



ENDLESS MOUNTAINS

ADVENTURE RACE

Les Verd Monts
June 21-June 28,
2025

Presented by
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Endless Mountains Adventure Race – Les Verd Monts

General Course Notes

CP Designations

- All Transition Areas (TAs) are mandatory.

- Numbered CPs (1-69) are considered part of the **mandatory** designated short course route.
- Lettered CPs (A1-A5, B1-B5, for example) are considered **optional**.
- CPs **MUST** be collected on their designated stage. You may not visit a CP once you have moved onto a subsequent stage.

Event Ranking Overview

Official finishers of the Endless Mountains Adventure Race will be ranked in three tiers:

- **Full Course:** Teams that visit every checkpoint (CP) as designed by the race directors. Full-course teams will be ranked by finish times.
- **Short Course:** Short Course teams must visit all mandatory CPs. Short-course teams will be ranked by the total number of checkpoints collected (mandatory CPs + optional CPs). Time will serve as a tiebreaker if more than one team finishes with the same score. Short-course teams will be ranked behind all full-course teams regardless of finishing time.
- **Official Finisher:** Teams travelling from TA to TA under their own power will be considered official finishers even if they don't visit all mandatory CPs. Teams in this category will be ranked first by the total number of mandatory CPs they visit then by total CP count with time as a tiebreaker. They will be ranked behind all teams who visit every mandatory CP, regardless of total CP count.

Course Overview

*Distances are in miles

	Stage	Minimum Distance	Max Distance	Mandatory CPS	Optional CPs	TAs at End of Stage
	Prologue	2.75	2.75	4	0	
	Stage A	29.5	33.5	8	9	
	Stage A(A)	1.5	4.5	1	5	TA1
	Stage B	56	87	10	13	
	Stage B (A)	0	7.5	0	8	TA2
	Stage C	25	25	3	0	TA3
	Stage D	86	92	11	11	
	Stage D(A)	4.25	7.75	8	6	
	Stage D(B)	0	1.75	0	1	TA4
	Stage E	18	27	4	9	TA5
	Stage F	80	83	4	5	
	Stage F(A)	The relay varies; each racer can expect to cover approximately 2-4 miles; 4 mandatory points total				
	Stage F(B)	4	7	3	9	TA6
	Stage G(A)	26	26	5	2	
	Stage G(B)	25	25	3	1	TA7
	Stage H(A)	38	38	3	0	
	Stage H(B)	0	8	0	11	FINISH!
Total Distance		409 Miles	478.75 Miles			

Time Guidance

We are NOT implementing firm time cut-offs. Why? Because every team is different, with different goals, strategies, and abilities. If we

impose a cutoff with slower teams in mind, this may negatively impact a faster team pushing it to the end and trying to clear the course. If we set cutoffs based on those faster teams, slower teams may be misled into a false sense of confidence and then run out of time. This is YOUR adventure, and part of that means managing your race wisely. This said, we do have some recommendations.			
	Day	Time	Notes
Recommendation: Depart TA 5/Start Stage F	THU 6/26	10AM	Fast time estimates from this point on are roughly 35 hours (w/o TAs and sleep). We believe most teams will want and likely need roughly two days to reach the finish line (full course or short course) from TA 5. Some fast teams can likely go faster and some slower teams may as well depending on how many optional CPS they are targeting.
Recommendation: Depart TA6/Start Stage G(A)	FRI 6/27	4AM	This gives you 30 hours to raft and canoe 51 miles, bike 38, and trek 8. You can drop the trek and bike to the finish, but there isn't much room to cut anything else. The lake paddle is a highlight!
Cutoff: Finish Line	SAT 6/28	10 AM	Teams will be penalized 1 CP every 5 minutes after the 10AM cut off.

Notes about Time Estimates and Cutoffs

Estimates are... an estimation. They are predicated on efficient route choice and navigation and they are computed for completion of the **FULL COURSE**. Fast estimates indicate expectations for top teams racing to their **best** potential and do not account for sleep or TAs.

Note that the cumulative time for these slower projections exceeds the 168-hour race clock when you add TAs and sleep. We do not anticipate that most teams will clear the full course, and these times highlight the outer limit of target goals for teams trying to clear most of the course.

Race smart; make good choices, especially in the first stages of the race. For newer teams, focus on the mandatory CPs and then add optional points strategically.

We do not attempt to predict how sleep deprivation, navigation mistakes, swims with Champ, poor route choice, environmental conditions, bigfoot sightings, effects of injury or illness, wedding crashing, brewery tours, or other unforeseen developments might impact time estimates. You must ultimately judge your team’s abilities, speed, and experience, and plan accordingly.

The above recommendations are NOT a guarantee that your team will finish before the course closes. They are calculated to give you a good chance; your fitness, navigational ability, and team status (health, injury, fueling, etc.) may still impact your ability to finish, even if you make the recommendations. Plan your strategy wisely.

Rules and Penalties

ARWS rules will apply to the Endless Mountains Adventure Race unless otherwise noted in this route book or from an official. See the ARWS rules document (online) for reference.

The referee and RDs will adjudicate rule infractions as laid out in the ARWS rules, and teams will receive time penalties for any violations. Teams assessed with penalties will generally have these time penalties applied to their finishing times. Teams in contention for divisional podiums will serve time penalties at TA7 (at the end of Stage G(B)). All other penalties will be added to your final race time. We will publish a list of penalties at TA7 as necessary.

Food and Water on Course

You will find ample water along the course, and you will find food – either provided or for purchase – in some of the bike drops and TAs. Here is what you can expect. Public food sources are subject to opening hours.

Stage A	No food along route; plenty of treatable groundwater.
TA 1	No resources. Reservoir water to treat

Stage B	Food along route, esp. in Rutland and possibly in the Killington area.
TA 2	No amenities. River water. Treat. RD provided food
Stage C	No food along route; plenty of treatable groundwater, but we recommend chemical treatment due to inhabited banks along the White
TA 3	No resources.
Stage D	You will pass through a few villages that may have open gas stations or general stores, especially in Fairlee, East Corinth and Barre . RD provided food, hosted by GMARA, at CP32
TA 4	No resources.
Stage E	No food along route; treatable groundwater available.
TA 5	No resources.
Stage F	Downtown Hardwick during opening hours. You may also find food at CP53 if it is open for business. Jay Peak likely will have some dining options open during opening hours. RD provided food at CP52
TA 6	During opening hours, there are some options in downtown Enosburg Falls. There is a 24-hour gas station marked on your map , which is easy to pass through on your way to TA6.
Stage G	No food along direct route; treatable river water absolutely available! Again, use effective treatment. When you portage in Swanton after CP63, there are some shops and restaurants just to the south/east of the portage route in the town center.
TA 7	No resources.
Stage H	You will bike past a general store (if it's open) not long after leaving the TA. You may encounter a bit of food elsewhere. No real surface water.

