<crusher field Manual>



C:\THE_CRUSHER C:\ENHANCED_GRAVEL C:\EXECUTE

A PRODUCTION OF

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2023

In compliance with MCL 324.51113 of the Commercial Forest Act, none of the funds raised for this event will be used as payment or compensation for use of any part of the event that traverses property enrolled in the Commercial Forest Program.

The Crusher annually covers hundreds of miles of two tracks, gravel roads, logging roads, and game trails. We work closely with the DNR, Lyme Timber, Nature Conservancy, trail organizations, and landowners. Permitting is an extensive and increasingly complicated process.

As you prepare to crush it, I would like to send you off with a few things to think about.

Everywhere we goi we are a guest. When you encounter an individual and have a negative encounter, that person might be a landowner, and it might cost us access. If you get pissed at a car and flip them off, that could be a landowner, and you might cost us access. If you run into someone who says you are on their land and you decide to argue, that person might be the landowner, and you could cost us access.

As I see it, the greatest threat to adventure is people not willing to work and recreate together. Let's make sure we're not contributing to the problem.

DON'T CHASE PAIN, IT WILL FIND YOU 💬 🌲 🐼

FIELD MANUAL

RECOMMENDED GEAR	50 MILE	40 MILE	TEAM 50+	100 MILE	225 MILE
CALORIES AT START	6,000	3,000	6,000	6,000	9,000
WATER CARRYING CAPACITY	2L	ЗL	6L	6L	75L
GPS UNIT	х	x	x	x	x
CELL PHONE	х	x	x	x	x
RAIN SHELL (TOP & BOTTOM)	x —	x	X	x	X
GLØVES	X	х	X	X	X
HAND WARMERS	×	X—	- X	X	X
KNIFE / BLADE	X	×	x	X	X
RED TAIL LIGHT ON AT ALL TIMES		x	x	X	X
FRONT LIGHT ON AT ALL TIMES		X	x	X	X
CASH OR DEBIT / CREDIT CARD		x	x	x	X
SPARE TUBES		×	X - X	X	x
TIRE PUMP		×	x	X	X
TIRE LEVERS		x	x	X	X
CHAIN TOOL AND MASTER LINK		x	x	X	X
ALLEN WRENCH SET OR MULTI-TOOL	×	x	X	X	X
EXTRA THERMAL OR TOP LAYER	×	x	X	X	X
EMERGENCY SURVIVAL BLANKET	×	X	X	X	X
LIGHTER OR WATERPROOF MATCHES	x	X	X	x	X
BATTERY PACK FOR ELECTRONIC DEVICES		×	X	X	X
ZIP TIES		×	x	X	X
DUCT TAPE / ELECTRICAL TAPE		×	x	x	x
TIRE BOOT		×	x	x	X
DERAILLEUR HANGER		×	x	x	X
EXTRA SOCKS / GLOVES	x	x	x	x	X
WATER FILTRATION SYSTEM	x	X	x	x	Χ –
SUN SCREEN, BUG SPRAY, HEAD NET	x	×	x	×	x
SNORKEL (FOR WHEN SHIT GETS DEEP)	×	x	x	×	x
BRAKE PADS		x	x	×	x
CHAIN LUBE		x	×	x	X
(NOT FOR SIGNALING, FOR SIGNAL MIRROR SELF-REFLECTION)	х	х	x	х	×
FIRST AID KIT	х	x	X	X	X
TOILET PAPER	x	x	x	x	x

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>CRUSH OR BE CRUSHED.

DON'T CHASE PAIN, IT WILL FIND YOU.

SELF-SUPPORTED ETHOS:

You are on your own. No one is out there to save you. GPS is required. We do not provide signage. Roadrules apply at all times. Leave no trace ethics must be followed. You won't see volunteers.You're on your own. Dial 911 in an emergency. Be advised cell service is unreliable. We recommend a satellite enabled device that will allow you to text when needed.

For more information hit the link: (<u>https://crushergravel.com/details/self/</u>)

EX SEASON:

July 1, 2023 - September 30, 2023

TIME CUT-OFFS

EX40: 12-hours EX225: 40-hours

EX100: 24-hours EX-BIKEPACK: TBD EX50NRF: 24-hours

RECOMMENDED GEAR

Note: if you are bikepacking the gear list does not include equipment such as sleep system, shelter, multi-day menu, etc. You'll need to consider those additional items too. If you have questions shoot us an email and we can provide suggestions.

U.P. weather is unforgiving, will change rapidly, and create life-threatening situations for the ill-prepared. We've had Crushers get lost. Some had to bivy through severe thunderstorms. One guy spent the night in a swamp with nothing but an emergency blanket. Countless emergency blankets get used every year. Don't overlook anything. Be smart. This is a self-supported event. You are on your own.

TRACKING BEACONS

You should absolutely use one. They are included in the cost of your registration. At times the beacons do not work. Make sure your family is prepared for that possibility and let them know calling us to yell at us does not fix the problem. We do everything in our power to ensure accurate tracking, but this is a self-supported event and you need to be ready for things going wrong - which includes the possibility your beacon does not work. Make sure family and friends have a copy of your travel plans, start time, estimated finish time, etc. We advise strongly against doing any of the events alone and starting any of the events at night.

We partner with Trackleaders (www.trackleaders.com) to track the EX events. Family, friends, and fellow Crushers can "watch your dot". Here's what you need to share when emailing us for a beacon:

Name Email Phone Number Event Date of your event Leave time Personal beacon url if using one

Don't request a beacon for dates "you think you might try". Our equipment is limited and we don't want to be updating the form four times a day because you change your plans every time the weather does.

You're welcome to use personal Spot or InReach beacons, however, we need you to send us the correct info to connect your device to the Trackleaders system. Refer to your device manual or online resources for help.

Secure a beacon by emailing: todd@90badventureteam.com Coordinate beacon pickup with Todd (90b-748-0034).

DON'T CHASE PAIN, IT WILL FIND YOU ()

CHECKPOINTS

You should spend time prior to the event doing your homework, identifying checkpoints, and developing a plan to make sure you don't miss them. Selfies are required at each mandatory checkpoint, and you will be disqualified if you fail to provide them. Teams can follow any route and visit checkpoints in any order, GPX-driven events are linear, with the routes taking you past the required checkpoints. Just be aware of where they are *near* but not always directly on the route.

DO NOT TRESPASS.

Do your homework. Install maps to a backup device (your phone, see our website). Know where you are, where you can go, and where you can't go. Do not trespass.

CUE SHEETS

In the past we offered a cue sheet identifying potential water sources, bail points, and more. The problem with em' is this: the mileage is never right, and by doing the homework for everyone, we're encouraging a lack of proper preparation. Lets be honest, folks fail to prepare all the time, and when you're doing a 3D-mile cross country race in town, cramping out and getting to the beer tent early ain't a big deal. But this isn't a 3D-mile cross country race, you can't quit when you're not as fast as you hoped. There is no beer tent and you could legitimately suffer grave consequences if you're not ready for the challenge. So on that note, cue sheets are on you. Study the course. Get familiar with it. Set yourself up for success. If you are not comfortable with this level of accountability you should stay home.

BEFORE YOU CRUSH IT.

Download, save, and review the digital field manual. Visit the Facebook group and ask questions, if you have any.Coordinate a pickup time for the beacon with Todd at 906-748-0034.

WEEKLY ENHANCED NEWSFEED UPDATES

Once Crusher season opens Todd will send a Monday morning email every week. Watch for it. It will contain route updates (if there are any) and the plan for that week regarding field manual and beacon pickup. Equipment will usually be picked up at Todd's house, or possibly at Adventure Bike Club, or wherever they hell he happens to be when you need it.

RULES OF ENGAGEMENT

1. Crusher is a self-supported event. You are responsible for you. By doing this event you agree to abide by the Self-Supported Ethos at all times.

- 2. Carry the recommended gear at all times. Don't stash it on course for later.
- 3. Road rules apply. Do not get hit by a car, cause an accident or cause mayhem.
- 4. Approved cycling helmets must be worn at all times.
- 5. You must have a GPS unit.
- 6. Do not trespass.

7. Neutral assistance is allowed from locals and other racers. Neutral is defined as: offered equally to everyone.

8. Competitors can stock up on supplies at a C-store, restaurant, community aid station, etc.
9. In the event they leave the course for any reason, competitors must return to the same point they left the course and begin from there. (Teams are exempt here - they have no course!)
10. The race director reserves the right to disqualify teams for any reason deemed by race officials to be unsportsmanlike or otherwise against the spirit of the event.
11. Checkpoints are landmark based. You'll be required to take a picture per the checkpoint

descriptions in this field manual.

12. All distances are approximate; your mileage may vary depending on the accuracy of your device, the presence of a wheel sensor, battery strength, etc. Be prepared. Adapt.





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LAND USE

We work with several organizations to gain land access, submit permits with State of Michigan, USFS (and others) every year. Crusher is the result of a massive collaboration and volunteer effort.

Michigan Tech granted us access to their property on the EX225. Under normal circumstances the property is not open to the public. We appreciate the opportunity to use it for Crusher. Other land partners include several timber companies. The Nature Conservancy, Koski Corner Convenience Plaza, and more.

SPECIAL CONSIDERATIONS FOR LAND USE

Koski Corner Convenience Plaza: If you opt to park your vehicle here instead of the MDOT Park & Ride you need to go inside the building and talk to staff. They'll tell you where you can park your vehicle. They are aware of the event. They are also open 24-hours.

Corner Cafe: Not necessarily a land use note but it's about food so it's important. The Corner Cafe is located across the street from Koski Corner Convenience Plaza. They are open for business.

