

## **CHECKPOINT 1 JUNCTION OF SULPHUR SPRINGS/ ELBOW VALLEY TRAIL**

### **CHECK IN:**

- STATION FLATS DAY USE AREA AT 6:30AM
- PICK UP RADIO AND CHECKPOINT PACKAGE

### **ACCESS:**

- WALK OR RIDE FROM STATION FLATS DAY USE AREA 1.2KM

### **DUTIES:**

- BE AT CHECKPOINT 1 AT 7:15AM
- MAKE SURE RIDERS GO THE RIGHT WAY ON SULPHUR SPRINGS TRAIL
- REPORT FIRST AID INCIDENTS TO STATION FLATS
- AFTER SWEEPER HAS PASSED CLEAN FLAGGING FROM CHECKPOINT 1 TO STATION FLATS
- CHECK IN AT STATION FLATS WITH VOLUNTEER ORGANIZER

### **NEAREST FIRST AID:**

- START/FINISH (STATION FLATS)

### **RADIO PROTOCOL:**

- DUE TO THE LARGE NUMBER OF RADIOS, RADIO SILENCE IS MANDATORY!
- EXCEPT FOR THE FOLLOWING:
- ARRIVAL AT CHECKPOINT, CHECKIN WITH STATION FLATS
- CHECKIN WITH PRECEDING AND FOLLOWING CHECKPOINTS
- FIRST RIDER THROUGH
- LAST RIDER THROUGH
- SWEEPERS ARE THROUGH
- LEAVING CHECKPOINT
- FIRST AID REASONS (PRIORITY)
- INCASE OF ANY FIRST AID SITUATIONS ALL OTHER TRANSMISSIONS ARE DISCONTINUED UNTIL SITUATION IS RESOLVED

### **OTHER:**

- BRING APPROPRIATE CLOTHING FOR THE WEATHER (RAIN JACKET, GLOVES, UMBRELLA, HAT, ETC.)
- BRING FOOD AND WATER FOR THE DAY

## **CHECKPOINT 2 MOOSE MOUNTAIN ROAD CROSSING**

### **CHECK IN:**

- STATION FLATS DAY USE AREA AT 6:30AM
- PICK UP RADIO AND CHECKPOINT PACKAGE

### **ACCESS:**

- DRIVE SOUTH ON HIGHWAY 66 APPROX. 3KM TO MOOSE MTN. ACCESS RD. TURN RIGHT AND DRIVE TO
- SULPHUR SPRINGS TRAIL CROSSING APPROX. 2KM FROM HWY. 66

### **DUTIES: CK 2**

- BE AT CHECKPOINT 2 AT 7:00AM
- MAKE SURE RIDERS CROSS THE ROAD SAFELY AND YIELD TO TRAFFIC
- REPORT FIRST AID INCIDENTS TO STATION FLATS
- REPORT TO START/FINISH AFTER SWEEPER HAS PASSED CHECKPOINT
- AFTER SWEEPER HAS PASSED CLEAN SIGNING AND FLAGGING OFF MOOSE MTN. RD.
- CHECK IN AT STATION FLATS WITH VOLUNTEER ORGANIZER

### **DUTIES: CK 23**

- BE AT CHECKPOINT 2 AT 11:00AM
- MAKE SURE RIDERS CROSS THE ROAD SAFELY AND YIELD TO TRAFFIC
- REPORT FIRST AID INCIDENTS TO STATION FLATS
- REPORT TO START/FINISH AFTER SWEEPER HAS PASSED CHECKPOINT
- AFTER SWEEPER HAS PASSED CLEAN SIGNING AND FLAGGING OFF MOOSE MTN. RD.
- CHECK IN AT STATION FLATS WITH VOLUNTEER ORGANIZER

### **RADIO PROTOCOL:**

- DUE TO THE LARGE NUMBER OF RADIOS, RADIO SILENCE IS MANDATORY!
- EXCEPT FOR THE FOLLOWING:
- ARRIVAL AT CHECKPOINT, CHECKIN WITH STATION FLATS
- CHECKIN WITH PRECEDING AND FOLLOWING CHECKPOINTS
- FIRST RIDER THROUGH
- LAST RIDER THROUGH
- SWEEPERS ARE THROUGH
- LEAVING CHECKPOINT
- FIRST AID REASONS (PRIORITY)
- INCASE OF ANY FIRST AID SITUATIONS ALL OTHER TRANSMISSIONS ARE DISCONTINUED UNTIL SITUATION IS RESOLVED

