

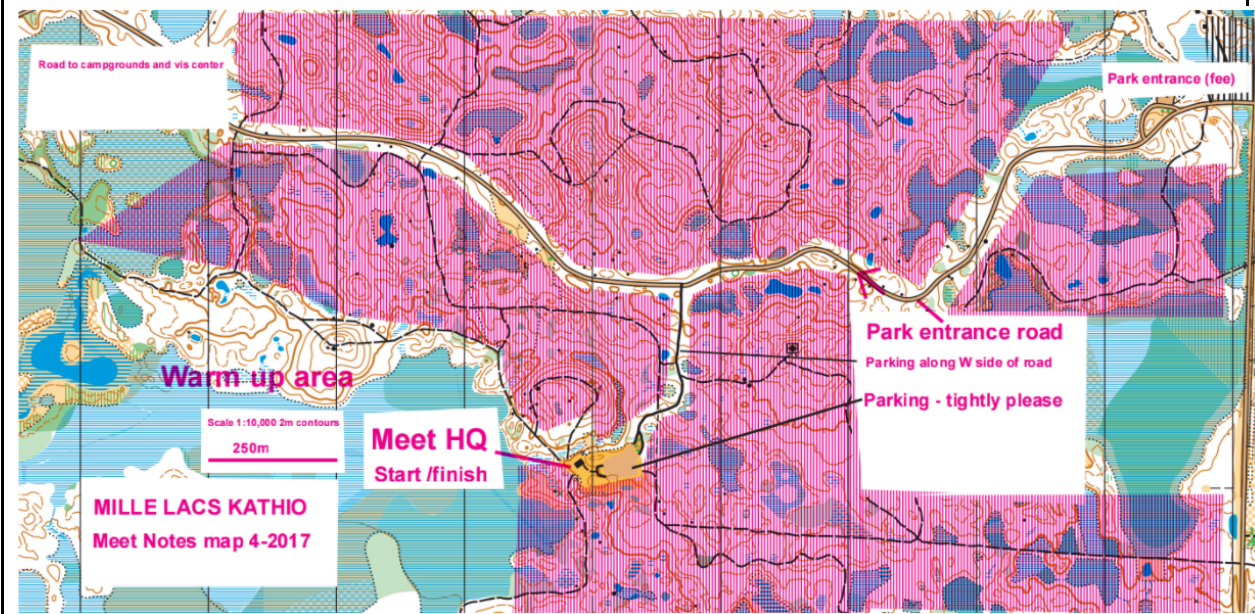


## Mille Lacs Kathio State Park Meet Notes

Location	Mille Lacs Kathio State Park 15066 Kathio State Park Rd, Onamia, MN 56359
Date	30 April, 2017
Time	Registration open from 9:30 AM to 1 PM, Starts begin at 10:30 AM. Last start 1:30 PM Course closes 4:30PM
Medical Information	<p>Medic = Phil Nicolas</p> <p>Hospital Address: Mille Lacs Hospital, 200 Elm St, Onamia, MN 56359</p> <p>Hospital Directions: Take Kathio State Park Road to the park entrance. Turn north on Shakopee Lake Road and proceed 0.7 miles to Highway 169. Follow Highway 169 East for 7.4 miles and turn west onto Main Street. In 0.1 miles turn North on Wall Street. Continue to Elm Street.</p>
Ticks and Lyme Disease	<p>The Minnesota woods are well documented as supporting ticks that carry Lyme disease. Please read this resource and take precautions before, during and after the event.</p> 
On Course Water Provisions	Water will be provided at on-trail locations (4) that will be near straight line course crossing of trails. Water will not be provided at control locations. Please drink only from a cup and respect the needs of others.
Park Fees	Daily permit \$5 per vehicle
Parking Information	Park at Trail Center (take a left about 0.6 miles inside the park)
Registration/Check-In Location	<p>Trail Center (about 0.8 miles from park entrance)</p> 
Meet director	Peter Wentzel
Setter	Pete Curtis

Vetter	Ian Harding
Course Design	Pete Curtis



Map Notes	<p>Mille Lacs Kathio lies on a glacial end moraine, resulting in a complex, but not too steep, hill-and-depression topography with numerous marshes.</p> <p>Small to medium marshes are often crossable but slow and can vary from damp ground to knee-deep water, with the latter typically mapped as small ponds. The best route choice is usually around them. Larger marshes fall into two major types; open with cattails and sedges, and wooded with black spruce-tamarack. The open variety is mapped with blue marsh over yellow, and can be crossed with some speed penalty and a risk of encountering occasional deeper pools or creeks, not explicitly mapped due to their continual evolution. The wooded variety is mapped with blue marsh over white or green, and has a speed penalty beyond that suggested by the shade of green; any marsh with medium green or darker should definitely be avoided. In any event, marsh crossers should expect to get wet and muddy at least to the knee.</p>
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Course Notes	<p>The Blue and Red Team Trials courses both cross the central park road (Shakopee Lake Rd) approximately <math>\frac{1}{3}</math> and <math>\frac{2}{3}</math> of the way through. This road has a 55-mph speed limit but is sparsely traveled, and any oncoming traffic can be seen easily from the ditches. Nevertheless, take care crossing, as this road will not be closed for the event. Three water stops will also be available on this road at likely crossing points.</p> <p>Scale: 1:15,000 Red and Blue Courses</p>
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	<p>Scale: 1:10,000 Green, Brown, Orange, Yellow, and White Courses  Contour Interval: 2m All Courses</p> <table border="0"> <thead> <tr> <th><b>Course</b></th> <th><b>Controls</b></th> <th><b>Length</b></th> <th><b>Climb</b></th> </tr> </thead> <tbody> <tr> <td>• Blue</td> <td>15</td> <td>14.0 km</td> <td>240 m</td> </tr> <tr> <td>• Red</td> <td>13</td> <td>11.4 km</td> <td>210 m</td> </tr> <tr> <td>• Green</td> <td>12</td> <td>7.4 km</td> <td>180 m</td> </tr> <tr> <td>• Brown</td> <td>10</td> <td>5.3 km</td> <td>95 m</td> </tr> <tr> <td>• Orange</td> <td>10</td> <td>4.2 km</td> <td>85 m</td> </tr> <tr> <td>• White/Yellow</td> <td>7</td> <td>1.9 km</td> <td>40 m</td> </tr> </tbody> </table>	<b>Course</b>	<b>Controls</b>	<b>Length</b>	<b>Climb</b>	• Blue	15	14.0 km	240 m	• Red	13	11.4 km	210 m	• Green	12	7.4 km	180 m	• Brown	10	5.3 km	95 m	• Orange	10	4.2 km	85 m	• White/Yellow	7	1.9 km	40 m
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Warm-up area	Trail running to NW of Trail Center.																												
Start location	150 m NW of Trail Center. Follow sign and flagging tape to start area. Starts will be called up 3 mins before allotted start time. All courses (including public and recreational courses) start from the same location.																												
Area Visitor Information	After your event, climb the fire tower located close to the Registration/Check-In location (This is located in the embargoed area, so you will have to do it after you complete your event.) Visit one of the local resorts for a fishing excursion.																												