

YOU MIGHT WONDER WHY CRUISER FIELD
NOTES 2024 OPENS WITH A 2020 STICKER.

IT'S BECAUSE I'VE HAD TO DIS DEEP TO FIND
A WAY THROUGH THIS YEAR. REALLY FUCKIN
DEEP.

2024 TODD IS CITANNEKING TODD 2020.
ADAPT. IMPROVISE. OVERCOME. IF THAT DOESN'T
SUM THIS YEAR UP I DON'T KNOW WHAT
DOES.

WE'LL GET THROUGH IT, WE ARE GETTING THRU
IT. THAT'S THE ONLY FUCKING OPTION.

AT THE BEGINNING OF COVID TARA CALLED
ME ONE MORNING AND SAID, "IT'S OK IF
YOU LET ME GO." SHE WAS EMOTIONAL
AND WANTED TO TAKE CARE OF GDB.

I RESPONDED FLATLY, "NO. WE'LL FIND A
WAY THRU THIS. AND I'M GOING TO
SAY THE SAME NOW, "NO. WE WON'T LET
YOU GO, AND WE'LL FIND A WAY THRU
THIS, TOO.

ENTJ,



THE CRUSHER



2020 - ADAPT

DON'T CHASE PAIN. IT WILL FIND YOU.



2020

FOR BRET, DAVE,
JACK, KRISTINA, AND
TARA.

#AFI



RECOMMENDED GEAR



- ☐ BUG SPRAY
- ☐ HEAD NET
- ☐ SUN SCREEN

☐ FIRST AID KIT

BIKE KIT

- ☐ TUBES
- ☐ AIR PUMP
- ☐ TIRE LEVERS
- ☐ VALVE CORE
- ☐ PWBs / BOOT
- ☐ CHAIN TOOL
- ☐ MULTI-TOOL
- ☐ MASTER LINKS
- ☐ VALVE STEMS

- ☐ ZIP TIES
- ☐ LEATHERMAN
- ☐ CLEATS
- ☐ PULLEY WHEELS
- ☐ DUCT TAPE
- ☐ D-HANGER
- ☐ BRAKE PADS

CLOTHING

- ☐ SHELL JACKET
- ☐ SHELL PANTS
- ☐ INSULATED MID LAYER
- ☐ BASE LAYER
- ☐ Leg WARMERS
- ☐ VEST
- ☐ BIBS
- ☐ SOCKS
- ☐ MTB GLOVES
- ☐ 3-SEAS GLOVES
- ☐ HELMET
- ☐ GLASSES
- ☐ SHOES
- ☐ HAND WARMERS
- ☐ SNORKEL
- ☐ CARD / Debit CARD
- ☐ TOILET PAPER

EMERGENCY

- ☐ MORAKNIV
- ☐ BUSHCRAFT SURVIVAL
- ☐ LIGHTER / WP MATCHES
- ☐ CHARCLOTH + MAG
- ☐ MIRROR
(for self reflection)
- ☐ Emergency BLANKET

HYDRATION

- ☐ KATADYN GRAY BAG
- ☐ WATER BOTTLES x 3
- ☐ 32 oz. WATER x 2
ON FORK

ELECTRONICS

- ☐ GPS + Charge Cord
- ☐ PHONE + Charge Cord
- ☐ BATTERY BANK
- ☐ LIGHTS / WHITE
- ☐ LIGHTS / RED / TAIL

* Getta State Disciplined w/ Nutrition + Hydration. Every hour on the hour.

* Fuel. Fuel. Fuel.

* Pickle Juice - Secret Weapon. Have it in your kit.

* Practice on Training Rides.

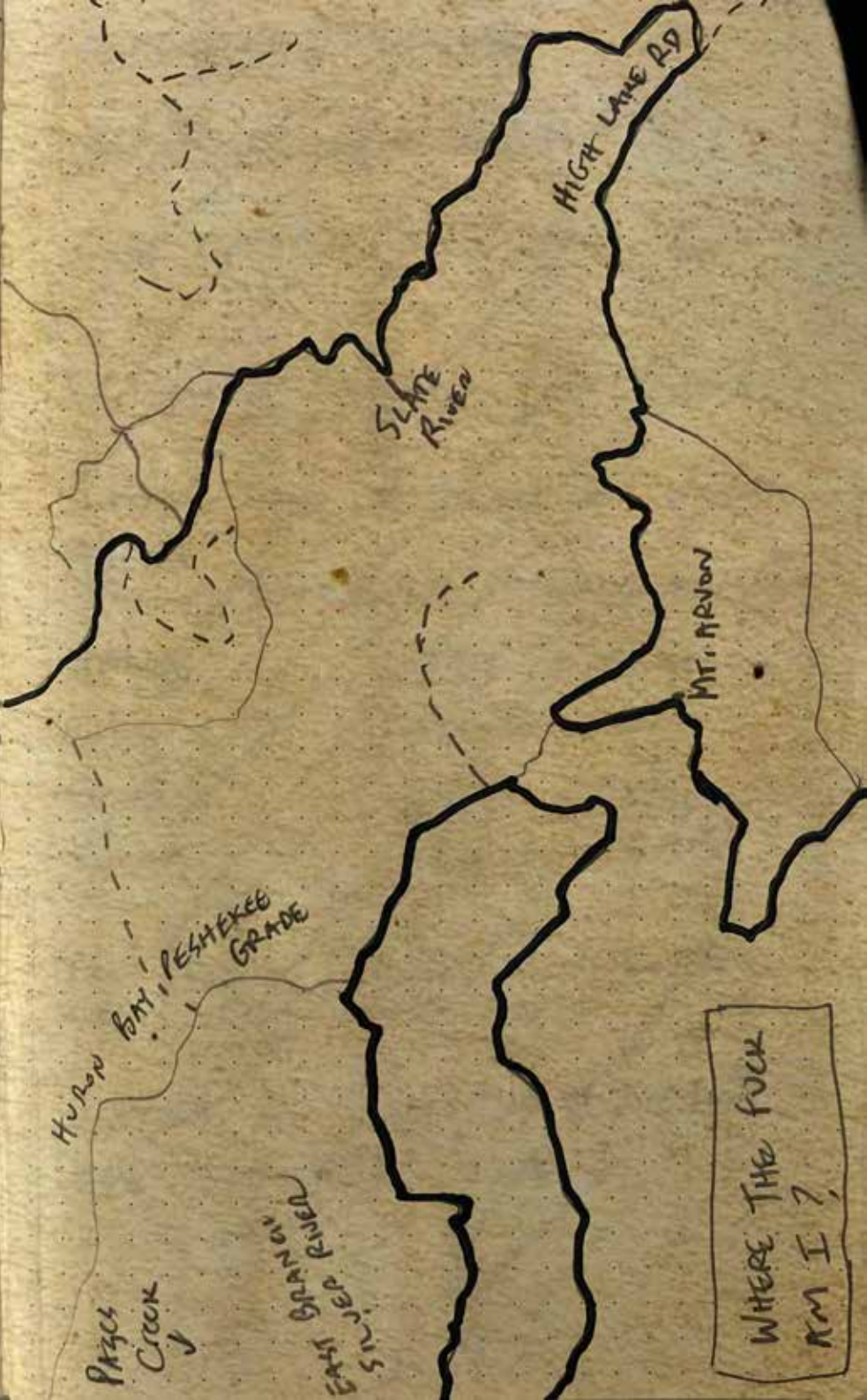
EMPOWERED NUTRITION

TIME ON COURSE (IN HOURS)

[illegible]

TRAINING NOTES V1.0

- Review THE GEAR LIST, IDENTIFY WHAT YOU'RE GOING TO USE, TEST IT. ALL OF IT, EVERY TRAINING RIDE.
- * PERSONAL NOTE: BACK PAINS SUCK. FIGURE OUT HOW TO GET THAT SHIT OFF YOUR BACK.
- TRAIN OUTSIDE AS MUCH AS POSSIBLE. TEST YOURSELF + YOUR GEAR IN REAL WORLD CONDITIONS.
- THE MAJORITY OF RIDERS WILL WANT TIRES AROUND 2.5" + HARDER. MTB HAROTAIL, FOR MOST, WILL BE THE CHOICE.
- TRAIN W/ THE SUPPLEMENTS, DRINK MIX AND FOODS YOU PLAN TO USE @ THE EVENT.



