

KIT Adventure Race at USNWC Map—5-7

4 Run Channel Lp CW to Finish

3 Ride Channel Lp CCW twice

BIKES

2 After kayak, run to bikes

KAYAKS

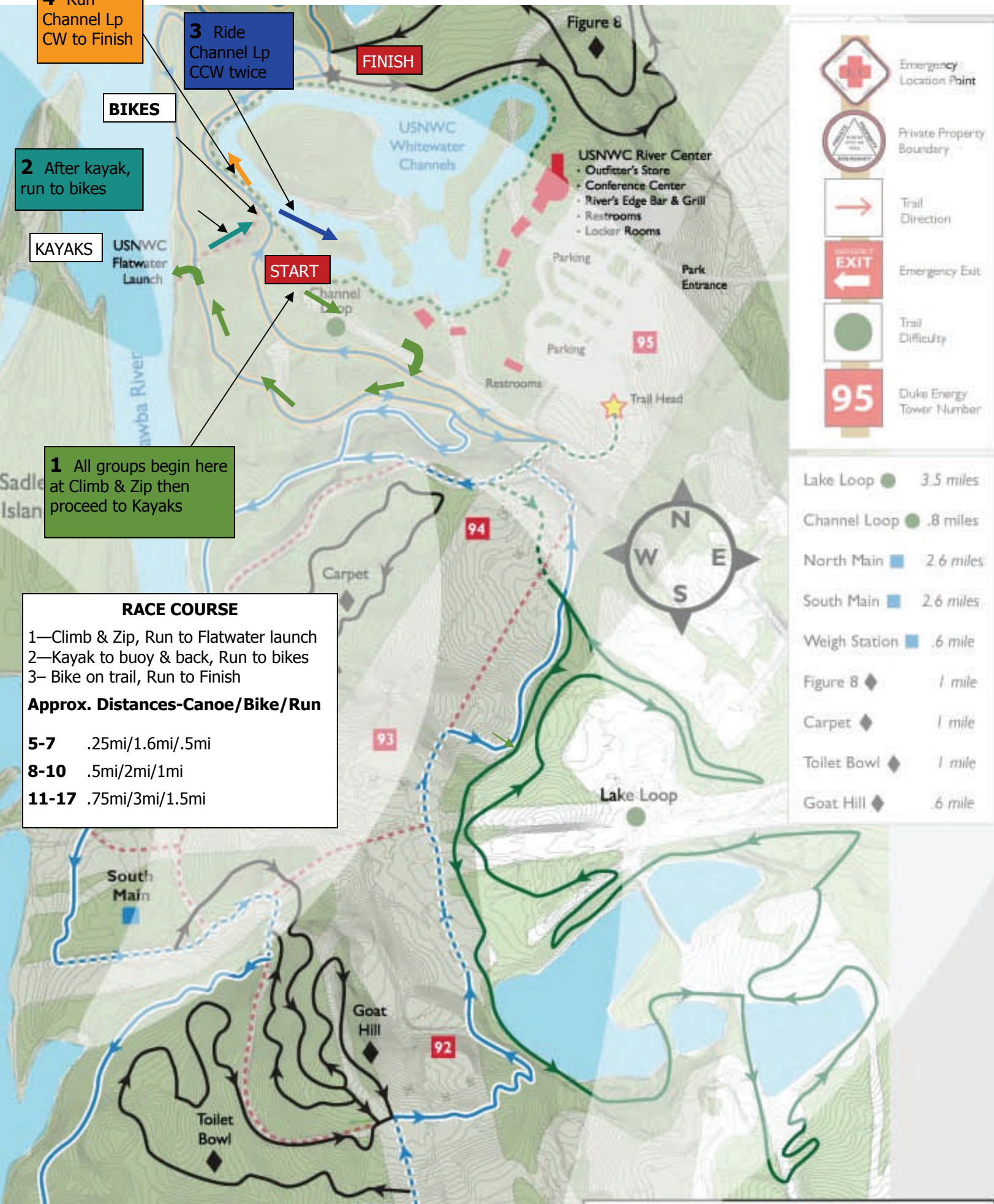
1 All groups begin here at Climb & Zip then proceed to Kayaks

RACE COURSE

- 1—Climb & Zip, Run to Flatwater launch
- 2—Kayak to buoy & back, Run to bikes
- 3—Bike on trail, Run to Finish

