

2013 MVP HEALTH CARE FRIGID INFLICTION

- All Checkpoints (CPs) require you to mark your passport with the punch attached to the flag.
- Transition areas (TAs) require you to check in and check out with race officials.
- Remember to thank the volunteers – they are here to help you have a great experience.
- Team members must stay together (within 50 yards) at all times or be penalized.
- If you drop out or have an emergency, you **MUST** notify a race official at a transition area or call 802-598-9255

Start to TA 1 – Ski

From the Start, ski to CPs 1-3 in ANY order and then return to TA 1.

CP 1: Trail Junction

CP 2: Trailside

CP 3: Trailside

TA1 to TA2 – Snowshoe

Leave your skis at TA 1. Snowshoe to CPs 4-9 in ANY order and then to TA 2. Race officials will collect your passport. Use extreme caution when crossing the Joiner Brook, it could ruin your day.

CP 4: Small Saddle

CP 5: Big Rock

CP 6: Windmill View

CP 7: East Bank

CP 8: East Bank

CP 9: East end of Knoll

TA2 to TA3 – Posthole

From TA 2, posthole to CPs 10-12 IN ORDER and then to TA 3.

You are permitted to cross the road, but travel on the road is PROHIBITED.

CP 10: East Bank

CP 11: Leaning Tree

CP 12: Spur

TA3: Northeast side of ravine

TA3 to TA4 – Tyrolean

Tyrolean will close at 1:00 PM sharp, so watch your timing!

You will be directed to a specific rope by race officials. All team members will cross via the same rope. An assist will be rendered after 5 minutes. Access to a rope will be on a first-come, first-serve basis.

TA4 to TA5 - Posthole

Leave helmets and slings with volunteers. Posthole to TA5. Travel on the road is PROHIBITED.

TA5 to FINISH – Ski

From TA5, ski to CPs 13-17 in order. You may snowshoe if needed. To protect trails, do not posthole.

CUTOFF: After 2:00 PM, head directly to the finish.

CP13: Stream

CP14: Trail Junction

CP15: Trailside

CP16: Trail Junction

CP17: Trail Junction

The race officially ends at 3PM. Teams arriving at the finish after 3PM will be assessed a penalty based on how late they are, so think twice about getting those final CPs if you're running late.

Congratulations, you have completed the 2013 MVP Health Care Frigid Infliction!