



ADVENTURE GIRLS RACING



7 Hour Rules of Travel

Important Rules

1. For emergencies, call 9-1-1 first. Then, call the Race Directors:
Melissa Dupke-Bourgeois (920) 609-8985 or Mary Dupke-Bourgeois (920) 901-5551.
2. For non-emergencies and all other concerns (you are lost, late, missing CP, etc.) call the race directors.
3. If you are dropping out of the race or leaving early, you MUST check out with race staff at the Finish or TA. If you fail to notify us, search and rescue may be called.
4. Team Members must stay within 10 meters of each other while on foot and within 30 meters (100 feet) of each other while biking during the entire race. You should be able to see and hear each other at all times.
5. Legs must be accomplished in order unless otherwise specified.
6. Racers must check in and out with race staff at each TA.
7. All CPs must be completed using the means of travel specified in the rules of travel (i.e. no retrieving a bike CP during a trek).

CP Point Values

CP values will vary across the course. Easier, more accessible, or scenic CPs will carry higher point values than the more difficult or less scenic CPs. This scoring system is designed to enhance everyone's adventure and encourage newer or less experienced racers to pursue scenic, more attainable CPs, while still providing advanced teams the opportunity to take on tougher navigation and additional physical challenges.

A CP may be considered "harder" due to:

- More complex navigation
- More challenging terrain (steep, rough, bushwhacking, etc.)
- Greater time requirement

Teams may not, under any circumstances, cross through campsites, lodging, etc. and must be respectful of public use of the area at all times.

Map Notes

- Base map symbols and lines are, in general, fairly accurate. When there are discrepancies between the field scouting tracks and historical base map tracks, we have superimposed the more accurate track with red lines. Solid red lines indicate well worn trails, while broken red lines indicate faint trails.
- Contour lines = 10 feet

Superimposed line/symbol legend	
	Well worn trail
	Faint trail
	Checkpoint (CP)
	Missing/faint trail end
	Waypoint (WP)
	Start/Finish (SF)
	Transition Area (TA)

Prologue	Trek	CPs P1 - P3	Supplemental Prologue Map
	The pre-race brief will begin at 8:30 AM and is mandatory for all participants. Prior to race start, racers will stage their bikes at the designated bike drop at the Round Lake State Boat Landing at N15043 Thorofare Rd. After the pre-race brief, the prologue will start at 9:00 AM in the north half of the volleyball court. Teams will collect one token from each CP on the prologue and return to the Start/Finish where they will turn in their tokens to race staff. After turning in the tokens, teams will head to the boat staging area, choose a boat and grab their gear. Boats will be carried from the staging area in the south half of the volleyball court down to the lake where they will put in and begin Leg 1A - Round Lake Paddle.		
ALL MANDATORY / ANY ORDER ☐ CP P1 (1 pt) NO Flag - Moose Jaw Sign at entrance to resort ☐ CP P2 (1 pt) NO Flag - Moose statue at road intersection ☐ CP P3 (1 pt) NO Flag - Gazebo NE of main lodge CHECK-OUT MANDATORY - Turn in three tokens to race staff at START/FINISH area, punch Prologue flag (#109) and head to boat staging area			

LEG 1A	Round Lake Paddle	CPs 1 - 5	Map 1 Round Lake Paddle
	Upon completion of the prologue, racers will choose a boat and carry it approximately 100 meters to the boat launch (WP1) on Round Lake. Round Lake is stunning, with $\frac{2}{3}$ of the lake surrounded by the Chequamegon-Nicolet National Forest. The fall colors are truly breathtaking! Racers will put in at Moose Jaw Resort (WP1) and take out at TA1. All CPs in this leg must be completed by boat.		
SOME MANDATORY / ANY ORDER WP1 - NO Flag - Boat launch at Moose Jaw Resort ☐ CP1 (3 pts) OPTIONAL - Tree near large rock on a peninsula (#74) ☐ CP2 (2 pts) OPTIONAL - NO Flag - What are the last 4 numbers in the telephone number on the brown sign? _____ ☐ CP3 (2 pts) OPTIONAL - Dead tree on lakeshore (#75) ☐ CP4 (3 pts) MANDATORY - NO Flag - What is the number of the ordinance on the Thorofare Bridge? _____ ☐ CP5 (1 pt) OPTIONAL - NO Flag - What color is the bicycle that is on the west end of the dock? _____ ☐ TA1 - MANDATORY			

LEG 1B	Tucker Lake Embedded Trek	CPs 6 - 11	Map 2 Tucker Lake Trek
	At CP 2, teams have the option to beach their boats and tackle this State Natural Area on foot for some bonus opportunities! CPs 6-11 must be completed on foot.		
<u>ALL</u> OPTIONAL / ANY ORDER			
☐ CP6 (3 pts) - Deadfall on top of ridge (#76)			
☐ CP7 (2 pts) - High ground South of swamp edge (#77)			
☐ CP8 (2 pts) - Edge of swamp on lakeshore (#78)			
☐ CP9 (2 pts) - Rootstock on hilltop (#79)			
☐ CP10 (1 pt) - Rustic campsite on hilltop (#80)			
☐ CP11 (3 pts) - Hilltop (#81)			