Maps

Maps are printed on water resistant paper. They are double sided, but they are printed by stage. You will not find maps from different stages printed on the same sheet of paper. You will also find clues, scales, and

declination (maps are not corrected for magnetic declination) all printed on MOST maps.

Maps range in scale. We try to work with standard 1:24000 and 1:50000 scales as much as possible, but a handful of maps may be odd scales to strategically keep things to one sheet. Pay attention to the scales!

This should go without saying as it is an adventure race, but you will absolutely find unmapped or improperly mapped routes in these woods, as well as others that have been reclaimed by nature. Be alert!

We are handling maps a bit differently this year! There will not be an official “Lockdown” mapping period. You will start the race WITHOUT any maps!! You will receive a prologue map at the start. When you have completed the prologue, you will return to the start, and you will receive most of your race maps. There will be indoor space available for you to use, but how and when you map is totally up to you from that point onwards. You will receive maps for three embedded sections (Stage D(A/B), Stage F(A), and Stage F(B)) when you arrive at those sections.

In Case of Emergency

- 1) Assess the severity of the situation. If the situation is not a serious one, please try to reach TA if possible as our EMS staff are on call for more serious scenarios.
- 2) If you truly need assistance and cannot reach a TA, try to navigate to an accessible road.
- 3) If you have a true emergency that requires medical assistance from a professional, try to call 911 first.
- 4) Try to call AND text us using the following points of contact. You may need to get to high ground. Sending a text can work where a phone call won't. Try our cell phones, and also try our inReach devices. You should program the InReach contact info into your phone ahead of time.
 - a. Abby: 215-317-5835
 - b. Brent: 215-518-6627
- 5) There is an emergency button on your tracker. As discussed in the pre-race briefing, try communicating through a phone first.

Safety notes

While this year's Endless Mountains is not the most technical expedition race in the world... or the country... there are several general safety considerations to be aware of during the event.

- **Thermal injury and illness: Heat.** We are primarily concerned about heat exposure. Stay on top of hydration, cool down in the shade (or streams) if needed. Control your pace. Wear sunscreen, hats, etc.
- **Thermal injury and illness: Cold.** Cold may also be an issue! We do not expect extreme cold, but you may encounter significant temperature swings and precipitation. Be prepared with layers if the weather requires. It's northern New England, conditions can really change fast and precipitously, and hypothermia is a legitimate possibility if you are not alert and attentive to yourself and each other.
- **Terrain.** While not quite as rocky as Pennsylvania, Vermont can still bring it. Watch your footing, especially when trekking. Avoid falls and injury and keep in mind that while out on some of the treks, it may take us hours to reach you if someone becomes immobilized.
- **Snakes.** Vermont is home to the timber rattlesnake, which tends to be found inhabiting rocky high ground. In Vermont, the timber rattlers are endangered and uncommon, but be aware, especially on Stage A. Stay alert, make noise, etc. **SEE NEXT PAGE FOR MORE INFORMATION ON TREATMENT IN THE FIELD.**
- **Vehicular traffic.** You will be sharing roadways with vehicles. While most of the roads you will bike on are relatively quiet and isolated, be alert. Backcountry roads include many blind curves; while drivers are more respectful here than in some places, you never know who you may encounter. We have minimized travel on busier roads as much as possible, but in a few places, there is no choice. Stay in the shoulder, or as close to the edge as possible. **Rear lights are always required at night. They also are required during the day while on shared roads.**
- **Water Safety, Part 1. Wear PFDs at all times and activate glow sticks at night on all paddling sections,** as required. You may encounter motorized boats on Stage D(B) and on Stage G(B) when you reach Lake Champlain. In addition, some stretches of the rivers may be quite shallow. Watch your footing and avoid entrapment.
- **Water Safety, Part 2.** The White River is a proper whitewater run. Normally, it's fun and splashy with nothing of major consequence. If water levels are low, the stakes drop further...though maybe not the

frustration. If water is high, the water can reach class III levels in places. We are NOT dark zoning either river section as of now. We have marked much of the splashier water on your maps to the best of our abilities, and we have labeled some of the bigger rapids. Both rivers allow you to easily bypass anything you are not comfortable with, day or night. Simply land and walk/wade along the river sides. The Missisquoi is less splashy but still has its moments.

- **Water Safety, Part 3.** Stage G(B) requires you to paddle into and across part of Lake Champlain. The route is relatively sheltered with only one legitimate open water crossing. This said, weather may still be a factor. The water is colder, and wind can make things more challenging. Use the shoreline, if necessary, for shelter and easy exits. If you are a team of four, stay together, especially when crossing open water.
- **Private Property.** We do not like to play tricks with private property, but at the same time, we cannot scout every possible route you may travel. If you are unsure about land access, find another route. If confronted by an upset landowner, please do not escalate the situation. Leave at their request and please speak with a race official about any altercations or issues that arise.

Rattlesnake Bites

(from Adventure Medical Kits Signs and Symptoms of Envenomation)

Signs and Symptoms

- Rattlesnakes may leave one, two, or even three fang marks.
- Symptoms may include:
 - Local, burning pain immediately after the bite.
 - Swelling at the site of the bite, usually beginning within five to twenty minutes and spreading slowly over a period of six to twelve hours. The faster the swelling progresses up the arm or leg, the worse the degree of envenomation.
 - Numbness and tingling of the lips and face, usually ten to sixty minutes after the bite.
 - Bruising (black and blue discoloration) and blister formation at the bite site.
 - Twitching of the muscles around the eyes and mouth.
 - Rubbery or metallic taste in the mouth.
 - Weakness, sweating, nausea, vomiting, and faintness.
 - After six to twelve hours, bleeding from the gums and nose may develop and denote a serious envenomation.