## **CHECK POINT 3 SULPHUR SPRINGS/ ELBOW VALLEY TRAIL JUNCTION**

### **CHECK IN:**

- STATION FLATS DAY USE AREA AT 6:30AM
- PICK UP RADIO AND CHECKPOINT PACKAGE

### **ACCESS:**

- PARK ON HWY 66 APPROX. 5.5 KM FROM STATION FLATS AND PROCEED UP TRAIL HEAD ON
- WEST SIDE OF THE HWY TO SULPHUR SPRINGS/ELBOW VALLEY TRAIL JUNCTION

### **DUTIES:**

- BE AT CHECKPOINT 3 AT 7:00AM
- MAKE SURE RIDERS GO THE RIGHT WAY ON ELBOW VALLEY TR. FROM SULPHUR SPRINGS TR.
- REPORT FIRST AID INCIDENTS TO EMT AT CHECKPOINT
- AID AND SUPPORT EMT AS REQUIRED
- REPORT BACK TO START/FINISH AFTER SWEEPER HAS PASSED CHECKPOINT
- AFTER SWEEPER HAS PASSED CLEAN FLAGGING/SIGNING FROM INTERSECTION
- RECORD RIDER ORDER ON LAP SHEETS PROVIDED
- CHECK IN AT STATION FLATS WITH VOLUNTEER ORGANIZER

### **NEAREST FIRST AID:**

- YOUR CHECK POINT IS FIRST AID

### **OTHER:**

- BRING APPROPRIATE CLOTHING FOR THE WEATHER (RAIN JACKET, GLOVES, UMBRELLA, HAT, ETC.)
- BRING FOOD AND WATER FOR THE DAY

### **RADIO PROTOCOL:**

- DUE TO THE LARGE NUMBER OF RADIOS, RADIO SILENCE IS MANDATORY!
- EXCEPT FOR THE FOLLOWING:
- ARRIVAL AT CHECKPOINT, CHECKIN WITH STATION FLATS
- CHECKIN WITH PRECEDING AND FOLLOWING CHECKPOINTS
- FIRST RIDER THROUGH
- LAST RIDER THROUGH
- SWEEPERS ARE THROUGH
- LEAVING CHECKPOINT
- FIRST AID REASONS (PRIORITY)
- INCASE OF ANY FIRST AID SITUATIONS ALL OTHER TRANSMISSIONS ARE DISCONTINUED UNTIL SITUATION IS RESOLVED

## **CHECKPOINT 4 DESCENT TO CANYON CREEK ROAD**

### **CHECK IN:**

- STATION FLATS DAY USE AREA AT 6:30AM
- PICK UP RADIO AND CHECKPOINT PACKAGE

### **ACCESS:**

- PARK ON CANYON CREEK ROAD (LOCATED APPROX. 6KM FROM STATION FLATS AND 0.25KM
- FROM HWY 66). PROCEED UP THE ASCENT ON THE RIGHT SIDE OF THE RD. (NORTH) TO THE
- TOP OF THE SWITCH BACKS. YOU SHOULD HAVE A GREAT VIEW OF THE VALLEY.

### **DUTIES:**

- BE AT CHECKPOINT 4 AT 7:15AM
- RECORD RIDER ORDER ON LAP SHEETS PROVIDED
- REPORT FIRST AID INCIDENTS TO EMT AT CHECKPOINT

### **OTHER:**

- BRING APPROPRIATE CLOTHING FOR THE WEATHER (RAIN JACKET, GLOVES, UMBRELLA, HAT, ETC.)
- BRING FOOD AND WATER FOR THE DAY
- CHECK IN AT STATION FLATS WITH VOLUNTEER ORGANIZER

### **NEAREST FIRST AID:**

- YOUR CHECK POINT IS FIRST AID

### **OTHER:**

- BRING APPROPRIATE CLOTHING FOR THE WEATHER (RAIN JACKET, GLOVES, UMBRELLA, HAT, ETC.)
- BRING FOOD AND WATER FOR THE DAY

