



THE EVENING SUN

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SHORT COURSE

9:00 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
 - (Relay: Second partner joins up and completes the obstacle course together)
- 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 back towards the original BOAT LAUNCH
 - Pull boat all the way on SHORE and leave life vest and paddles in boat
- Proceed to and complete OBSTACLE COURSE
 - (Relay: Both complete)
- 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 the whole way up (get ticket #3 from volunteer)
- Proceed to the STONE LANE and make right
- 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**
- 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
- NO NEED to return your bike to your transition station because have your partner and you complete the OBSTACLE COURSE together one last time you are DONE!

GOOD LUCK!