First Aid

1. Rinse the area around the bite site with water to remove any venom that might remain on the skin.
2. Clean the wound and cover with a sterile dressing.
3. Remove any rings or jewelry.
4. Immobilize the injured part as you would for a fracture, but splint it just below the level of the heart.
5. Transport the victim to the nearest hospital as soon as possible. If you pass by a telephone, stop and notify the hospital that you are bringing in a snakebite victim so they can begin to locate and procure antivenin/antivenom.
6. It is not necessary to kill the snake and transport it with the victim for identification. If the snake is killed, it should not be directly handled, but should be transported in a closed container. Decapitated snake heads can still produce envenomation.
7. **Extractor pumps** designed to provide suction over a snakebite wound are sold in many camping stores.... Based on recent scientific evidence, these devices are no longer recommended. A study published in the Annals of Emergency Medicine in 2004 showed that these devices remove an insignificant amount of venom, and may also be harmful to the victim.

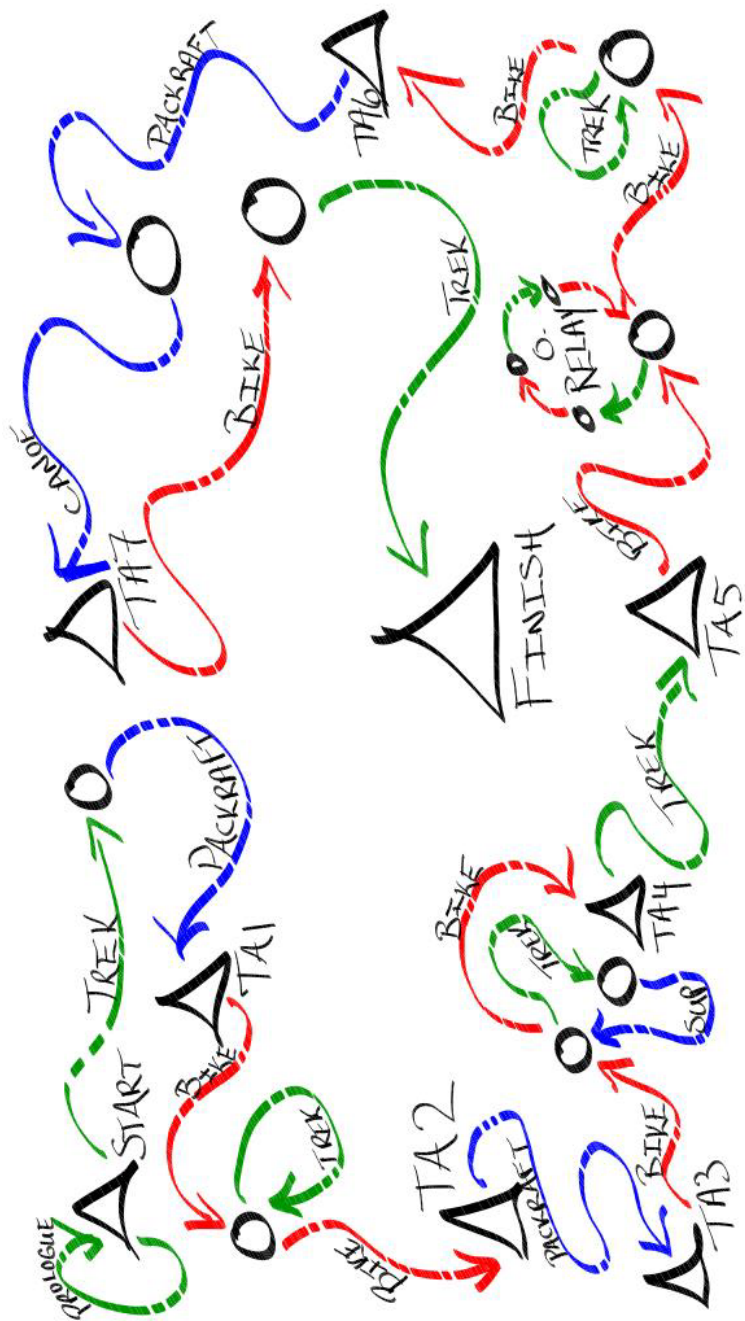
8. Immediately wrapping the entire bitten extremity with a broad elastic bandage is only recommended when the victim appears to have suffered a severe envenomation and is several hours from medical care. In such instances:

- Start the wrap over the bite site and continue upward toward the torso in an even fashion about as tight as one would wrap a sprained ankle.
- Monitor the color, pulse, and temperature of the hand or foot to make sure that there is adequate circulation.
- If circulation appears compromised, loosen the wrap.
- Beyond circulation concerns, the bandage should not be released until after the victim has been brought to a medical facility. The limb should then be immobilized with a well-padded splint.

Things Not to Do

1. Do not make any incisions in the skin.
2. Do not apply suction with your mouth.
3. Do not apply ice or a tourniquet.

Course Description



Prologue: Welcome to Vermont

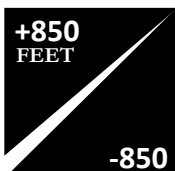
Stage Sponsored by Middlebury College

Middlebury College Snow Bowl

Colonel Forbin stared up at the mountain,
 and wiped away the beads of sweat
 That glistened on his brow, his tired feet were buried in the quagmire
 And his bloodshot eyes saw all that lay between him,
 And fulfillment of his vow
 ~Trey Anastasio, Phish, *Colonel Forbin's Ascent*



This year's Endless Mountains Adventure Race starts off with a twist – in order to receive their race maps, teams must first complete a series of checkpoints around the storied Middlebury Snow Bowl. One of the earliest ski sites in Vermont, the first trails were cut at the Snow Bowl in 1934. Today, the spot boasts seventeen groomed runs, all running from its historic mountain lodge, the “oldest standing base lodge in the nation,” – perfect for warming up over a cup of cocoa in the winter, or studying maps for a seven-day race in June...



Stage Instructions

- You will get your prologue maps (8.5x11), one per team, at the race start.
- You must complete the prologue by visiting all four points in any order.
- After finding the CPs, return to the start for the rest of your maps. You will have access to the Snow Bowl lodge for dry mapping.
- Respect out-of-bounds areas, marked on the maps. These are wilderness areas, and we are not allowed inside of them.
- There is a water spigot at the base lodge for water filling, and there are bathrooms and port-a-potties.
- **PLEASE BE RESPECTFUL OF THE OLD PIPES AND FACILITIES AT THE SNOW BOWL. IT MIGHT BE WISE TO USE THE PORTABLE TOILETS FOR SOME OF YOUR BUSINESS!**

Stage A: Moose Song

Stage Sponsored by Middlebury College

Moosalamoo National Recreation Area

“Every creature is better alive than dead, men and moose and pine trees, and he who understands it already will rather preserve its life than destroy it.”