Celotex Road (Nature Conservancy): Be advised Celotex Road is gated on both ends. We have permission to use the road, go around the gates. Generally speaking when you encounter a gate or a berm on any Crusher route - we are aware of it and if the route indicates that is the way you go... that is the way you go.

SUBMITTING RESULTS

Assuming you don't get #crushed, here's what you need to do to claim your green dot: >> Upload your ride and checkpoint photos to Strava >> Make sure your profile (or at least the ride) is set to public. >> Copy the ride url and email it to: events@9Dbadventureteam.com

It will take a week or so for your results to be updated, so be patient.

Result tracking for the EX events is a manual process. It takes a lot of time. You can help us out by following directions. Send the right info to the right email. When we end up chasing information through back and forth email it slows everything down.

LEAVE NO TRACE STATEMENT

Without natural resources and access to them Crusher would not exist. Your actions on the trail will impact all of us. Make sure you read and understand the Leave No Trace guidelines. We need to leave the trail in better condition than we found it.

Link: <u>https://crushergravel.com/leave-no-trace/</u>

GPX DOWNLOADS

EX40 EX100 EX225 EX50NFR EXBIKEPACK

STORIES

Everyone loves a good Crusher tale. Share yours. Others have shared theirs here.

DON'T CHASE PAIN, IT WILL FIND YOU 💬 🌲 🚗 🚳

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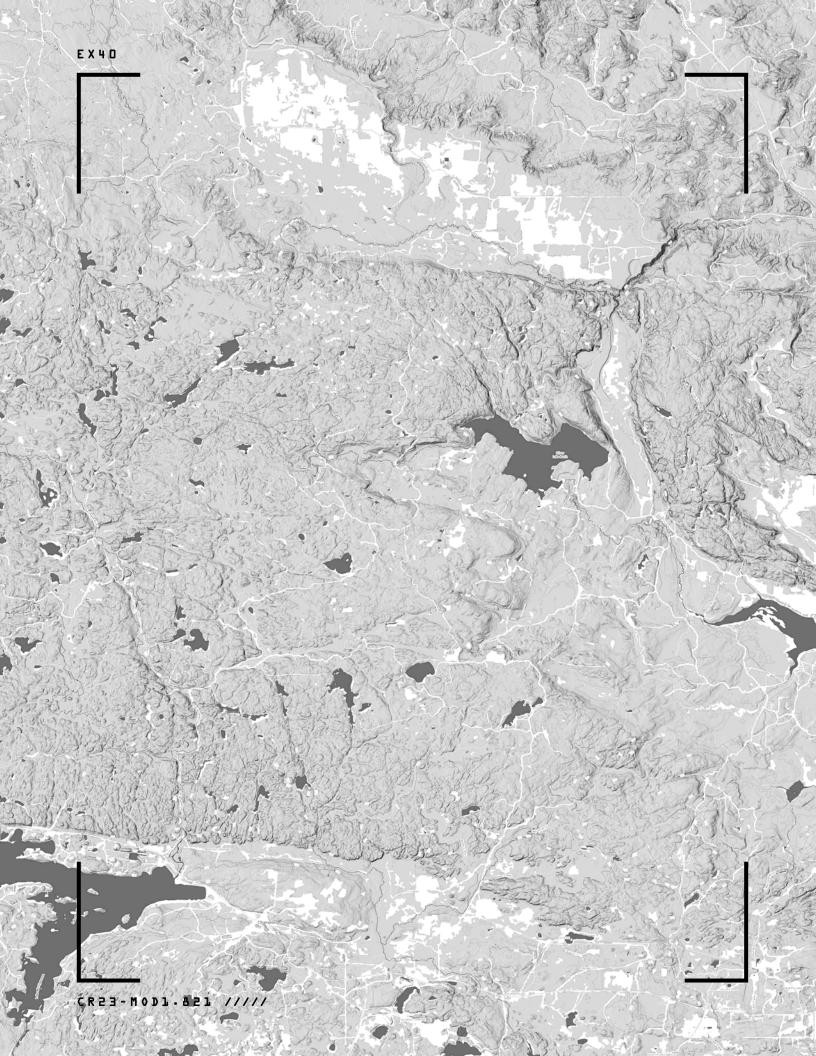
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>EX40/////

_BASECAMP (START/FINISH): KOSKI CONVENIENCE PLAZA¬ CHAMPION¬ MI

_RACE START: JULY 1 - SEPT 30, 2023

_TIME CUTOFF: l2 HOURS

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#1 DEAD RIVER

MANDATORY CHECKPOINT

Time to get your feet wet. A mildly enhanced river crossing south of Silver Lake Basin. Don't forget to snap a selfie.

LOCATION: N 46°38.7634' W 087°49.6061'

#2|WILDCAT CANYON CREEK

MANDATORY CHECKPOINT

Wildcat canyon creek bridge, get a selfie with a Beaver, you get 1 hour off your time. Just kidding, but ya need the selfie.

LOCATION: N 46°39.8561' W 87°53.9983'

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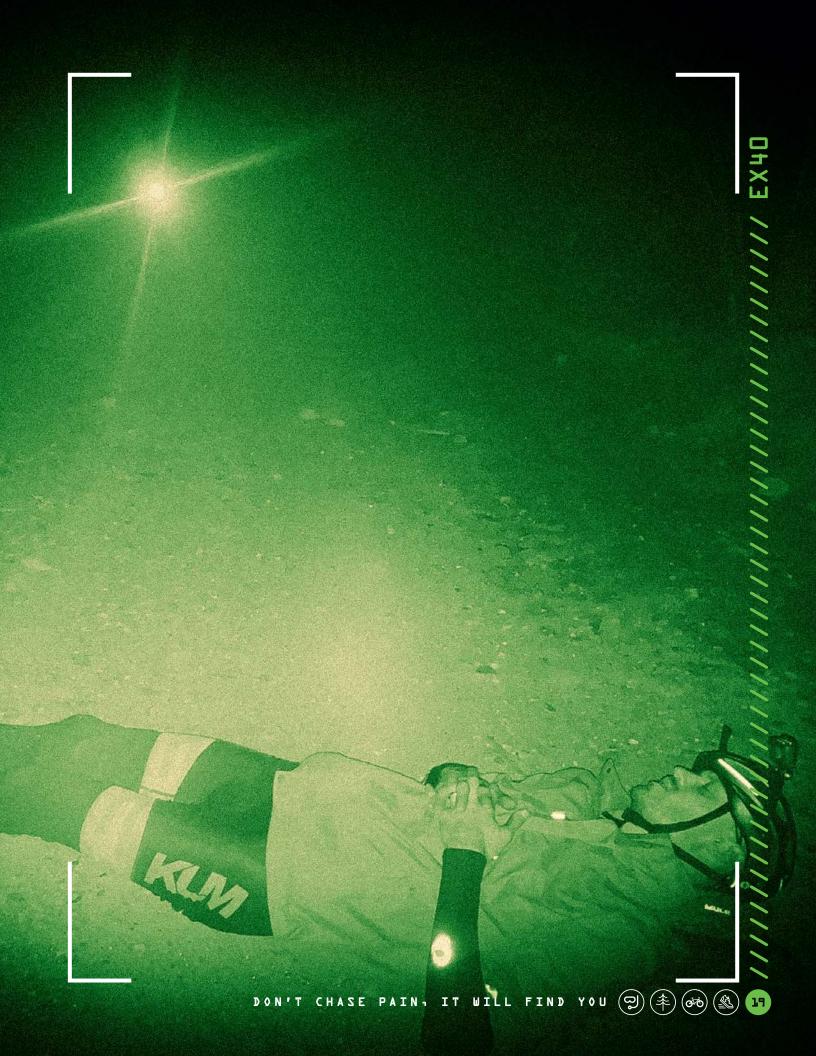
#3 PESHEKEE GRADE / DISHNO INTERSECTION

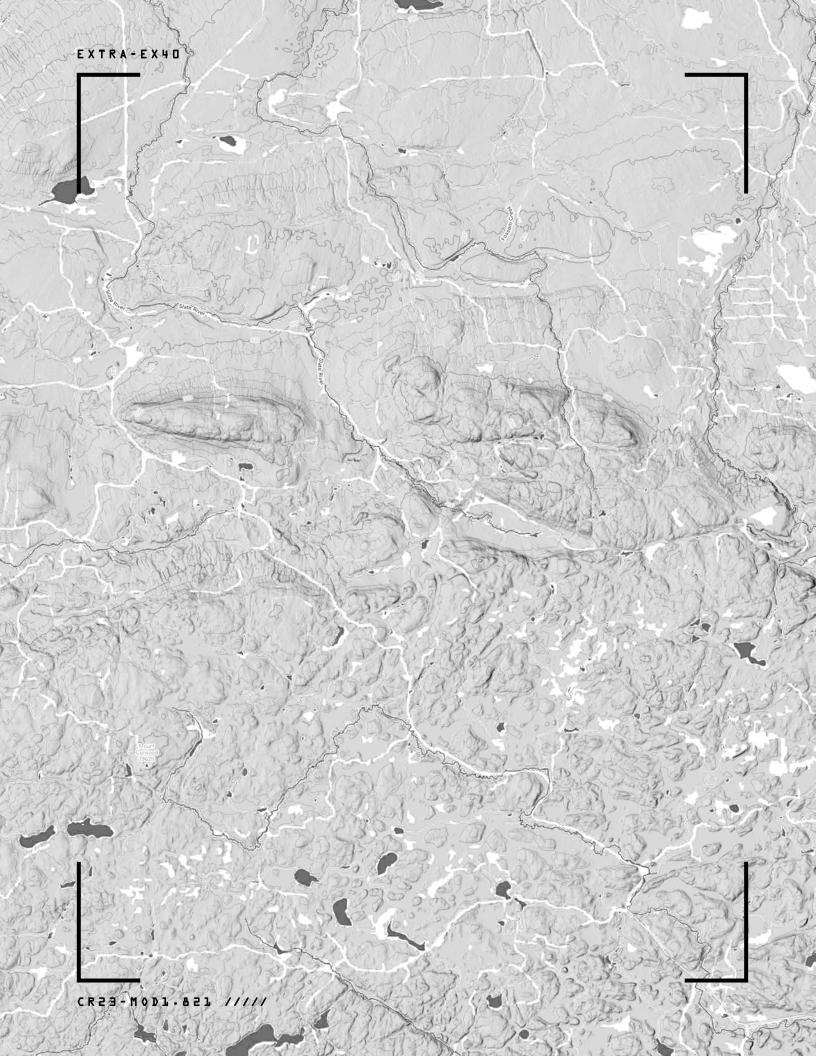
MANDATORY CHECKPOINT

As the name implies - this is an intersection where Dishno Road meets the Peshekee Grade. Look at da photo provided. Get a selfie.

