

Race Start: Kinnickinnic State Park St Croix Picnic Area (end of the park road) W11983 820th Ave, River Falls, WI 54022 You will need a WI state park pass, national park pass, or a daily park pass on every car.

Paddle Drop: Kinnickinnic State Park Paddling parking lot off Hwy F (see link on event webpage under "Location")

All items will need to go with you on the paddle. This is a small parking lot. Please come early. **Put your team name on your boat and paddle gear if bringing your own.**

Schedule

- 7:00 - 8:15am Paddle Gear Drop-off
- 8:00 - 8:30am Team Check-In
- 8:45am Race Meeting
- 9:00am Race Start
- 3:00-5:00pm Food and drink for participants and volunteers
- 4:00pm Course Close
- 4:30pm Awards

Team List - Carefully review the team list to verify your team name and participants is correct.

Rules - Please review the rules on the race website.

Gear List - Please review the gear list. Additional helpful gear:

- Canoe/Kayak Wheels - will be helpful after the race. You do not have to carry them during the race.
- Bike lock for Crusher participants.

Maps & Race Meeting - You will receive your maps when you check-in. Race meeting will be at the start location. Bring a good quality waterproof map case or another method, like laminating sheets, to protect your non waterproof maps and race instructions.

Water - There is no running water at Kinnickinnic. We will have water jugs at all TAs but also please bring extra for after the race.

Rented Boats - PFDs and paddles will be provided. If you are a team of 3 you need to have a middle seat plan. Do NOT sit on the thwarts (cross bars) of the boats.

Bikes - No bike drop. Please put your team name on your bike.

- Crusher Biking is 50% pavement & 50% single track
- Crusher participants - highly recommend having a bike lock.
- Builder Biking is 80% single track

Post-race - Celebrate at the finish line with a delicious post-race meal and plenty of cold drinks. **If you require a gluten free, vegetarian, vegan, etc. option, please contact us by email right away so we can have a good count for alternative food options: KendraStritch@gmail.com**

Other Important Information

- Know how to use a compass bearing
- Raspberries are going to be ripe!
- There are mosquitos and ticks. Plan accordingly.
- Bring camp chairs for hanging out after. There are some picnic tables. Please bring plates and utensils.

Thank you,
MNOC & Race Director Kendra Stritch
612-306-4353