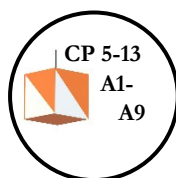
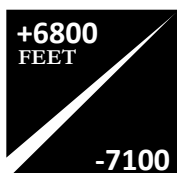
~Henry David Thoreau





Each edition of the Endless Mountains Adventure Race has featured an expansive trekking stage, occupying pointy-end teams for 24 hours and others for potentially much longer, and this year that section leads off the race. The Moosalamoo National Recreation

Area encompasses almost 16,000 acres of forestland, providing teams the perfect introduction to the Green Mountain State. Moosalamoo is derived from the Abenaki word *mozalômo*, or moose call, and lucky teams will be treated to the sounds (and sights) of one of the 2,000 grand animals that reside across the state. The trek itself includes several off-trail stretches and the first of several mountain summits along the course, with sweeping vistas to the higher spine of the Green Mountains to the east. This trek ends at the north end of the picturesque Chittenden Reservoir, but racers have one more leg of the journey before they reach the end: a short packraft to the southern boat ramp, where they will find their bike boxes waiting. After twenty-four hours or more, it's time to ride!



Stage Instructions

- Visit CPs in any order.
- Be aware of out-of-bounds areas and roads, as marked on the maps. You may NOT travel on trails or roads passing through out-of-bounds areas.
- At CP 12, pick up your packrafting gear and continue on to TA1.
- **Exchange your passport for a new one at the end of Stage A (TA1).**

Safety Considerations	
• When traveling along active roads, esp. when leaving the lodge at the start line, be aware of traffic. • General thermal, environmental, and physical safety concerns as outlined in the safety section above.	
Fueling Options	End of Stage Transition
-Treatable groundwater	    

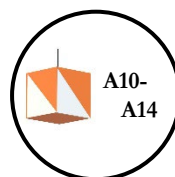
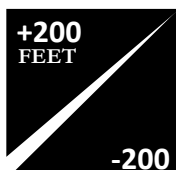


Stage A(A): Packraft

Chittenden Reservoir



Middlebury



Stage Instructions
• Check in with race staff at CP 12 and pick up your rafting gear. You must carry EVERYTHING with you, including your bag. • Trek to CP 13 and then travel to the TA however you want, locating the remaining optional CPs in whichever order you choose. • When looking for CPs that are off the water by more than 20 meters, all team members must travel together. • You MUST arrive at TA via the water and packraft. No trekking around as that ruins some of the fun!

Stage B: Not Your Parent's Death Race...

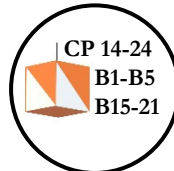
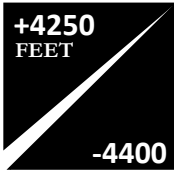
Pine Hill, Sherburne, and Green Mountain Trails

"I could never resist the call of the trail."

~Buffalo Bill



Though Vermont's majestic green mountains often get top billing, the state is widely known for its diverse mountain bike networks, from rugged and technical to smooth and flowy. This 87-mile ride strings together three of the many pockets of machine-built mountain bike trails that dot southern Vermont: the Pine Hill Trails in Rutland, the Sherburne Trails in Killington, and the Green Mountain Trails in Pittsfield, host to the annual, and iconic, Spartan Death Race just a few days after Endless Mountains racers pass through. Roughly halfway through the stage, teams will get a chance to stretch their legs with a short, embedded trek to the summit of Shrewsbury Peak. At 3,710 feet, it doesn't quite reach the status of the state's five 4,000 footers, but the views from the top are still worthy of a photo-op – especially for teams who reach it as the sun descends on Day 2. Unlike in past years, the 2025 Endless Mountains course is fairly linear, so with significant opportunities for short-coursing, this early stage will become a crux decision point for many teams in the field. Smart decision-making early will pay dividends in the days to come.



Stage Instructions

- **While on the mountain bike trails, you are looking for mini O-flags.**
- **Visit CPs in any order with the exception of CP 20, which is on a one way exit trail (See Map 11).**
- While in the three pockets of mountain bike trails (Maps 11, 13, 14), you **MUST** stay on trails. NO bikewhacking. You may drop your bikes to retrieve CPs. **Bikewhacking results in a five-hour penalty per infraction.**
- This year's course is more linear than some years. For less experienced teams who aren't able to race as efficiently or as fast, this section offers the best opportunity to cut a bigger chunk of mileage. Make good decisions!!
- **Exchange your passport for a new one at the end of Stage B (TA2).**

Safety Considerations

- Share the roads. You will largely be riding on back country roads. Some of these roads have blind curves, and drivers sometimes drive fast. Be aware.
- Teams short-coursing between Map 10 and Map 11 will ride on a busier, faster road connecting Rutland and Killington. There is a shoulder, but be alert and ride defensively.

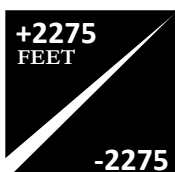
- Be alert in Rutland as you will be riding through a bigger and busier town. Follow the rules of the road and beware vehicular traffic.
- Thermal considerations. Manage as weather conditions require.

Fueling Options	End of Stage Transition
Various opportunities to stop for food and beverages in Rutland, maybe up toward and around Killington too. For full course teams, you may pass other shops after finishing Stage B(A).	     



Stage B(A) – Embedded Foot Section

Shrewsbury Peak



Stage Instructions

- Visit CPs in any order.
- Drop your bikes at B6 with race staff and complete as much of B(A) as you want. This is a proper foot stage; we recommend you bring trekking shoes.
- There is an ecologically sensitive area around the summit of Shrewsbury Peak, and our permit mandates that we stay on trails beyond a certain point. There is a clear out-of-bounds area marked on your maps. When you enter that area, you must stay on trails as you ascend to and descend from B14. **Failure to do results in a disqualification per permitting requirements.**
- **After finishing, continue on Stage B via bike for more CPs and TA2.**

Safety Considerations

- General thermal, environmental, and physical safety concerns as outlined in the safety section above.