### **RADIO PROTOCOL:**

- DUE TO THE LARGE NUMBER OF RADIOS, RADIO SILENCE IS MANDATORY!
- EXCEPT FOR THE FOLLOWING:
- ARRIVAL AT CHECKPOINT, CHECKIN WITH STATION FLATS
- CHECKIN WITH PRECEDING AND FOLLOWING CHECKPOINTS
- FIRST RIDER THROUGH
- LAST RIDER THROUGH
- SWEEPERS ARE THROUGH
- LEAVING CHECKPOINT
- FIRST AID REASONS (PRIORITY)
- INCASE OF ANY FIRST AID SITUATIONS ALL OTHER TRANSMISSIONS ARE DISCONTINUED UNTIL SITUATION IS RESOLVED

2011 BOW-80 <sup>'ish</sup>  
**REVENGE OF**  
**THE NINJA**  
**COWS**

**2011 BOWNESS NATIONALS**

## **CHECKPOINT 5 CANYON CREEK ROAD CROSSING**

### **CHECK IN:**

- STATION FLATS DAY USE AREA AT 6:30AM
- PICK UP RADIO AND CHECKPOINT PACKAGE

### **ACCESS:**

- PARK ON CANYON CREEK ROAD (LOCATED APPROX. 6KM FROM STATION FLATS AND 0.25KM
- FROM HWY 66).

### **DUTIES:**

- BE AT CHECKPOINT 5 AT 7:15AM
- MAKE SURE RIDERS CROSS THE ROAD SAFELY AND YIELD TO TRAFFIC
- RECORD RIDER ORDER ON LAP SHEETS PROVIDED
- REPORT FIRST AID INCIDENTS TO EMT
- REPORT TO START/FINISH AFTER SWEEPER HAS PASSED CHECKPOINT
- AFTER SWEEPER HAS PASSED CLEAN FLAGGING/SIGNING FROM ROAD.
- CHECK IN AT STATION FLATS WITH VOLUNTEER ORGANIZER

### **NEAREST FIRST AID:**

- CALL ROVING FIRST AID
- CHECKPOINT 4

### **OTHER:**

- BRING APPROPRIATE CLOTHING FOR THE WEATHER (RAIN JACKET, GLOVES, UMBRELLA, HAT, ETC.)
- BRING FOOD AND WATER FOR THE DAY

### **RADIO PROTOCOL:**

- DUE TO THE LARGE NUMBER OF RADIOS, RADIO SILENCE IS MANDATORY!
- EXCEPT FOR THE FOLLOWING:
- ARRIVAL AT CHECKPOINT, CHECKIN WITH STATION FLATS
- CHECKIN WITH PRECEDING AND FOLLOWING CHECKPOINTS
- FIRST RIDER THROUGH
- LAST RIDER THROUGH
- SWEEPERS ARE THROUGH
- LEAVING CHECKPOINT
- FIRST AID REASONS (PRIORITY)
- INCASE OF ANY FIRST AID SITUATIONS ALL OTHER TRANSMISSIONS ARE DISCONTINUED UNTIL SITUATION IS RESOLVED

## **CHECKPOINT 6 POWDERFACE DAY USE AREA**

### **CHECK IN:**

- STATION FLATS DAY USE AREA AT 7:00AM
- PICK UP RADIO AND CHECKPOINT PACKAGE

### **ACCESS:**

- DRIVE FROM STATION FLATS APPROX. 10KM TO POWDERFACE DAY USE AREA

### **DUTIES:**

- BE AT CHECKPOINT 6 AT 7:30AM
- RECORD RIDER ORDER ON LAP SHEETS PROVIDED
- REPORT FIRST AID INCIDENTS TO ROVING FIRST AID
- REPORT TO START/ FINISH AFTER THE SWEEPER PASSED CHECKPOINT
- AFTER SWEEPER HAS PASSED CLEAN FLAGGING/SIGNING FROM TRAILS WINDING THROUGH
- POWDERFACE AREA.
- CHECK IN AT STATION FLATS WITH VOLUNTEER ORGANIZER

### **NEAREST FIRST AID:**

- CALL ROVING FIRST AID

### **OTHER:**

- BRING APPROPRIATE CLOTHING FOR THE WEATHER (RAIN JACKET, GLOVES, UMBRELLA, HAT, ETC.)
- BRING FOOD AND WATER FOR THE DAY

### **RADIO PROTOCOL:**

- DUE TO THE LARGE NUMBER OF RADIOS, RADIO SILENCE IS MANDATORY!
- EXCEPT FOR THE FOLLOWING:
- ARRIVAL AT CHECKPOINT, CHECKIN WITH STATION FLATS
- CHECKIN WITH PRECEDING AND FOLLOWING CHECKPOINTS
- FIRST RIDER THROUGH
- LAST RIDER THROUGH
- SWEEPERS ARE THROUGH
- LEAVING CHECKPOINT
- FIRST AID REASONS (PRIORITY)
- INCASE OF ANY FIRST AID SITUATIONS ALL OTHER TRANSMISSIONS ARE DISCONTINUED UNTIL SITUATION IS RESOLVED

