

17th July 2006
For immediate release

The most challenging adventure of 2006?

Yorkshire Dales' first 24-hour adventure race is almost fully subscribed and it promises to be even bigger and better than last year's Lake District event.

And this is how it all ends... Imagine your elation as you cross the finish line after twenty four hours racing across mountains, and negotiating roads and tracks, rivers and lakes. Over the course of the day's event, you swam across a lake, scrambled up a gorge, completed a mine exploration and navigated your way to marked points on a contour-only map.

You checked your harness no less than four times before a tandem abseil – in the middle of the night – but your biggest challenge was overcoming your fear and launching yourself off a cliff to fall twenty feet into freezing cold water.

During the past twenty four hours your body has endured the most challenging terrain, you have done things you never dreamed possible and you have run and cycled more than sixty kilometres. Yet your smile could not be any bigger!

This is how adventure racers felt after last year's Open24. And this year promises to be even bigger and better, as racers make their way through the amazing adventure playground that is the Yorkshire Dales. Over sixty pairs have already registered to take part in this year's event, which takes place on the 29th and 30th July.

The course remains secret until the last minute, with racers knowing only that it will include caving and paddling a boat. Just this week, they have been told the start will be in the stunning setting of Bolton Abbey, but that's all they hope to find out before July 29th.

Event organiser, James Thurlow, comments "We keep the course details under wraps to make the challenges more exciting. It also prevents the more inventive competitors working out the route and practicing in the area."

"Although competitors curse at us throughout the day for the challenges we put them through, they all cross the line with a cheer and a huge sense of achievement, particularly the people who are trying adventure racing for the first time. We're really excited about the Yorkshire Dales event. The local communities have been genuinely supportive and our safety team has come up with some incredible challenges. We can't wait to hear the competitor's comments again as they cross the finish line."

For further details of this year's Open24, or to apply for last minute places, visit www.openadventure.com