Stage C: “Surrender to the Flow”

Stage Sponsored by MRS Packrafts

The White River

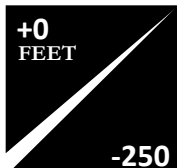
“You can’t argue with a river – it is going to flow. You can dam it up, put it to useful purposes, you can deflect it, but you can’t argue with it.”

~Dean Acheson





The White River is the longest un-dammed tributary to the Connecticut River and one of the last free-flowing rivers in the state of Vermont, making it a destination site for recreational whitewater paddling (and where RD Brent Freedland learned to run whitewater as a pre-teen). In this stage, teams will enjoy 25 miles of splashy, whitewater fun. At typical levels, the river offers a perfect balance: enough spice to keep teams on their toes, but nothing so consequential as to require us to institute a Dark Zone. If waters are particularly high on race week, the RDs may move toward a mandatory stop, but hopefully the lords of weather will cooperate.



Stage Instructions

- The White River is a beautiful and fun waterway. Nothing high stakes, and generally just good, fun, splashy, and relatively steady whitewater. We will be assessing water levels and providing any relevant updates at TA2 as necessary (and hoping we aren't hit with low water levels). Flow may impact time estimates.
- CPs are mandatory, BUT: this is a river and you may be paddling at night. If you miss a mandatory point, you can either return for it, or you can continue on. **You will be penalized with a 5-hour time penalty (but not a lost point) if you skip a mandatory point.**
- You may not portage along any parallel road ways. **Teams portaging will not be given credit for the mandatory points along the route and will additionally be penalized 5 hours for doing so.**
- Exchange your passport for a new one at the end of the stage (TA3).

Safety Considerations

- Thermal considerations. Manage your body temperatures as weather conditions require, especially at night and if it is precipitating.
- We have mapped MOST of the distinguishable rapids. The vast majority of these are nothing to think twice about, even at night. A few are more significant and we have labeled those accordingly. We recommend avoiding these rapids and obstacles in the dark. The White River is very forgiving and easily allows you to pull over and skirt or portage anything you are apprehensive about.
- This said, rivers are constantly changing. Be alert for any modifications or new obstacles, and let race staff know if there is something new that poses a threat to racers' safety.

- If water levels are high, we will assess the conditions and we may need to consider a dark zone.

Fueling Options	End of Stage Transition
-Treatable groundwater. The White is a relatively clean river, but treat your water well as there are farms along its banks in places.	     

Stage D: Campfires, Dinosaurs, and... Beetlejuice, Beetlejuice, Beetlejuice!

Camp Lanakila, Fairlee Town Forest, and the Millstone Trails

“There is something about a fire on a dark night, a fire shared with others, that pulls the gloom right out of you. We sat around the cheery little blaze with the branches popping as they burned with the flames dancing, and although we hadn’t eaten that day, I could feel our spirits rise along with the smoke that drifted toward the stars.”

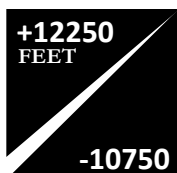
~ William Kent Krueger, *This Tender Land*





If there is a Queen's Stage in this year's race, this might be it. Stage D brings together "Class IV" roads, scenic mountain biking, trekking, and stand-up paddleboarding for an iconic Vermont summer adventure. Racers begin in West Hartford and travel north through a network of unimproved/abandoned Class IV roads. In the town of Stratford, they will marvel at Elizabeth Mine's awe-inspiring gorge, where vestiges of nineteenth and twentieth century copper extraction have left an iridescent hue in the west branch of the Ompompanoosuc River. When they reach Fairlee, teams will arrive at Camp Lanakila, one of the state's oldest summer camps, where they will be greeted by an oasis of comfort, care of the Green Mountain Adventure Racing Association. Teams will drop their bikes and undertake a circuit on foot to the far end of Lake Morey. From there, teams will have the option of paddleboarding across the lake to their bikes – a nod to Lanakila's Purple Albatross tradition, in which the hardest of campers swim the perimeter of the lake each summer.

When they depart Lanakila, teams will pass by Miss Shannon's School for Girls, the set for Lydia Deetz's (Winona Ryder) fictional school in the film *Beetlejuice*. They will then be treated to a bit more single-track in the epic Millstone Trails, carved into the landscape of the world's biggest "deep hole" granite quarry and source for the granite in the Korean War Memorial, before they arrive at the Spruce Mountain Trailhead and TA 3.



Stage Instructions

- Visit CPs in any order.
- **At CP 32, you will receive additional information and a new map for CPs 33-40 and D3-D8, but this is what you can generally expect:**
 - Short mandatory memory-O...
 - ...that leads into a traditional foot stage...
 - ...that leads to a short SUP paddle back to your bikes.
- When biking the Millstone Trails toward the end of stage (CPs 42-46 and D11-D17), you may NOT bikewhack. Bikewhacking results in a **5-hour time penalty per infraction**.
- **Exchange your passport at the CP32 Bike Drop upon completion of Stage D(A/B).**

Safety Considerations

- Share the roads. Follow the rules of the road and be alert for vehicles and fast drivers, especially on the relatively short stretches of state roads.

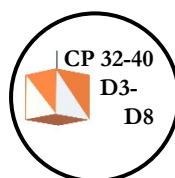
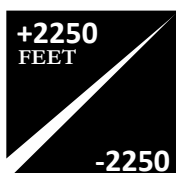
- Thermal considerations. Manage your body temperatures as weather conditions require.

Fueling Options	End of Stage Transition
-Treatable groundwater available in places. -Opportunities to stop depending on timing.	  



Stage D(A) – Embedded Foot Section

Camp Lanakila, Fairlee Town Forest



Stage Instructions

- **YOU WILL RECEIVE YOUR MAP FOR STAGE D(A) AT 32**
- See instructions as laid out in Stage D description and by race staff at CP32.

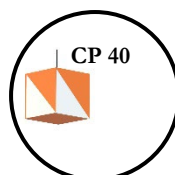
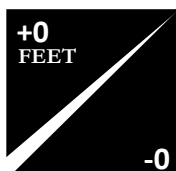
Safety Considerations

- General thermal, environmental, and physical safety concerns as outlined in the safety section above.