## **CHECKPOINT 7 TOP OF PRAIRIE LINK**

### **CHECK IN:**

- STATION FLATS DAY USE AREA AT 7:00AM
- PICK UP RADIO AND CHECKPOINT PACKAGE

### **ACCESS:**

- DRIVE FROM STATION FLATS APPROX. 10KM TO POWDERFACE DAY USE AREA
- RIDE FROM TRAILHEAD 2.8KM TO PRAIRIE LINK JUNCTION. GO RIGHT ON THE TRAIL AND ASCEND TO THE TOP OF PRAIRIE LINK

### **DUTIES:**

- BE AT CHECKPOINT 7 AT 7:30AM
- RECORD RIDER ORDER ON LAP SHEETS PROVIDED
- REPORT FIRST AID INCIDENTS TO ROVING FIRST AID
- REPORT TO START/ FINISH AFTER THE SWEEPER PASSED CHECKPOINT
- AFTER SWEEPER HAS PASSED CLEAN FLAGGING/SIGNING FROM TRAILS WINDING THROUGH
- POWDERFACE AREA.
- CHECK IN AT STATION FLATS WITH VOLUNTEER ORGANIZER

### **NEAREST FIRST AID:**

- YOUR CHECKPOINT IS FIRST AID

### **OTHER:**

- BRING APPROPRIATE CLOTHING FOR THE WEATHER (RAIN JACKET, GLOVES, UMBRELLA, HAT, ETC.)
- BRING FOOD AND WATER FOR THE DAY

### **RADIO PROTOCOL:**

- DUE TO THE LARGE NUMBER OF RADIOS, RADIO SILENCE IS MANDATORY!
- EXCEPT FOR THE FOLLOWING:
- ARRIVAL AT CHECKPOINT, CHECKIN WITH STATION FLATS
- CHECKIN WITH PRECEDING AND FOLLOWING CHECKPOINTS
- FIRST RIDER THROUGH
- LAST RIDER THROUGH
- SWEEPERS ARE THROUGH
- LEAVING CHECKPOINT
- FIRST AID REASONS (PRIORITY)
- INCASE OF ANY FIRST AID SITUATIONS ALL OTHER TRANSMISSIONS ARE DISCONTINUED UNTIL SITUATION IS RESOLVED

## **CHECKPOINT 8 BOTTOM OF PRAIRIE LINK DESCENT**

### **CHECK IN:**

- STATION FLATS DAY USE AREA AT 7:00AM
- PICK UP RADIO AND CHECKPOINT PACKAGE

### **ACCESS:**

- DRIVE FROM STATION FLATS APPROX. 10KM TO POWDERFACE DAY USE AREA
- RIDE FROM TRAILHEAD 2.8KM TO PRAIRIE LINK JUNCTION. GO RIGHT ON THE TRAIL AND RIDE TO THE BOTTOM OF PRAIRIE LINK WHERE IT OPENS UP INTO THE FIELD

### **DUTIES:**

- BE AT CHECKPOINT 8 AT 7:30AM
- RECORD RIDER ORDER ON LAP SHEETS PROVIDED
- REPORT FIRST AID INCIDENTS TO EMT AT CHECKPOINT
- SUPPORT AND AID EMT AS REQUIRED
- REPORT TO START/ FINISH AFTER THE SWEEPER PASSED CHECKPOINT
- AFTER SWEEPER HAS PASSED CLEAN FLAGGING/SIGNING FROM PRAIRIE LINK TR. AND PRAIRIE CREEK TR.. ASCEND THE LINK AGAIN REMOVING SIGNING AND FLAGGING BACK TO POWDERFACE DAY USE AREA
- CHECK IN AT STATION FLATS WITH VOLUNTEER ORGANIZER

### **NEAREST FIRST AID:**

- YOUR CHECKPOINT IS FIRST AID

### **OTHER:**

- BRING APPROPRIATE CLOTHING FOR THE WEATHER (RAIN JACKET, GLOVES, UMBRELLA, HAT, ETC.)
- BRING FOOD AND WATER FOR THE DAY