HIGH LAKE RD

SLATE
River

MT. ARVON

HUNTER BAY, PESTEREE
GRADE

PAGES
CREEK

SILVER RIVER

WHERE THE fuck
AM I?

April 2020

TRAINING IS ON TRACK, LOTS OF
22 RIDES. MAJORITY OF MY RIDES
HAVE BEEN OUTSIDE. WHEN NECESSARY
I HIT THE TRAINER.

CABLE HAS BEEN RIDING WITH ME
SINCE THE WEATHER IMPROVED. IT'S
GIVING US SOME TIME TOGETHER.

THE STRUCTURED PLANS FROM ROB
HAVE BEEN INVALUABLE. HE'S A TRUE
WEALTH OF KNOWLEDGE, WE ZOOM
FROM TIME TO TIME. I'D GO SO FAR
AS TO CALL HIM A FRIEND. I CAN'T
IMAGINE TRAINING ANY OTHER WAY.
THE POWER METER ADDITION HAS
BEEN A GAME CHANGER.



ALL THIS TALK ABOUT CRUSITER +
TRAINING HAS CABLE THINKING HE WANTS
TO DO IT. HE ASKED ME TO STRAP A
BUNCH OF PAKS TO HIS BIKE "SO
IT LOOKS LIKE MINE!"

WE'LL SEE WHERE THIS GOES OFF TO
BED... GOTTA GET BACK ON THE
BIKE ~~EAR~~ EARLY.

— TP

● SUBMITTING RESULTS / EX ONLY

1. Upload your ride to STRAVA
2. SET THE RIDE TO "PUBLIC".
3. Upload CHECKPOINT PICS TO the ride.
4. Email a LINK TO THE RIDE TO:

→ EVENTS@905ADVENTURETEAM.COM

● NUETRAL SUPPORT

Here's THE BOTTOM LINE - IF YOU offer help to ANYONE, you must be WILLING to help everyone.

THIS holds true for NS + EX

WORD OF ADVICE: IF YOU'RE A DICK,
STAY HOME.

MS + EX PARTICIPANTS

- ① WORK TOGETHER OUT THERE. SUPPORT ONE ANOTHER. IF SOMEONE NEEDS HELP, THEN HELP EM.
- ② MAKE SURE YOUR SUPPORT CREWS ARE READY TO HELP ANYONE.
- ③ IF YOU NEED HELP, THEN ASK FOR IT, OR SHUT THE HELL UP. DON'T EXPECT PEOPLE TO READ YOUR MIND.

DO HARD THINGS.

LEX

CHECKPOINTS

CR24EX40

- 1) DEAD RIVER CROSSING
- 2) CANNORS CREEK WASHOOT
- 3) PESHEKEE / DISHNO

CR24 EX40 BEERS

- 1) MT. CURWOOD
- 2) MT. ARVON
- 3) ROCK CUT

CR24 EX40 EAGLE

- 1) AFTON'S BRA TREE
- 2) MOUTH OF HURON
- 3) MT. ARVON
- 4) AIR PLANE CRASH SITE

CR 24 EX 100

- 1) WILD CAT CANYON
CREEK BRIDGE
- 2) Yellow Dog
- 3) AFTON'S BRA
TREE
- 4) MOUTH OF HURON
- 5) Air PLANE CRASH
- 6) MT. ARVON
- 7) ROCK CUT

CR 24 EX 225

- 1) DEAD RIVER CROSS
- 2) AFTON'S BRA TREE
- 3) MOUTH OF HURON
- 4) AIR PLANE CRASH
- 5) HERMAN
- 6) MT. CUREWOOD
- 7) ROCK CUT
- 8) Yellow Dog Cross

* DON'T MISS CHECKPOINTS!
THEY'RE REQUIRED.



BEACON RESERVATIONS

- EMAIL TODD 14-Days AHEAD OF Attempt.
- DON'T MAKE THE REQUEST UNTIL YOU'RE SURE YOU'RE GOING

EMAIL: TODD@906ADVENTURETEAM.COM

- PERSONAL BEACONS CAN BE USED. Send Todd Required INFO + Your URL.

Required Info:

NAME
EMAIL
PHONE
EVENT
DATE I PLAN TO GO
MY START TIME
JAL (If Applicable)

(BEACON PICKUP
Coordinate with
Me (Todd). When
you're done - Drop
off @ BaseCamp

906 748
0034

EX WINDSW

CAN complete Anytime between
July 1 - September 30.

TIME CUTOFFS

EX40 = 12 hours

EX 225 = 40 hours

EX100 = 24 hours

EX 50 NFA = 24 hours

BUCKIE INFO

EX 225 Must Be Completed UNDER
34 hours.

MOTIVATION

[DON'T DO IT BECAUSE YA HAVE
TO. DO IT BECAUSE YOU CAN.
DO IT FOR TARA.]



FIND YOU.



AUGUST 15, 2020

CABLE (Age 9) Completed the 52-Mile EX 40. Somewhere AROUND Mile 30 he WANTED To QUIT. The CONVO Went LIKE THIS ↴

CABLE: I CAN'T DO THIS.

DAD: Are your legs broken?

CABLE: NO.

DAD: YOUR ARMS?

CABLE: NO.

IT WILL
CHASE PAIN. IT WILL
DON'T

DAD: Are You bleeding?

CABLE: No.

DAD: Are You
Dying?

CABLE: No.

DAD: GREAT! You're
gonna Finish.

but did
you die?

AND HE DID.



/// COMMERCIAL FOREST PROGRAM ///

MORE THAN 2.2 MILLION ACRES OF PRIVATE LAND IS ENROLLED IN THE COMMERCIAL FOREST PROGRAM.

IN COMPLIANCE WITH MCL 324.5113 OF THE COMMERCIAL FOREST ACT, NONE OF THE FUNDS RAISED FROM THIS EVENT WILL BE USED AS A PAYMENT OR COMPENSATION FOR USE OF ANY PART OF THE EVENT THAT TRAVERSES PROPERTY ENROLLED IN THE CFP.

THE CRUISERS SPANS HUNDREDS OF MILES ACROSS THE UPPER PENINSULA. AT SOME POINT, YOU'RE BOUND TO RUN INTO ANOTHER PERSON. HE OR SHE MAY BE A CYCLIST, RUNNER, MOTORIST, ORV OPERATOR, LANDOWNER.

BE INTENTIONAL. BE RESPECTFUL.



PLAN AHEAD, BE PREPARED.

TRAVEL / CAMP ON DURABLE SURFACES.

DISPOSE OF WASTE PROPERLY.

LEAVE WHAT YOU FIND.

MINIMIZE CAMPFIRE IMPACT.

RESPECT WILDLIFE (AND PEOPLE).

BE COURTEOUS.

LEAVE ^{NO} TRACE!

CHECK POINT

AIRPLANE CRASH SITE

LOCATION

N 46° 45.0967'
W 088° 05.6975'

ELEVATION

1,761'



N658A

THE CRASH SITE IS LOCATED JUST OF DA
COURSE. Might be hard to see. Need to
PAY ATTENTION. Drop the WAYPOINT INTO
THE COURSE FILE.

EX

CHECK POINT

MOUNT ARVON

LOCATION

N 46° 45.3503
W 088° 09.3454

ELEVATION

1,971 - "Highest Point in Michigan"



MAKE SURE YOU TAKE your selfie with the
MAILBOX IN IT.

