

Go Energetic Competitor Course Instructions for GEAR 2009

Transition areas and checkpoints have been plotted for you on the race map (which will be given to you after the start of the race). Below is a brief description of course expectations and of each checkpoint.

Course Expectations:

- You will be given **1** topographical map to assist you during the course.
- Teammates are required to stay within sight or 100 feet (whichever is the shortest distance) of each other at all times. A 30 minute time penalty will be incurred if this rule is broken.
- Please pack out everything you bring with you. And, please be courteous to fellow participants, volunteers and spectators. A 30 minute penalty will be assessed for any littering or unsportspersonlike conduct.
- **SAFETY is #1 Priority.** Please go at a pace that allows you to be in control at all times. When in doubt, use caution. If you do get seriously hurt, stay where you are and have a teammate or another competitor summon for help at the designated EMS stations or the nearest transition area. On Race Day, the Emergency Cell Phone number connecting to the Race Director is **315-212-2800** (cell phone service in this area is very inconsistent).

START

At the start line, you will be participating in an obstacle course. Your team will be “connected” by placing balloons in between team members (balloon is on the back of one team member and on the stomach of another). So if you are a team of two you will have one balloon between you, if a team of 3 you will have 2 balloons and so on. You must then travel through the course “connected”. You may not hold the balloon(s) with your hands and you must stay in contact with the balloon at all times. If a balloon is dropped, the team must go back to the beginning of the obstacle element where the balloon was dropped, do 5 jumping jacks and then attempt the element again. If a balloon breaks, obtain another from race staff. Upon completion of the course, using only team members bodies (not hands or feet) break your balloon(s), pick up all the balloon parts and throw them away in the garbage can provided. Your race map will be waiting for you at the end of the obstacle course.

Bike #1 - Refer to GEAR 09 Go Energetic Topo Map. You must find the checkpoints in order.

Strt/Fnsh – After completing the obstacle course, head out on your bike to your first checkpoint. Obey traffic laws (look both ways, bike on the correct side of the road (with traffic), etc). If you do not, a 30 minute time penalty will be incurred.

CP1 – Yellow Flagging on a building. On passport, write the last 4 digits of the phone number.

T1&CP2 – Yellow Flagging – Running Transition Area. You must cross the road at the designated intersection marked by traffic cones. Obey traffic laws (look both ways, bike on the correct side of the road (with traffic), etc). If you do not, a 30 minute time penalty will be incurred. Upon arrival, please check in with race staff to have your time entered on the splits timesheet. Place your bike in the designated area.

Trek #1 - Refer to GEAR 09 Go Energetic Topo Map. You must find the checkpoints in order.

T1&CP2 – Yellow Flagging – Running Transition Area. Upon departure, have your passport signed by race staff.

CP3 - Yellow Flagging at trail registration booth. On your passport, write down what is written on the flagging.

T2&CP4 – Yellow Flagging – Canoe Transition Area. This CP is found on a side trail off to the left. There is a rock slab off to your right. Upon arrival, check in with race staff to enter your time on the splits sheets. Carry your canoe to the put in location and please be courteous to other racers as this is also the transition area for go extreme racers. **Use extreme caution and avoid going river right.**

Canoe - Refer to GEAR 09 Go Energetic Topo Map. You must find the checkpoints in order.

T2&CP4 – Yellow Flagging – Canoe Transition Area. Upon departure, have race staff initial your passport.

CP5 – Orienteering Flag w/passport punch near a large rock. Also, pick up your first poker card.

CP6 – Orienteering Flag w/passport punch hanging from a tree.

T3&CP7 – Yellow Flagging – Running Transition Area. Upon arrival, bring your canoe and equipment to the designated location and check in with race staff to have your time recorded on the splits sheets. **Use extreme caution entering this checkpoint and avoid passing under the safety rope suspended across the river.**

Trek#2- Refer to GEAR 09 Go Energetic Topo Map. You must find the checkpoints in order.

T3&CP7 – Yellow Flagging – Running Transition Area. Upon departure, have race staff sign your passport.

CP8 - Yellow Flagging – First, Second & Third Mystery Challenge – Upon arrival, check in with race staff to have your arrival time recorded. You will have the option to choose 3 out of the 4 mystery challenges. All team members must participate in these challenges. If you are having difficulty completing one challenge, you may move to another without incurring a penalty other than the wasted time. Upon completing each challenge, race staff will give you a bingo chip. Upon receiving 3 bingo chips, report back to the time keeper and exchange your bingo chips for (2) poker cards (obtaining second & third poker card). Upon departing this checkpoint, have your passport signed by race staff and have your departure time entered on the splits sheet.

CP9 - Yellow Flagging – Race Staff will take your picture at this site and then sign your passport. From here you will travel a foot path along the river to your next checkpoint.

CP10 – Orienteering Flag w/passport punch hanging from a tree. Across the river is a seasonal stream.

CP11 – Yellow Flagging hanging from a tree near an old bridge site. On your passport, write down what is written on the flagging. Obtain your fourth poker card here. From here you will travel on an old forest road to your next checkpoint.

CP12 – Orienteering Flag w/passport punch hanging from a tree at the start of a trailhead.

CP13 – Orienteering Flag w/passport punch hanging from a tree on the left side of the trail.

T4&CP14 – Yellow Flagging – Bike Transition Area. Upon arrival, check in with race staff to enter your time on the splits sheets.

Bike #2- Refer to GEAR 09 Go Energetic Topo Map. You must find the checkpoints in order.

T4&CP14 – Yellow Flagging – Bike Transition Area. Upon departure, have your passport signed by race staff.

CP15 – Orienteering Flag w/ passport punch near the beginning of a snowmobile trail.

CP16 – Yellow Flagging at a DEC trail information sign. You will be asked to complete your fourth mystery challenge. Upon completion of your challenge, pick up your last poker card and have race staff sign your passport.

CP17 – Yellow Flagging – On your passport write the color of metal of the mascot for the Stillwater Club, which can be found standing on top of the rock cliff above you.

FINISH Line

Please bike across the finish line with all teammates in a line shouting GEAR is AWESOME!!!! Please give passport and poker cards to race staff. A 10 minute time penalty will be incurred for not shouting. A 10 minute time penalty will be incurred for each improperly marked checkpoint on the passport. A 10 minute time penalty will be incurred for each poker card that you are missing.

HAVE FUN!!!!