### **RADIO PROTOCOL:**

- DUE TO THE LARGE NUMBER OF RADIOS, RADIO SILENCE IS MANDATORY!
- EXCEPT FOR THE FOLLOWING:
- ARRIVAL AT CHECKPOINT, CHECKIN WITH STATION FLATS
- CHECKIN WITH PRECEDING AND FOLLOWING CHECKPOINTS
- FIRST RIDER THROUGH
- LAST RIDER THROUGH
- SWEEPERS ARE THROUGH
- LEAVING CHECKPOINT
- FIRST AID REASONS (PRIORITY)
- INCASE OF ANY FIRST AID SITUATIONS ALL OTHER TRANSMISSIONS ARE DISCONTINUED UNTIL SITUATION IS RESOLVED

## CHECKPOINT 9

### POWDERFACE TRAIL RD./CANYON CREEK TRAIL

#### CHECK IN:

- STATION FLATS DAY USE AREA AT 7:15AM
- PICK UP RADIO AND CHECKPOINT PACKAGE

#### ACCESS:

- DRIVE FROM STATION FLATS DOWN HWY 66 TO POWDERFACE TR RD. TRAILHEAD IS APPROX. 9.9 KM ON POWDERFACE RD.

#### DUTIES:

- BE AT CHECKPOINT 9 AT 8:15AM
- MAKE SURE RIDERS ARE HEADING RIGHT WAY DOWN CANYON CREEK TRAIL.
- RECORD RIDER ORDER ON LAP SHEETS PROVIDED
- STOP ANY RIDERS FROM CONTINUING AFTER 10:30AM
- REPORT FIRST AID INCIDENTS TO EMT AT CHECKPOINT
- SUPPORT AND AID EMT AS REQUIRED
- REPORT TO START/ FINISH AFTER THE SWEEPER PASSED CHECKPOINT
- AFTER SWEEPER HAS PASSED REMAIN AT CHECKPOINT UNTIL SWEEPER HAS REACHED
- CHECKPOINT 12. REMOVE SIGNING/FLAGGING FROM CP.
- CHECK IN AT STATION FLATS WITH VOLUNTEER ORGANIZER
- CHECK IN AT STATION FLATS WITH VOLUNTEER ORGANIZER

#### NEAREST FIRST AID:

- ROVING FIRST AID

#### OTHER:

- BRING APPROPRIATE CLOTHING FOR THE WEATHER (RAIN JACKET, GLOVES, UMBRELLA, HAT, ETC.)
- BRING FOOD AND WATER FOR THE DAY

#### RADIO PROTOCOL:

- DUE TO THE LARGE NUMBER OF RADIOS, RADIO SILENCE IS MANDATORY!
- EXCEPT FOR THE FOLLOWING:
- ARRIVAL AT CHECKPOINT, CHECKIN WITH STATION FLATS
- CHECKIN WITH PRECEDING AND FOLLOWING CHECKPOINTS
- FIRST RIDER THROUGH
- LAST RIDER THROUGH
- SWEEPERS ARE THROUGH
- LEAVING CHECKPOINT
- FIRST AID REASONS (PRIORITY)
- INCASE OF ANY FIRST AID SITUATIONS ALL OTHER TRANSMISSIONS ARE DISCONTINUED

2011 BOW-80 <sup>'ish</sup>  
**REVENGE OF  
THE NINJA  
COWS**

**2011 BOWNESS NATIONALS**

U  
N  
T  
I  
L  
S  
I  
T  
U  
A  
T  
I  
O  
N  
I  
S  
R  
E  
S  
O  
L  
V  
E  
D

## CHECKPOINT 12 CANYON CREEK TRAIL / JUMPINGPOUND RIDGE TRAIL

### CHECK IN:

- STATION FLATS DAY USE AREA AT 7:15AM
- PICK UP RADIO AND CHECKPOINT PACKAGE

### ACCESS:

- DRIVE FROM STATION FLATS APPROX. 40KM TO MC DOUGALL MEMORIAL, THEN HIKE IN APPROX 400 METERS.

