



ENDLESS MOUNTAINS ADVENTURE RACE

Elk Country
June 20-25, 2022

Presented by

Rootstock
RACING



Endless Mountains Adventure Race – Elk Country

General Course Notes

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:** Certain CPs are designated as mandatory to complete the official short course. 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:** To be officially ranked, teams must travel from TA to TA under their own power. If teams skip any mandatory CPs but successfully travel from start to finish via each TA under their own power, they will be ranked as official finishers. Teams in this category will be ranked by total CP count, but they will be ranked behind all teams who visit every mandatory CP, regardless of total CP count.

CP Designations

- Stage A serves as the de facto prologue for the event. **All CPs on Stage A are mandatory.**
- All Transition Areas (TAs) are mandatory.
- All numbered CPs (1-50) are considered part of the mandatory designated short course route.
- After Stage A, all lettered CPs (D1-D4, 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.

Course Overview

Stage	Minimum Distance	Max Distance	Mandatory CPS	Optional CPS
Stage A	10	10	1 + 13 Mandatory Prologue Points	0
Stage B	21	21	2	0
Stage C	25	25	9	0
Stage D	50	70	5 + Bilger's Rocks Section	4
Stage E	26	50	11	13
Stage F	60	94	5	8
Stage G	60	60	4	0
Stage G(A)	0	15	0	8
Stage G(B)	9	15	12	4
Stage G(C)	2	2	1	0
Total Distance	263	362	50	37

Time Guidance

	Day	Time	Notes
Recommendation Depart TA 5	FRI 6/24	4AM	Gives you 30 hours to bike minimum 60 miles + paddle 60 miles + trek 2 miles to the finish. Enough time to also trek 9 miles to clear all remaining mandatory CPS? Maybe...
Cutoff- Depart TA6	FRI 6/24	4PM	Might not be enough time to find all mandatory foot points, but likely enough time to paddle to the finish
Cutoff- Finish Line	SAT 6/25	10 AM	

Notes about Time Estimates and Cutoffs

Estimates are just that: estimates. They are predicated on efficient route choice and navigation. Fast estimates indicate expectations for top teams racing to their best potential. Slower estimates are based on the estimation that some of you will move measurably slower than the fastest, most experienced teams.

We do not attempt to predict what sleep deprivation, navigation mistakes, poor route choice, environmental conditions, bigfoot sightings, effects of injury or illness, or other unforeseen developments might do to time estimates. You must ultimately judge your team's abilities, speed, and experience.

Stated time cutoffs and recommendations are NOT a guarantee that your team will finish before the cutoff. 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 making the cutoffs. Plan your strategy wisely.

Finally, the cumulative slow time projections exceed the time allotted by almost thirty hours. We do not anticipate the majority of teams will "clear" the full course. Race smart; make good choices.

Rules and Penalties

ARWS rules will apply to the Endless Mountains Adventure Race unless otherwise noted. See ARWS rules document for reference.

The referee and RDs will adjudicate rule infractions as laid out in the ARWS rules, and, with the exception of Stage G(B) as noted in the stage specific instructions, 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 top five will serve time penalties at the end of Stage G(B). All other penalties will be added to final race time. We will publish a list of penalties at TA6.**

Food and Water on Course

You will find ample water along the course, and you will find food – either provided or for purchase – in many TAs. Here is what you can expect:

Stage A	Food and drink all around town.
TA 1	Drinking water available from bathroom sinks.
Stage B	No food along route; treatable groundwater available.
TA 2	No resources; treatable groundwater near TA.
Stage C	No food along route; plenty of treatable groundwater!
TA 3	No resources. We do not recommend treating lake water. Fill up before CP6.
Stage D	Snack bar open at CP13, Bilger’s Rocks: drinks, hot dogs, mac & cheese, and potentially tacos – bring cash/cards; treatable groundwater available. Snack bar should be open all night.
TA 4	Ice House Café Food Truck, care of Rootstock. Additional food for purchase. Cash only. Ice House will be on site all day, Tuesday.
Stage E	No food along route; treatable groundwater available, though some of the side reentrants will likely be dry.
TA 5	Rootstock-provided food.
Stage F	Some food may be available in Benezette and St. Marys, depending on time of day; treatable groundwater available.
TA 6	Plenty of food options in Ridgway, depending on time of day; treatable groundwater available.
Stage G	No food along direct route; treatable water absolutely available!

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, contour intervals, scales, and 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 are odd scales to strategically keep things to one sheet. In short: pay attention to the scales!

Pay special attention to the supplementary maps. It is not always easy to see every trail or road on these USGS maps. The supplementary maps may come in handy in a few key places.

