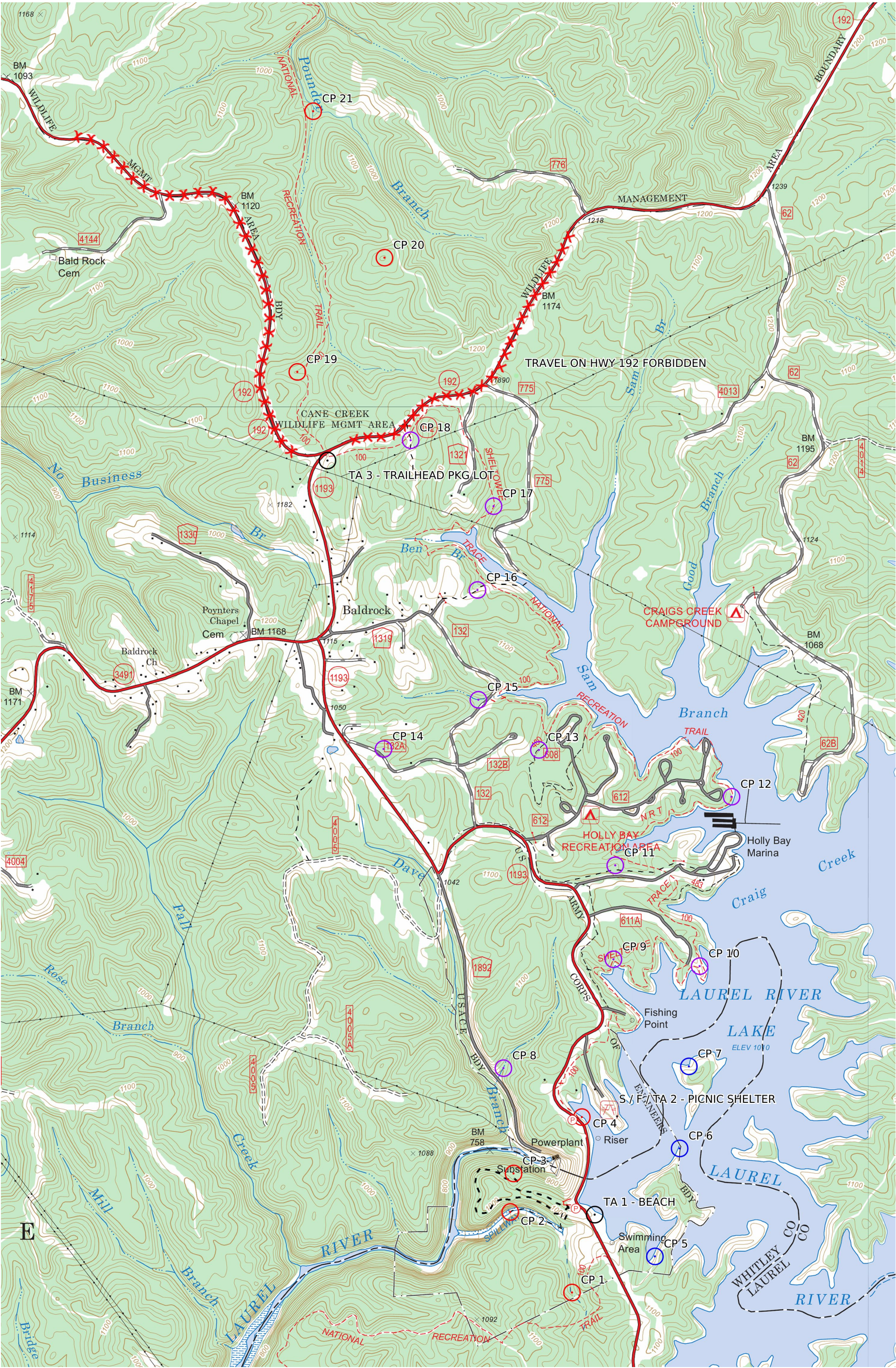




UNBRIDLED WOMEN 6-HOUR ADVENTURE RACE – LAUREL RIVER LAKE

START: LAUREL RIVER LAKE PICNIC SHELTER, 10 A.M.