LOCATION: N 46°34.9046' W 087°59.8367'

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>EXTRA-EX40///// BASECAMP (START/FINISH):

GRAVEL PIT OFF DISHNO RD

_RACE START: JULY 1 - SEPT 30, 2023

_TIME CUTOFF: 12 HOURS 5 X

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#1 EAGLE MINE GATE

MANDATORY CHECKPOINT

Out on AAA in da middle of nowhere. We'd say "you can't miss it" but we said that about the bra tree last year and folks missed it.

LOCATION: N 46°44.6366' W 087°52.8532'

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#2|ARVON MAILBOX

MANDATORY CHECKPOINT

Climb to the top of Arvon. Find the mailbox. Get selfie with it.

LOCATION: N 46º45.3503 W 088º09.3454*

DON'T CHASE PAIN, IT WILL FIND YOU () () ()

#3|THE ROCK CUT

MANDATORY CHECKPOINT

This is the "other" Rock Cut. It's a bit of a bushwhack, nothing a Crusher can't handle. Be warned: It's an out-n-back checkpoint, you're not going all the way through.

LOCATION: N 46°43.8419 W 088°10.4162'

EXTRA-EX40







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>EX50NFR/////

_BASECAMP (START/FINISH): KOSKI CONVENIENCE PLAZA¬ CHAMPION¬ MI

_RACE START: JULY 1 - SEPT 30, 2023

_TIME CUTOFF: 24 HOURS

#1 PESHEKEE GRADE / DISHNO INTERSECTION

MANDATORY CHECKPOINT

As the name implies - this is an intersection where Dishno Road meets the Peshekee Grade. Look at da photo provided. Get a selfie.

LOCATION: N 46°34.9046' W 087°59.8367'

EXSONFR

#2 NCT OVERLOOK

MANDATORY CHECKPOINT

A beautiful view from the NCT overlooking the plains below. Don't forget to snap a selfie.

LOCATION: N 46°39.6796' W 087°53.7585'

DON'T CHASE PAIN, IT WILL FIND YOU () () () ()

2023

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#3 DEAD RIVER

MANDATORY CHECKPOINT

Time to get your feet wet. A mildly enhanced river crossing south of Silver Lake Basin. Don't forget to snap a selfie.

LOCATION: N 46°38.7634' W 087°49.6061'



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>EX100/////

_BASECAMP (START/FINISH): KOSKI CONVENIENCE PLAZA¬ CHAMPION¬ MI

_RACE START: JULY 1 - SEPT 30, 2023

_TIME CUTOFF: 24 HOURS

DON'T CHASE PAIN, IT WILL FIND YOU ()

#1|MT. CURW00D

EXLOD

MANDATORY CHECKPOINT

As if Crusher didn't have enough climbs... Mt. Curwood is an out-n-back checkpoint. The good news? What goes up must come down. Don't forget to grab a selfie next to the marker at the top.

LOCATION: N 46°42.1821' W 088°14.3721'

#2 ARVON MAILBOX

MANDATORY CHECKPOINT

Climb to the top of Arvon. Find the mailbox. Get selfie with it.

LOCATION: N 46º45.3503 W 088º09.3454*

DON'T CHASE PAIN, IT WILL FIND YOU () () ()

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#3 THE ROCK CUT

MANDATORY CHECKPOINT

This is the "other" Rock Cut. It's a bit of a bushwhack, nothing a Crusher can't handle. Be warned: It's an out-n-back checkpoint, you're not going all the way through.

LOCATION: N 46°43.8419 W 088°10.4162'

EXIOD

#4|EAGLE MINE GATE

MANDATORY CHECKPOINT

Out on AAA in da middle of nowhere. We'd say "you can't miss it" but we said that about the bra tree last year and folks missed it.

LOCATION: N 46°44,6366' W 087°52.8532'

DON'T CHASE PAIN, IT WILL FIND YOU () (*) (*)

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#5 WILDCAT CANYON CREEK

MANDATORY CHECKPOINT

Wildcat canyon creek bridge, get a selfie with a Beaver, you get L hour off your time. Just kidding, but ya need the selfie.

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LOCATION: N 46°39.8561' W 87°53.9983'

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EXLOO

<LEAVE NO TRACE>

LEAVE NO TRACE TEACHES PEOPLE OF ALL AGES HOW TO ENJOY THE OUTDOORS RESPONSIBLY AND IS THE MOST WIDLY ACCEPTED OUTDOOR ETHICS PROGRA USED ON PUBCLIC LANDS. WE STRIVE TO SUSTAIN HEALTHY, VIBRANT NATURAL LANDS FOR ALL PEOPLE TO ENJOY, NOW AND INTO THE FUTURE.

J/PLAN AHEAD AND PREPARE

_Know the regulations and special concerns for the area you'll visit. _Prepare for extreme weather, hazards, and emergencies. _Schedule your trip to avoid times of high use. _Visit in small groups when possible. Consider splitting larger groups into smaller groups. _Repackage food to minimize waste. _Use a map and compass to eliminate the use of marking paint, rock cairns, or flagging.

2/TRAVEL & CAMP ON DURABLE SURFACES

_Durable surfaces include established trails and campsites, rock, gravel, dry grasses, or snow.

_Protect riparian areas by camping at least 200 feet from lakes and streams. _Good campsites are found, not made. Altering a site is not necessary. _In popular areas: concurrate use on existing trails and campsites. _Walk single file in the middle of the trail, even when wet or muddy. _Keep campsites small. Focus activity in areas where vegetation is absent. _In pristine areas: Disperse use to prevent the creation of campsites and trails. _Avoid places where impacts are just beginning.

J/DISPOSE OF WASTE PROPERLY

_pack it in, pack it out. Inspect your campsite and rest areas for trash or spilled foods. Pack out all trash, leftover food, and litter.

_Deposit solid human waste in catholes dug 6-8" deep, at least 200' from water, camp, and trails. Cover and disguise the cathole when finished.

_Pack out toilet paper and hygiene products.

_To wash yourself or your dishes, carry water 200' away from streams or lakes and use small amounts of biodegradable soap. Scatter strained dishwater.

4/LEAVE WHAT YOU FIND

_Preserve the past: examine, but do not touch cultural or historic structures and artifacts. _Leave rocks, plants, and other natural objects as you find them. _Avoid introducing or transporting non-native species. _Do not build structures, furniture, or dig trenches.

5/MINIMIZE CAMPFIRE IMPACTS

_Campfires can cause lasting impacts to the backcountry. Use a lightweight stove for cooking and enjoy a candle lantern for light.

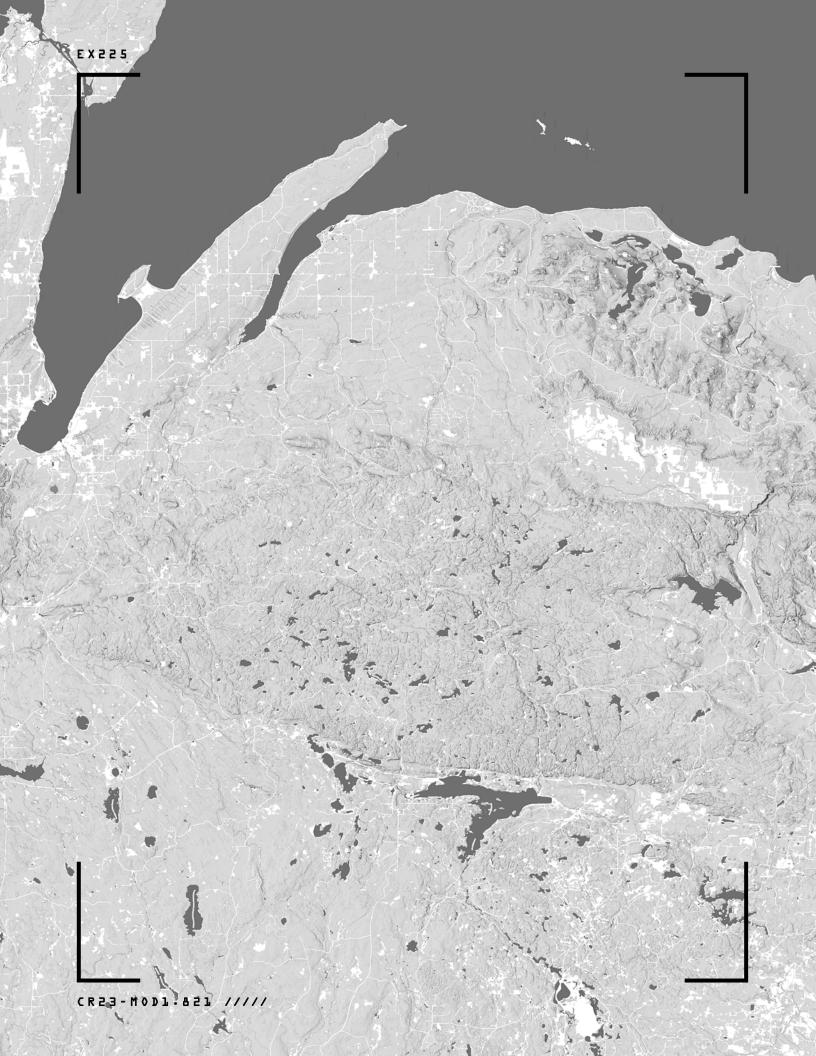
_Where fires are permitted, use established fire rings, fire pans, or mound fires. _Keep fires small. Only use sticks from the ground that can be broken by hand. _Burn all wood and coals to ash, put out campfires completely, then scatter cool ashes.

