

## Go Extreme 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 unsportsmanlike 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. Proceed on foot to the canoe launch site. **Please use caution when entering your canoe and be courteous to other racers.**

**Canoe** - Refer to GEAR 09 Go Extreme Topo Maps. You must find the checkpoints in order.

CP1- Orienteering Flag w/ passport punch near a beaver dam. Please do not get out of your canoe.

**In between CP1 & CP2, water levels are low and you will need to navigate through small channels, possibly wade in the water and pick your canoe up over one large log.**

CP2 – Yellow Flagging on a Tree. On your passport, write what household item is lying on the river bank. It will be removed at the end of the race.

CP3 – Orienteering Flag w/passport punch on a dead tree.

CP 4 - Orienteering Flag w/passport punch near a large rock. Also, pick up your first poker card.

CP 5 - Orienteering Flag w/passport punch hanging from a tree.

T1/CP6 – Yellow Flagging – Running Transition Area. **Please use extreme caution when approaching this checkpoint. Please do not go past the safety rope which is suspended across the river.** 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.

**Trek** - Refer to GEAR 09 Go Extreme Topo Maps. You must find the checkpoints in order.

T1/CP6 - Yellow Flagging – Running Transition Area. Upon departure, have race staff initial your passport.

CP7 - Yellow Flagging – First, Second & Third Mystery Challenges – 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.

CP8 - 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.

CP 9 – Orienteering Flag w/passport punch hanging from a tree, across the river is a seasonal stream. From this checkpoint you will continue along the river to an old bridge site. At this point you will follow an old forest road to your next checkpoint.

CP10&JCT– Orienteering Flag w/passport punch hanging from a tree at the start of a trailhead. From this point, follow the blue dot trail markers down this old forest road to your next checkpoint.

CP11 – Orienteering Flag w/passport punch hanging from a tree at a trail intersection. From here you will follow the blue dot trail markers and the blue/yellow flagging (do not continue on the road). There is a lot of different color flagging along the trail. **This will be a very challenging section of trail to follow.**

CP12 – Orienteering Flag w/passport punch hanging just off the trail from a tree at a rock ledge. **Use extreme caution immediately after this checkpoint as ankle twist/breakers abound.**

CP13 – Orienteering Flag w/passport punch hanging from a tree. From this point, you will travel uphill. Continue to follow the blue dot trail markers and the blue/yellow flagging. The flagging will eventually take you to a junction with an old forest road which is marked on your map with a JCT.

CP14 – Orienteering Flag w/ passport punch along the road. Enjoy the view or sound of the river. Continue down the forest road to the river crossing.

T2/CP15 – Yellow Flagging. Bike Transition Area. Upon arrival, have your time entered on the splits time sheet. Leave any unneeded equipment in the designated area. Make sure your equipment is marked with the team name.

**Bike** - Refer to GEAR 09 Go Extreme Topo Maps. You must find the checkpoints in order.

T2/CP15 - Yellow Flagging. Bike Transition Area. Upon departure, have your time entered on the splits time sheet and your passport signed by race staff. From here, travel up the gravel road to your next checkpoint.

CP16 – Orienteering Flag w/passport punch hanging from a tree near a beaver pond. After leaving this checkpoint continue on the gravel road to the junction with the Donnerville Road marked on your map as JCT.

CP17 – Orienteering Flag at a cemetery. On your passport write the first 4 letters of the name of this cemetery.

CP18 – Orienteering Flag w/ passport punch along the gravel road near a pond.

CP19 – Yellow Flagging. You will be asked to complete your fourth mystery challenge. You will receive your fourth poker card. Upon departing, have race staff sign your passport. Turn onto this single track trail to obtain your next checkpoint. **Use caution as racers will be traveling both ways on this trail!**

CP20 – Orienteering Flag w/ passport punch hanging from a tree next to the river. Enjoy this beautiful view. From here you will travel back to CP19 and continue on the gravel road to a paved road. 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.

CP21 – Orienteering Flag w/ passport punch. At this point, you will get off the paved road onto a gravel road which is also the 84A snowmobile trail. You must cross the road at the designated intersections 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.

CP22 & JCT – Yellow Flagging at a snowmobile trail intersection. On your passport, write the snowmobile trail number on which you will now be traveling. **Please use caution on this trail and observe the snowmobile traffic signs (ie steep downhill, bridge ahead, etc)**

CP23 – Orienteering Flag w/ passport punch. **Use caution here as the trail goes around a huge mud hole.**

CP24 – Orienteering Flag w/passport punch. Pick up your fifth poker card here.

CP25 – Orienteering Flag w/ passport punch. **Use caution here as there may be logging equipment in use.**

CP26 – Yellow Flagging on a building. On the back of your passport, write the last 4 digits of the phone number for this business. Continue to the finish line. You must cross the road at the designated intersections 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.

## **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!!!!**