



## 2010 Alexandria Adventure Race Instructions

Run to Checkpoint 1, Checkpoint 2 and Checkpoint 3, then return to Transition Area (TA).

Bike to Checkpoint 4 (paved road is allowed) and Checkpoint 5.

Bike Lamotte Creek Trail to Checkpoint 6.

Bike Lakeshore Trail to Checkpoint 7 and complete Mystery Event.

Bike to Checkpoint 8 on Kincaid Trail (Caution! Two-way traffic on trail to CP8).

Continue on Kincaid Trail to Checkpoint 9, Checkpoint 10, and Checkpoint 11.

Bike to TA and complete Mystery Event to receive Checkpoint 12.

Paddle/portage to Checkpoint 13.

Paddle to Checkpoint 14, then to Canoe Take-Out.

Run along Lakeshore Trail and cross-country to Checkpoint 15, Checkpoint 16, and Checkpoint 17, then return to canoe.

Paddle to Checkpoint 18, then paddle to Canoe Put-In.

Run across FINISH LINE!

● = MASSEY'S Treasure Hunt

Race Maps Provided By:

