

Adventure Race Check In 7:30-8:15AM

Check In: Turn in any outstanding forms & payment (online or paper), pick up your pin on bib number & safety pins, boat number, race map and T-shirt.

Next Load Bikes: Buckle your helmet to your bike, bring to the trucks and trailers in front of the school. We have volunteers out front with blue painters tape and sharpies who will help number your bike by placing your race number on your seat.

Label and drop off your boat: Attach your Number to the right front of your canoe or kayak and drive to the boat landing at the Crooked Brook Flowage in town to drop off your numbered boat. Put your paddles, life jackets and extra layers in a waterproof bag in your boat. Note: There will be people to assist you at the landing.

Directions to the boat landing: Take a left out of the school onto Route 1 South. At the stop sign turn right, go down over the hill, cross over the tracks, Stay straight and in about 1/3 of a mile take a left onto the Horseback Road and an immediate left into the Boat landing parking lot.

Pre-Race Compass Challenge: In the gym between 7:30-8:30AM, earn one minute off your overall course time when coming within 4 degrees of your bearing.

PICKING UP YOUR OWN BOAT AT THE FINISH LINE: We will not be bringing boats back to the school this year. You will need to pick up before or after awards ceremony. The awards are 3:30-4

Pre-Race talk: is in the gym at 8:45, we are aiming to load the buses at 9AM and start the race at 9:30AM

Are you part of a Relay Team in the Open Division and Biking but not doing the Compass Run? You will need to have the bus drop you off at the run to bike transition point or ride in one of the pickup trucks with bikes following the bus. Departure is at 9AM in front of the school.

Only paddling as part of an open division or family team? You'll want to be at the landing in town by 10:30AM

Family Division Compass Runners: A bus will pick up family division members and transport you to the landing in town where the challenges will take place and the paddling leg begins. A Sweep van may bring in compass run stragglers to the landing. We only keep time of the compass run and paddling leg in the family division.

Note: Long pants and safety or sunglasses recommended for the bushwhack!

BUGS: You will want to be careful with bug spray. Avoid applying it to your face and forehead so when you become sweaty you don't end up with bug spray in your eyes.

Compass Run

Watch your footing and spring-loaded branches! sun glasses and pants? Caution going downhill, very rocky! Remember the Family division has a different shorter run.

Bike Route

Well-Marked by YELLOW SIGNS. Use caution down hills and loose gravel (back brakes). Riding on tar sections use caution (vehicles)! Danforth Fire Department helping with safety and a sweep vehicle-side by side. If someone has to drop out, Injury, tired out, broken bike, etc.) A volunteer will get you back to the school (sweeps).

Bike to Canoe transition & Challenges

- Successful completion of challenges earn time off your overall course time!

Canoeing Portion

- Cut off time is 1:00, those that have not arrived to the finish line by 3:15 will be registered as DNF (van will still come pick you up).
- Low Head Dam Must Portage left!
- Rule of thumb-Stay center vs going around the 2 Islands to your right!
- High water stay off wide bends near trees!!!!
- Offer help if someone needs it.
- PFDs MUST BE WORN at all times or be disqualified (buckled and zipped!)
- The finish line is the 3rd cabin on the right near the end of the river. After you go through a class I rapid in front of a cabin, it turns left goes by a cabin next door, that is the finish line. Another 500 yards or so and the river turns right, stay right and take out on the right before the bridge. Use caution when taking out so as not to swamp your boat!
- Sweep canoe (Dan Swallow mobile 207-561-7969)

Shuttle from the Finish Line to the school

- 2 Vans Shuttling racers back to the school gym & lunch,
- Showers located in either end of the gym
- Turn in any whistles and borrowed compasses at the finish line in the gym lobby upon returning.
- Lost and found items will be placed outside the gym entryway on a table.
- **Lunch 1:00-3:30PM**

DOOR PRIZES AND AWARDS 3:30-4: RACERS MUST BE PRESENT TO WIN DOOR

PRIZES: Each Racer's name is entered into a drawing for door prizes. North Maine Woods hats and t-shirts, 4 NMW season day passes, ½ guided fishing trip on East Grand for two, 2 Snow an Neally camping axes, loon watercolor on wood.