

## Race Instructions



### Race Staff

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For Emergencies 911

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- When biking on roads, ride single file and to the side of the road. Obey all traffic rules and be courteous of others using the parks and trails.
  - Stay off private property.
  - Roads that are off limits on your bike are Woodward/Widetrack, Opdyke and South Boulevard. You can ride the sidewalk on these roads if you have too. If you do this be very careful and watch for traffic.
  - Must wear a buckled PFD at all times during the paddle. You will be disqualified for not doing this.
  - Must punch passport at all CP's except city course where only CP17 & 20 have flags. It's your responsibility to punch at each CP and punch in the correct location. Must turn in an intact passport at finish to be ranked.
  - Notify race staff if you are leaving the race for any reason.
  - To be a ranked team, you must get 2 canoe CPs, 2 bike CPs, 2 CPs at Murphy O-course, 2 CPs in city course.
  - There will be two raffle drawings; one for the two bikes and one for all other prizes.
  - To be entered in the bike raffle, you must complete CPA in the final orienteering section at ACF.
  - To be entered in the raffle for all other prizes, you have 3 opportunities. They are at Planet Rock (CP6), and Mystery Events B & C in the final orienteering section. Get a raffle ticket for completing each of these.
  - Leave no trace policy – what you take in, you should take out.
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**Start** 8:00 AM at American Cycle & Fitness near registration

### **TA1 Manned** – Take any route to Beaudette Park - Check in with volunteer

Transition to canoe - Get CPs 1-4 in any order

- CP1-North side of marsh area
- CP2 Under Bridge
- CP3 River Outlet – a little further north than map indicates
- CP4 South bank of river

### **Back to TA1 Manned** – Check in with volunteer

Transition to Bike - Bike to Planet Rock

- CP5 River

**CP6 Manned** - Planet Rock – Get raffle ticket after climbing to TOP of the wall – various routes available – you pick your route based on availability and length of line.

Bike to Murphy Park

### **TA2 Manned** – Check in with volunteer

Transition to foot O course – Get CPs 7-11 in any order – Bring back garbage

- CP7 Stream bank
- CP8 Manmade pit
- CP9 Gully
- CP10 South lake edge
- CP11 East side of hill top
- CP12 South edge of swamp

**Back to TA2 Manned** – Murphy Park – Bring back garbage - Get new map before you leave

Transition to bike

**Bike Leg** – Bike out the back of Murphy Park - follow orange ribbons at bottom of sledding hill – follow the trail to an old railroad bed – take the old railroad bed to the Clinton River Trail – Get CPs in any order.

- CP13 River edge
- CP14 Manned – Opdyke and Clinton River Trail – Cut off time 12:01 PM **Check IN with volunteer**
- CP15 Clinton River Trail and M59
- CP16 Manned – Opdyke and Clinton River Trail **Check Out with volunteer T**

**TA3 Manned** – American Cycle & Fitness – Transition to foot

City O course – Get CPs 17-20 and mystery events A, B, C in any order. **No Flags/Punches at Events A– B – C.**

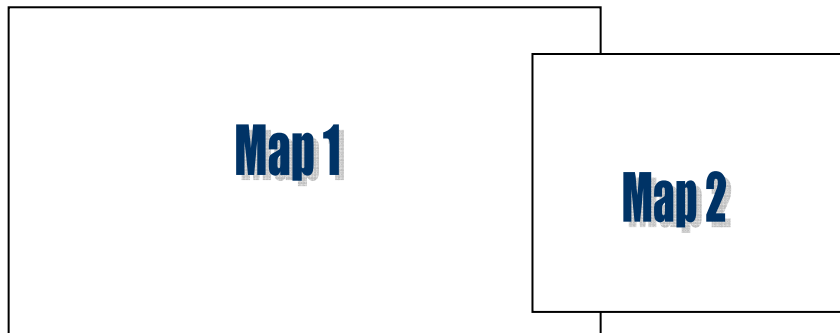
- Special Event A – **American Cycle and Fitness** – Walk in front door and shout “ACF Rocks”. Proceed as instructed for raffle entry - Get your raffle ticket for bike raffle
- Special Event B – Mill Street Grille – Get your raffle ticket after completing the event
- Special Event C – Mill Street Grille – Get your raffle ticket after completing the event
- CP17 North side of river
- CP18 Running low on cash, Think FREE! Take only one. **Note: No Flag or Punch at this location**
- CP19 🌍2🌍 Look for The Blast. **Note: No Flag or Punch at this location**
- CP20 Edge of river (May need to climb fence/railing depending on route choice.)

**Finish** – Back at American Cycle & Fitness at registration tent. The cut-off time is 2:00PM or 6 hours from the race start. If you finish after that time, you will be considered unranked. At the finish, you must hand in your passport, CP18 clue sheet, and object from CP19.

There will be two containers at the finish for your raffle tickets. One for the bicycles (ACF raffle ticket) and one for the general raffle (Tickets from Planet Rock, Events B & C). You need to make sure you put the correct raffle ticket in the appropriate container.

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Map Layout:



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**Special Event Directions - Get a raffle ticket at each – Don’t loose the ticket!!!**

- Mystery Event A – Toss the bike as far as you can. There will be a women-specific bike.
- Mystery Event B – Puzzle pieces are stacked on top of each other. One teammate is blindfolded. The blindfolded teammate is the only one that can touch the puzzle. The other teammate gives directions on how to put it together. If the blindfolded teammate peeks, you have to start over. If the un-blindfolded teammate touches the puzzle, you have to start over. Pictures are posted of the puzzles.
- Mystery Event C – Extend rope to the end. Place wood platform on top of 3 pipes/dowels at the end of rope. Both teammates must be on the wood platform to begin. Teammates pull the rope to get the board to the post. You need to move the pipes to keep the board rolling. If either teammate steps off the wood, you must start over. You must reach the post and touch it to finish.

**Hope you had a BLAST!!**