Stage D(B) – Embedded SUP Section

Lake Morey



Stage Instructions

- While CP40 is a numbered CP, it is **OPTIONAL**.
- **After visiting CPs on Stage D(A), proceed to CP40 OR back to CP32.**
- To earn credit for CP40, you must SUP back to CP 32.
- If you elect to skip CP40, travel by foot back to CP32, and use caution on the road as it is narrow. It is approximately 1.5 miles back on foot though not directly accounted for in this routebook or the schematic.
- If paddling the SUPs, you must wear your PFDs and wear glow sticks if paddling at night.

- We have a moderate number of SUPs, and the field will be spread out by this point, but teams may need to wait if there are a number of teams in close proximity to each other. This will be treated like a ropes section and teams will not be credited for stopped time (though they may enjoy a nap!).
- Full-course teams will have priority to the SUPs if there is a backlog.
- **After returning to CP32, continue on Stage D via bike for more CPs and TA4.**

Safety Considerations

- Lake Morey allows operation of motorized water crafts, so be aware and stay closer to shore if you are not comfortable with wake.
- Thermal considerations: especially at night, use your judgement on this stage depending on your comfort levels. Better to stay warm and dry and bypass this stage if you are not prepared to weather the potential cold that might accompany a SUP section, esp. at night.
- Nighttime paddling: make sure glow sticks are attached to you and your board.

Stage E: The Only Way Out Is Through

Groton State Forest

“He had been suddenly jerked from the heart of civilization and flung into the heart of things primordial.”

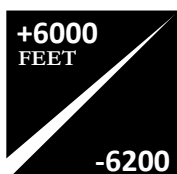
~Jack London, *The Call of the Wild*



Groton State Forest, serving as the backdrop for Stage E, encompasses over 26,000 acres of public land. But that wasn't always the case. In the late 18th century, Captain Edmund Morse built a sawmill on the edge of Ricker Pond, drawing from the Wells River. Still, the land remained relatively untouched by development until the end of the 19th century, when the Montpelier to Wells River Railroad cut a route through the forest, ushering in a rapidly developing lumber industry with sawmills dotting every pond through the forest, including Kettle Pond, which teams will visit on their journey through the forest. The region's lumber was transported to Burlington, which shipped out boards across the United States and around the globe. According to the Executive Director of the Vermont Historical Society, Burlington was once one of the largest lumber shipping ports in the world.

By the turn of the century, the land around these sawmills was almost entirely clearcut. With no wood left to harvest, lumber companies sold the land to the state of Vermont, ultimately aggregating enough acreage to create the Groton State Forest, encompassing the second-largest public recreation area in the state. Today, the forest is covered in a blanket of dense forest, majestic ponds,

and sensational New England views. Teams will take in some of those views from the historic Spruce Mountain Firetower and the unique glacial domes around Owl's Head Mountain. It's a special place in a special state.



Stage Instructions

- Visit CPs in any order.
- Avoid sensitive areas marked as out of bounds on maps. **5-hour time penalty per infraction.**
- Travel on or along Route 232 is forbidden when highlighted in red on your map. You may CROSS 232 at any point and travel along the Cross Vermont Trail
- There are very specific permitting restrictions around CPs 49 and E3. You must ascend to 49 using the established trail and then descend again to Beaver Brook Rd. If you elect to go for E3, you must then reascend to it using the reentrant, cross the saddle above the point, and continue on, avoiding travel on the high ground, which is ecologically sensitive. **Teams violating these regulations will receive a 5-hour penalty.**
- **If you go for E5, you may not travel through the remote campsites along the lakeside trail. There is a campsite marked on your map to the east of E5 (with a black dot). When approaching and leaving E5, you must use the track marked with black dashes on your map (Map 26). If you end up near a campsite, you must give it a wide berth.**
- When nearing the end of the stage, please avoid traveling through the campground to the northeast of TA5.
- **Exchange your passport for a new one at the end of Stage E (TA5).**

Safety Considerations

- Thermal considerations. Manage your body temperatures as weather conditions require. Be prepared with clothes, food, and shelter in case of weather, injury, or if you need proper rest.

• General thermal, environmental, and physical safety concerns as outlined in the safety section above.	
Fueling Options	End of Stage Transition
-No food along route -Treatable groundwater	   

Stage F: Border Run

Stage Sponsored by Jay Peak Resort

Hardwick Trails, Craftsbury Outdoor Center, Jay Peak Resort

“Vermont is a country unto itself.”

~Pearl S. Buck



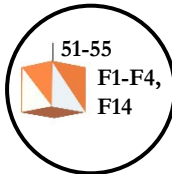
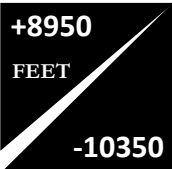
Stage F takes racers into Vermont’s Northeast Kingdom, so named by Governor-turned-US Senator George Aiken in a 1949 speech. Riding north from Groton State Forest, they will hit the Hardwick Trails, a circuit of purpose-built mountain bike tracks that leave from the Hazel Union High School Parking Lot, and then they will make their way to the Craftsbury Outdoor Center. This comprehensive training facility for cross-country skiing, biathlon, and sculling has produced more than a dozen Olympians since its founding in the mid-1970s, and it’s not uncommon for day users to cross paths with elite athletes on a weekend afternoon.

For Endless Mountains teams, Craftsbury is the site of the much-anticipated orienteering relay. Here, teams will have four stages to complete - two loops on bike and two on foot - and each racer must complete at least one stage on their own. An homage to the iconic Untamed New England Adventure Race, which included an orienteering relay in each edition, this stop at Craftsbury may offer a few other Untamed-inspired luxuries for teams as they pass through.

From the Outdoor Center, racers continue north to Jay Peak, the highest mountain in the region and home to one of Vermont’s most renowned skiing destinations. If racers had their cell phones turned on, chances are good that they would see a *Welcome to Canada* notification on the screen. Teams will drop their bikes at the Jay Peak Resort, but instead of kicking back in luxury and visiting the on-site waterpark, they will have the chance to trek through a short circuit of CPs on and around the mountain, highlighted with sweeping views across the

border upon Jay’s lofty summit. This past winter, Jay saw nearly 500 inches of snow, offering users the longest ski season in New England. Who knows? Maybe Endless racers will get to enjoy a little bit of snow, too.

After they leave the resort, racers will descend on bike to Enosburg Falls, where they will transition to packraft to start the penultimate stage of their Endless Mountains journey. After several days of racing, for most teams, this will feel like the beginning of the end.