TA1	Round Lake State Boat Landing	Map 1 and Map 3
Toilet, Bike drop	TA1 is <u>mandatory</u> . Upon completion of the paddle, racers will travel to TA1 where they will carry their boats to the designated area and check in with race staff to share their answers for CP2, CP4, and CP5. Bikes have been staged here, and this area will be manned as long as bikes are in the staging area. After the paddle, teams will have the choice to attempt the Photo O, or skip it and move on to Leg 2B on their bikes.	
CHECK-IN MANDATORY/CHECK-OUT MANDATORY		

Leg 2A	Optional Photo O - Trek	CPs PO1 - PO5	Supplemental Photo O Map
	Teams may <u>choose</u> to attempt the Photo O. If they so choose, they will receive a map and picture sheets from race staff at TA1. They will travel to each point on the map and match the correct photo point using the clues provided. There are NO flags at the Photo O points. The Photo O is to be completed on foot. There is no bushwhacking for this portion of the event. Stay on roads and paths and avoid private property. Teams that complete the Photo O correctly will earn (5) points. There is no partial credit for the Photo O...all five correct earns (5) points, less than all five correct earns (0) points, BUT teams can go back out to try to correct errors.		
ANY ORDER - MUST GET ALL FIVE CORRECT IN ORDER TO SUCCESSFULLY COMPLETE LEG 3A ☐ PO1 NO Flag - What do you see 45° from the trail intersection? ☐ PO2 NO Flag - What do you see 270° from the N15207 Pike Lake Club Rd fire sign? ☐ PO3 NO Flag - What do you see 15° from standing next to the N15244 and N15247 Thorofare Rd fire signs? ☐ PO4 NO Flag - What do you see 150° from the Patzold Ln Street sign? ☐ PO5 NO Flag - What do you see 100° from the stop sign? Write down the letter of the correct photo: PO1 _____ PO2 _____ PO3 _____ PO4 _____ PO5 _____			
Upon completion of the Photo O, racers will return to TA1 where they will show their answers to race staff. If they have all five answers correct, they may punch the designated CP flag (#82). If they do not have all five correct, they may elect to go back out on the Photo O to correct their error(s), or they may choose to continue with Leg 2B on their bikes. Racers must check out with race staff before leaving on their bikes for leg 2B.			

LEG 2B	Bike to TA2	CPs 12 - 13	Map 3 Bike Master
	As racers move through this leg, they will be traveling by bicycle along the lakeshore through treelined scenic forest roads and heading to TA2.		
SOME MANDATORY, SOME OPTIONAL / ANY ORDER ☐ CP12 (3 pts) OPTIONAL - NO Flag, e-punch only - Neighborhood Sign (#83) ☐ CP13 (2 pts) OPTIONAL - Vegetation border W of Fire Dept. Buildings (#84) ☐ TA2 MANDATORY			

TA2	Round Lake Logging Dam Parking Lot	Map 3 and Map 5
Toilet, Bike drop, Potable water provided by race staff	TA2 is <u>mandatory</u> . Racers will have two opportunities to visit this TA. On their first pass, they have the option to complete the Round Lake Logging Dam History Scavenger Hunt. If they choose to attempt this trekking challenge, they MUST complete it before leaving TA2 on their bicycles for Leg 4.	
CHECK-IN MANDATORY / CHECK-OUT MANDATORY		

Leg 3	Optional Scavenger Hunt - Trek CPs SH1 - SH5 Supplemental Map
	Teams may choose to attempt the Scavenger Hunt Trek. If they so choose, they will receive a map with the locations of five interpretive sites on the .5 mile Interpretive Trail Loop. They will travel to each point on the map and answer the ten questions about the history of the logging dam. There are NO flags at the Scavenger Hunt points. There is interpretive signage with information about the history of the logging dam. The Scavenger Hunt is <u>optional</u>. Teams that complete it <u>correctly</u> will earn (5) points. There is no partial credit for the Scavenger Hunt...all ten correct earns (5) points, less than ten correct earns (0) points, BUT teams can go back out to try to correct their errors.
ANY ORDER - MUST GET ALL TEN QUESTIONS CORRECT IN ORDER TO SUCCESSFULLY COMPLETE LEG 4A ☐ SH1 - NO Flag - Information Kiosk ☐ SH2 - NO Flag - Interpretive Sign ☐ SH3 - NO Flag - Interpretive Signs ☐ SH4 - NO Flag - Interpretive Sign ☐ SH5 - NO Flag - Interpretive Sign ☐ TA2	
Racers who attempt the scavenger hunt <u>must</u> return to TA2 and check in with race staff where they will have their answers checked. If they have all ten answers correct, they may punch the designated CP flag (#85). If they do not have all ten correct, they may elect to go back out on the Scavenger Hunt to correct their error(s), or they may choose to continue with Leg 4 on their bikes. Racers must check out with race staff at TA2 before leaving on their bikes for Leg 4.	