You'd THINK the climb to the top would
REWARD you WITH AN AMAZING view...
IT WON'T.

Keep er rolling!

EX

X

NAVIGATION

GPS POSITION

Grid: LAT/Lon
hddd° mm.mmm

Datum: WGS 84

GPS Required ←

USE ANY BRAND

KNOW HOW TO USE IT!

Suggest Embedding
CHECKPOINT WAYPOINTS
INTO File IF YOU
CAN.



WARNING

- THE "ADVERTISED" DISTANCE AND "ACTUAL" ARE NEVER THE SAME. PLAN FOR 25% "FREE MILES."
- THERE'S NO COURSE SIGNAGE. IF YOU SEE A SIGN, IT'S PROBABLY THERE TO HECHE YA.

[SELF-SUPPORTED ETIQUETTE]

- YOU ARE ON YOUR OWN.
- NO ONE IS OUT THERE TO SAVE YOU.
- GPS IS REQUIRED
- THE COURSE IS NOT SIGNED.
- YOU WILL INTERACT @ SOME POINT W/WILDLIFE.
- CELL SERVICE CANNOT BE COUNTED ON.
- THE CRUISER IS INHERENTLY DANGEROUS.



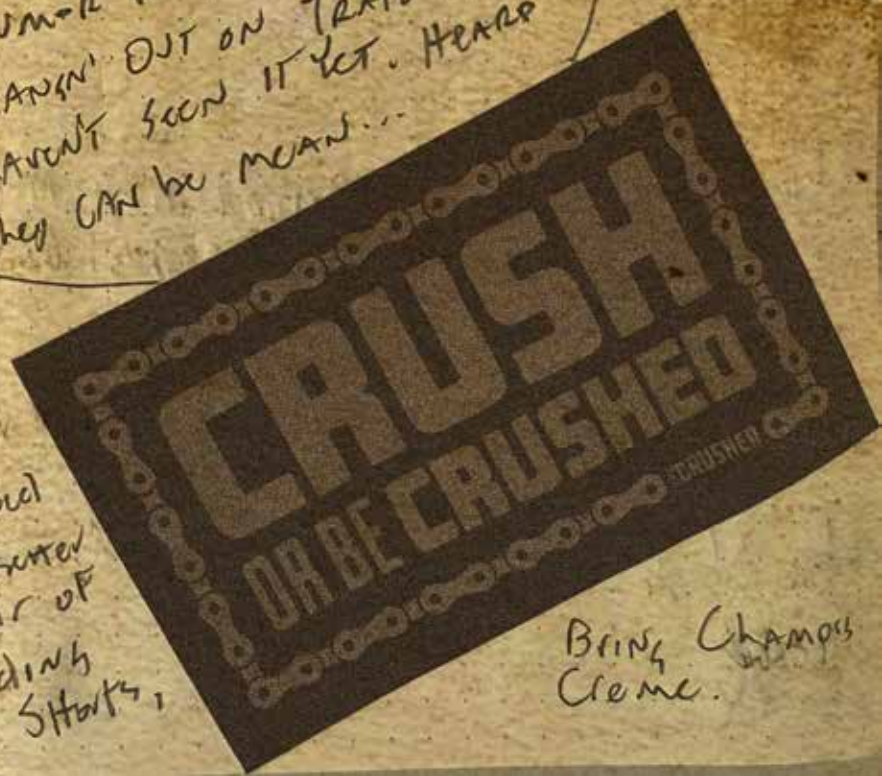
RECON. NOTES

- "Enhanced Gravel" is FUN
- SECTIONS OF SAND CAN be CHALLENGING.
I've SETTLED ON 2.8" CORONADOS.
- NAVIGATION IS GETTING EASIER. DEFINITELY
NEEDED SOME PRACTICE. IT CAN be quite A
CHALLENGE IN tight-TWISTY SINGLE TRACK.
- LARGE SCREENS ON the GP4 help.

- Cell Service is terrible. I bought one of those GARMIN INREACH UNITS. IT ALLOWS ME TO TEXT ANYTIME / ANYWHERE.
- SAW a couple of bears ON COURSE SINCE April.
- They haven't bothered me. I think they might be more AFRAID of US - UNLESS there's a cub AROUND.
- Having A dependable, High-Flow FILTER for WATER is A MUST.

Rumor is there's A Moose hanging OUT ON TRAIL 14. I haven't seen it yet. Heard they CAN be mean...

Need
A better
pair of
Riding
Shorts,



Bring Champ's
Creme.

CHECKPOINT] AFTON'S BRA TREE]

[LOCATION] N 146° 48.6307'
W 087° 59.6328'

[ELEVATION] 1,080'



T THERE'S A STORY Behind how this
CAME to be CALLED "AFTON'S" BRA
Tree.

MORAL OF THE STORY: DON'T ASSUME you
KNOW where A CHECKPOINT IS!

L IF YA miss this... You're DQ'd.]

EX

CHECKPOINT

CONNOR'S CREEK WASHOUT

LOCATION

N 46° 37. 26 26
W 087° 51. 26 42

ELEVATION

1,624'



NEW CHECKPOINT! THANK YOU, BEAVER
MAFIA.

MAKE SURE YOUR SELFIE SHOWS THE
WASHOUT.

EX

EX

CHECK POINT

DEAD RIVER CROSSING

LOCATION

N 46° 38. 7634
W 087° 49. 6061

ELEVATION

1,424'



THIS CROSSING IS DEEP AND ITS FULL
OF GOOD SIZE BOULDERS. THE CURRENT
CAN BE "ENHANCED" AT TIMES.

EXERCISE CAUTION.

EX

CHECKPOINT

HERMAN, MI 49140

LOCATION

N 46° 39.9934'
W 088° 21.9602'

ELEVATION



MOST PEOPLE WILL HIT THIS CHECKPOINT
AT NIGHT. MAKE SURE YOUR PICTURE
CLEARLY SHOWS YOURS THERE. YOU HAVE
TO HAVE THE "210" AND "HERMAN" IN
THE PHOTO.

EX

CHECKPOINT

MOUTH OF THE HURON

LOCATION

N 46° 54.5600
W 098° 02.1340

ELEVATION

605'



THIS CROSSING IS CONSTANTLY CHANGING,
THE WATER CAN BE CHEST DEEP ONE DAY
AND ANKLE DEEP A WEEK LATER.

IT'S UNPROTECTED FROM N-NW WINDS.
EXERCISE CAUTION WHEN CROSSING.

EX

WHY DO
WE HAVE
CHECKPOINTS?

but did
you die?

CHECKPOINT PHOTOS AND YOUR RIDE
FILES HELP US CONFIRM YOU COVERED
THE ENTIRE COURSE.

MORE IMPORTANTLY, HOWEVER, THEY
FORCE US TO REMAIN PRESENT -
SOMETHING THAT CAN BE HARD TO
DO.

THEY ALSO GIVE AN EDGE TO THE
• MORE DISCIPLINED, SAVVY RIDER. IT'S
NOT ABOUT WATTS PER KILOGRAM @
CRUSHER. IT'S ABOUT KEEPING YOUR HEAD
IN THE GAME,

—TP

THINGS I LEARNED ABOUT PACKING BIKES

* IT TAKES
A LOT OF TIME
+ PRACTICE

1. DO WHAT WORKS FOR YOU.

2. BACKPACKS SUCK.

3. NO PACK ARE WATERPROOF,
BUT IT SURE IS NICE WHEN
THEY'RE WATER RESISTANT.
MY CO-TO IS WAXED CANVAS.

4. WHEN YOU PACK - KEEP THE
HEAVY STUFF LOW. YOU DON'T
WANT A HIGH CENTER OF GRAVITY.

5. BIG/HEAVY SEAT PACKS GET IN
THE WAY + MOSTLY SUCK.

6. CARRYING WATER ON THE FORK
IS GREAT.

7. YOU SHOULD BE TRAINING WITH A
LOADED BIKE SO YOU CAN FIGURE OUT
WHAT WORKS, AND WHAT DOES NOT.

8. GENERATOR HUBS + LIGHTS FOR THIS
TYPE OF RIDING REALLY WORK.

9. PANNIERS ARE GREAT AND THEY
ARE EASY TO GET IN AND OUT OF.

10. DON'T FRONT LOAD TOO MUCH
WEIGHT ON THE FRONT.



TRAINING RIDES



You Don't Have To Do This,
You Choose To Do This,
You Get To Do This.