In Case of Emergency

- 1) Assess the severity of the situation. If the situation is not a serious one, please try to reach a 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
 - c. bfhouck@inreach.garmin.com
 - d. rootstockracing@inreach.garmin.com
- 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. This year's bibs are relatively comfortable and likely will not cause problems if worn by themselves if it is too hot to wear both bib and other tops together.
- **Thermal injury and illness: Cold.** Cold may also be an issue. We do not expect extreme cold, but much of the course is rooted in a mountain ecosystem, and you may encounter significant temperature swings and precipitation. Be prepared with layers if the weather requires.
- **Terrain.** This year's course is not as rocky as some of our past races, but Pennsylvania is still known for its rocks. Watch your footing, especially when trekking. Avoid falls and injury.
- **Snakes.** We have a couple of venomous snakes to contend with: the copperhead and timber rattlesnake. The former tends to be found around waterways, and the latter are often inhabiting rocky high ground. That said, you may encounter both at any time. Stay alert, make noise, etc. Particularly on the Quehanna Wilds trek (Stage E), we also recommend long pants. **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, or quite isolated, be alert. Backcountry roads include many blind curves; while drivers are more respectful here than in some places, you never know who you will 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 required between sunset and sunrise; we strongly recommend riding with rear lights on during the day as well.
- **Water Safety.** Please wear PFDs and activate glow sticks at night on all paddling sections, as required. Much of the course is free from motorized boats, but Curwensville Lake and the lower portion of the Clarion River allow for motorboats. Be alert. In addition, some stretches of the rivers may be quite shallow. Watch your footing and

avoid entrapment. Keep in mind, it is POSSIBLE that you may be on the water during three separate nights. Make sure you have enough glow sticks.

- **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 at all 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.
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.

Stage A: Groundhog Day




Sponsored by Punxsutawney and American Water, PA

Punxsutawney

“Watch out for that first step. It’s a doozy!”

~ Ned Ryerson, *Groundhog Day*

Every year on February 2, tens of thousands of weather fans descend on Punxsutawney, Pennsylvania. Groundhog Day, dating back to 1887, features the state’s most famous forecaster – Punxsutawney Phil – who predicts the duration of winter by the presence of his shadow. The start of this year’s Endless Mountains Adventure Race will bring similar excitement to the town, as competitors race through the streets and neighborhoods in search of fourteen Phantastic Phil statues before making their way to Gobbler’s Knob to retrieve their bikes.

Distance:	10 miles	Time Estimate:	1.5-3+ hours		
Vert:	+850/-500 feet	CPs	A1-A13 + CP1		
Stage Instructions					
<ul style="list-style-type: none">• All CPs are mandatory.• Visit CPs in any order.• CPs are flagged with 6x6” o-flags and are hung near a Phantastic Phil statue.• When you have visited all A-points, visit CP1, where you will receive your next passport.• Some CPs are on private property; be respectful when approaching these points. See safety considerations below.					
Safety Considerations					
<ul style="list-style-type: none">• Roads are not closed.• Observe rules of travel, and watch for vehicles, bicycles, and pedestrians.• All CPs are accessible from roads, sidewalks, parking lots, or other public routes of travel. Do NOT cut through residential property. Only travel onto private property when directly accessing a CP.					
Fueling Options		End of Stage Transition			
-Stores around town -No potable groundwater					

Stage B: To the River




Sponsored by Punxsutawney and American Water, PA

Jefferson and Clearfield Counties

“It's a dangerous business, Frodo, going out your door. You step onto the road, and if you don't keep your feet, there's no knowing where you might be swept off to.”

~Bilbo Baggins, *Fellowship of the Ring*

Here, you will enjoy a short and fast ride through bucolic western Pennsylvania en route to the small village of McGees Mills, where you will transition to the water and launch your packrafts onto the West Branch Susquehanna River. Together with Stage A, this early stretch of the race is a nice, but potentially deceptive, tune-up for what lies ahead. Travel is fast, the navigation is relatively straight forward, and the terrain is gentle by PA Wilds standards. When night falls, the real race will begin.

Distance:	21 miles	Time Estimate:	1.75-3+ hours	
Vert:	+1750/-2050 feet	CPs	CP2-3	
Stage Instructions				
<ul style="list-style-type: none">● CPs are flagged with traditional o-flags.● Route 36 is out of bounds. Penalty: 5 hours.● Use judgment and do not ride on private property. Take special note of the area marked as out of bounds as you approach CP3.				
Safety Considerations				
<ul style="list-style-type: none">● 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.● Thermal considerations. Manage your body temperature as weather conditions require.				
Fueling Options		End of Stage Transition		
<ul style="list-style-type: none">-No food along route-Treatable groundwater available				

Stage C: Lazy River

Sponsored by Micro Rafting Systems (MRS)

West Branch Susquehanna River and Curwensville Lake

“I choose to listen to the river for a while, thinking river thoughts, before joining the night and the stars.”

