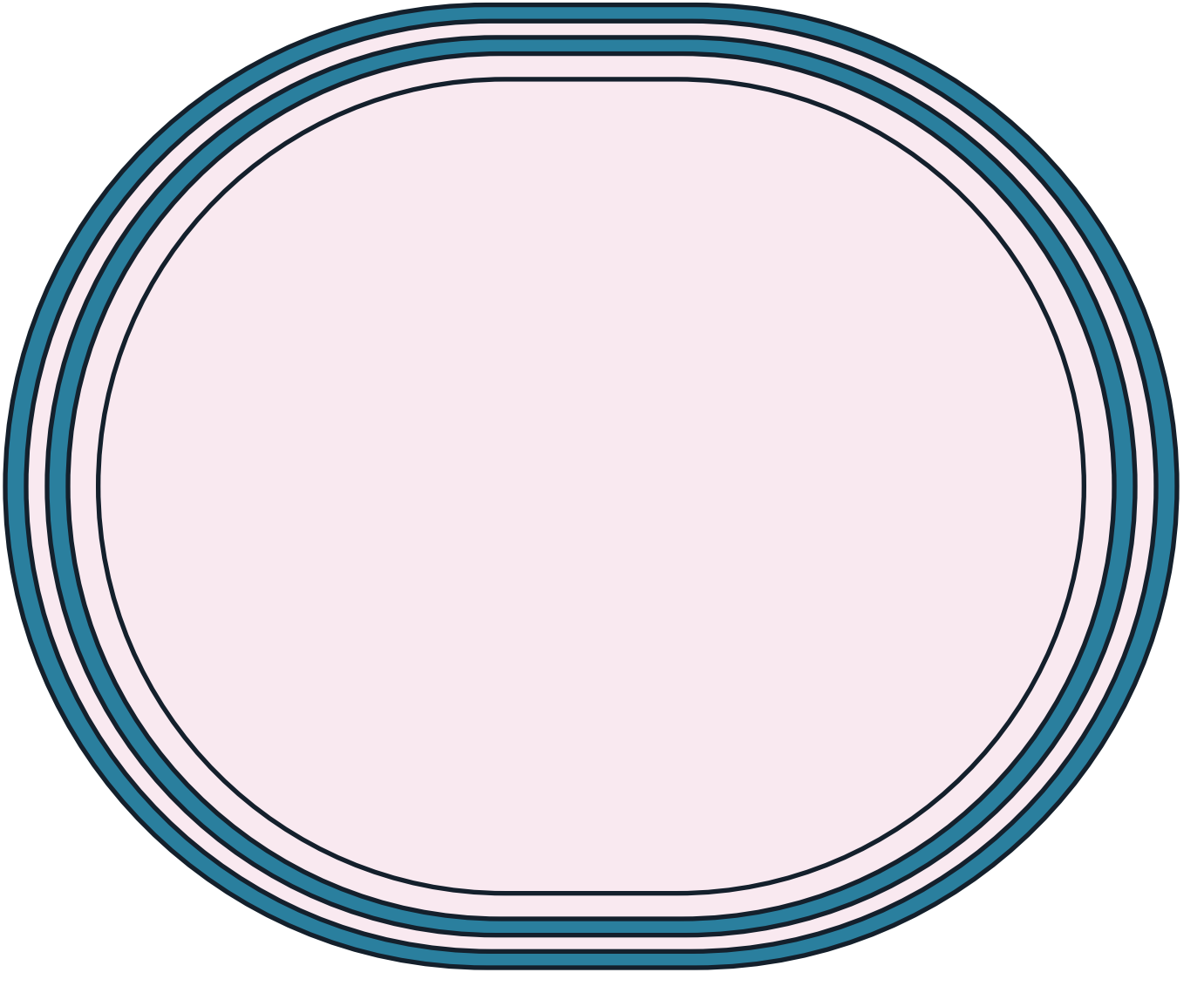
The Gear Parade



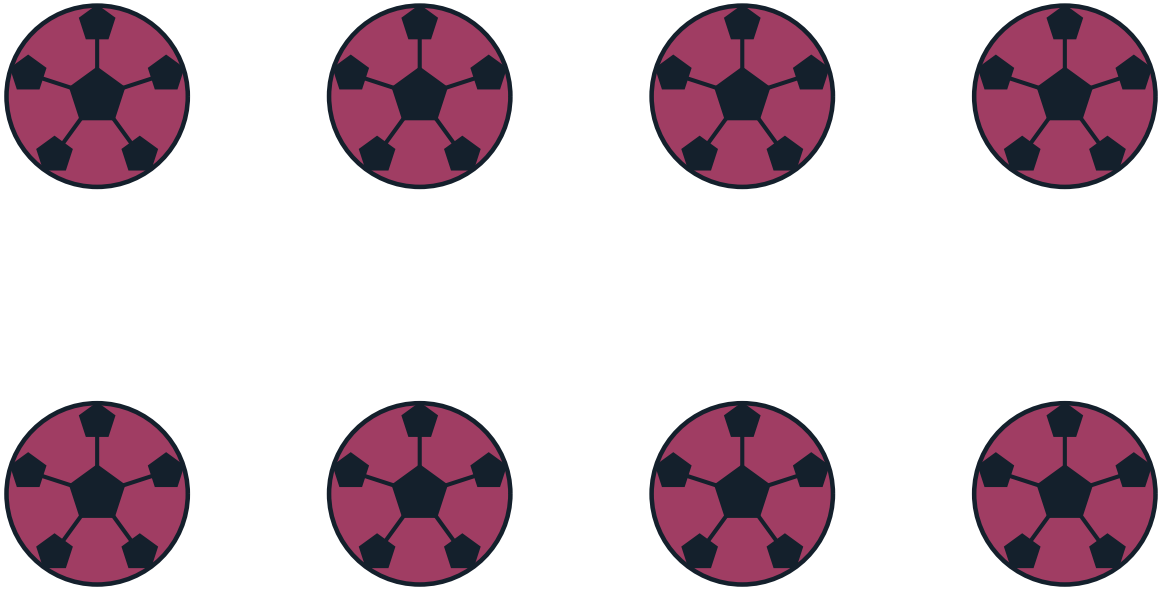
Pattern Play