BarYak.com

BarYak.com

CHECK POINT

MT. CURWOOD

LOCATION

N 46° 42. 1307
W 088° 14. 3721

ELEVATION

1,979'



ONE of the LARGER Climbs IN THE
STATE of MICHIGAN. THE APPROACH IS
LONG + MUDDY. YOU HAVE TO WORK
AROUND A LOT of STANDING WATER.
MAKE SURE to INCLUDE THE SIGN IN
your Selfie.

EX

CHECK POINT

DESNEKER / DISHNO INTER.

LOCATION

N 46° 34.9046'
W 087° 59.8367

ELEVATION

1,625'



Pretty Simple. IT'S AN INTERSECTION.
MAKE SURE YOU INCLUDE THE SIGNAGE
IN YOUR SELFIE, eh.

EX

BEAVER



MAFIA!



CAROL POINT

THE ROCK CUT

LOCATION

N 46° 43.8419
W 088° 10.4162

ELEVATION

1,786'



THIS IS EASY TO MISS. IT COST SOME
FOLK A BRICK LAST YEAR!

YOU BETTER BE ON TOP OF YOUR CHECKPOINT
GAME.

EX

CHECKPOINT

WILDCAT CANYON CREEK
BRIDGE

LOCATION

N 46° 39.8561
W 087° 53.9983

ELEVATION

11653'



THERE ARE A COUPLE WILDCAT
CANYON CREEK CROSSINGS. I'VE SEEN
SOME PEOPLE GET CONFUSED ON THIS
ONE. MIGHT MAKE SENSE TO GET A
PIC OF THEM ALL.

EX

CHECK POINT

Yellow Dog River
Crossing

LOCATION

N 46° 42.8029
W 087° 50.4280

ELEVATION

1,326'



THE Yellow Dog Crossing CAN GO FROM
"NO BIG DEAL" TO "FUCKING ENTHUSED"

FAST. DURING + AFTER STORMS THE WATER
LEVEL CAN CHANGE QUICKLY - AND THE
CURRENT WILL CATCH YA IF YOU DON'T
PAY ATTENTION

EX



THERE IS NO



MAY 2020: FIRST RECON



FINISH LINE



Self-Supported ETHOS AND DA RULES OF ENGAGEMENT (EX)

1. CRUSHER IS DANGEROUS.
2. YOU COULD GET HURT,
3. YOU ARE ON YOUR OWN.
4. NO ONE IS COMING TO SAVE YOU.
5. GPS IS REQUIRED.
6. YOU SHOULD ALSO USE A PERSONAL LOCATOR. (BEALON)
7. YOUR PREPARATION IS YOUR RESPONSIBILITY.
8. YOUR SAFETY IS YOUR RESPONSIBILITY.
9. ROAD RULES APPLY.
10. YOU MUST WEAR A HELMET
11. DO NOT TRESPASS.
12. DO NOT LITTER.
13. CHECKPOINTS ARE REQUIRED.
14. YOU SIGNED UP FOR THIS!

15. If You AREN'T ready - STAY HOME.

WWW.CRUSHER.GRIND.COM

If You have NOT - You Should join
the Crusher Feedback Group.

— IP

CRUSH OR
BE
CRUSHED

LAND USE AND Logging Activity

THE FOLLOWING ORGANIZATIONS PERMIT USE ON THEIR LAND:

STATE OF MICHIGAN

USFS

LYME Timber

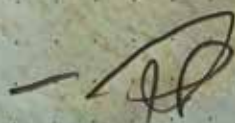
NATURE CONSERVANCY

MTV

+ MORE

Everywhere we Go - We Are A guest.
Never Take Access for GRANTED. AVOID
NEGATIVE INTERACTIONS. BE CIVIL AND
FRIENDLY W/ EVERYONE - even if they do
NOT do the SAME For You. Give loggers
AND THEIR Equipment the right of way.
MAKE Eye CONTACT, Wave, SAY Hi,

SAME goes for INTERACTIONS WITH ATV
AND ORV OPERATORS, AND EVERYONE
else.



EXECUTION

DATE ~~DAVID~~ 231-620-1101

OPRAS, TOPEKA 406-250-2105

NGHS, JON 906-458-3674

ARLOW, BOBIE 612-702-2357

BOVENIE, TONY 906-748-0034

ALM, MARL 920-740-4671

WHALEY, DAVE 906-360-1116

IN CASE OF EMERGENCY

STEALTH

START DATE : MAY 13, 2020

START TIME : 6:00 AM

CUT-OFF : 36-HOURS

GPX VERSION: CRUISER EX V3.0

PURPOSE + WHY

PROTECT YOURSELF - LIFE OR RUIN

ETHICS

SELF-SUPPORT

IN REACH : TP - COMMUNICATE
CHECKPOINTS

CHECKPOINTS

HOOBACK MOUNTAIN

SIO SPIRIT

NORTHWEST SNOW BLOWER

MT. ARROW

HURON RIVER CROSSING

MCCORMICK OUTHOUSE

SNOW DOG CROSSING

MILEAGE MARKERS

25 HOOBACK

32 SIO

45 DOWIE CITY

71 ARROW

110 MOUNT OF HURON

120 SKANEE

142 LANSIE → 183 WOLF LAKE

199 AAA

202 YELLOW DOG

204 MOUNTAIN

207 NET CLIMB

230 SIO BRIDGE

248 FORESTVILLE

CIRCA 2020

A CONVERSATION WITH CABLE

CABLE IS OUR YOUNGEST SON. HIS FIRST CRUISER EXPERIENCE WAS IN 2020. HE'S IN MIDDLE SCHOOL NOW. WE SAT DOWN AND I ASKED HIM SOME QUESTIONS.

HOW MANY TIMES HAVE YA DONE CRUISER?

3 TIMES. EX40 TWICE, MS40 ONCE.

WHY DID YA DO IT?

I WANTED TO CHALLENGE MYSELF.

HOW OLD WERE YA THE FIRST TIME?

I WAS 9 YEARS OLD.

WHICH ONE WAS MOST MEMORABLE? WHY?

THE FIRST ONE. IT WAS NEW. IT WAS MY FIRST TIME. I WAS GONNA BE THE HARDEST THING I EVER TRIED TO DO.

WHAT HAPPENED ON 510?

I HAD A MENTAL BREAKDOWN + WANTED TO QUIT.

YOU WANTED TO QUIT - WHY?

I WAS TIRED, EVERYTHING HURT. I WAS DONE WITH IT.

BUT YOU CALLED + FINISHED. HOW'D IT FEEL?

EXCITING. I WAS PROUD. HAPPY TO BE DONE. I COULDN'T STOP EATING. (LAUGHTS)

SO, WHEN YOU LOOK BACK, HAS THAT EXPERIENCE IMPACTED OTHER AREAS OF YOUR LIFE? HOW?

DEFINITELY. YES. IN BASKETBALL... WHEN I PLAY BAD, OR WHEN WE'RE GETTING BEAT, I KNOW TO PLAY THRU IT. NEVER GIVE UP. NEVER QUIT.

WHAT ADVICE WOULD YA GIVE KIDS WHO WANNA CRUSH IT?

