

Race Staff Numbers

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IN CASE OF EMERGENCY, DIAL 911



RACE INSTRUCTIONS

2008 SPRING FURY BEGINNER ADVENTURE RACE

- **While biking on roads, stay single file and to the side of the road.**
 - **You must punch your passport at all CPs, even manned CPs. It is your responsibility to punch your passport in the correct location and keep your passport intact to be turned in at the finish.**
 - Make sure to notify race staff if you are leaving the race for any reason.
 - We will be using our standard Score-O style for the final Orienteering section. Note the number of CPs to be obtained in this section. In accordance with our rules, you will not be beaten by someone with fewer orienteering points than you. The object is to get as many of the points as you can and get to the finish before the 8 hour cut-off expires. Manage your time accordingly.
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START – The race will start outside the Long Lake Outdoor Center on foot to obtain CPs 1-10.

TREK/ORIENTEERING – These points can be obtained in any order. You must get at least 5 of these points.

CP1 – Located on the southern side of a **Ridge Line**.

CP2 – Located in a large **Reentrant**.

CP3 – Located on the top of a large **Hill**.

CP4 – Located in the center of a big **Depression**.

CP5 – Located in a **Reentrant**.

CP6 – Located on the western edge of a **Hill** overlooking a lake.

CP7 – Located in a **Reentrant** coming out of a swamp.

CP8 – Located on the top of a **Hill** toward the western side.

CP9 – Located on a **Saddle** between two large depressions.

CP10 – Located on the top of a small **Hill** overlooking a depression.

TA 1 – **CP42** - Located back at the Long Lake Outdoor Center. You must check in with race staff and punch **CP42** before leaving on bike.

BIKE – Reference the supplemental mountain bike trail map for more details on this section.

CP11 – Enter designated mountain bike trail at this CP. Follow park roads to get to this check point.

CP12 - 14 – Located on the single-track mountain bike trail. CP's not marked on map.

CP15 – Located on mountain bike trail.

CP16 – Located on the single-track mountain bike trail. CP not marked on map.

CP17 – Located on mountain bike trail near road.

TA 2 – **CP18** - Located back at the Long Lake Outdoor Center. Check in with race staff and punch CP18 before heading to CP19 to launch your boat.

PADDLE – Make sure to use a rental boat unless you brought your own canoe or kayak! These points can be obtained in any order. You must get five of these points to remain ranked. To get from Long Lake to Gun Lake you'll need to paddle the Gun Lake Road culver. No portaging is allowed! Be cautious of other boats coming through.

CP19 – Paddle start.

CP20 – Located on the edge of Long Lake.

CP21 – Located on the edge of Long Lake.

CP22 – Located at the culvert between Long Lake and Gun Lake.

CP23 – Located on the edge of Gun Lake.

CP24 – Located on a small island in Gun Lake.

CP25 – Located on the edge of Gun Lake.

CP26 – Paddle finish – Remove all paddle gear from boats, even from personal boats, and bring back to TA2.

TA 3 – **CP27** - Located back at the Long Lake Outdoor Center. Again, make sure to check in with race staff and punch CP27 before leaving on foot. No paddle gear can be left with boats at CP26.

TREK/ORIENTEERING – You will obtain the map for this section at TA3 / CP27. These points can be obtained in any order. All of these points are optional.

CP33 – Located on **Edge** of Hall Lake.

CP34 – Located on a **Hilltop**.

CP35 – Located on a **Spur**.

CP36 – Located along a small **Creek**.

CP37 – Located in a **Depression**.

CP38 – Located in an opening in the **Swamp**.

CP39 – Located along **Ridgeline**.

FINISH – Located back at the Long Lake Outdoor Center where the race started. **The cutoff time is 4pm or 8 hours from the race start. After that time you will be considered unranked. We hope you enjoyed The Fury!**