Approx. Distances-Canoe/Bike/Run

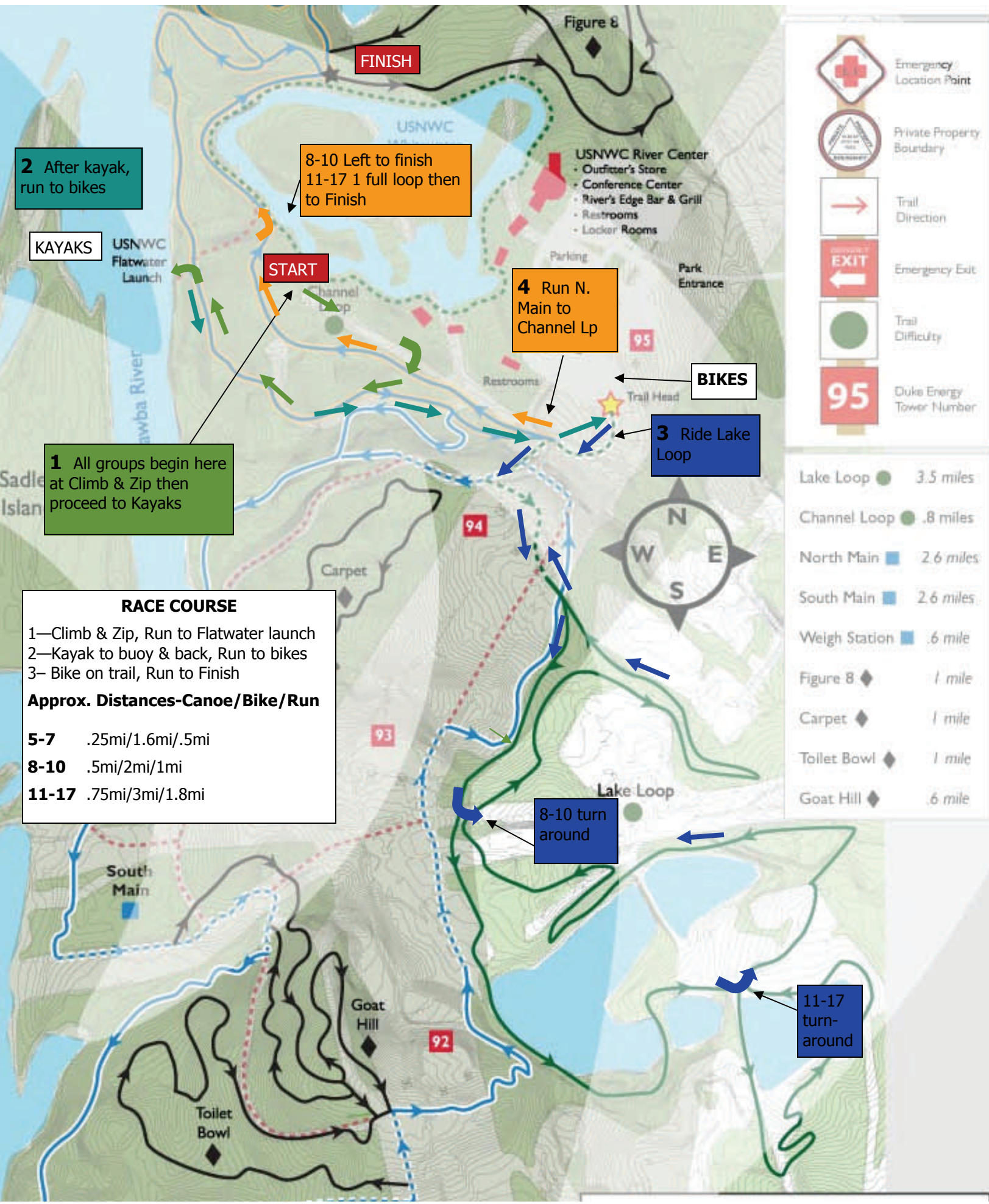
5-7	.25mi/1.6mi/.5mi
8-10	.5mi/2mi/1mi
11-17	.75mi/3mi/1.5mi



- Emergency Location Point
- Private Property Boundary
- Trail Direction
- Emergency Exit
- Trail Difficulty
- Duke Energy Tower Number

Lake Loop	●	3.5 miles
Channel Loop	●	.8 miles
North Main	■	2.6 miles
South Main	■	2.6 miles
Weigh Station	■	.6 mile
Figure 8	◆	1 mile
Carpet	◆	1 mile
Toilet Bowl	◆	1 mile
Goat Hill	◆	.6 mile

KIT Adventure Race at USNWC Map—8-17



2 After kayak, run to bikes

8-10 Left to finish
11-17 1 full loop then to Finish

KAYAKS

USNWC Flatwater Launch

START

4 Run N. Main to Channel Lp

BIKES

3 Ride Lake Loop

1 All groups begin here at Climb & Zip then proceed to Kayaks

RACE COURSE

- 1—Climb & Zip, Run to Flatwater launch
- 2—Kayak to buoy & back, Run to bikes
- 3—Bike on trail, Run to Finish

Approx. Distances-Canoe/Bike/Run

5-7	.25mi/1.6mi/.5mi
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- Lake Loop ● 3.5 miles
- Channel Loop ● .8 miles
- North Main ■ 2.6 miles
- South Main ■ 2.6 miles
- Weigh Station ■ .6 mile
- Figure 8 ◆ 1 mile
- Carpet ◆ 1 mile
- Toilet Bowl ◆ 1 mile
- Goat Hill ◆ .6 mile

8-10 turn around

11-17 turn-around