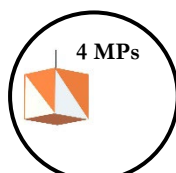
Stage Instructions	
• Visit CPs in any order. • F1-F4 are marked with mini-orienteeing flags. • Check in with race staff at CPs 52 and 55 for information and maps regarding the embedded O-Relay and trekking stages respectively. • As you bike north to CP52, take notice of out-of-bounds roads. These are permitting requirements. You must navigate to CP 52/Craftsbury Outdoor Center using permitted roads and trails. Failure to do will result in a 5-hour penalty. • After dropping out of the mountains to the Missisquoi River Valley floor, you may want to cruise to the TA using the Missisquoi Valley Rail Trail. Be alert as there may be active construction projects happening this summer. • Exchange your passport for a new one at the end of Stage F (TA6).	
Safety Considerations	
• Shared roads; be aware of vehicular traffic, especially when on state roads. • Thermal considerations. Manage your body temperatures as weather conditions require.	
Fueling Options	End of Stage Transition
-Stores potentially open in/around Hardwick and Albany (CP53) -Use discretion if treating water on this stage	 



Stage F(A): Embedded O-Relay

Sponsored by Jay Peak Resort

Craftsbury Outdoor Center



Stage Instructions

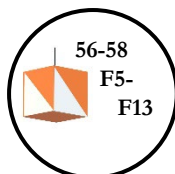
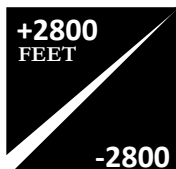
- Check in with race staff at CP 52.
- There are FOUR different courses in the O-Relay. Two are assigned to be completed on foot, and two are assigned to be completed on bike.
- Each completed course is worth ONE mandatory CP (total of four CPs)
- For teams of four, each competitor must complete a different course.
- For teams of three, one member of the team must complete two courses.
- For teams of two, each competitor can complete two courses or one competitor can complete three courses while the other completes one.
- Competitors must complete their stage without the assistance of their teammates once they leave CP52.
- Teams will be given one map at a time but may complete the courses in any order they choose. When one competitor finishes their course, the next teammate will be given the map of their choosing.
- WHILE BIKING, TEAMS MAY NOT BIKEWHACK. **Teams that bikewhack will receive a 5-hour penalty.**
- Each individual must bring their team's tracker while out on the O-Relay.
- **After finishing, continue on Stage F via bike for more CPs and TA6.**



Stage F(B): Embedded Foot Section

Sponsored by Jay Peak Resort

Jay Peak Resort



Stage Instructions

- Check in with race staff at CP 55 and drop your bikes.
- Depending on time of day, you may find food service and a general store open for business.
- Visit CPs in any order.
- Two optional CPs (F10 and F11) are not mapped. They are located on the stream between F9 and F12. Travel along the stream to locate these two optional CPs. You may travel between these points in either direction.
- **After finishing, continue on Stage F via bike for more CPs and TA6.**

Safety Considerations

- Thermal exposure, especially on higher terrain.
- Use caution while descending the sometimes VERY steep slopes of Jay Peak. Additionally, the ground can be quite uneven and covered in debris with thick, tall vegetation, making it hard to assess your footing. Take your time descending such sections of the ski slopes.

Stage G(A): Dawnland

Stage Sponsored by Micro Rafting Systems (MRS)

Missisquoi River

"The sea, once it casts its spell, holds one in its net of wonder forever."

~Jacques Cousteau



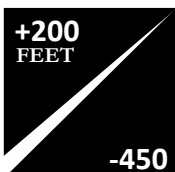
 **micro rafting**^{USA}



Once an Abenaki canoe route connecting Lake Champlain with the St. Francois River, the Missisquoi River runs across the northwestern border of Vermont. Rife with fish and home to a diverse cross-section of wildlife including elusive but playful river otters, evidence suggests that the Missisquoi has supported human activity dating back more than 13,000 years. To start Stage G, racers will travel this ancient waterway by packraft, from Enosburg Falls to Swanton Village. Along the way, they will bypass two rugged dams using portage routes established for the Northern Forest Canoe Trail.

When they reach Swanton, they will transition from their inflatable rafts to three-person canoes and tandem kayaks, readying for the variable conditions they are likely to face as they cross the Missisquoi Bay to Lake Champlain. Home to the oldest known fossil reef in the world, more than 10,000 years ago the lake was a saltwater sea, encompassing sections of current-day New York, Vermont, Ontario, and Quebec. In July 1609, renowned French explorer, cartographer, and navigator Samuel Champlain first encountered the moody waters of what is now considered the eighth largest body of water in North America. Known among the Abenaki nation as Pitawbagok ("The Lake in Between") and the Mohawks as Kaniatarakwà:ronte, the lake served as a major trading corridor, allowing the area's indigenous nations, and later colonial powers from France and England, to travel extensively in the region. On the distant horizons, two great mountain ranges frame the verdant valley: the Adirondacks to the west and the Green Mountains – "Les Verd Montes," as Champlain reportedly wrote – to the east.

At the Endless Mountains, teams will travel through the relatively protected northeast corner of the lake, between the Hero Islands, ending at Alburgh Dunes State Park. Still, when the winds kick up, the lake starts to feel more like those ancient seas that once covered the region.



Stage Instructions

- The Missisquoi River is generally a serene river. It has some patches of riffles and small rapids, but everything is quite manageable. Low water is the biggest concern most days.
- As was true with the White, if you encounter anything you are not comfortable running (day or night), simply work your way along the shoreline.
- Several CPs are mandatory, BUT: this is a river and you may be paddling at night. IF you miss a mandatory point, you can either return for it, or you can continue on. **You will receive with a 5-hour time penalty (but not a lost point) if you skip a mandatory point while paddling.**
- You may not portage along any parallel roadways or along the bike trail. **Teams portaging will not be given credit for the mandatory points along the route and will additionally receive a 5-hour time penalty for doing so.**
- The exception is when you reach the two mandatory portages at CPs 60 and 62, marked on your race maps. CP flags mark the start of these mandatory portages, and you will follow established portage routes used by paddlers on the Northern Forest Canoe Trail. These portages bypass very large and dangerous dams!