~ Edward Abbey, *Desert Solitaire*

The West Branch of the Susquehanna River, meandering for 243 miles, bubbles up in the Allegheny Mountains and zigzags through central Pennsylvania. The region’s earliest recorded inhabitants were the Susquehannock people, drawn to the river’s drainage basin and the steep valley’s rich hunting grounds. Until the early nineteenth century, the river provided the main canoe route connecting the Susquehanna and Ohio Valleys, and until the early twentieth century, it carried timber to the many mills lining its bank. At the height of the timber industry, these mills produced 5.5 billion board feet of lumber.

Distance:	25 miles	Time Estimate:	7-10 hours
Vert:	+1275/-1400 feet	CPs	CP4-12

Stage Instructions

- CPs are flagged with traditional o-flags and are largely reflective.
- Portaging along the West Branch Susquehanna is forbidden. **Penalty: 5 hours per infraction.** You MAY start portaging when you reach CP6.
- Respect private property lines as marked on Stage C – Map 2.
- Once you arrive at the lake – below CP6 – you may visit the remaining CPs in any order, by raft or foot. You may drop gear at TA 3 (or somewhere else) and go back out before departing on Stage D.
- At no point may you cross the dam on Curwensville Lake. **Penalty: 5 hours.**

Safety Considerations

- When you reach the lake be aware of motorized boats.
- Be alert for snakes. You may encounter copperheads along the riverbanks and lakeshore. You may encounter rattlesnakes on land.
- Thermal considerations. Manage your body temperatures as weather conditions require, especially while on the water.
- You must wear a secure PFD whenever you are on the water.
- While on the river, if you step out of your boat, beware of entrapment. Watch your footing.
- You must activate glow sticks if you are on the water at night. (PS: high chance you will be on the water at night.)

Fueling Options

End of Stage Transition

-No food along route -Avoid drinking out of lake				
---	--	--	--	--

Stage D: Into the Night

Sponsored by Visit Clearfield County

Moshannon State Forest via Bilger's Rocks

"How did it get late so soon?"

~ Dr. Seuss

Now sufficiently warmed up, leave Curwensville Lake for the first of two long bike stages on the 2022 Endless Mountains course. The leg offers a little bit of everything: small towns, remote forest roads, grinding climbs, steep descents, and a bit of winding single track. The highlight of this section will undoubtedly be a stop at Bilger's Rocks in Clearfield County, a sandstone playground of scrambling, climbing, and even a touch of caving.

Distance:	50-70 miles	Time Estimate:	8-12 hours
Vert:	+7700/-6700 feet	CPs	CP13-17 + D1-D4

Stage Instructions

- CPs are flagged with traditional o-flags and are largely reflective.
- Use judgment and do not ride on private property.
- CP 13: Bilger's Rocks: To receive credit, you will need to explore the rock labyrinth at Bilger's. Teams will drop their bikes with volunteers, receive a map and complete instructions, and negotiate the rocks on foot.
- Bilger's Rocks Notes:
 - You must wear bike helmets while exploring the rocks.
 - We recommend you bring trekking shoes for this checkpoint; you will be scrambling, crawling, and potentially climbing. Especially if the conditions are damp or wet, completing this checkpoint in bike shoes will be much harder and may increase chances of a slip and injury.
 - You will absolutely need lighting!
 - Several CPs will require at least one teammate to crawl, shimmy, etc. One or two checkpoints will effectively be more like caving rather than scrambling.
 - There will be a snack bar on site. The planned menu includes drinks, hot dogs, mac and cheese, and tacos. We recommend planning to purchase with cash, but they may accept cards.
- If you elect to navigate to D1 after leaving Bilger's Rocks, you will be riding on some roads with private homes. We have permission for you to ride this route, but please be quiet and avoid shining bright lights at or into houses.

- Turn in your passport upon completion of Stage D and receive a new one.

Continued

Safety Considerations

- Share the roads. You will largely be riding on backcountry and forest roads. Some of these roads have blind curves, and drivers sometimes drive fast. Be aware.
- Thermal considerations. Manage your body temperatures as weather conditions require.
- When exploring rock features, be aware of rattlesnakes. Bilger's Rocks is public enough that there is less snake activity here than in other places, but you should still be alert.
- At Bilger's Rocks, be cautious of falls.

