

2018 Sanpete Challenge Course:

- #1 Frisbee throw:** To start this race you will be handed some Frisbees. The first runner must throw the Frisbee through the hula hoop to begin running. For each missed throw, the contestant must wait one minute. Maximum 5 throws. Accuracy will be the key! The runner will then run to the Mayfield City cemetery. Run south to 100 So. and turn west to cemetery.
- #2 Archery Challenge:** The runner will then complete the archery challenge of hitting a target at 10, 20, and 30 yards. Your own archery tackle is needed. You will have a maximum of 3 shots at each target. For each miss, you must wait 30 seconds. If you hit all three targets without a miss, you may pass the baton to the biker. The biker must bring his own bike and **must** wear a helmet and gloves. The biker must descend through a very steep and rugged trail. Last year we had to bike around this portion because of rain and mud! If there is rain, we will bike back to the Mayfield road and around to the Rifle shoot. If we do ride the highway, we would recommend you follow behind your biker with lights flashing.
- #3 Rifle shoot:** When the biker crosses the White Hills mountain biking challenge, he will come to the shooting station which will be located north of the Sanpete County Landfill. (In case of alternative course, the station will be along the Landfill road.) The biker must shoot and hit three targets. Like the archery shoot, he will be given 9 bullets. He must hit three targets. He must wait 30 seconds for each missed shot. According to BSA rules, at this shooting station, you must shoot and load single shot. (Maximum penalty 4.5 minutes.) Single shot rifles will be provided.

If you elect to use your own rifle, you must have your team bring it around to the shooting station. It must be a single shot rifle or loaded single shot. The station will be north of the landfill. Watch for signs.
- #4 Tomahawk throw:** Once the rifle targets have been hit and penalties assessed, the baton is handed to a runner. You must follow the marked trail which descends through the Madsen farm. When you reach the highway, you will come to the tomahawk throwing area. You will have four tries to stick the tomahawk. Each miss will be assessed a 1 minute waiting penalty. If you stick it the first try, you can hand the baton to the next runner. Be careful crossing the highway and the fence!
- #5 Rappel challenge:** The next runner must follow the marked path which leads to the top of the Chalk Cliffs. (In the past contestants have tried to take a short cut through the tamarack. Many have tried but it is far easier to follow the marked trail.) When you reach the top, you will be given a mandatory 5 minutes to get into the rappelling harness. You will then rappel down the 100 foot cliff. You must touch the fluorescent orange

targets marked on the cliff. If you do not touch the targets, you must wait 1 minute for each target missed. At the bottom, you can hand the baton to the next runner but put your harness, helmet and gloves in the bag to be transported back up to the top.

- #6 Log saw:** The run from the base of the cliff to the next station is a short one. You must run through the tamarack. It is not marked. There is a cow path that one can follow. When the runner gets back across the fence, the next challenge will be to saw a log. The two man saw will require two people to run it. Once the log is sawed, the next runner will head north toward highway 89.
- #7 Rope Climb:** The runner will approach an intersection. Turn east on Christianburg road toward the Yardley dairy. You will see a metal swing set on the left without the swings. You will climb a rope to touch the metal. If you don't climb the rope to the top, a 4 minute penalty will be assessed. Then hand the baton to the next contestant who will ride a bike east until he reaches Yardley Pond. (no water in 9 mile)
- #8 Canoe Obstacle course:** Two paddlers will complete the canoe obstacle course. You must row around three buoys. Pass by the center buoy on the left side and circle that buoy to the right. Then head for the east buoy. Pass that buoy on the left side and circle to the final buoy on the west. Pass by the final buoy on the right side and circle the buoy and head for home. A 2 minute penalty will be assessed each buoy passed incorrectly. The baton will then be passed to a biker.
- #9 Mountain bike along canal:** Leaving Yardley pond, travel east on Christianburg road until you get to the canal. Turn left riding on the west edge of the canal to Highway 89. When you reach the intersection of the canal road and Highway 89, change bikers. Ride a road bike past the Otten farm on the right until you reach the road back to Mayfield (State Highway 137). Recommend that a car follow your biker back to Mayfield with lights flashing especially on busy Highway 89.
- #10 Road Bike back to Mayfield:** Please ride with the traffic on the right side of the road. A helmet must be worn. Your support car may ride behind you with lights flashing. When you get to 500 South, turn east on Order road. You will follow that road east and then south to the park.
- #11 Burn the String:** You were given a match at the beginning of the race. Use that match to light a fire and burn a string suspended about 18 inches from the ground. Your team should gather fire starting materials ahead of time. When the string is broken by the flame, your time will end. If you don't light the fire with the match you carry, a five minute penalty will be assessed.