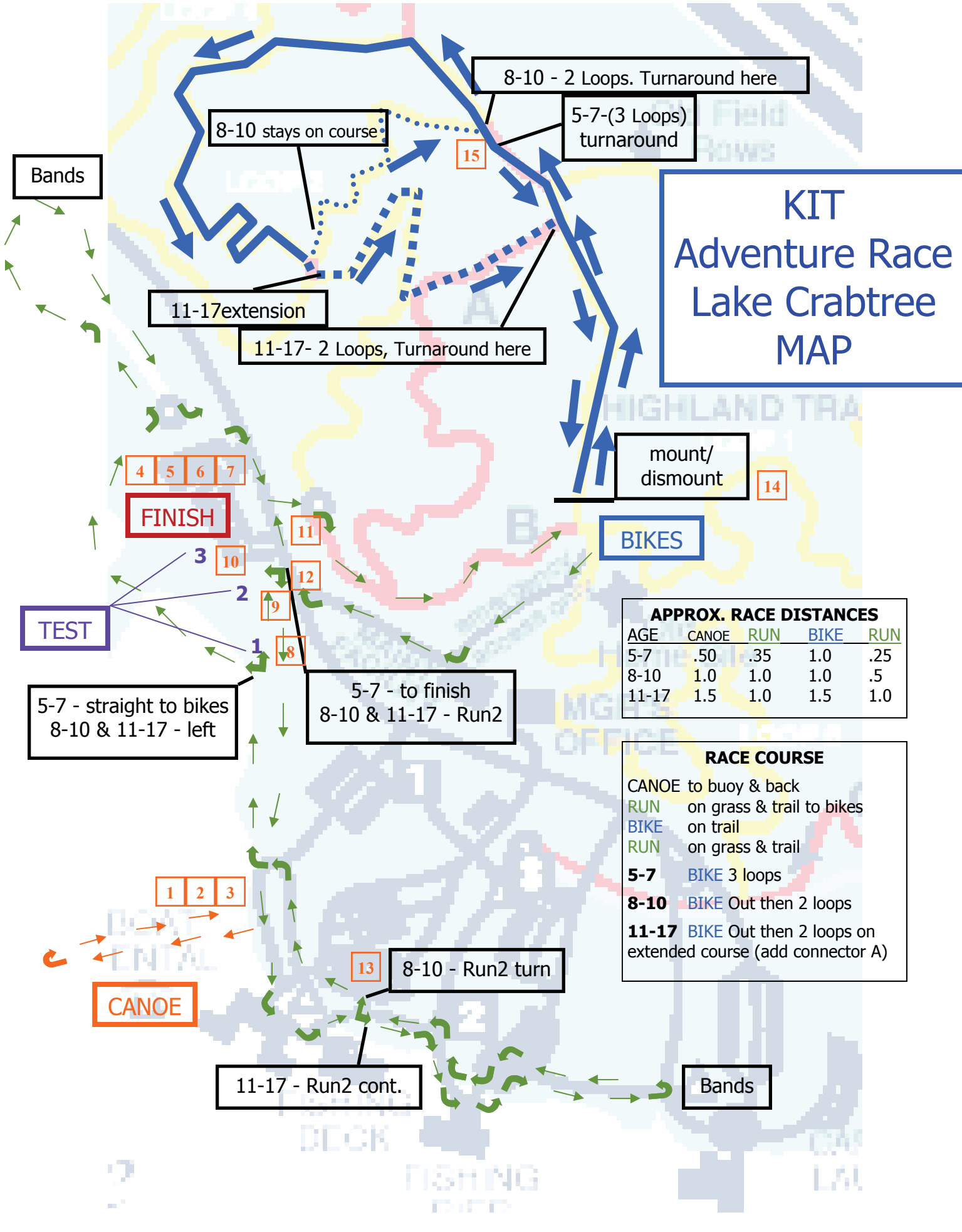


KIT Adventure Race Lake Crabtree MAP



FINISH

TEST

APPROX. RACE DISTANCES

AGE	CANOE	RUN	BIKE	RUN
5-7	.50	.35	1.0	.25
8-10	1.0	1.0	1.0	.5
11-17	1.5	1.0	1.5	1.0

RACE COURSE

CANOE to buoy & back
 RUN on grass & trail to bikes
 BIKE on trail
 RUN on grass & trail

5-7 BIKE 3 loops
8-10 BIKE Out then 2 loops
11-17 BIKE Out then 2 loops on extended course (add connector A)

8-10 - 2 Loops. Turnaround here

5-7-(3 Loops) turnaround

8-10 stays on course

11-17 extension

11-17- 2 Loops, Turnaround here

mount/dismount

BIKES

5-7 - straight to bikes
 8-10 & 11-17 - left

5-7 - to finish
 8-10 & 11-17 - Run2

8-10 - Run2 turn

11-17 - Run2 cont.

Bands

CANOE