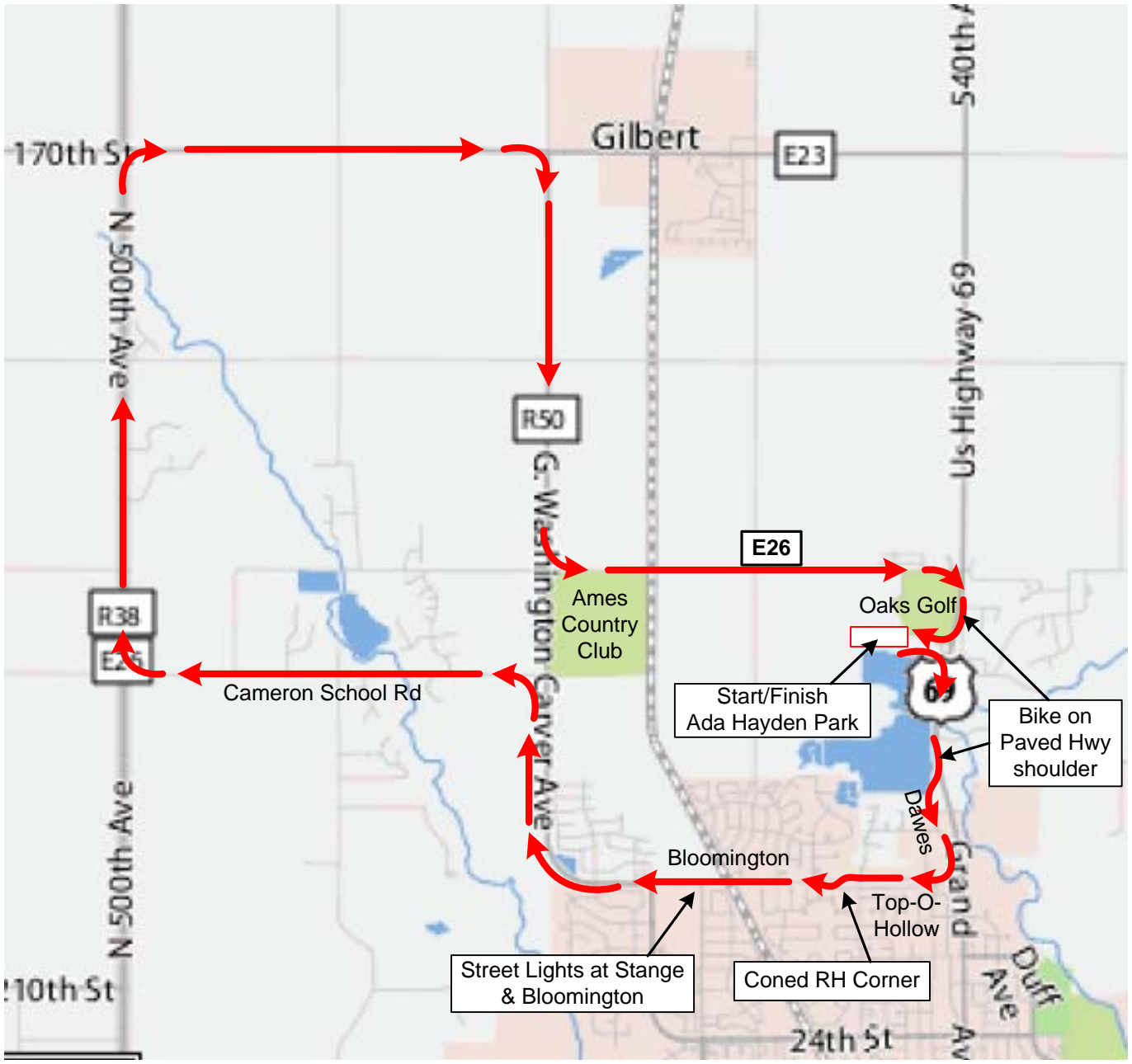




**Canoe/Kayak Course Notes:**

- Race will be started at the dock in flights.
- Course is around the edge of the lakes.
- Keep to RIGHT of buoys
- Paddlers must exchange with team-mates in transition zone.





**Bicycle Course**  
**Great Ames Adventure Race**



Runners start from transition zone.

Finish Line

Running Course Map  
GAAR