Proceed only by the mode of travel indicated for each CP. You must complete the legs IN ORDER. Once you have proceeded to Leg 2, you may not go back and visit any CPs from Leg 1. You may punch CPs only during the leg to which they are assigned. All CPs are optional. All CPs and TAs are worth 1 point. **Every time you come into a TA, you must check in with the volunteers AND sign in on the tracker.**

Leg 1: Trekking & Paddling (7 CPs + 2 TAs)

Trek to CPs 1 – 4, **IN ANY ORDER**. At any time during this leg, you may visit CPs 5 – 7, **IN ANY ORDER**, by boat.

TREK CPs

- | | |
|------|--|
| CP 1 | Rootstock in creek |
| CP 2 | Top of waterfall/opening of gorge (gorgeous view!) |
| CP 3 | Rock shelter 40m north of trail |
| CP 4 | Lake edge/man made object at end of stairs |

PADDLE CPs

- | | |
|------|--|
| CP 5 | North of large boulder |
| CP 6 | Tip of peninsula (but not a peninsula due to low water...) |
| CP 7 | Sandy inlet |
| TA 1 | Beach – southeast side of dam |

You must begin and end your paddle at the beach on the southeast side of the dam (TA 1). If you collected at least one paddle CP, the volunteer will punch Box A on your passport when you return to the TA by boat. This TA will count for only 1 point.

- | | |
|------|--|
| TA 2 | Laurel River Lake Picnic Shelter (S/F) |
|------|--|

After completing Leg 1, return on foot to the Picnic Shelter (S/F). If you collected at least one trekking CP, the volunteer will punch Box B on your passport, which will count for 1 point. Proceed to Leg 2.

Leg 2: Biking & Trekking (14 CPs + 1 TA)

Bike to CPs 8 - 18, **IN ANY ORDER**, and then return to the Picnic Shelter (S/F). At any time during this leg, you may drop your bikes at TA 3 and go out on foot to collect CPs 19-21. **You may not drop your bikes for the purpose of this trek anywhere other than TA 3.** When you arrive at TA 3 on bike, check in with the volunteer, sign in on the tracker, and drop bikes where instructed. When you return to TA 3 on foot, check in with the volunteer and sign in on the tracker. If you collected at least one trekking point on this leg, the volunteer will punch Box C on your passport, which will count for 1 point.

YOU MAY NOT TRAVEL (BY BIKE OR FOOT) ON OR ALONG HWY 192, EXCEPT TO CROSS DIRECTLY OVER WHERE THE SHELTOREE TRACE TRAIL (#100) CROSSES THE ROAD, AT TA 3. THERE IS A 2-HOUR PENALTY FOR TRAVELING ON HWY 192 OTHER THAN AT THIS CROSSING.

BIKE CPs

- CP 8 Waterfall 50m NE of road (look for access trail along rock face)
- CP 9 Reentrant – north of trail
- CP 10 Spur – unofficial campsite between trails
- CP 11 Spur (have a seat...)
- CP 12 Electrical box & cooler w/treat (must ride trail to CP, not cut through campsites)
- CP 13 Trail – Under boardwalk (very slick)
- CP 14 Spur – Historic trash 30m NE of road bend
- CP 15 Stream junction
- CP 16 Bend in old road bed (may drop bike, walk to CP from west or east)
- CP 17 Under bridge
- CP 18 High point -- burned object

TREK CPs

- CP 19 Reentrant – 50m west of trail
- CP 20 Hilltop
- CP 21 Waterfall and pool (punch is at base of tree 20m east of falls)
- TA 3 Transition Area – Vanhook Falls Trailhead Parking Lot, Hwy 192

EPILOGUE: Follow volunteer instructions for a team challenge to earn a time credit of up to 15 minutes.

FINISH: LAUREL RIVER LAKE PICNIC SHELTER – 4 P.M.

TEAM SELFIE CHALLENGE: Receive one door prize ticket per team member for every team selfie turned in at the end of the race with the following backdrop:

- * View of falls at CP 2
- * In front of rocky cliff
- * Paddling canoe
- * Punching bike CP



UNBRIDLED WOMEN
adventure race

EMERGENCY NUMBERS: KRISTY (medical) – 859-230-5965 STEPHANIE - 859-619-6464