Leg 4	Bike to TA3 CPs 14 - 20 and 26 - 30 Map 3 Bike Master
	This bike leg of the race gives racers some route choice, and offers an opportunity for some off road, adventure surface travel. There are a few CPs that are designated as walk-in CPs. Drop bikes and proceed to these CPs as noted below on foot
<u>ALL</u> OPTIONAL / ANY ORDER, Before AND/OR After Leg 5 at Smith Rapids ☐ CP14 (3 pts) No Flag, e-punch only - Trailhead (#86) ☐ CP15 (2 pts) - Hilltop - Racers MUST leave their bikes near CP14 and proceed on foot to retrieve CP15 (#87) ☐ CP16 (1 pt) - Bend in river - Racers MUST leave their bikes near CP14 and proceed on foot to retrieve CP16 (#88) ☐ CP17 (3 pts) - Under bridge - Racers MUST leave their bikes on the side of the road OFF the bridge (#89) ☐ CP18 (3 pts) - Creek (#90) ☐ CP19 (2 pts) - Confluence of Riley Creek and South Fork of Flambeau River (#91) ☐ CP20 (3 pts) - Faint trail intersection (#92) ☐ CP26 (2 pts) - End of trail on edge of tag elder swamp (#98) ☐ CP27 (2 pts) - Trail intersection (#99) ☐ CP28 (1 pt) - Trailhead (#100) ☐ CP29 (1 pt) - Gate (#101) ☐ CP30 (3 pts) - Tree on lakeshore - Racers MUST leave their bikes at trailhead and retrieve this point on foot (#102) ☐ TA3 OPTIONAL	

TA3	Smith Rapids Covered Bridge Parking Lot - Optional	Map 3 and Map 4
Toilet, Bike drop, Potable water	TA3 is <u>optional</u> . Upon arrival at TA3, racers must check in with race staff. Here, they may choose to attempt Leg 5, the Smith Rapids Trek. If they choose to undertake this challenge, they must drop their bikes in the designated area. All CPs on this leg are <u>optional</u> and can be completed in any order on foot. Be aware that there is a bear bait pile near the intersection of FR148 and the trail shown to the west of the intersection of 148 and Fish Trap Rd. There is a detailed map of this area as an inset on Map 5.	
CHECK-IN / CHECK-OUT MANDATORY if teams choose to do Leg 5		

Leg 5	Optional Smith Rapids Trek	CPs 21 - 25	Map 4 Smith Rapids Trek
	This leg of the race explores the area around the Smith Rapids Covered Bridge, an iconic feature in our neighborhood. All CPs on this leg must be retrieved on foot.		
<u>ALL OPTIONAL / ANY ORDER</u> WP2 NO Flag - Bear bait...OFF LIMITS!!! ☐ CP21 (3 pts) - Under covered bridge (#93) ☐ CP22 (3 pts) - Bend in trail (#94) ☐ CP23 (2 pts) - Creek (#95) ☐ CP24 (3 pts) - Trailhead (#96) ☐ CP25 (1 pt) - Faint spur (#97) ☐ TA3			

Leg 6	Bike to TA4	CPs 14 - 20 and 26 - 30	Map 3 Bike Master
	This bike leg of the race is a continuation of Leg 4. Racers may choose to go after more CPs on their way to TA4 or they may just return directly to TA4. All CPs on this leg are <u>optional</u> and may be completed in any order. Reference Leg 4 for the CP list.		

TA4	Round Lake Logging Dam Parking Lot - Optional	Map 3 and Map 5
Toilet, Bike drop, Potable water provided by race staff	TA4 is <u>optional</u> . If teams choose to go to TA4, they must check in with race staff upon arrival at TA4. If they choose to attempt Leg 7, the Round Lake Recreational Area Trek, they must drop their bikes in the designated area before setting out on foot.	
CHECK-IN / CHECK-OUT MANDATORY if teams choose to do Leg 7. Racers must check out with race staff at TA4 before leaving TA4 on their bikes.		

Leg 7	Optional Trek	CPs 31 - 35	Map 5 Round Lake Trek
	This leg of the race traverses the wild and serene Round Lake Recreational Area.		
<u>ALL</u> OPTIONAL / ANY ORDER WP3 NO Flag - Old trail sign ☐ CP31 (2 pts) - Hilltop (#103) ☐ CP32 (3 pts) - Tree on lakeshore (#104) ☐ CP33 (2 pts) - Depression (#105) ☐ CP34 (1 pt) - Small clearing on hilltop (#106) ☐ CP35 (3 pts) - Large spruce tree in meadow (#107) ☐ CP36 (1 pt) - End of maintained trail (#108) ☐ TA4			
CHECK-IN / CHECK-OUT MANDATORY if teams choose to do Leg 7.			

LEG 8	Bike to Finish		Map 3 Bike Master
	As racers move through this leg, they will be traveling along scenic forest roads and heading to the Finish. Teams that chose to leave any CPs from Legs 4 and/or 6 behind may choose to go back out to retrieve them before heading to the Finish, or they can head right to the Finish.		
☐ Finish MANDATORY - Volleyball Court area at Moose Jaw Resort (#FINISH)			