

Race Instructions



Race Staff

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 For Emergencies 911

RULES

- Stay off the road for the ENTIRE race.
- Stay off private property.
- **Most CP's within 6 hours will be race winner**
- Must wear a buckled PFD at all times during the paddle. You will be disqualified for not doing this.
- Must wear shoes at all times. Do not go barefoot!
- Must wear a buckled helmet at all times during the bike. You will be disqualified for not doing this.
- Must punch passport at all CP's. It's your responsibility to punch at each CP and punch in the correct location. Must turn in an **intact, laminated and legible passport** at finish to be ranked.
- Notify race staff if you are leaving the race for any reason.
- Must be a ranked team to be eligible for prizes for top finishers. See required CP's listed below.
- Leave no trace policy – what you take in, you should take out.

Required checkpoint's to be ranked:

Paddle	O-course	Bike	
CP's available 2,3,4,5,6	CP's available 10,11,12,13,14	CP's available 16,17,18,19,20,21,22	
Need 3	Need 3	Need 5	
Required CP's – CP1, CP7, CP8, CP9, CP15			

Start 9:00a.m. Keatington Beach near registration tent – Start on foot.

- **CP1** – Surprise- Punch CP1 then carry boat to launch
- CP2-6 Canoe in any order
- CP2-4 are on the island requiring you to leave the canoe
- **CP7** – Back to Keatington (Race start). Transition to bike.
- **CP8**- Located along bike path (sidewalk). Do not use the road.
- **CP9**- North side of dog park. Follow dirt trail. **Do not enter fenced dog area** . Drop bikes where race staff tells you. Transition to foot. Northern trail and field may be off limits due to pumpkin shooting contest. Use supplemental map for trail navigation. (Rest Rooms and water available in dog parking area)
- CP10-14 in any order
- CP10-creek
- CP11-swamp edge
- CP12-hillside
- CP13-park boundry
- CP14-dry ditch
- **CP15**- North side of dog park. Transition to bike and ride out of park

- CP16- Cross Joslyn heading east into the school parking lot. Continue heading east to the back of the school property. Follow the orange tape to the Polly Ann Trail CP16 is on the trail before you get to Polly Ann
- CP17 – under bridge
- CP18 – located somewhere on Powell Lake trail. You will see a trail on the east side of Polly Ann. Ride the outside loop to find the flag.
- CP19 –located on north side of trail
- CP20 – building
- CP21 – trail (flagged orange tape) Exit trail into park to return to Keatington Beach (Start)
- CP22 – power line – use supplemental map to locate CP22. It is located south of CP21.

Finish – Back at Keatington Beach Association where race started. The cut-off time is 3:00PM or 6 hours from the race start. If you finish after that time, you will be unranked. At the finish, you must hand in your legible passport.

BOLD = MANDATORY

Hope you had a BLAST!!