**Competitor Instructions**

**Emergency Phone Numbers:**

Head of Safety: Graham Rupert (416-560-8757)

Event Director: Bob Miller (416-735-4021)

Headquarters: Barb Campbell (416-524-9565)

Emergency Services: 911

**Contents of Race Package:**

* These Competitor Instructions (4 pages)
* 3 National Topographic System (NTS) Topographic Maps
* 2 Unlostify Maps
* 1 Massasauga Provincial Park Map
* 1 Backroad Mapbook overview map
* 1 Five Winds Ski Trail (Trail Signage & Marker Diagrams)

**Details for National Topographic System Maps**

* Information Current as of 1994 (some trails and roads (in bold) as of 2018)
* Scale: 1:50000
* 1000m UTM Grid Zone 17T NAD 83
* Contour Interval: 50ft, or 20m
* Grid Declination: **11° West** (current as of 2018)
* Out of Bounds Areas and roads are marked with “Out of Bounds”, or red shading.
* Race specific rules/comments added in purple.
* Five Winds Cross Country Ski Trails added in yellow in the McCrae Lake area (Trek 1). These trails are maintained for winter use only when there is 4-5ft of snow on the ground. They are often challenging to follow in summer and can be likened to a marked bush-whack. More details provided below in leg descriptions.

**Details for Massasauga Provincial Park Map**

* Grid Declination: **12° East** (current as of 2018)
* **Be especially careful to avoid OUT OF BOUNDS wetland areas marked on this map**.
* **Private Property** is marked with a lighter shading of green
* **When traveling in Massasauga Provincial Park teams may only use portages designated on this map**. Portaging across unmarked sections of land, roads or private property is forbidden unless indicated on the NTS Maps.

**Definitions:**

CP – Checkpoint (Must punch SI card at all CPs and both “in” and “out” of TAs)

TA – Transition Area (All TAs are also CPs. Teams will have access to specific gear bins)

**Course Specific Rules:**

1. Any team that will arrive at a CP past an "**Absolute Cut-Off**" must notify Race Management of their location and condition prior to that cut-off.
2. All teams must be off the course by 2:00pm on Sunday September 30, 2018 to receive an official finish.
3. **Hwy 400, District Road 38, Old Hwy 69 and Cranberry Growers Drive are OUT OF BOUNDS (unless specified on map).** Teams caught traveling on these roads will be disqualified. It is okay to cross these roadways.
4. Crossing Private Property is forbidden unless otherwise stated. Be courteous and respectful when passing or approaching any private residences (especially in the dark).
5. Traveling along railway tracks is forbidden (it is okay to cross them).

**START NTS Map 1**

The Start is located at a Public Parking Lot on Minors Bay Road. The race begins at 0800 on Saturday September 29, 2018.

**Section 1 – Trekking**

**CP1 NTS Map 1**

CP1 is located at a campsite and winter trail crossing on the south shore of The Gibson River. The Five Winds Ski Trail marked in yellow north of the Gibson River can be likened to a marked bush-whack and may be challenging to locate.

**CP2 NTS Map 1**

CP2 is located at a campsite on the north shore of McCrae Lake. The Five Winds Ski Trails marked in yellow south of the Gibson River and north and west of McCrae Lake can also be likened to a marked bush-whack, however they are more open than the Five Winds Trail north of the Gibson River.

**CP3 NTS Map 1**

CP3 is located at a campsite on a point on the south shore of McCrae Lake. The Five Winds Ski Trails marked in yellow south of McCrae Lake can be likened to a proper single-track hiking trail.

**CP4/TA1 NTS Map 1** (Gear Bin#1 and Bikes available)

CP4/TA1 is located at the Parking Area for McCrae Lake. When departing the TA move gear bins to the designated area.

**Section 2 – Mountain Biking**

**CP5 (Boat Ferry) NTS Map 1**

CP5 is located at the end of a trail at a boat launch on the south shore of the Moon River. The bridge over the Musquash River at the Ragged Rapids Generating Station is under repair and un-usable. Teams will be transported by power boat from CP5 to the north shore of the river adjacent to the bridge shown on the map. There will not be time credits for teams required to wait for the Boat Ferry.