Safety Considerations

- Thermal considerations. Manage your body temperatures as weather conditions require, especially at night and if it is precipitating.
- We have mapped MOST of the distinguishable rapids. Most of these are nothing to think twice about, even at night. This said, rivers are constantly changing. Be alert for any modifications or new obstacles, and let race staff know if there is something new that poses a threat to racers' safety.
- If water levels are too high or low, we will assess the conditions and we may need to consider a dark zone or bypass Stage G(A) using bikes.

CP 63: Transition from G(A) to G(B)

- You will pull out of the Missisquoi at CP 63, Babbie Access.
- You will transition to canoes/kayaks and continue on.
- You will not have any resupply here, though you will turn in your packrafting gear at this point. We will have a portable toilet staged at CP63.

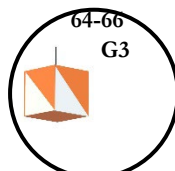
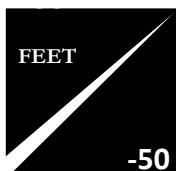


Stage G(B): Pitawbagok, the "Lake in Between"

Sponsored by Micro Rafting Systems (MRS)



Lake Champlain, Alburgh Dunes State
Park



Stage Instructions	
• Lake Champlain is a proper, big water lake. If you find yourself paddling against waves and current, stay close to shore. We will monitor weather conditions accordingly. • There is a mandatory portage shortly after launching canoes/kayaks from CP 63. Otherwise, NO PORTAGING canoes/kayaks at any point. Teams portaging will not be given credit for the mandatory points along the route and will additionally receive a 5-hour time penalty for doing so. • There is one exposed crossing, as you paddle to CP65. Stay close together if on teams of four. • You will be on the lake with motorized watercraft. Be alert, and make sure glow sticks are illuminated at night. • If we need to cancel the paddle, teams will bike directly to CP 67. • You do NOT need to carry paddle bags while paddling.	
Safety Considerations	
• Thermal considerations. Manage your body temperatures as weather conditions require, especially at night and if it is precipitating. • You must exit the water at CP66 (permit requirement) and portage to the TA in Alburgh Dunes State Park. Teams failing to follow these instructions will receive a 5-hour time penalty.	
Fueling Options	End of Stage Transition
-Stores near the portage after departing CP63	    

Stage H(A): The Scream

Stage Sponsored by Citizen Cider

Hero Islands, Colchester Bike Causeway

“We shall not cease from exploration
 And the end of all our exploring
 Will be to arrive where we started
 And know the place for the first time.”
 ~T.S. Eliot, *Little Gidding*

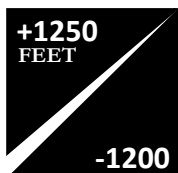


Coming off Lake Champlain, teams will ride the pristine Colchester Causeway Trail, with the Adirondacks to the west, the Green Mountains to the east, and water surrounding them on all sides. Along the way, they will experience the gradual transition from

the calm of the Hero Islands to Burlington's hustle and bustle. This fourteen-mile bike path arose out of a grassroots effort led by Tom Hudspeth, a professor at the University of Vermont, environmental attorney Rick Sharp, and a young physician named Howard Dean. In 1980, the three spearheaded a campaign to convert the existing abandoned railroad grade into a bike path. Though the project received strong support in the region, its creation unwittingly launched a lawsuit that wound its way to the US Supreme Court and ultimately paved the way (pun intended) for the transformation of thousands of miles of rail beds into multi-use trails across the nation.

One of the highlights of the route here – for recreational users and racers alike – will no doubt be “The Cut,” a 200-foot break in the trail where teams will load their bikes onto a small motorboat and enjoy a brief reprieve as they are ferried to the other side, where they will continue the ride to shore.

At that point, racers will hand off their bikes to awaiting race staff and embark on the final stretch of the course: an eight-mile trek along the Winooski River to the finish at St. Michael's College. After upwards of 168 hours on the course, they'll be ready to put their feet up and begin to reflect on the journey they've traveled. And oh, oh the stories they'll tell...



Stage H(A): The Scream

Stage Sponsored by Citizen Cider

~Continued~



Stage Instructions

- Respect out-of-bounds sections of roads. This is both to add some security to your ride and to push you toward what can be a spectacular view west to the Adirondacks. Enjoy the Hero Islands!! **Riding on out-of-bounds segments of roads will incur a 5-hour penalty per infraction.**
- If you pass a turn and find yourself on an out-of-bounds segment of road, you will NOT be penalized if you turn back and correct course.
- When you arrive at CP 68, you have reached the bike ferry on the Colchester Causeway. We have arranged with the daytime ferry operator for daytime shuttling and a private contractor for nighttime assistance. While this has all been in the works for two years, this is a bit of a wild card, and we could end up with a dark zone scenario. We will update you at TA7 if there is news.

- Once across the ferry, ride to CP 69 and drop your bikes (for good!). Continue on foot through Stage H(B) to the finish!
- **If you are down to the wire and don't have time or don't want to trek, you may bike to the finish after visiting CP69, but CPs H1-H11 may ONLY be visited while on foot.**

Safety Considerations

- You will be riding on some busier roads in this stage. Use caution and follow the rules of the road.
- While you're not on the water, if the wind is kicking, conditions on the bike causeway can be exciting. Take your time and use caution if conditions warrant.

Fueling Options

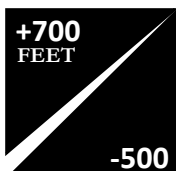
-Shortly after leaving TA7, you will ride past a general store.



Stage H(B): "Endings are Just Beginnings in Disguise"

Sponsored by Citizen Cider

Burlington and Winooski Parks



Stage Instructions

- After dropping your bikes, continue on foot to the finish.
- Be careful not to travel on the private road leaving the bike path when beginning the stage. H1 should help you avoid it and direct you onto Killarney Drive.
- Share trails/roadways with the public as you may encounter more people on this trek than you have seen in the past week.
- Use extreme caution, especially at night when crossing roads.
- This is especially true as you cross Rt. 15 once you reach St. Michaels and the finish line. **You must cross Rt. 15 at the designated waypoint marked "Crosswalk" on your maps.**
- Be respectful of all private property.

Safety Considerations

- Major road crossings with fast-moving traffic. Use extreme caution, especially at night. Make sure your headlamps are illuminated when crossing at night. Use the crosswalk when approaching the finish as outlined above.
- Private property: be respectful. If in doubt, go around.
- Potential unhoused encampments. Be respectful.

End of Stage

