



## The Body Mechanic

September 28 at 6:46 PM · 🌐



I did my first event for 2020 at the weekend. It was exciting to be back on a start line again.

It was a whole family event for us - we did the [Maximum Adventure](#) Glenbrook Adventure Race which included trail running, kayaking, mountain biking, and navigating.

The race happens in teams of two. My wife and daughter did the novice course which took them just over three hours, and my two boys did the classic course which took them a bit over 5 hours. They all had a great time and loved the course. It definitely felt like an adventure.

I did the classic course with a mate, Locky. We went hard the whole time, but learned the hard way how important the navigation component was! Something to know for next time.

Thank you very much to Maximum Adventure for persevering through this difficult year to organise such an awesome, safe and exciting event.

I would highly recommend giving one of their adventure races a go if you want to try something a bit different.



