



Pre-Race Checklist

Welcome to Bark Lake! We have a very full (and fun!) day in store for you, although much of that relates to the pre-race tasks that you will need to complete prior to making your way to the start line. To assist you to this end, we have prepared the following list of items that you will want to focus on upon your arrival at Race Check-In.

- Step 1** Proceed through the Check-In stations in the main dining hall to obtain your team package, and to sign your waivers and emergency contact forms.
- Step 2** Affix your bike plates to your bikes and bring them to the bike racks in the Team Gear Zone.
- Step 3** Take your canoes and paddling gear to the Canoe Zone. If you have rented a canoe through Rockstar, your boats will be waiting for you here (you may take any available boat with an "Algonquin Outfitters" logo on the side). An extra bike plate will be provided in your team package, which you must affix to your boat using the cable tie provided.
- Step 4** Take your gear bins (or any extra gear you wish to have available to you during the race) to your designated transition space in the Team Gear Zone. Your team space will be identified by a stake in the ground with a bike plate bearing your team number.
- Step 5** Review your maps and instructions and prepare your proposed route map. All teams **MUST** leave a copy of their proposed route prior to the start of the race briefing.
- Step 6** Have your team assembled in the dining hall for the pre-race briefing:
 - 9:30am for 8-hour teams
 - 1:30pm for 4-hour teams

Good luck – have fun!! We'll see you at the Finish Line!