G/RESPECT WILDLIFE

_Observe wildlife from a distance. Do not follow or approach them. _Never feed animals. Feeding wildlife damages their health, alters natural behaviors, and exposes them to predators and other dangers. _Protect wildlife and your food by storing rations and trash securely. _Control pets at all times, or leave them at home. _Avoid wildlife during sensitive times; mating, nesting, raising young, or winter.

7/BE CONSIDERATE OF OTHER VISITORS

_Respect other visitors and protect the quality of their experience. _Be courteous. Yield to other users on the trail. _Step to the downhill side of the trail when encountouring pack stock. _Take breaks and camp away from trails and other visitors. _Let nature's sounds prevail. Avoid loud voices and noises.





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>EX225/////

_BASECAMP (START/FINISH): KOSKI CONVENIENCE PLAZA¬ CHAMPION¬ MI

_RACE START: JULY 1 - SEPT 30, 2023

_TIME CUTOFF: 40 HOURS

DON'T CHASE PAIN, IT WILL FIND YOU (?) (*) 🐼 🚯 41

#1 DEAD RIVER

MANDATORY CHECKPOINT

Time to get your feet wet. A mildly enhanced river crossing south of Silver Lake Basin. Don't forget to snap a selfie.

LOCATION: N 46°38.7634' W 087°49.6061'

#2 THE SPIGOT

MANDATORY CHECKPOINT

The infamous 510 spigot returns. Can you find it?

LOCATION: N 46°43.2680' W 087°42.1360'

ON'T CHASE PAIN, IT WILL FIND YOU 🕲

2023

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#3 WALTER THE SNOWPLOW

MANDATORY CHECKPOINT

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Located somewhere on Northwestern Road. He's big and yellow.

LOCATION: N 46°45.4709' W 087°49.6468'

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EX225

#4|MOUTH OF |HURON RIVER

MANDATORY CHECKPOINT

Now you know why you packed that snorkel! Crossing can be deep, depending on where you cross. Waist height or deeper. There may be a shallower sandbar off-shore a little ways.

LOCATION: N 46°54.5597' W 088°02.1343'

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#5|HERMAN-MICH-

EX225

BRENNANS

MANDATORY CHECKPOINT

Herman, Mi. You need a selfie by the tracks and the ole' 210.

LOCATION: N 46°39.9934' W 088°21.9602'

#6|MT. |CURW00D

MANDATORY CHECKPOINT

As if Crusher didn't have enough climbs... Mt. Curwood is an out-n-back checkpoint. The good news? What goes up must come down. Don't forget to grab a selfie next to the marker at the top.

LOCATION: N 46º42.1821' W 088º14.3721'

DON'T CHASE PAINS IT WILL FIND YOU (2) (2)

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#7|ARVON

EX225

MANDATORY CHECKPOINT

Climb to the top of Arvon. Find the mailbox. Get selfie with it.

LOCATION: N 46°45.3503 W 088°09.3454'

#8|THE |ROCK CUT

MANDATORY <u>CHECKPOINT</u>

This is the "other" Rock Cut. It's a bit of a bushwhack, nothing a Crusher can't handle. Be warned: It's an out-n-back checkpoint, you're not going all the way through.

LOCATION: N 46°43.8419 W D88°10.4162'

DON'T CHASE PAIN, IT WILL FIND YOU (2) (2) (2) (3)

2023

#9|EAGLE MINE GATE

MANDATORY CHECKPOINT

Out on AAA in da middle of nowhere. We'd say "you can't miss it" but we said that about the bra tree last year and folks missed it.

LOCATION: N 46°44.6366' W 087°52.8532'

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_BASECAMP (START/FINISH): START & FINISH POINTS WILL VARY - CONTACT TODD

_RACE START: JULY 1 - SEPT 30, 2023

_TIME CUTOFF: 72 HOURS

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FIELD MANUAL

>CRUSH OR BE CRUSHED.

DON'T CHASE PAIN, IT WILL FIND YOU.

SELF-SUPPORTED ETHOS:

You are on your own. No one is out there to save you. GPS is required. We do not provide signage. Road rules apply at all times. Leave no trace ethics must be followed. You won't see volunteers.You're on your own. Dial 911 in an emergency. Be advised cell service is unreliable. We recommend a satellite enabled device that will allow you to text when needed.

MS SEASON: July 15, 2023 - July 16, 2023

MS REGISTRATION CHECK-IN (BRING YOUR BIKE WITH YOU) Friday, 3:00PM - 8:00PM

MS START TIMES

MS175	5:30AM
MS100 AAAA	5:30AM
MSSONFR	L:DDAM
MSTEAM	6:00AM
MS40	8:00AM

OTTER LAKE CAMPGROUND

You can check in with the campground (Ellen) and the event staff from 3:00 - 8:00 PM. Everyone will be together in one place. Make sure to bring your bike when you check in - we need to tag them. No, you cannot tag it yourself. Refer to pages 58-59 for campground info and rules. We have the whole campground to ourselves for the weekend - everyone there is a CRUSHER. There's a lake and lots for the kids to do. The food truck can't make it this year, but we are putting together a food tent. Racers eat on the house. Families and friends are welcome to eat too, in exchange for a suggested donation. We've asked all racers to bring their favorite local sixpack to basecamp for a community beer share. We'll keep everything on ice at the food tent and you are welcome to partake.

RECOMMENDED GEAR

The recommended gear list is found in this Field Manual. It's also a regular topic in the Crusher Facebook Group, which you can join (if you haven't already) by visiting our website.

We cannot stress this enough - bring all the recommended gear. Don't cut corners. Don't pick a skinny tire to gain two-tenths of a mile per hour. It doesn't make sense. If you go out there under-prepared the consequences can be dire. U.P. weather is unforgiving, will change rapidly, and become life-threatening for the ill-prepared. We've had Crushers get lost. Some had to bivy through severe thunderstorms. One guy spent the night in a swamp with nothing but an emergency blanket. Countless emergency blankets get used every year. Don't overlook anything. Be smart. This is a self-supported event. You are on your own.

EVENT TIMING / GETTING YOUR TIMING CHIP

Superior Timing will handle the mass start, not Trackleaders. You will not be using beacons and you will not be tracked on the Trackleaders map.

BRING YOUR BIKE WITH YOU TO REGISTRATION CHECK-IN. WE DO NOT USE NUMBER PLATES. EVENT STAFF WILL PUT A TIMING CHIP ON YOUR BIKE. ONCE THE CHIP HAS BEEN INSTALLED YOU CANNOT MOVE IT.

CR23-MOD1.821 /////

You should spend time prior to the event doing your homework, identifying checkpoints, and developing a plan to make sure you don't miss them. Selfies are required at each mandatory checkpoint, and you will be disqualified if you fail to provide them. Teams can follow any route* and visit checkpoints in any order, GPX-driven events are linear, with the routes taking you past the required checkpoints. Just be aware of where they are *near* but not always directly on the route.

* Teams - we will list certain sections of the road as "off limits" and if you are found to have used one of them you will be disqualified.

DO NOT TRESPASS.

Do your homework. Install maps to a backup device (your phone, see our website). Know where you are, where you can go, and where you can't go. Do not trespass.

CELL SERVICE & CAMPGROUND WIFI, NEUTRAL SUPPORT, DRIVING ON COURSE, SPECIAL PROVISIONS FOR THE CAMPGROUND, HEADLIGHTS + TAILLIGHTS

Neutral support: Family, friends, and support crews are encouraged to be part of the event; in fact, they're a big part of what makes The Crusher fun. That being said, we ask a couple of things: Be smart about where you are setting up to catch your Crusher, and if you offer aid to one person, it has to be offered to everyone.

Driving on the course: We ask that family, friends, and support crews avoid driving on the course. People sign up to get away from the rat race. We do not want the course full of traffic created by the event. Don't drive on the course.

Driving into the campground on race morning: We ask that you don't do it. If you are not staying with us at Otter Lakes, that's ok, and we need to make sure the campground is clear when racers start taking off. Have your ride drop ya off on the road and roll into camp for your start. Be resourceful. There's a park and ride nearby that would make for a great warm-up to the campground.

WIFI at the campground: Will not be open to the public. Campground and Event staff will be using it to provide a successful event and weekend.

Headlight + Tailights: Are mandatory. Have them on at all times. Make sure they are bright enough for people to see you.

CUE SHEETS

In the past, we offered a cue sheet identifying potential water sources, bail points, and more. The problem with 'em' is this: the mileage is never right, and by doing the homework for everyone, we're encouraging a lack of proper preparation. Let's be honest; folks fail to prepare all the time, and when you're doing a 3D-mile cross-country race in town, cramping out and getting to the beer tent early ain't a big deal. But this isn't a 3D-mile crosscountry race; you can't quit when you're not as fast as you hoped. There is no beer tent and you could legitimately suffer grave consequences if you're not ready for the challenge. So on that note, cue sheets are on you. Study the course. Get familiar with it. Set yourself up for success. If you are not comfortable with this level of accountability, you should stay home.