Fueling Options

- Snack bar at Bilger's Rocks
- Treatable groundwater available

End of Stage Transition



The Ice House Café Food Truck will be on site when you arrive at TA 4. Each racer may select food from a set menu. Additional items will be available for purchase - cash only. Hot water also available.

Stage E: Into the Wild

Sponsored by Visit Clearfield County

Quehanna Wild Area, Moshannon and Elk State Forests

“Thousands of tired, nerve-shaken, over-civilized people are beginning to find out that going to the mountains is going home; that wildness is a necessity”

~ John Muir, Our National Parks

The Quehanna Wild Area includes more than 48,000 acres of protected land, spanning three counties and two state forests. A symbol of Pennsylvania’s complicated historical relationship between industrial development and green space, the land was purchased as a nuclear research center in the 1950s and vestiges of that infrastructure still remain, now reclaimed by the forest. Following the dissolution of the nuclear facility, the state reacquired the land in the 1960s and established it as a protected wild area in 1965. It took eight years and more than \$30 million to clean up the nuclear waste. Quehanna is now home to new growth forest and creatures ranging from bobcat to elk, black bear to turkey, and the prolific timber rattlesnake.

Distance:	26-50 miles	Time Estimate:	24-48 hours
Vert:	+6700/-6700 feet	CPs	CP18-28 + E1-E13

Stage Instructions

- CPs are flagged with traditional o-flags and are largely reflective.
- CPs may be visited in any order.
- Use judgment and avoid private property. You should not encounter anything more than hunting cabins and small plots of land carved out of the forest. Skirt such properties if you approach them.
- You must carry your tent and sleeping gear while out in Quehanna.
- Avoid sensitive areas marked as out of bounds on maps. **Penalty: 5 hours per infraction.**
- Travel along Wyckoff Run Rd is forbidden (highlighted in red on your map). You may cross Wyckoff Run Rd. While we have marked a logical window of road to cross over, you may cross at ANY point. There is virtually no shoulder

on Wyckoff and people drive fast, sometimes without lights on at night.

Penalty: 5 hours per infraction

- Turn in your passport upon completion of Stage E and receive a new one.

Safety Considerations

- Rattlesnakes: you are most likely to encounter all manners of wildlife on this portion of the course due to its remote nature, and snakes are the #1 concern. Be alert, make noise, and be especially aware when around rocky, denning areas, logs, structures, etc.. We also recommend long pants here.
- Thermal considerations. Manage your body temperatures as weather conditions require. You will likely be out on this stage for over 24 hours, regardless of your abilities and experience. You will be tired. Be prepared with clothes, food, and shelter in case of weather, injury, or if you need proper rest.

Fueling Options

-No food along route
-Treatable groundwater,
though some side
reentrants will be dry

End of Stage Transition



Rootstock-provided food and hot water available.

Stage F: Elk Country

Sponsored by Janney Montgomery Scott, LLC

Elk State Forest

“A world without huge regions of total wilderness would be a cage; a world without lions and tigers and vultures and snakes and elk and bison would be – will be – a human zoo. A hi-tech slum.”

~ Edward Abbey, *Postcards from Ed*

Once a bastion for eastern elk, Pennsylvania saw the demise of its natural herd in the second half of the nineteenth century, the result of industrialization and overhunting. At the turn of the twentieth century, the newly established Pennsylvania Game Commission conceived of a program to repopulate the state’s endangered wildlife populations, including elk. In 1913, as part of an effort to relocate the expansive elk population of Yellowstone, Pennsylvania welcomed fifty Wyoming elk and released them on state lands across Clinton and Clearfield Counties. In the century that followed, through tensions with farmers, contests over hunting rights, and seasons of disease and blight, the state’s elk population has grown to upwards of 1,400 animals.





Distance:	60-94 miles	Time Estimate:	12-18 hours
Vert:	+9100/-9900 feet	CPs	CP29-33 + F1-F8

Stage Instructions

- CPs are flagged with traditional o-flags and are largely reflective.
- Use judgment and do not ride on private property.
- Teams looking to shorten the route, should leave TA5 using Stage F – Map 1 ALT.
- Sections of Routes 555 and 120 are off limits (see maps; highlighted in red). **Penalty: 5 hours per infraction.**

Safety Considerations

- Thermal considerations. Manage your body temperatures as weather conditions require.
- Share the roads. You will largely be riding on backcountry and forest roads. Some of these roads have blind curves, and drivers sometimes drive fast. Be aware.
- Once you arrive in St. Marys, be especially aware of vehicular traffic. You will ride through a couple of busy towns, and Route 120 connecting St. Marys to Ridgway is a busy, faster road.
- Teams electing to take the shorter, alternate route out of TA5 to start Stage F will ride a short stretch of Route 555 between Medix and Benezette. Be aware of traffic here. 555 is part of the Elk Scenic Drive; cars may drive fast, but they also may stop and start suddenly as they look for wildlife.
- For teams riding the full stage route, 555 is generally off limits, as marked on your maps. You will ride on a short stretch or two of it, east of Benezette; be alert when doing so.
- You are most likely to see elk while in the heart of Stage F. Be respectful of all wildlife; give them adequate space. If they block your route, either wait for them to move on or find an alternate way.