STAY POSITIVE. WALK THE HILLS. BE PREPARED. EAT A LOT. DON'T ASK HOW MUCH FARTHER.

DO YOU HAVE ADVICE FOR PARENTS?

YOU HAVE TO BELIEVE IN THEM. KIDS CAN DO IT. STAY POSITIVE. ENCOURAGE THEM. MAKE SURE THEY EAT. MAINTAIN POSITIVE HEAD SPACE.

WERE NOT IN KANSAS ANYMORE

FOREWORD

THAT PHOTO AT THE BOTTOM OF DA PAGE IS FROM GORDON GEARHEART'S SHOP. MAYBE YOU'VE SEEN IT BEFORE - THIS ISN'T THE FIRST TIME I HAVE SHARED IT. I HOPE YOU TAKE THOSE WORDS TO HEART - YOU MIGHT NEED EM' WHEN YOU'RE OUT THERE. YOU MIGHT NEED EM' AT WORK. YOU MIGHT NEED EM' NEXT YEAR - WHO KNOWS.

there is
noway
out of
NOW

YOU MIGHT BE WONDERING WHY THE "Foreward"
IS OVER 50+ PAGES INTO the book. THE
TRUTH IS.. I JUST WROTE IT.

THIS NOT A FIELD MANUAL
AND IT'S NOT A PASSPORT.

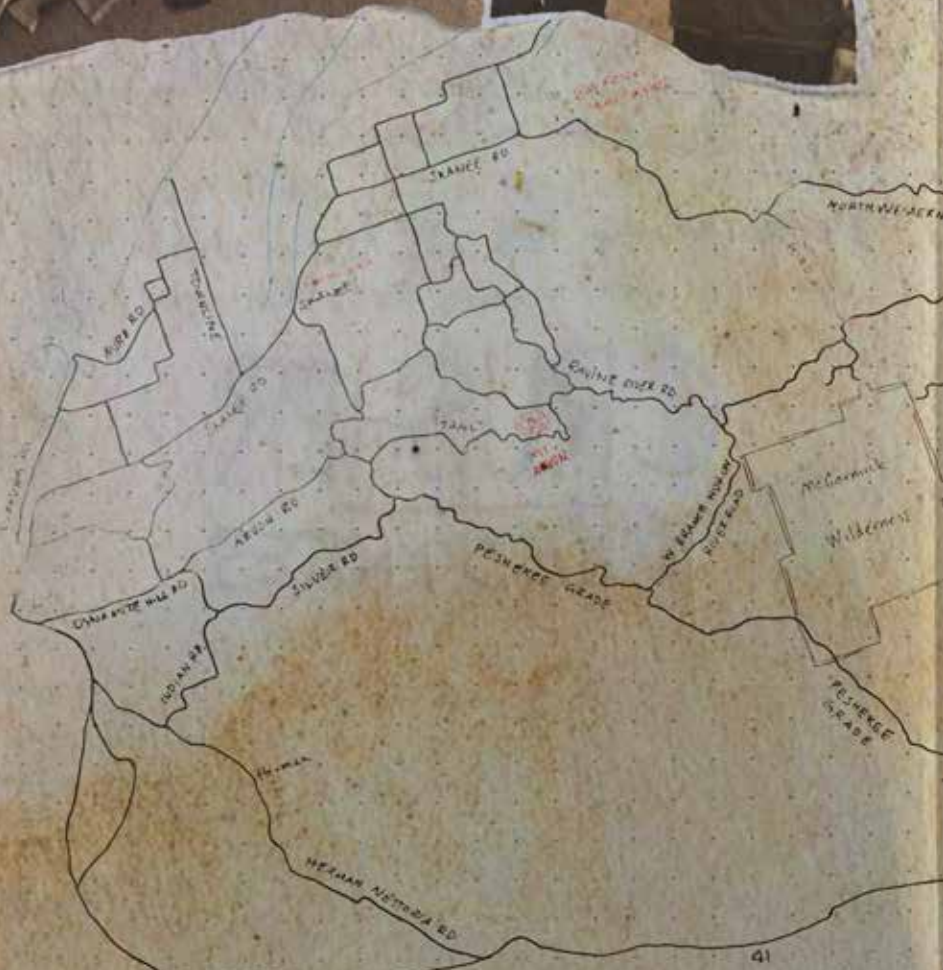
THIS BOOK IS A COLLECTION OF THOUGHTS, REFLECTIONS,
PHOTOS, HISTORY, AND OF COURSE EVERYTHING YOU WILL
NEED TO CRUSH IT THIS YEAR!

INTRODUCING THE 2024....

CRUSHER

FIELD NOTES



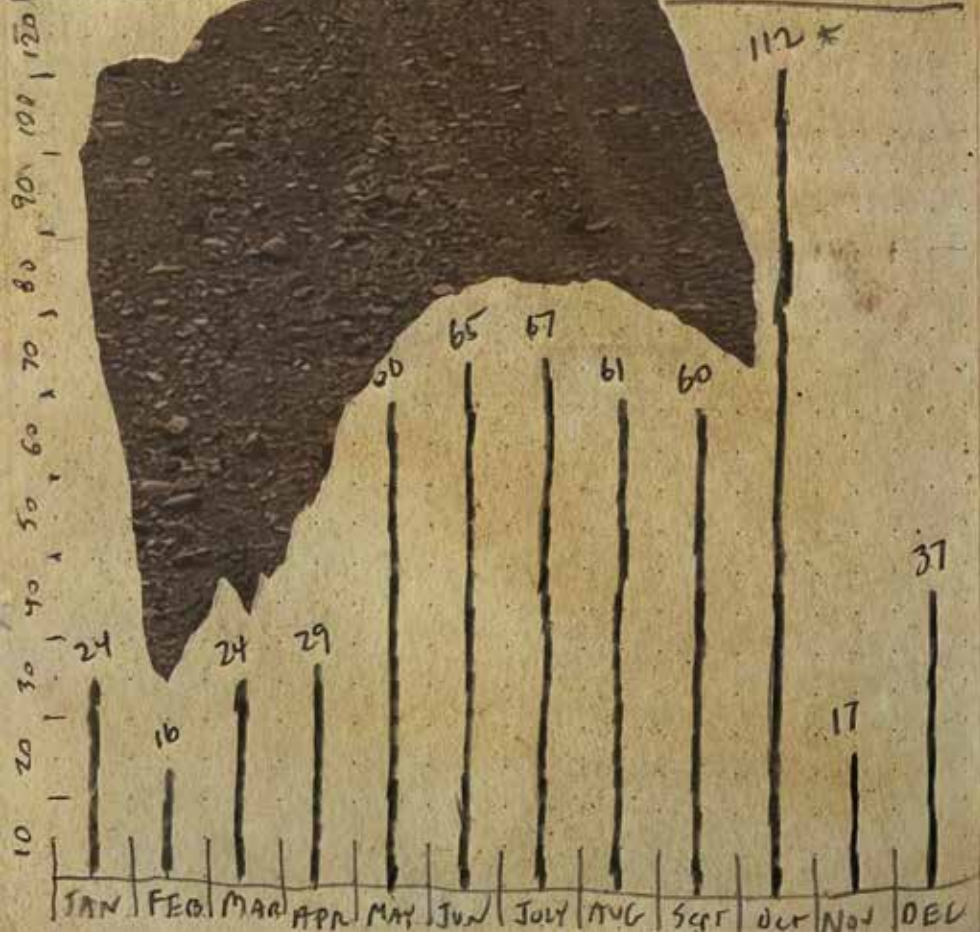


STRAVA 2020



TRAINING HOURS

* Project Adventure
2020



EX40

EX40 BEARS

EX40 EAGLE



EX100

EX225



EX50NFR



ROUTES

EX

SPONSORS

BLACK ROCK 5 BREWERY
DORATH TEAMWEAR
RESTORE EASE DIETETICS
LUME CBD
231 WEST
VELOCITY
SPORTS RACK
RLP COACHING
DOWNWIND SPORTS
VELODROME
WEST END SKI + TRAIL
MUDSLINGERS ENDURANCE COACHING
NEXT HOME
LEVEL UP
EMBARK
HONOR CREDIT UNION

50 NFR

* This route is for both MS + EX!

