



**INSET MAP: Kayak Stage 10K**

Go around the piling wrapped in Pink Flagging Tape.

**START - CP 1**

**STAGE #1: PADDLING**

**ATMOSPHERE**  
**momma**  
 MIND OVER MOUNTAIN ADVENTURE RACING  
 presented by **MERRELL**

**ENDURO MAP #1**

Cumberland, BC, September 24, 2016

- Kayak Route
- Course Flagging
- Trail
- Trail (not established)
- Road (paved)
- Road (Gravel)
- Road (4x4, rough)
- Creek
- Contour (20 metre)
- CP (checkpoint)
- Manmade Structure
- Gate
- Swamp / Marsh
- Aid Station (water)

Mapping by: Bryan Tasaka,  
 Date: Sept 2016  
 Scale: 1:22,000  
 Declination is 18 degrees East

**A FEW HINTS ON CP LOCATIONS**

- CP 2 - Trail Intersection
- CP 3 - End of the Road
- CP 4 - Under the Bridge
- CP 5 - 10m South of Junction
- CP 6 - Pizza
- CP 7 - Baseball

The 'FLAGGED' section of the race course is highlighted in **YELLOW** on the map. Racers must **NOT** deviate from this route and you must get these CPs in order. Follow the Pink Flagging.

**CP 1 - CP 7**  
**STAGE #2: TREKKING**  
 Collect CPs in numerical order.

**CP 7 - CP 15**  
**STAGE #3: BIKING**  
 Collect CPs in numerical order.

**CP 15 - FINISH**  
**STAGE #4: ORIENTEERING!**  
 You will receive a **NEW** map for this stage. Instructions will be on the map.

**TA #2 / TA #3**  
**CP 7** **CP 15**  
**FINISH**  
 CUTOFF #2 - 4:00pm  
 CUTOFF #3 - 4:40pm

Choose your own route from CP8 to CP9. Flat but longer vs hilly and shorter...

**\*\*\* CUT OFF TIMES \*\*\***

**Cutoff #1 -- 2:45pm @ CP 10**  
 \* If racers are not at CP 10 by 2:45pm, they must follow the BLUE flagging to CP 14.

**Cutoff #2 -- 4:00pm @ CP 15**  
 \* If racers are not at CP 15 by 4:00pm, they will be instructed to skip certain checkpoints. The later teams arrive, the more checkpoints will be cutoff from your passport.

**Cutoff #3 -- 4:40pm @ CP 15**  
 \* If racers are not at CP 15 by 4:40pm, they will not be allowed on the final orienteering stage and must go directly to the finish line.