The Arena From Above



Count the Balls!



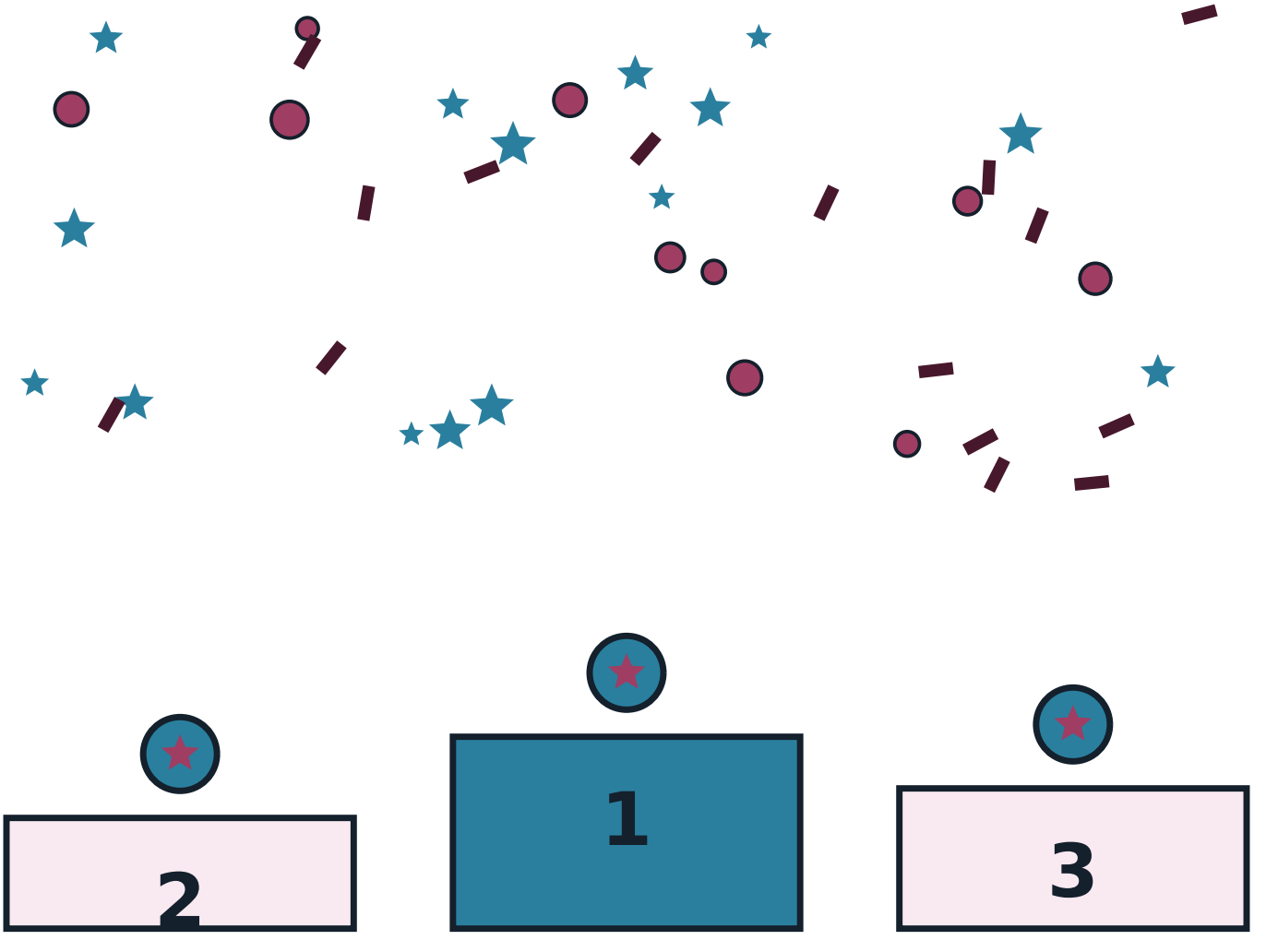
How many can you count? Write the number here: _____

