



LONG COURSE

8:30 Start time

- Leave TRANSITION AREA and follow stone road to top of hill
- Follow flags, ribbon, painted arrows, grass path to left into CAMPING AREA (DO NOT go straight)
- Follow signs through CAMPING AREA to THE MARY ANN FURNACE TRAIL ENTRANCE (1st volunteer)
- Follow trail and return uphill to spot where you started and collect 1st ticket from 1st volunteer
- Follow signs in opposite direction back to the TRANSITION AREA
- Complete OBSTACLE COURSE starting at the high wall
- Proceed to the BOAT LAUNCH AREA and get in boat with life vests on and begin WATER COURSE
 - Understand difference between **RENTED** and **OWNED** Canoes
- Go under first bridge and proceed to left side of the ISLAND straight ahead (will see volunteer and flag)
- Enter the ISLAND and collect 2nd ticket from island volunteer/lifeguard
- Go through ISLAND with canoe or kayak and re-enter LAKE on the opposite side of the ISLAND
- Proceed towards boat dock area, follow all buoys, and then go under bridge
- Go to the SHORE marked with flag and volunteer and pull your boat all the way on the SHORE
 - LEAVE PADDLES, BUT KEEP LIFE VESTS ON AND BUCKLED
- Follow markings and run LA HO TRAIL (approx. 1.2 miles)
- Follow signs to enter LAKE and swim across to the volunteer on the opposite SHORE
- Get ticket #4 from volunteer (understand this is out of order because #3 ticket is given to everyone on bike portion)
- Proceed back to your boat launch and go back under bridge and follow buoys back toward the ISLAND
- Turn left and head back toward first bridge and return to original BOAT LAUNCH AREA
 - Pull boat all the way on SHORE and leave life vest and paddles in boat
- Proceed to and complete OBSTACLE COURSE
- Return to TRANSITION AREA and get bike at which point you will head out the way you entered the PARK and follow flags and painted arrows to drop off on left
 - DO NOT TRY AND JUMP THE CREEK. DISMOUNT AND CARRY bike
- Turn left onto shoulder inside cones and stay on left shoulder DO NOT CROSS TRAFFIC!
- Follow to Codorus State Park Sign and make left
- Proceed to the SLEDDING HILL and go $\frac{3}{4}$ the way up the hill
 - Get ticket #3 from volunteer and then turn right into the WOODS
- Follow signs around loop and understand that at some places the long and short course will go together and separate
 - It is marked with an **L-arrow for long course** and **S-arrow for short course**
 - Complete the 1st loop and end up at bottom of SLEDDING HILL
 - Get ticket #5 from water station volunteer
 - Turn left and go up SLEDDING HILL a 2nd time
 - At the bottom of the SLEDDING HILL make right and go back to Rt. 216
- Follow the same path in opposite direction to return to TRANSITION AREA
- Return your bike to your transition station.
- Complete OBSTACLE COURSE one more time
- Leave TRANSITION AREA in the same direction as the 1st run
- Follow markings up stone road through grass trail toward camp.(Do not turn left and enter CAMPING AREA)
- Get ticket #6 from volunteer and then proceed straight ahead until you reach the LAKE
- Turn right and follow SHORE LINE until you are directly under the OBSTACLE COURSE
- Proceed through the FINISH LINE and DO NOT COMPLETE THE OBSTACLE COURSE AGAIN!

GOOD LUCK!