CHECKPOINTS

- ① LAKE Le Vasseur Overlook
- ② Laughing Whitewater Falls
- ③ SILVER FALLS
- ④ DA SUGAN Swamp



EX:MS

CHECK POINT

LAKE LEVASSEUR Overlook

LOCATION

N 46° 28.8306
W 087° 12.6161

ELEVATION

646'



A BEAUTIFUL OVERLOOK 4 YOU TO ENJOY
BEFORE GETTING BEAT UP THE REST OF
THE DAY.

MAKE SURE THE LAKE IS IN DA
PICTURE, EH.

EX:MS

CHECK POINT

LAUGHING WHITEFISH FALLS

LOCATION

N 46° 23.0198

W 087° 04.1860

ELEVATION

UNKNOWN!



A CLASSIC JP WATERFALL. ONE OF DA
BEST. IT CAN ONLY GET WORSE FROM
HERE.

WATERFALL NEEDS TO BE IN DA PIC.

EX:MS

CHECKPOINT

SILVER FALLS

LOCATION

N 46° 26. 9698
W 036 58. 2194

ELEVATION

886



FIND THE FOOT PATH TO THE FALLS
FROM DA PIN LOCATION. MAKE SURE YA
GOT LIGHTS.

FALLS NEED TO BE IN DA PIC.

EX:MS

CHECKPOINT

DA SLYAN SWAMP

[LOCATION] N 46° 25. 4935
W 081° 06. 2785

[ELEVATION] 828'



You're probably gonna hate us for a week, maybe more. Smile for da selfie.

SWAMP needs to be in da pic.

EX:MS

THE
L
R
L
S
H
E
A
P
A
P
P
E
R

MASS/START

HERE
COMES
THE
PAIN.

- SLAYER

MASS START | EVENTS, DATES, START

EVENT	DATE	START TIME	START LOCATION
MS350	7.19	0000	MISERY BAY
MS350 UNFR	7.20		MISERY BAY
MS175	7.20	0530	OLC
MS100	7.20	0530	OLC
MS40	7.20	0800	OLC
MS50 NFR	7.20	0600	LAKENENLAND
MS TEAM	7.20	0600	OLC

MS

TIMES, LOCATIONS, CUT OFFS

END LOCATION	CUT OFF TIME	BUDGET
OLC	53.5 Hours	31 Hours
OLC	188 Hours	116 Hours
OLC	24 Hours	NA
OLC	24 Hours	NA
OLC	12 Hours	NA
LAKENEN LAND	24 Hours	NA
OLC	12 Hours	NA

MS

SELF SUPPORTED ETHOS

- You ARE ON YOUR OWN
- NO ONE IS OUT THERE TO SAVE YOU
- GPS IS REQUIRED.
- THE COURSE IS NOT SIGNED.
- YOU WILL INTERACT @ SOME POINT W/ WILDLIFE!
- CELLULAR SERVICE CANNOT BE COUNTED ON.
- THIS EVENT IS INHERENTLY DANGEROUS!
- YOU SIGNED UP FOR THIS!

REVIEW THE FOLLOWING!!!

EARLIER IN THIS JOURNAL WE COVERED A
NUMBER OF TOPICS:

- NEUTRAL SUPPORT
- LEAVE NO TRACE
- THE GEAR LIST
- LAND OWNERSHIP
- AND MORE...

READ ALL
OF IT.

DANGEROUS!

CRUSHER IS DANGEROUS, BUT SO, IS LIFE! YOU
Signed up for THIS. Hopeful you COMMITTED
Enough time to getting READY.

TIMING COMPANY

MS 175, MS 100, MS 40, MS 50 NFR, MS TEAM

→ SUPERIOR TIMING

WWW.SUPERIORTIMING.COM

MS 350, MS 350 JNFR

→ TRACK LEADERS

WWW.TRACKLEADERS.COM

* SEE NOTES ON NEXT
Page.

MS



MASS START REGISTRATION

MS 350 EVENTS

WE'LL CHECK Y'ALL IN BETWEEN 5:00-11:00 PM. IF YOU SHOW UP LATE WE WILL DQ YOU.

YOU'LL NEED TO BE ON THE BEACH WITH YOUR BIKES + ALL EQUIPMENT. NO LATER THAN 11:30 PM.

YOU WILL RECEIVE YOUR BEACH ON DURING REG.

GUN START @ 0000 SHARP!

EVERYONE ELSE [MS175, 100, 40, SONFR, TEAMS]

YOU HAVE TO CHECK IN WITH US BETWEEN 3:00-5:00 PM AT OTHER

WHAT HAPPENS AT OTTER LAKE CAMP GROUND FRIDAY NIGHT?

3:00 - 8:00 PM

1. We will CHIP YOUR BIKE. THIS IS MANDATORY FOR ALL PARTICIPANTS.

* Yes - You need your bike!

2. CHECK-IN w/ OTTER LAKE AND/OR FORT SUPERIOR.

* BOTH Campgrounds will be ON SITE for CHECK-IN from 3-8!!!



MS

ABOUT THE CRUSHER-MS

2018

HAMR
@

FORESTVILLE

2019

CRUSHER P2P
from CH

CRUSHER 100,
40, AND 50FR
@FORESTVILLE

2020

EX IS BORN!



ADAPT!

2021

2022

2023

EX

SMALL GROUP

DO CH PLP

ENDING @

AI QUAIL

FIRST TIME @

OTTER LAKE

CAMPGROUND

"MIGHT-SUPERIOR"

CRUSHER RETURNS

TO OLC

MS ROUTES

"ENHANCED"





THOUSANDS OF
MILES ARE COVERED
EVERY YEAR IN THE
SPRING + FALL LOOKN
FOR NEW ROUTES AND
RENEWING CURRENT
ONES.

2024 STATS

REEL

2,200+
MILES



350+ Hours



IN

OVER 1,200
LINEAR MILES
BETWEEN
EX + MS



MS

[2022 REDON | TODD + GARY]





[THIS WAS BEFORE WE HAD THE
SXS, EVERY MILE WAS RIDDEN.]

- TP



MASS START: IMPORTANT STUFF!

CHECKPOINT SETUPS ARE REQUIRED! YOU WILL BE DQ'D IF YOU ARE MISSING ONE.

NEUTRAL SUPPORT → REFER TO THE NOTES IN THE EX SECTION.

DRIVING ON COURSE, DON'T DO IT.

CUE SHEETS? WE DO NOT OFFER THEM.

PARKING - RACE MORNING WHEN THE PARKING IS FULL YOU'LL NEED TO FIND SOMEWHERE ELSE TO PARK.

WIFI + CELL SERVICE THERE IS NO CELL SERVICE @ OTTER LAKE CAMPGROUND + YOU WILL NOT HAVE ACCESS TO THEIR WI-FI UNPLUG!

CARRY ALL RECOMMENDED GEAR!

GPS REQUIRED → THE COURSE IS NOT MARKED!

EMERGENCY? CALL 911,

RULES OF ENGAGEMENT

1. CRUSHER IS SELF-SUPPORTED.
2. FOR LIKE THE 5TH TIME - CARRY ALL THE GEAR.
3. ROAD RULES APPLY @ ALL TIMES.
4. HELMETS ARE REQUIRED
5. YOU MUST HAVE A GPS UNIT.
6. DON'T TRESPASS,
7. IF YOU LEAVE THE COURSE YOU MUST START FROM WHERE YOU LEFT IT.
8. EVENT DISTANCES ARE APPROXIMATE.
BE PREPARED TO RIDE FURTHER THAN YOU PLANNED!
9. FIELD NOTES + GPX FILES CAN BE DOWNLOADED FROM THE WEBSITE.