2023

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DON'T CHASE PAIN, IT WILL FIND YOU (P) (*) (*)

RULES OF ENGAGEMENT

1. Crusher is a self-supported event. You are responsible for you. By doing this event you agree to abide by the Self-Supported Ethos at all times.

2. Carry the recommended gear at all times. Don't stash it on course for later.

3. Road rules apply. Do not get hit by a car, cause an accident or cause mayhem.

4. Approved cycling helmets must be worn at all times.

5. You must have a GPS unit.

6. TEAM RULES

a) Teams must stick together at all times - no split checkpoints.

b) Teams must reach at least 4 of the 8 checkpoints to finish.

c) There are 4 mandatory checkpoints AND 4 bonus checkpoints.

d) Teams may reach checkpoints in any order.

e. Highway 28 is off-limits except to get to Scott Falls from Coles Creek Road. Other than that you can only cross 28, not use it to get from one point to another.

f. Highway 94 is off-limits, except to get from Rumley to Sundell Road. Other than that you can only cross 94, not use it to get from one point to another.

g) Time penalties/bonuses are as follows:

a. 4 checkpoints +2 hour time penalty for not doing more than is expected.

b. 5 checkpoints -1 hr bonus

d. L checkpoints -2 hr bonus

e. 7 checkpoints -3 hr bonus

f. å checkpoints -4 hr bonus

7. Do not trespass.

8. Neutral assistance is allowed from locals and other racers. Neutral is defined as offered equally to everyone!

9. Competitors can stock up on supplies at a C-store, restaurant, community aid station, etc. 10. In the event they leave the course for any reason, competitors must return to the same point they left the course and begin from there. (Teams are exempt here - they have no course!)

11. The race director reserves the right to disqualify teams for any reason deemed by race officials to be unsportsmanlike or otherwise against the spirit of the event.

12. Checkpoints are landmark-based. You'll be required to take a picture at the checkpoint descriptions in this field manual.

13. All distances are approximate; your mileage may vary depending on the accuracy of your device, the presence of a wheel sensor, battery strength, etc. Be prepared. Adapt.

LAND USE

We work with several organizations to gain land access, submit permits with the State of Michigan, USFS (and others) every year. Crusher is the result of a massive collaboration and volunteer effort.

Michigan Tech granted us access to their property on the EX225. Under normal circumstances, the property is not open to the public. We appreciate the opportunity to use it for Crusher. Other land partners include several timber companies, The Nature Conservancy, Koski Corner Convenience Plaza, and more.

LEAVE NO TRACE STATEMENT

Without natural resources and access to them, Crusher would not exist. Your actions on the trail will impact all of us. Make sure you read and understand the Leave No Trace guidelines. We need to leave the trail in better condition than we found it.

GPX DOWNLOADS

MS40 MS100 MS175 MS50NFR

STORIES

Everyone loves a good Crusher tale. Share yours. Others have shared theirs here.



FIELD MANUAL



OTTER LAKE CAMPGROUND

E7609 OTTER LAKE ROAD. MUNISING, MI 49862 855-723-3662 /// OTTERLAKEMICHIGAN.COM PLAYOTTERLAKE@GMAIIL.COM

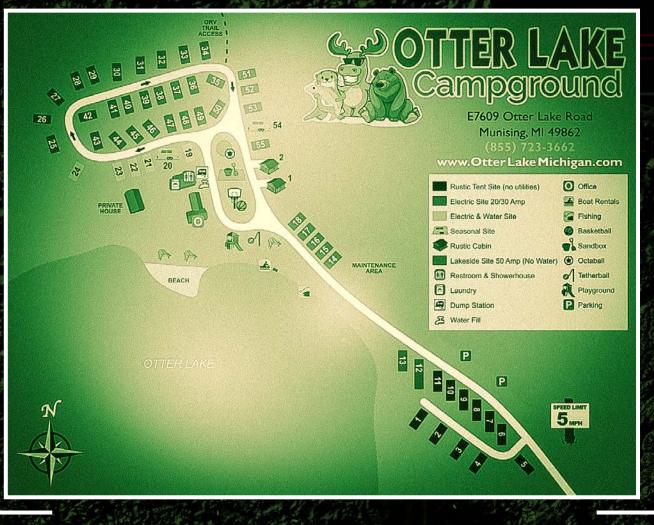
Otter Lake Campground is included in your event registration. We reserved the whole place for the weekend. Sites are being assigned on a first come first serve basis.

CHECK-IN: After 2:00pm, Friday, July 14, 2023. You will check-in at the campground office. Race operations and camp operations will be kept separate. If you have facility questions talk to campground staff. If you have race questions talk to us.

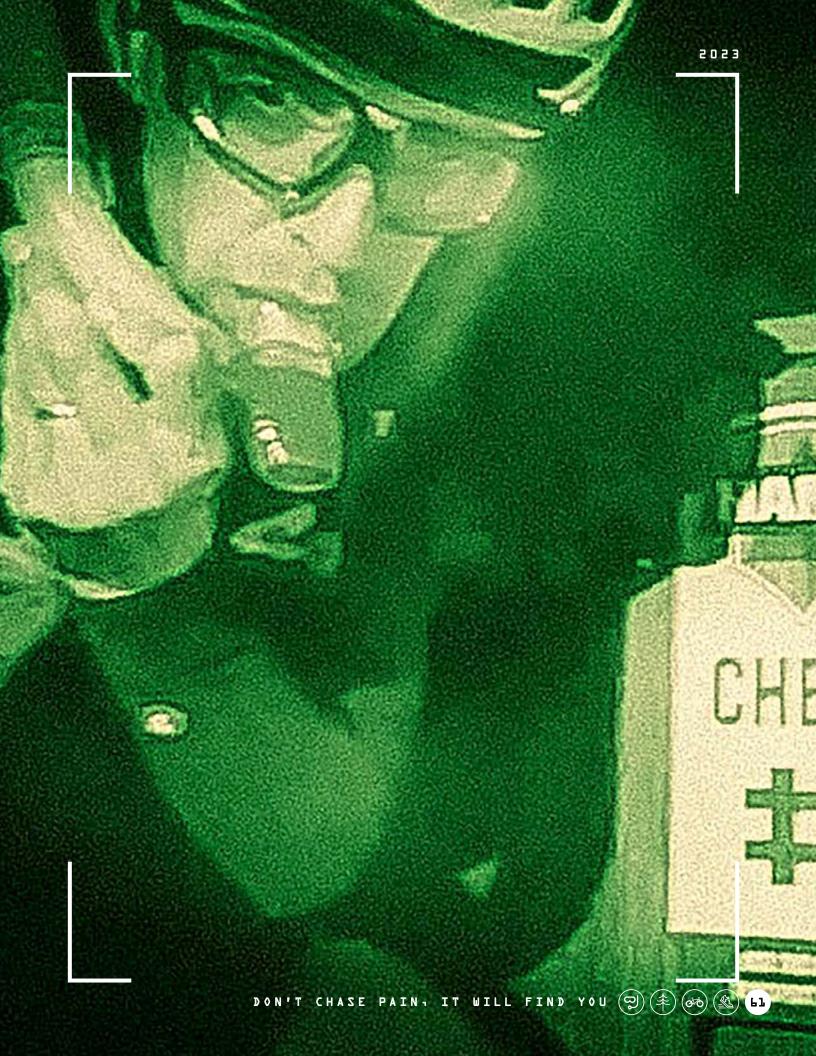
CHECK-OUT: No later than 11:00am, Sunday, July 16, 2023.

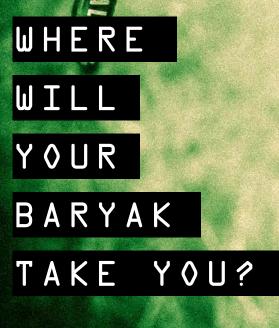
AMENITIES:

>> Electric + non-electric sites available >> Fire rings + picnic table at all camp sites >> Newly modernized bath houses with spacious, walk-in-showers >> Canoes, row boats, paddle boats available for rent >> Canoes, row boats, paddle boats available for rent >> Laundry facilities >> Playground >> Sandbox >> Octaball >> Basketball >> Sandy beach >> Pets welcome >> Dog walk trail



