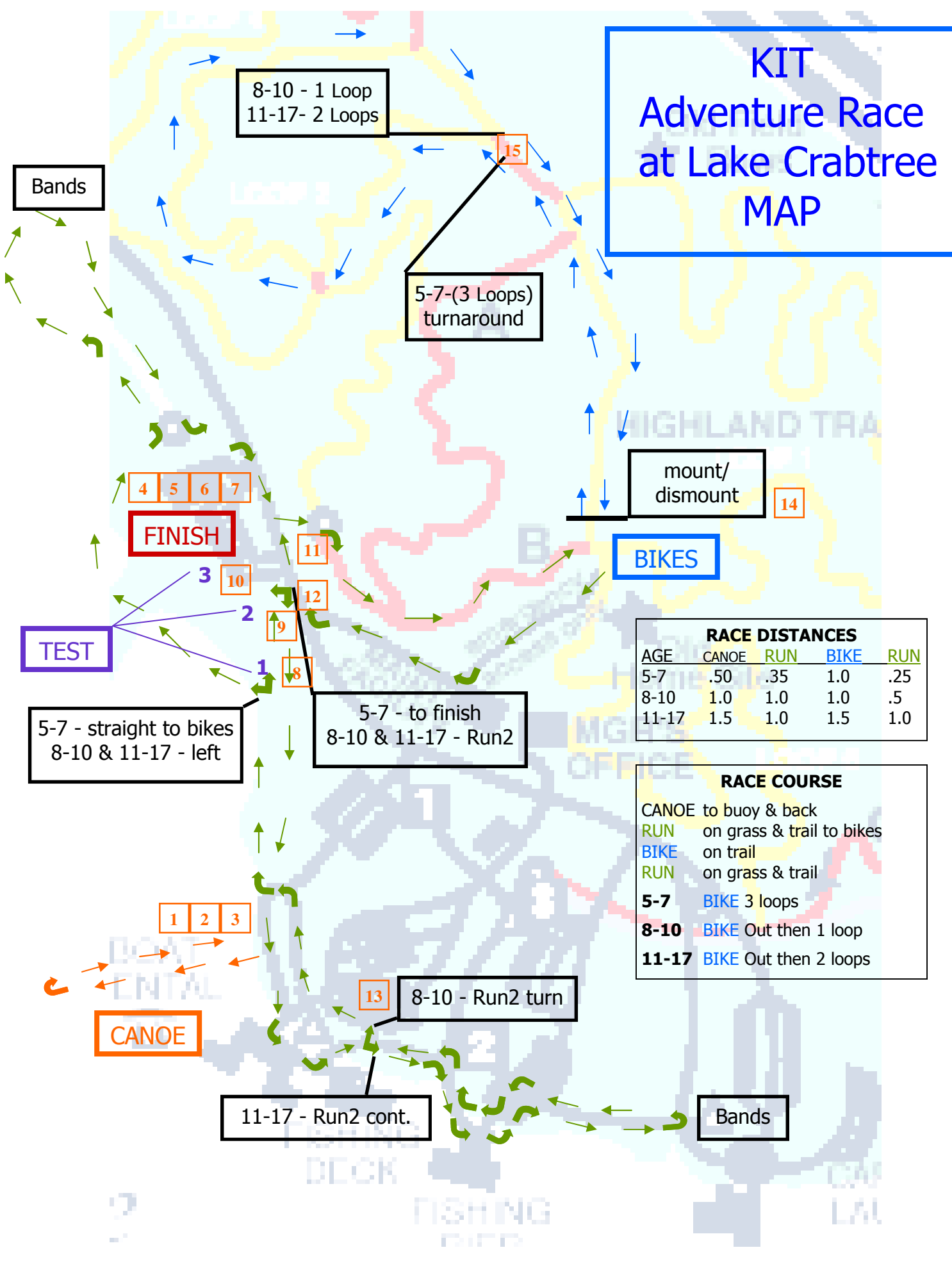


KIT Adventure Race at Lake Crabtree MAP



8-10 - 1 Loop
11-17- 2 Loops

5-7-(3 Loops)
turnaround

mount/
dismount

BIKES

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 1 loop
11-17	BIKE Out then 2 loops

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

FINISH

TEST

Bands

1 2 3

4 5 6 7

15

14

11

12

9

8

10

3

2

1

13