Fueling Options	End of Stage Transition			
-Stores potentially open in/around Benezette, St. Marys, and Ridgway -Treatable groundwater along route				
	Hot water available.			

Stage G: The Scenic Clarion

Sponsored by Pennsylvania Great Outdoors Visitor Bureau

Clarion River, Clear Creek State Park and Forest, Cook Forest State Park, Clarion

“And into the forest I go to lose my mind and find my soul.”

~ John Muir, journal, 1869

The US Congress holds the power to designate a river as Wild and Scenic, an honorific reserved for waterways that are considered to have remarkable scenic, recreational, geologic, fish and wildlife, or historic value. The Clarion River holds this accolade, and you will see why on this final stage of the 2022 Endless Mountains Adventure Race. In addition, you will stop to wander in the Cathedral Area in Cook Forest State Park, meditating on the past week as you navigate the trails under some of the oldest pine and hemlock trees in the nation.

Distance:	60 miles by canoe + 11-32 miles on foot	Time Estimate:	24-36 hours
Vert:	+5100/-4900 feet	CPs	CP34-50 + G1-G12

Stage Instructions

- **Course cutoff:** teams **must depart** TA6 by 4:00PM on Friday, 6/24. This will likely give you enough time to paddle the river and trek to the finish if you move efficiently, but you will likely not have enough time to find any of the CPs on Stage G(B) or G(C), meaning you will likely have to skip some of the mandatory numbered CPs on Stage G(B).
- CPs are flagged with traditional o-flags and are largely reflective.
- The Clarion River is, generally speaking, a tame but scenic river, full of wildlife. There is one section of class II rapids, marked on your map, and known as the X, Y, Z rapids. There is also a map of the rapids in your documents.
- The stage is broken into and will be referred to in chunks:
 - Stage G refers to the sixty miles of paddling.

- Stage G(A) refers to the fifteen-mile foot loop in Clear Creek SP/SF.
- Stage G(B) refers to the fifteen-mile foot loop in Cook Forest SP.
- Stage G(C) refers to the final two-mile trek to the finish once you have reached the takeout in Clarion.
- There is no resupply or TA along the way. When you reach the takeout in Clarion, you must carry all of your gear with you to the finish MINUS canoe seats for teams of three.
- Portaging canoes along parallel roadways is forbidden.
- You must carry your tent and sleeping gear while out in Quehanna.
- To access Stage G(A), secure your boats at CP 36; there is a good takeout slightly downriver from the CP, but anywhere will do. G1-G8 MUST be found while on foot. You will not receive credit for any of these G points accessed from anywhere other than the CP36 boat drop.
- While on Stage G(A), there is a **dark zone** of sorts, marked on your map. This is the cabin and yurt area of the state park. We are not permitted to pass through between nightfall and dawn. You must travel around if in Clear Creek at night. **Penalty: 5 hours.**
- To access Stage G(B), take out at CP 37. Follow the instructions of the volunteers who will stay with your gear.
- While in the Cathedral area (the trail system between CPs 39-48), you MUST stay on trails. **Penalty: Teams failing to do so will lose credit for five optional CPs.**
- All CPs on Stage G(B) must be accessed by foot. These include 38-49 and G9-G12. You will not receive credit for any of these CPs if accessed by boat.
- When you reach the takeout in Clarion, drop your canoes with the volunteers, and head to the finish via the Stage G(C) map! You must take all of your gear (except for third canoe seats) with you to the finish. When you reach downtown Clarion, be aware of road crossings.

Safety Considerations

- Share the roads. You will cross and may need to travel along open park roads. Be aware.
- Thermal considerations. Manage your body temperatures as weather conditions require.
- Snakes. You are less likely to encounter rattlesnakes on the Clarion, but it is still possible. Remain especially alert around rock features and in waterways.
- Road crossings in Clarion as you near the finish.

Fueling Options

-No food along route
-Plenty of treatable
groundwater along route

End of Stage Transition

**BEDS, BEER, FOOD, JOY, AND, OF COURSE,
FORTUNE AND GLORY! OK, JUST GLORY...**