MS TEAMS: SPECIAL NOTES

1. TEAMS MUST STICK TOGETHER
2. TEAMS MUST REACH 4 OF 8 CHECKPOINTS
3. TEAMS CAN REACH CHECKPOINTS IN ANY ORDER
4. HIGHWAY 28 IS OFF LIMITS. YOU CAN CROSS IT, BUT NOT RIDE ON IT.
5. HIGHWAY 94 IS OFF-LIMITS, EXCEPT TO GET FROM RIMNEY TO SUNDOLL ROAD.
6. TIME PENALTIES / BONUSES:
 - 4 CHECKPOINTS = 2 HRS ADDED
 - 5 CHECKPOINTS = 1 HR DEDUCTED
 - 6 CHECKPOINTS = 2 HR DEDUCTED
 - 7 CHECKPOINTS = 3 HR DEDUCTED
 - 8 CHECKPOINTS = 4 HR DEDUCTED



MRS
STARR



CAMPING

OTTER
LAKE
CAMPGRND

E 7609 OTTER LAKE Road
MUNISING, MI 49862

FORT
SUPERIOR
CAMPGRND

N 7685 Old Golf Course Rd
MUNISING, MI 49862



BACK BY POPULAR DEMAND

BEER SHARE!!!

EVERYONE BRINGS THEIR FAVORITE BEER,
CIDER, WHISKEY, OR WHATEVER 2 CHECKIN'
FRIDAY NIGHT... AND WE SHARE IT ALL
WEEKEND (OR UNTIL IT'S GONE).

WE'LL BRING THE COOLERS + ICE!!!

MS

ROUTES

MS350



MS175



MS100



MS 40



MS 50 NFR



MS+TM

Just
KIDDING!

MS CHECKPOINTS

→ IN THE
ED SECTION!

MS350

OLD CHURCH ON HILL ✓
BEAVER CREEK ✓
HARRINGTON TUNNEL ✓
HANS FAZEI MEMORIAL HWY ✓
BOMBER ✓
ENDURANCE ✓
SILVER FALLS ✓
LAUGHING WTFISH FALLS ✓
LAKE LEVASSER OVERLOOK ✓

MS175

NORWAY LAKE ✓
STURGEON RIVER ✓
HIAWATHA NF KIOSK ✓
SILVER FALLS ✓
LAUGHING WTFISH FALLS ✓
LAKE LEVASSER OVERLOOK ✓

MS100

LAKE TWENTY FIVE ✓
HIAWATHA NF KIOSK ✓
SILVER FALLS ✓
LAUGHING WTFISH FALLS ✓
LAKE LEVASSER OVERLOOK ✓

MS50NR

LAKE LEVASSER OVERLOOK ✓
LAUGHING WTFISH FALLS ✓
SILVER FALLS ✓
DA SIGAN SWAMP ✓

MS40

LAKE TWENTY FIVE ✓
HUGO BOOM LAKE ✓
ESLAND LAKE CAMPBAND ✓

MS TEAM

SILVER FALLS ✓
LAKE TWENTY FIVE ✓
SCOTT FALLS
HIAWATHA NF KIOSK ✓

Required

OPTIONAL

CITAREDALE RUINS
LAKE SUPERIOR (AN TRAIN)
LAUGHING WTFISH FALLS ✓
ROCK RIVER BRIDGE

CHECKPOINT

OLD CHURCH ON HILL

LOCATION

N 46° 44. 0447
W 089° 10. 3687

ELEVATION

1,392'



AS YOU'RE LEAVING ROCKLAND YOU'LL FIND
THIS CHURCH AT THE TOP OF A CHUNKY
CLIMB JUST OFF THE ROUTE.

MAKE SURE THE CHURCH IS IN THE
SHOT.

MS

CHECKPOINT

BEAVER Creek

LOCATION

N 46° 31.3021
W 088° 57.9047

ELEVATION

UNKNOWN!



FOREST Service ROAD 1100 RUNS RIGHT
THROUGH IT. TAKE A SELFIE W/ YOUR
SNORKEL.

MS

2M

CHECKPOINT

HARRINGTON TUNNEL

LOCATION

N 46° 04. 5713
W 88° 37. 6453

ELEVATION

1514'



NAMED AFTER LARRY HARRINGTON.
MAKE SURE TO GET THE SIGN IN DA
SELFIE.

MS

CHECKPOINT

HANS FAZER Memorial Hwy

LOCATION

N 46° 12.9743
W 087° 49.5622

ELEVATION

757'



WE FOUND THIS BEAUTIFUL WORK OF
RURAL IN 2020, DURING PA1.0,

MAKE SURE TO GET IT IN THE SCHE.

MS

CHECKPOINT

Bomber

LOCATION

N 46° 20. 5099
W 097° 23. 0438

ELEVATION

UNKNOWN



As you Cruise through what used
to be KE SAWYER Air force Base,
DONT forget to grab a selfie w/
da bomber.

MS

CHECKPOINT

ENDURANCE

N 46° 21. 1666
W 087° 13. 2362

LOCATION

ELEVATION

UNKNOWN

WILLIAM BAKEWELL
REGISTERED HISTORIC SITE
William Bakewell was born in Illinois. As a teenager he worked in Upper Peninsula camps before making his way to America. In 1914 he became the American crewmember of Sir Shackleton's ship, *Endurance*, departed Buenos Aires on expedition to cross Antarctica. ship became trapped in ice on Weddell Sea, drifted for nearly a year, and sank when crushed by pack ice. After the crew reached Elephant Island, Shackleton's small party set out in a lifeboat to get help. Four months later, August 1916, they returned to Bakewell and the rest. Bakewell settled on a farm in 1945. He died & was buried in this cemetery on the A. 250

You're getting close to
Miles @ this point. Figured it would
be a good time to remind you
what it takes to finish.

Get a vaccine w/ the plague.

MS

2M

CHECK POINT

SILVER FALLS

LOCATION

N $46^{\circ}26.9698$
W $086^{\circ}59.2194$

ELEVATION

886'



THE ROAD WILL DEAD END. FIND THE
FOOTPATH THAT LEADS TO THE FALLS.
MAKE SURE THEY'RE IN THE PICTURE!

MS

CHECKPOINTS

LAUGHING WHITEFISH FALLS

[LOCATION]

N $46^{\circ} 23.0198$
W $087^{\circ} 04.1860$

[ELEVATION]

UNKNOWN



One of the most SPECTACULAR
Falls in PA J.P. Don't forget to
GRAB A Selfie w/ IT. !!

MS

CHECK POINT

LAKE LEVASSEUR

LOCATION

N 46° 29.8306
W 087° 12.6161

ELEVATION

646'



YOU'VE LEAVE GRAND AND HEAD INTO SOME
NCT. EVENTUALLY, YOU'VE COME TO THIS OUTLOOK.
GRAB A SELFIE. TAKE A FEW MINUTES. TAKE
IT ALL IN.

BACK AT IT.

MS

DO NOT...

MAKE EXCUSES

RATIONALIZE QUITTING

BLAME SOMEONE ELSE

UNDERESTIMATE CRUSHER

DOUBT YOURSELF

MAKE PROMISES YOU CAN'T KEEP

SHOW UP UNPREPARED

PLAN TO QUIT

CHASE BULLIES

TAKE YOUR SUPPORT FOR GRANTED

EXPECT SOMEONE TO DO THE WORK FOR YA

COMPARE YOUR RESULTS TO SOMEONE ELSE

GIVE A SHIT WHAT PEOPLE THINK

TAKE LIFE FOR GRANTED

EXMS

CHECKPOINT

NORWAY LAKE

LOCATION

N 46° 07.9240
W 086° 30.6532

ELEVATION

UNKNOWN!