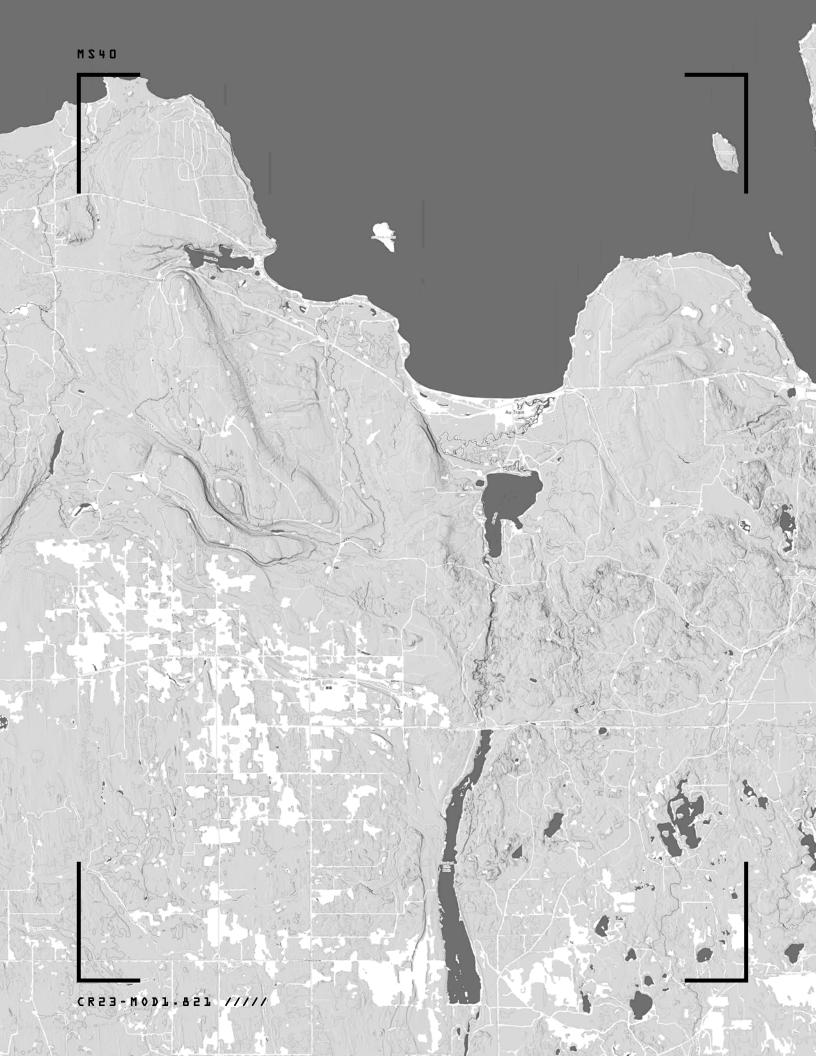
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_BASECAMP (START/FINISH): OTTER LAKE CAMPGROUND, MUNISING, MI

_RACE START: JULY 15 - 16, 2023

TIME CUTOFF: 12 HOURS

DON'T CHASE PAIN, IT WILL FIND YOU (💬) 🌲 🚳 🚳 🕒

#1 HIAWATHA NATIONAL FOREST KIOSK

MANDATORY CHECKPOINT

Keep an eye out for this HNF Kiosk on Buck Bay Road. It's right on the route. Grab a selfie and proceed.

Au Trair

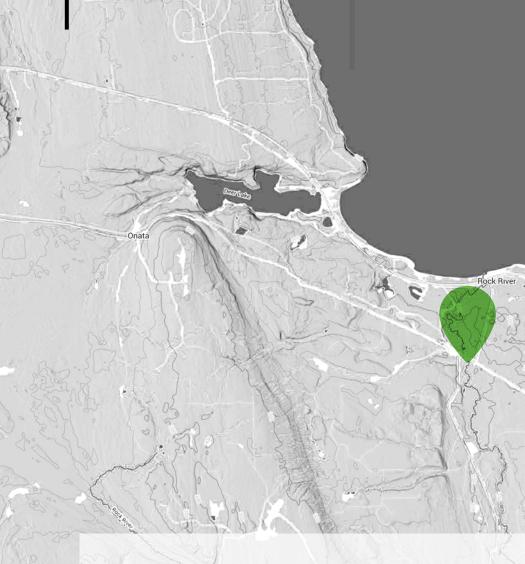
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LOCATION: N 46º22'58.9 W 86º52'34.7

M S 4 0

Rock River



#2 ROCK RIVER BRIDGE

MANDATORY CHECKPOINT

Just before you head down Rock River Road... there's a bridge over the Rock River. Don't forget to grab a selfie.

LOCATION: N 46°27'05.9364" W 86°55'14.6640"

DON'T CHASE PAIN, IT WILL FIND YOU

TRAIN IS

#3 AU TRAIN -LAKE SUPERIOR

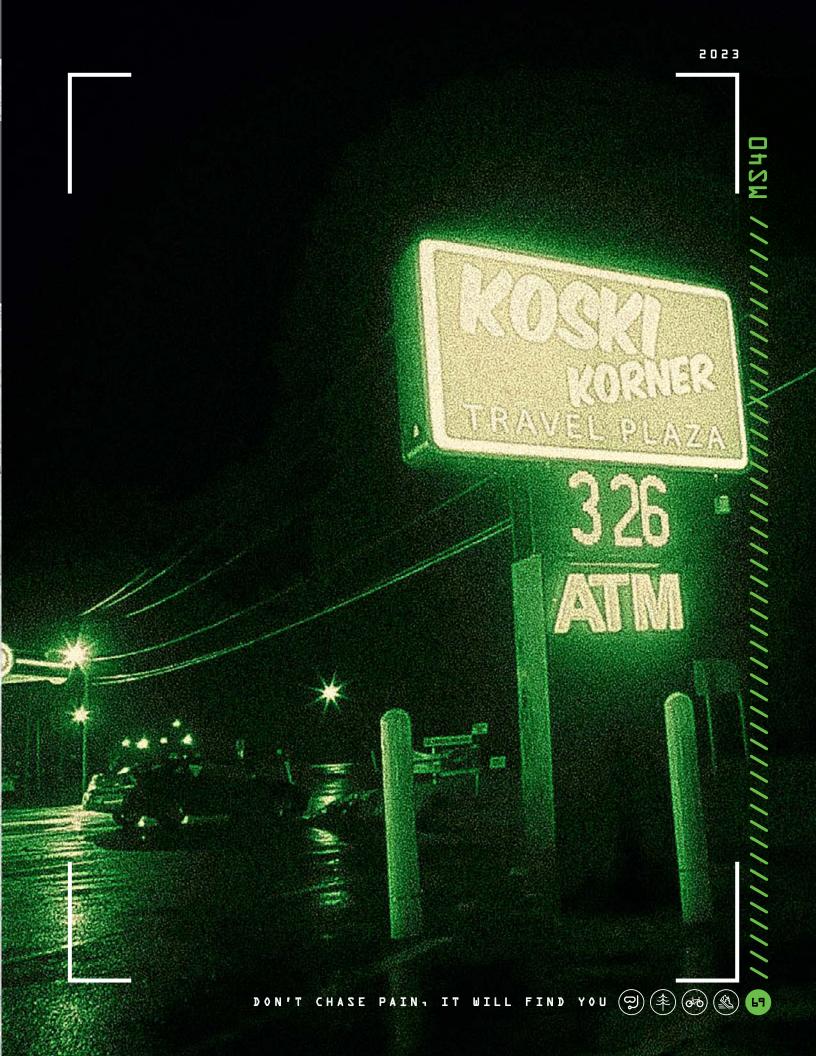
MANDATORY CHECKPOINT

Get to Au Train. Go across the highway to the scenic overlook and get a selfie with Lake Superior. Don't miss it!

Au Train

LOCATION: N 46°26'01.0 W 86°50'20.1

CR23-MOD1.821 /////





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>MSTEAM/////

_BASECAMP (START/FINISH): OTTER LAKE CAMPGROUND, MUNISING, MI

_RACE START: JULY 15 - 16, 2023

_TIME CUTOFF: l2 HOURS

L SCOTT FALLS

Au Train

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MANDATORY CHECKPOINT

A little roadside treat. Do some homework. Figure out the best way to get there. Take a selfie and roll. Christmas

LOCATION: N 46°26'12.9" W 86°48'52.6"

#2|LAKE |TWENTY-FIVE

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MANDATORY CHECKPOINT

One of many inland lakes you'll pass by, but if ya miss this one, you're DQ'd. Get a selfie.

4.11

LOCATION: N 46°16'00.3" W 86°44'45.1"

DON'T CHASE PAIN, IT WILL FIND YOU 🔊 🏝 🐼

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#3 OLD CHARCOAL KILNS

Onata

Bock Rive

Chatham

MANDATORY CHECKPOINT

They're not crop circles... it's the Old Charcoal Ruins. Find em. Document it (selfie). Roll on.

LOCATION: N 46°27'33.0" W 86°56'30.3"

(1111 158-100M - ESA)

MSTEAM

4 BLAME ALEXA

4 1-1

MANDATORY CHECKPOINT

Alexa helped brush the course this year for ya, but she decided it can't be too easy. She has grown up with 906AT... and like to see you do hard things.

LOCATION: N 46019'29.8" W 86041'46.8"

DON'T CHASE PAIN, IT WILL FIND YOU ()

2023

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#5 ROCK RIVER FALLS

BONUS CHECKPOINT

Onata

MSTEAM

How do you win the Team event? Get as many bonus points as possible. How bad do you want it?

Rock River

LOCATION: N 46°24'46.0" W 86°58'40.6"

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#6 LAUGHING WHITEFISH FALLS

BONUS CHECKPOINT

How do you win the Team event? Get as many bonus points as possible. How bad do you want it? This one is going to be a push, but it's worth it.

SUNDELL

LOCATION: N 46°23'01.1 \ W 87°04'11.1

DON'T CHASE PAIN, IT WILL FIND YOU ()

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#7|LAKENENLAND

BONUS CHECKPOINT

How do you win the Team event? Get as many bonus points as possible. How bad do you want it? This one is going to be a push, but we heard there's an aid station and support crews there... might be worth it.

LOCATION: N 46°29'25.1 W 87°09'05.2

#8 BAY FURNACE RUINS

BONUS CHECKPOINT

A short 1/8 mile accessible trail encircles the recently stabilized ruins of a blast furnace where pig iron was made between 1870 and 1877. This checkpoint includes a bonus peek of Grand Island.

