

Important Race Information

*A bike helmet and a life jacket/PFD **must be worn** by all racers during the pedal and paddle legs of the race.

*Any *human-powered* watercraft is allowed (kayak, canoe, paddle board, tube, raft, drift boat, etc.)

*Each team or individual is responsible for staging of their own watercraft and bicycle. Volunteers will be at the transition areas to watch your stuff. Plan ahead and be ready to start the race at 9:00AM at the church. Race organizers may be able to provide some transport of watercraft from Bighorn Terrace to the finish line for individual racers if needed.

*Racers under age 12 must be accompanied by an adult.

*Please pick up your race packet/goodie bag at Libby Christian Church (100 Kootenai River Road) between 9 a.m. and 7 p.m. on Friday, August 25 (the day before the race).

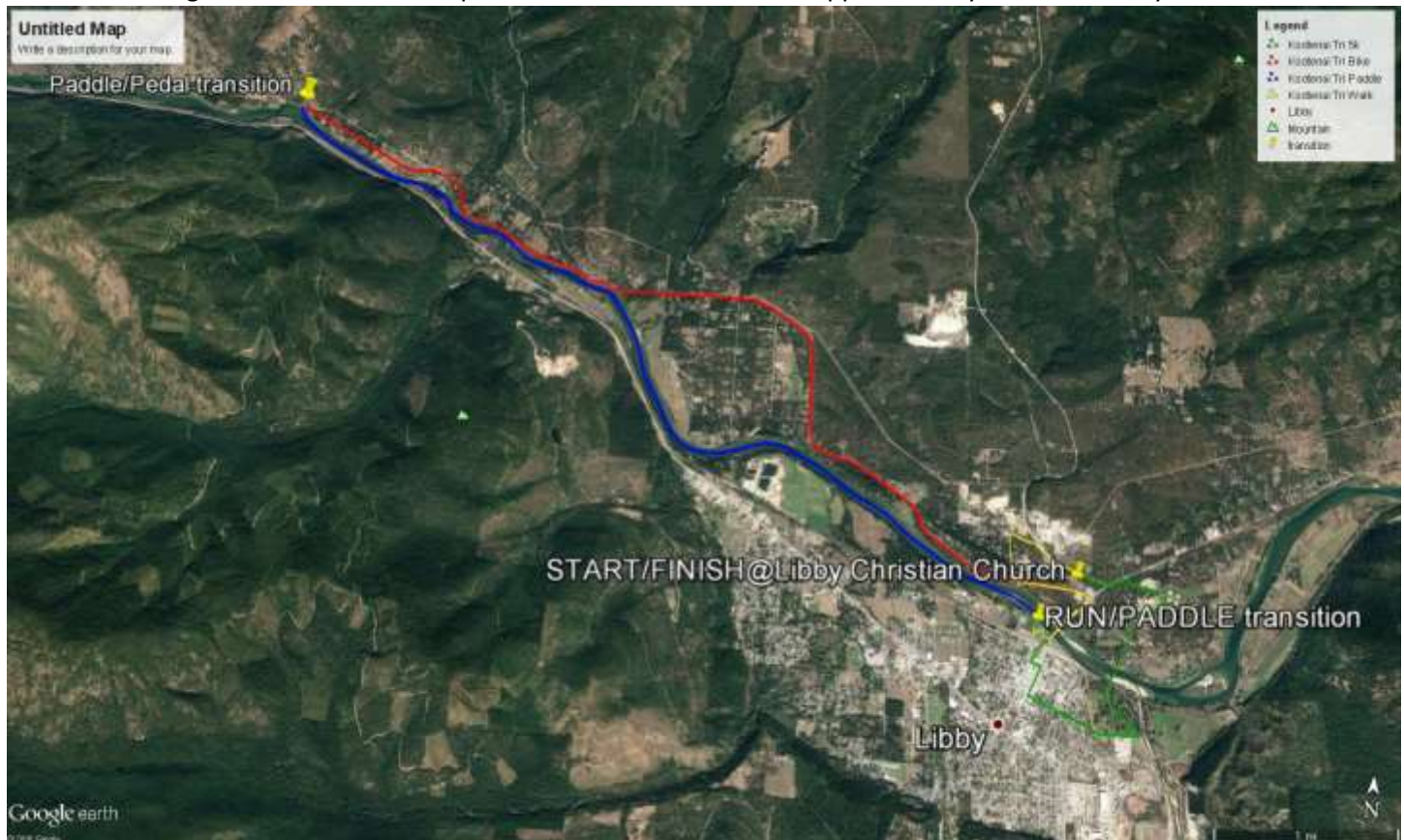
*COURSE DESCRIPTION:

RUN: 5k run starts from LCC parking lot, then east on Pipe Creek Road to Hwy 37, northeast on Hwy 37 to J Neils Park entrance. Through J Neils Park to the walk/run path, then west to the Champion Haul Road. South on Champion Haul Road across the Kootenai River to 5th Street Extension then west to California Avenue. North on California to City Service Road, northwest on City Service Road to the boat ramp. Route will be marked.

WALK: 3K walk starts from LCC parking lot, go west on Pipe Creek Road .25 miles, turn left on County Shop Road, keep right and travel .2 miles to Remp's Extension and turn left. Take Remp's Extension to Kootenai River Road and turn left, then on Kootenai River road to Hwy 37 turn right, Hwy 37 across the river to City Service Road, turn right down to the boat ramp. Route will be marked.

PADDLE: From the town boat ramp in Libby to the Bighorn Terrace boat ramp approximately 7 miles downstream.

PEDAL: From Bighorn Terrace boat ramp east on Kootenai River Road approximately 7 miles to Libby Christian Church.



***HAVE FUN!