**CP6/TA2 NTS Map 2** (Gear Bin#2 and paddling gear available)

CP6/TA2 is located at a public boat launch at the east end of Kapikog Lake. When departing the TA move gear bins and bikes to the designated area.

**Short-Course Cut-Off at CP6/TA2:** Teams must reach CP6/TA2 by 2200 on Saturday September 29, 2018 to remain on the Full Course. Teams arriving after 2200 can continue on the Short Course and canoe directly from CP6/TA2 to the Finish.

**Section 3 - Canoeing**

**CP7 NTS Map 2**

CP7 is located on a portage on the south shore of the Moon River around Curtain Chute. After dark, a light/lantern will mark the start of the portage. Teams must follow the portage to its end (as indicated on the map) and not run any portion of the falls/rapids.

**CP8 NTS Map 2**

CP8 is located on a portage on the south shore of an island in the Moon River around Twin Rapids. After dark, a light/lantern will mark the start of the portage. Teams must follow the portage to its end (as indicated on the map) and not run any portion of the falls/rapids.

**CP9**  **NTS Map 2**

CP9 is located on a portage on the north shore of the Moon River around Moon Falls. After dark, a light/lantern will mark the start of the portage. Teams must follow the portage to its end (as indicated on the map) and not run any portion of the falls/rapids.

**CP10**  **NTS Map 2**

CP10 is located at a public boat launch and the junction of a portage trail and a road. Use caution when crossing Healey Lake Road. There is a mandatory canoe route marked on your map and required from CP10 to CP11/TA3. Teams must take-out at the Public Boat Launch and docks located 300m south of the Government/Private Docks located near the north end of the transition area (paddle past the first set of docks you see when approaching CP11/TA3 from the north).

**CP11/TA3**  **NTS Map 2** (Gear Bin#1 available)

CP11/TA3 is located at the Pete’s Place Access Point and boat launch to The Massasauga Provincial Park. Portage canoes 200m from the public take-out to the canoe racks, or where shown by event staff. Remove all gear and garbage from canoes (including glow-sticks attached to canoes). When departing the TA move gear bins to the designated area.

**Absolute Cut-Off at CP11/TA3:** Teams who have not checked out of CP11/TA3 by 0700 on Sunday September 30, 2018 will be removed from the course and transported to Race Headquarters by event staff.

**Section 4 - Trekking**

**CP12**   **NTS Map 2 + The Massasauga Provincial Park Map**

CP12 is located at campsite 520 on the southeast shore of Little Blackstone Lake. Teams must avoid all wetland areas indicated with red shading when traveling within The Massasauga Provinical Park. Teams found to have travelled within a wetland marked out-of-bounds will be disqualified from the event. If you are in a large marsh and wet over your ankles you’re in the wrong place!

**CP13 NTS Map 3 + The Massasauga Provincial Park Map**

CP13 is located at a building on the north side of the Crane Lake Dam. Do not cross the dam, there is a bridge just below/west of the dam. CP13 is also the site of the Crane Lake Discovery Camp, be courteous and do not make excessive noise when passing through the camp.

**CP14 NTS Map 3**

CP14 is located on an ATV trail 100m west of a Hunt Camp. Be courteous and do not make excessive noise when passing through CP14.

**Special Note:** If your team has not reached CP14 by 1230 on Sunday September 30, 2018 you must call Race Headquarters and provide an update on your condition/location. Failure to do so will result in your team becoming disqualified.

**CP15/TA4 NTS Map 3** (Gear Bin#2 and Bikes available)

CP15/TA4 is located in a sand pit on the north side of Salmon Lake Road. When departing the TA move gear bins to the designated area.

**Section 5 – Mountain Biking**

**FINISH NTS Map 3**

The Finish will be on the beach at Grand Tappattoo Resort.

**Course Cut-Off** – The course will close at 1400 on Sunday September 30, 2018. Any team who has not reached the finish line by this time will become unranked.

Please hand in SI Timing Chip and Yellowbrick Tracking Device to volunteers at the finish line.