LOCATION: N 46°26'30.5" W 86°42'20.2"

DON'T CHASE PAIN, IT WILL FIND YOU (의)(年)

Christmas

2023

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#9 TYOGA HISTORIC PATHWAY

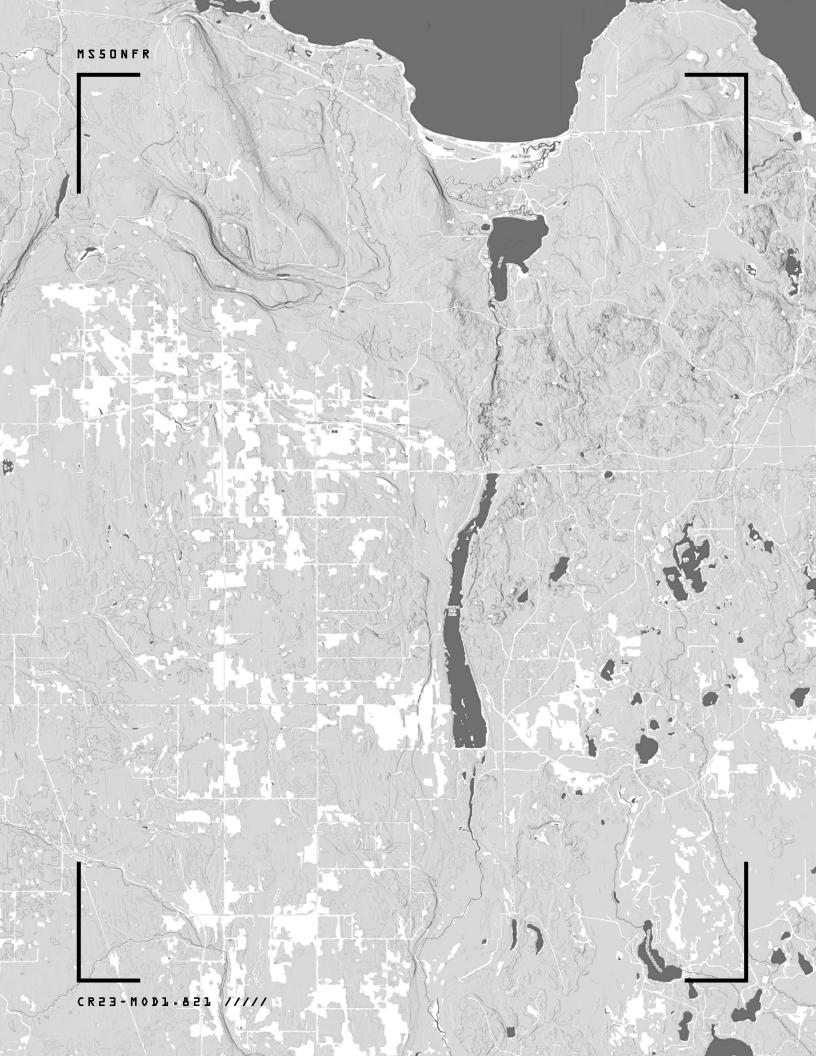
BONUS CHECKPOINT

Find the historical marker sign. Get a selfie with it. Get rolling.

LOCATION: N 46°30'49.1" W 87°01'35.4"

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_BASECAMP (START/FINISH): OTTER LAKE CAMPGROUND, MUNISING, MI

_RACE START: JULY 15 - 16, 2023

_TIME CUTOFF: 24 HOURS

DON'T CHASE PAIN, IT WILL FIND YOU ()

#1|LAKE TWENTY FIVE

MANDATORY CHECKPOINT

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- May

1.4

Enjoy a marginally scenic view while you try to take a selfie while swatting away mosquitos and horseflies.

LOCATION: N 46°16'00.3" W 86°44'45.1"

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MSSDNFR

#2|VALLEY SPUR TRAILHEAD

MANDATORY CHECKPOINT

2.4

Grab a selfie with the buildings in the background on your way through da lot. There's a bathroom. Good place for your crew to meet ya.

LOCATION: N 46°21'49.1 W 86°42'43.9

DON'T CHASE PAIN, IT WILL FIND YOU

Christmas

2023

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#3 BLAME ALEXA

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MSSONFR

MANDATORY CHECKPOINT

If you didn't know Alexa before today, you will after. She helped clear the trail with her dad... and told him we can't make it too easy, so they left some deadfalls for ya to climb over. WETMORE

LOCATION: N 46°19'29.8" W 86°41'46.8"





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_BASECAMP (START/FINISH): OTTER LAKE CAMPGROUND, MUNISING, MI

_RACE START: JULY 15 - 16, 2023

_TIME CUTOFF: 24 HOURS

DON'T CHASE PAIN, IT WILL FIND YOU ()

#1 LAKE TWENTY FIVE

MANDATORY CHECKPOINT

1.4

- May

Enjoy a marginally scenic view while you try to take a selfie while swatting away mosquitos and horseflies.

LOCATION: N 46°16'00.3" W 86°44'45.1"

LUMAN

4 121

MSLOO

#2 HIAWATHA NATIONAL FOREST KIOSK

MANDATORY CHECKPOINT

Rock River

Keep an eye out for this HNF Kiosk on Buck Bay Road. It's right on the route. Grab a selfie and proceed.

LOCATION: N 46922'58.9 W 86952'34.7

DON'T CHASE PAIN, IT WILL FIND YOU ()

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#3 LAUGHING WHITEFISH FALLS

MANDATORY CHECKPOINT

This one is going to be a push, but it's worth it.

SUNDELL

LOCATION: N 46°23'01.1 W 87°04'11.1

MSIOO

#4 LAKENENLAND

MANDATORY CHECKPOINT

Pay attention to this one - it is off the route a bit, and you don't wanna miss it. Great place to meet your crew. We expect there to be some support on course for ya at the fire pit.

DON'T CHASE PAIN - IT WILL FIND YOU (9)

LOCATION: N 46°29'25.1 W 87°09'05.2

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Rock Rive

#5 AU TRAIN -LAKE SUPERIOR

MANDATORY CHECKPOINT

Get to Au Train. Go across the highway to the scenic overlook and get a selfie with Lake Superior. Don't miss it!

Au Train

LOCATION: N 46°26'01.0 W 86°50'20.1

CR23-MOD1.821 /////

#6 BLAME ALEXA

4.10

MANDATORY CHECKPOINT

If you didn't know Alexa before today, you will after. She helped clear the trail with her dad... and told him we can't make it too easy, so they left some deadfalls for ya to climb over. 2023

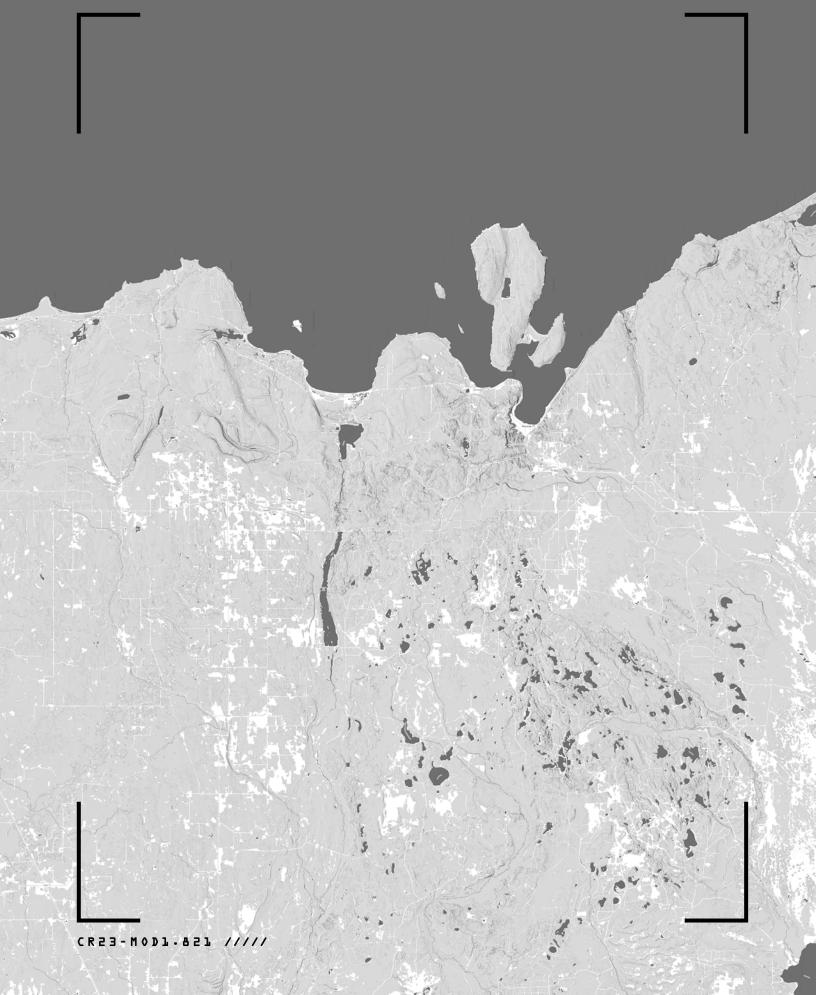
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LOCATION: N 46019'29.8" W 86041'46.8"

DON'T CHASE PAIN, IT WILL FIND YOU



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>MS175/////

_BASECAMP (START/FINISH): OTTER LAKE CAMPGROUND, MUNISING, MI

_RACE START: JULY 15 - 16, 2023

TIME CUTOFF: 26 HOURS

DON'T CHASE PAIN, IT WILL FIND YOU ()

#1|STEUBEN

MS175

MANDATORY CHECKPOINT

Pay attention on this one... you need to visit the store in Steuben. It's a short ways off-course. Look for the High Life sign and grab a selfie with it.

LOCATION: N 46911'20.3 W 86027'11.8

#2 CAMP

tor?

MANDATORY CHECKPOINT

This checkpoint is located directly on the route... and it has a well. Grab a selfie at the sign, and some water if you need it, and hit the road!

