



# Southern California Adventure Racing Buddies

SCARAB is a club for Southern California adventure racers of all levels to meet teammates, train together and exchange the latest tips, techniques and event schedules. SCARAB is the largest adventure racing club in the United States, and the best resource for Southern Californians interested in adventure racing, from the Hi-Tec Series to the Eco-Challenge.

Here's what we offer:

- Club training activities around Southern California, such as mountain biking, trail running, kayaking, navigation, rappelling and more. Club-organized adventure races, too!
- A Teammate Finder to help you find adventure racing teammates or training partners.
- Club meetings and clinics led by experts.
- Discounts at adventure fitness schools and outfitters.
- Find out about adventure races in California, around the U.S. and throughout the world, recommended Web sites, the best gear and adventure racing schools.
- Web site and e-mail mailing list.
- And much more!

**There is no cost to join!**

Whether you want to compete in adventure races or participate in outdoor adventure sports, SCARAB is welcome to everyone, beginners and experts, men and women. Visit us at...

[www.arbuddies.com](http://www.arbuddies.com)