My Favourite Part of Adventure Racing

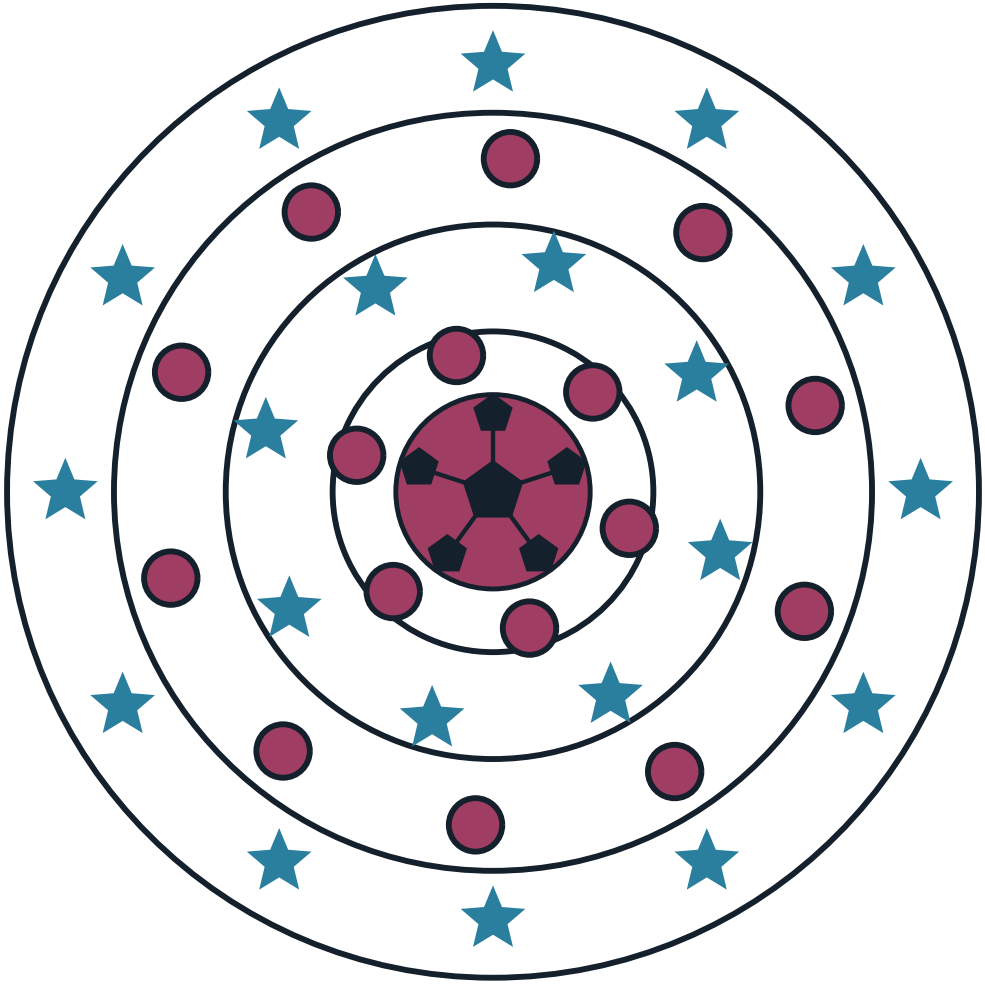
Gear Close-Up



Champions!



The Mandala of the Game



About This Book

Governing body: International Adventure Racing Association (IARA). Laws edition the site's rules file follows: AR World Series Rules of Competition v1.8 (ARWC 2026 version, March 2026). Everything in this book comes from Sport on Earth's own verified sport files — the same words you can read on the sport's page at Sport on Earth. The illustrations are original artwork drawn by computer for this book series. They are not pictures of real players, real teams or anybody else's characters.

More Books in the Family

- The Cartoon Book of Athletics (Track & Field)
- The Cartoon Book of Cycling
- The Cartoon Book of Swimming
- The Cartoon Book of Marathon and Road Running
- The Cartoon Book of Triathlon
- The Cartoon Book of Ultrarunning and Trail Racing
- The Athletics (Track & Field) Colouring Book
- The Cycling Colouring Book

My Notes

Adventure Racing

The Cartoon Book of Adventure Racing — a Sport on Earth Book.

Text from Sport on Earth's verified sport files. Illustrations: original programmatic artwork created for this series, including the site's own sport mark. No copyrighted characters, team logos or player likenesses appear in this book.

Collect the whole shelf: a cartoon book and a colouring book for every one of the 442 sports and games on Sport on Earth.