2

LOCATION: N 46°03'05.4 W 86°33'09.6

DON'T CHASE PAIN, IT WILL FIND YOU (2) (2) (2) (3)

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#3 HIAWATHA NATIONAL FOREST KIOSK

MANDATORY CHECKPOINT

Keep an eye out for this HNF Kiosk on Buck Bay Road. It's right on the route. Grab a selfie and proceed.

Au Trair

hole

ER.

LOCATION: N 46º22'58.9 W 86º52'34.7

MS175

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Rock River

#4 LAUGHING WHITEFISH FALLS

MANDATORY CHECKPOINT

This one is going to be a push, but it's worth it.

SUNDELL

LOCATION: N 46°23'01.1 W 87°04'11.1

DON'T CHASE PAIN, IT WILL FIND YOU

2023

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#5 LAKENENLAND

MANDATORY CHECKPOINT

Pay attention to this one - it is off the route a bit, and you don't wanna miss it. Great place to meet your crew. We expect there to be some support on course for ya at the fire pit.

LOCATION: N 46029'25.1 W 87009'05.2

#6 AU TRAIN -LAKE SUPERIOR

MANDATORY CHECKPOINT

RAIN ISL

Rock Rive

Get to Au Train. Go across the highway to the scenic overlook and get a selfie with Lake Superior. Don't miss it!

Au Train

LOCATION: N 46°26'01.0 W 86°50'20.1

DON'T CHASE PAIN, IT WILL FIND YOU () (*)

2023

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#7|BLAME ALEXA

1.10

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MS175

MANDATORY CHECKPOINT

If you didn't know Alexa before today, you will after. She helped clear the trail with her dad... and told him we can't make it too easy, so they left some deadfalls for ya to climb over. WETMORE

LOCATION: N 46°19'29.8" W 86°41'46.8"



FIELD MANUAL

COMMUNITY>

2018

Extraordinary Organization of the Year -Michigan Fitness Foundation

3-000

Youth reached since 2015



Communities working toward being the best version of themselves

75

Number of foundations, corporate partners, and local businesses supporting our efforts

16.000

Endurance Trilogy participants since 2015

45%

of the 906AT community is female

Number of states in which we have youth programs

500

Volunteers helping advance the mission

30,000

Support Crew Members



Adventure Teams by 2028

< SPONSORS >

WE COULDN'T DO IT WITHOUT THEM.

We could not put on great events without great companies to support us. All of our partners have a commitment to adventure in the U.P. and contribute to make the event what it is today.







TEAMWEAR



Restore, Ease Dietetics



















107

DON'T CHASE PAIN, IT WILL FIND YOU (\mathfrak{P}) (\mathfrak{F}) (\mathfrak{F})

<EX40>

L_DEAD RIVER



LOCATION:

N 46°38.7634′ W 087°49.6061′



LOCATION:

N 46°39.8561′ W 87°53.9983′



CK53-W0D1.851 /////

< E X T R A - E X 4 O >

L_EAGLE MINE GATE



LOCATION:

N 46°44.6366′ W 087°52.8532′

_ARVON MAILBOX



LOCATION:

N 46°45.3503 W 088°09.3454′





LOCATION:

N 46°43.8419 W 088°10.4162′

<EX50NFR>

l_PESHEKEE GRADE / DISHNO INTERSECTION



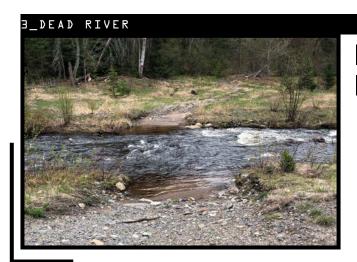
LOCATION:

N 46°34.9046′ W 087°59.8367′



LOCATION:

N 46°39.6796′ W 087°53.7585′



CK53-WOD1.857 /////

LOCATION:

N 46°38.7634′ W 087°49.6061′

<EX100>

1_MT• CURW00D



LOCATION:

N 46°42.1821′ W 088°14.3721′

_ARVON MAILBOX



LOCATION:

N 46°45.3503 W 088°09.3454′



LOCATION:

N 46°43.8419 W 088°10.4162′

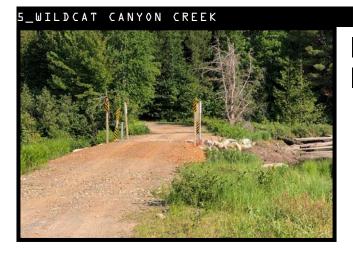
<EX100>

4_EAGLE MINE GATE



LOCATION:

N 46°44.6366′ W 087°52.8532′



L O C A T I O N :

N 46°39.8561′ W 87°53.9983′

<EX225>

L_DEAD RIVER



LOCATION:

N 46°38.7634′ W 087°49.6061′



LOCATION:

N 46°43.2680′ W 087°42.1360′



<EX225>

4_MOUTH OF HURON RIVER



L O C A T I O N :

N 46°54.5597′ W 088°02.1343′

5_HERMAN, MICH.



L O C A T I O N :

N 46°39.9934′ W 088°21.9602′



CK53-WOD1.851 /////

LOCATION:

N 46°42.1821′ W 088°14.3721′

<EX225>

7_ARVON MAILBOX



LOCATION:

N 46°45.3503 W 088°09.3454′



LOCATION:

N 46°43.8419 W 088°10.4162′



LOCATION:

N 46°44.6366′ W 087°52.8532′

<M240>

L_HIAWATHA NATIONAL FOREST KIOSK



LOCATION:

N 46°22′58.9 W 86°52′34.7



L O C A T I O N :

LOCATION:

N 46°26'01.0 W 86°50'20.1

N 46°27'05.9364″ W 86°55'<u>1</u>4.6640″



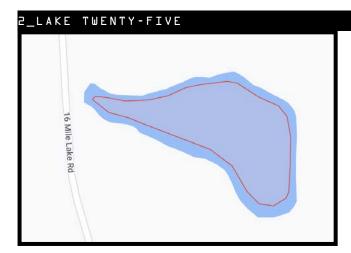
<MSTEAM>

L_SCOTT FALLS



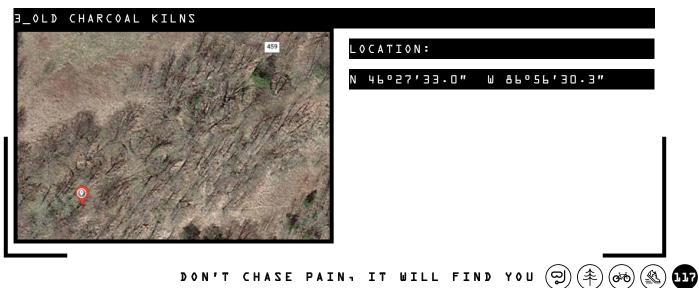
LOCATION:

N 46°26′12.9″ W 86°48′52.6″



LOCATION:

N 46°16′00.3″ W 86°44′45.1″



<MSTEAM>

4_BLAME ALEXA



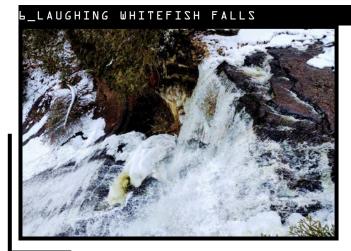
L O C A T I O N :

N 46°]9'29.8″ W 86°4]'46.8″



LOCATION:

N 46°24′46.0″ W 86°58′40.6″



N 46°23'01.1 W 87°04'11.1

<MSTEAM>

7_LAKENENLAND



LOCATION:

N 46°29'25.1 W 87°09'05.2



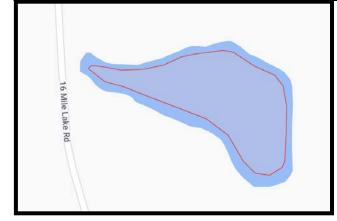
LOCATION:

N 46°26′30.5″ W 86°42′20.2″



<MS50NFR>

LAKE TWENTY FIVE



LOCATION:

N 46°16′00.3″ W 86°44′45.1″



L O C A T I O N :

N 46°21'49.1 W 86°42'43.9

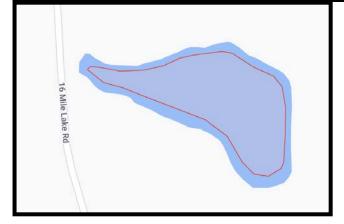


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N 46°]9'29.8″ W 86°4]'46.8″

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LAKE TWENTY FIVE



L 0 C A T I 0 N :

N 46°16'00.3″ W 86°44'45.1″



৶ 86°52′34.7



LOCATION:

N 46°23'01.1 W 87°04'11.1

2023

<UZJOO>



LOCATION:

N 46°29'25.1 W 87°09'05.2



L O C A T I O N :

N 46°26'01.0 W 86°50'20.1



LOCATION:

N 46°19'29.8″ W 86°41'46.8″

<MS175>

l_STEUBEN



LOCATION:

N 46°11'20.3 W 86°27'11.8



LOCATION:

N 46°03'05.4 W 86°33'09.6



(\$) (10) (12)

DON'T CHASE PAIN, IT WILL FIND YOU (\mathfrak{P})

<MS175>

4_LAUGHING WHITEFISH FALLS



LOCATION:

N 46°23'01.1 W 87°04'11.1



L O C A T I O N :

N 46°29'25.1 W 87°09'05.2



LOCATION:

N 46°26'01.0 W 86°50'20.1

<MS175>

7_BLAME ALEXA



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N 46°19'29.8″ W 86°41'46.8″

DON'T CHASE PAIN, IT WILL FIND YOU 💬 🏝 🚳 🏨 🔁

DON'T CHASE PAIN IT WILL FIND YOU