A great Place To Sit on the
Shore AND reflect on your life
choices.

MS

CHECKPOINT

STURGEON RIVER

LOCATION

N 46° 10' 2.3756
W 088° 45.1691

ELEVATION

UNKNOWN



MAKE SURE DA RIVER IS IN DA
PICTURE!

MS

PM

CHECK POINT

HIAWATHA NF KIOSK

LOCATION

N 46° 22. 9820
W 086° 52. 5797

ELEVATION

832'



A Couple people Rode Right by
this ONE LAST YEAR, IT'S A
LONG WAYS BACK.

DON'T MISS IT!

MS

CHECKPOINT

LAKE TWENTY-FIVE

LOCATION

N 46° 16.0042
W 096° 44.7521

ELEVATION

UNKNOWN!



LOCATED ON 16-MILE LAKE ROAD.
IT'S A SMALL LAKE. DON'T MISS
IT.

MS

CHECK POINT

HUGOBOOM LAKE

[LOCATION]

[ELEVATION]

N 46° 09.0545
N 086° 36.4873

789'



ACROSS THE ROAD FROM CORNER
LAKE REC AREA. TAKE THE ROAD
DOWN TO THE LAKE.

★ SNAP A SELFIE ★

MS

MS

CHECKPOINT

ISLAND LAKE Campground

LOCATION

N 46° 16.244
W 086° 39.1026

ELEVATION

?



GRAB A SCIFIE WITH THE ISLAND
LAKE CAMPGROUND SIGN. MAKE
SURE YOU'RE IN THE PICTURE!

MS



2014



MASS





S

START

2024



CHECKPOINT

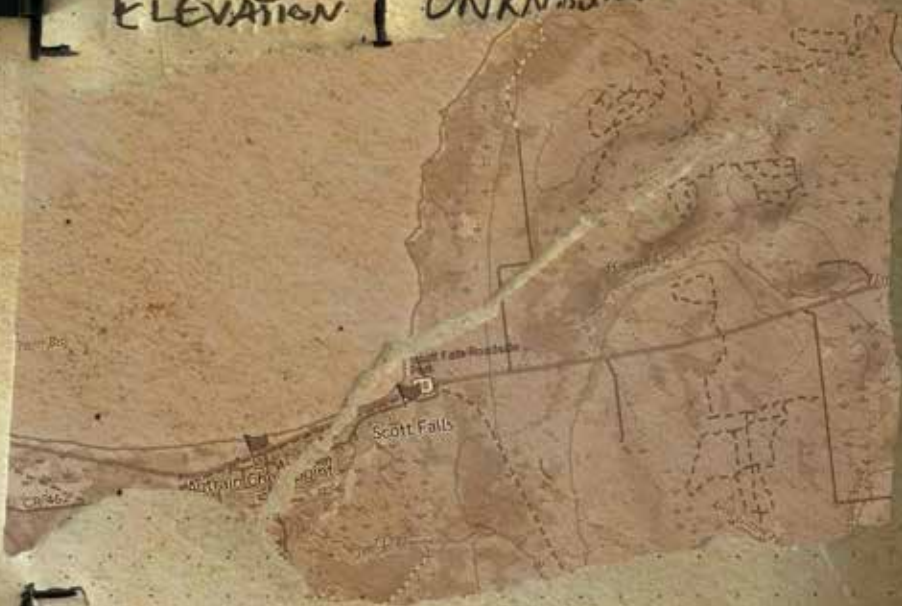
SCOTT FALLS

LOCATION

N 46° 26. 2146
W 086° 48. 8772

ELEVATION

UNKNOWN



A LITTLE ROAD SIDE TREAT. DO SOME
HOMWORK. FIGURE OUT THE BEST WAY
TO GET THERE.

MS

CHECKPOINT

CHARCOAL KILNS

LOCATION

N. 46° 27.5504
W 096° 56.5055

ELEVATION

UNKNOWN!



HISTORIC SITE. CHARCOAL KILN
RUINS. FIND EM!

MS

CHECK POINT

LAKE SUPERIOR (A-TRAIN)

[LOCATION]

LAT 46.433625
LONG -86.838941

[ELEVATION]

623'



Go to A-Train, find the
overlook on the North Side
of Dr Highway. GRAB A
Selfie. Roll!

MS

CHECKPOINT

Rock River Bridge

LOCATION

LAT 46.451648
LONG -86.920739

ELEVATION

645'



CLOSE TO THE INTERSECTION OF
USFS 2484 + ROCK RIVER RD.
GRAB A SELFIE. MAKE SURE
DA BRIDGE IS IN IT.

MS



CRUSHED
CRUSHED



YOU KNOW WHAT I WANT YOU TO THINK
ABOUT BETWEEN NOW AND NEXT WEEK?
HOW'S THIS EXPERIENCE GONNA MAKE YOU
BETTER, AND WHY DOES IT MATTER? NOT 2
YOUR FRIENDS, AND NOT TO YOUR FAMILY.
WHY DOES IT MATTER TO YOU?



IF YOU CAN FIGURE THAT OUT -
YOU'LL GET TO THE FINISH LINE.

WHAT BIKE SHOULD I USE?

WHAT TIRES SHOULD I RUN?

WHAT GOS DO YOU USE?

HOW MANY EXTRA MILE R THERE?

YOU KNOW WHAT I THINK? Fuck
those questions. They're the wrong
ONE. I'm NOT SAYING IT DOESN'T
MATTER, IT DOES, BUT ONLY IF YOU
ARE TRULY PROPERLY MOTIVATED.

DO YOU REALIZE THERE WAS A TIME
WHEN PEOPLE DIDN'T HAVE ALL THESE
OPTIONS - AND THEY STILL DID IT!
WHY?

BECAUSE THEY HAD PASSION AND
DRIVE!!!

WHAT'S UR WHY.



How FUCKING CRAZY IT THAT THE
SHEER NUMBER OF OPTIONS AVAILABLE
TO US BECOMES THE BARRIER,

How COMFORTABLE WE MUST BE...
EH?

PICK A FUCKING BIKE AND RIDE
IT LIKE IT'S THE LAST TIME YOU
WILL.

How MOUT DO YOU THINK JACK,
BRET, DAVE, KRISTINA, AND TARA

TO YOU.

WOULD GIVE FOR ONE MORE
FIVE OR WAVE IN THE WOODS
EVERYTHING!

THEY WOULD GIVE EVERYTHING.
AND IF YOU KNOW NEXT WEEKEND
WAS GONNA BE YOUR LAST ONE.
YOU WOULD, TOO.

ARE WE HERE JUST TO FUCK
AROUND, OR DO SOMETHING FUCKING
MEANINGFUL? I BELIEVE IT'S THE
LATTER. SO, LET'S LIVE THAT WAY.



AND WHY DOES IT

MATTER

STOP WORRYING ABOUT WHAT OTHER
PEOPW THINK, OR HOW YOU COMPARE.
DO WHAT YOU WANNA DO, AND DO IT
FOR YOU. IT'S OK IF YOU DO.

FINAL THOUGHT, IF YOU WANNA DO
SOMETHING... YOU GOTTA TAKE DA DAMN
SHOT. AIM. AIM. AIM. AIM.

No. TAKE THE SHOT! THAT'S HOW YA
SIGN A GUN IN. GET ON THE PAPER
AND DIAL IT IN,

MAKE MISTAKES. SHOOT & MISS, IT'S OK,



TAKE A SHOT.



I DON'T CARE WHAT YA WANNA DO-
there will ALWAYS Be A process, AND
that process is the price we pay to
Have the experiences + LIFE we hope
to live. It Comes Down to A Simple
Question-

ARE YOU WILLING TO PAY
THE PRICE?

-TP