### DUTIES:

- BE AT CHECKPOINT 9 AT 8:45 AM
- MAKE SURE RIDERS ARE HEADING RIGHT TOWARDS MCDOUGALL MEMORIAL
- RECORD RIDER ORDER ON LAP SHEETS PROVIDED
- REPORT FIRST AID INCIDENTS TO EMT AT CHECKPOINT
- SUPPORT AND AID EMT AS REQUIRED
- REPORT TO START/ FINISH AFTER THE SWEEPER PASSED CHECKPOINT
- REMAIN AT CHECKPOINT UNTIL SWEEPER HAS REACHED
- CHECKPOINT 13. REMOVE SIGNING/FLAGGING FROM CP.
- CHECK IN AT STATION FLATS WITH VOLUNTEER ORGANIZER

### NEAREST FIRST AID:

- ROVING FIRST AID

### OTHER:

- BRING APPROPRIATE CLOTHING FOR THE WEATHER (RAIN JACKET, GLOVES, UMBRELLA, HAT, ETC.)
- BRING FOOD AND WATER FOR THE DAY

### RADIO PROTOCOL:

- DUE TO THE LARGE NUMBER OF RADIOS, RADIO SILENCE IS MANDATORY!
- EXCEPT FOR THE FOLLOWING:
- ARRIVAL AT CHECKPOINT, CHECKIN WITH STATION FLATS
- CHECKIN WITH PRECEDING AND FOLLOWING CHECKPOINTS
- FIRST RIDER THROUGH
- LAST RIDER THROUGH
- SWEEPERS ARE THROUGH
- LEAVING CHECKPOINT
- FIRST AID REASONS (PRIORITY)
- INCASE OF ANY FIRST AID SITUATIONS ALL OTHER TRANSMISSIONS ARE DISCONTINUED UNTIL SITUATION IS RESOLVED

## **CHECKPOINT 11 MOUNT McDOUGALL MEMORIAL (CUT OFF)**

### **CHECK IN:**

- STATION FLATS DAY USE AREA AT 7:30AM
- PICK UP RADIO AND CHECKPOINT PACKAGE

### **ACCESS:**

- DRIVE FROM STATION FLATS APPROX. 40KM TO POWDERFACE RD./MOUNT McDOUGALL MEMORIAL

### **DUTIES:**

- BE AT CHECKPOINT 11 AT 9:30AM
- MAKE SURE RIDERS ARE CONTINUING DOWN POWDERFACE TR RD
- STOP ANY RIDERS AFTER 11:00 AM
- RECORD RIDER ORDER ON LAP SHEETS PROVIDED
- REPORT FIRST AID INCIDENTS TO ROVING EMT
- SUPPORT AND AID EMT AS REQUIRED
- REMAIN UNTIL SWEEPER ARRIVES, CLEAN UP SIGNS AND FLAGGING
- CHECK IN AT STATION FLATS WITH VOLUNTEER ORGANIZER

### **NEAREST CHECK POINT:**

- CALL ROVING FIRST AID

### **OTHER:**

- BRING APPROPRIATE CLOTHING FOR THE WEATHER (RAIN JACKET, GLOVES, UMBRELLA, HAT, ETC.)
- BRING FOOD AND WATER FOR THE DAY

### **RADIO PROTOCOL:**

- DUE TO THE LARGE NUMBER OF RADIOS, RADIO SILENCE IS MANDATORY!
- EXCEPT FOR THE FOLLOWING:
- ARRIVAL AT CHECKPOINT, CHECKIN WITH STATION FLATS
- CHECKIN WITH PRECEDING AND FOLLOWING CHECKPOINTS
- FIRST RIDER THROUGH
- LAST RIDER THROUGH
- SWEEPERS ARE THROUGH
- LEAVING CHECKPOINT
- FIRST AID REASONS (PRIORITY)
- INCASE OF ANY FIRST AID SITUATIONS ALL OTHER TRANSMISSIONS ARE DISCONTINUED UNTIL SITUATION IS RESOLVED

## **CHECKPOINT 12 POWDERFACE CREEK TRAIL TRAILHEAD ON POWDERFACE TRAIL RD**

### **CHECK IN:**

- STATION FLATS DAY USE AREA AT 800AM
- PICK UP RADIO AND CHECKPOINT PACKAGE

### **ACCESS:**

- DRIVE FROM STATION FLATS TO POWDERFACE ROAD TRAIL TURN AND DRIVE APPROX. 6KM TO POWDERFACE CREEK TRAIL TRAILHEAD

### **DUTIES:**

- BE AT CHECKPOINT 12 AT 9:30AM
- RECORD RIDER ORDER ON LAP SHEETS PROVIDED
- REPORT FIRST AID INCIDENTS TO EMT AT CHECKPOINT
- SUPPORT AND AID EMT AS REQUIRED
- REPORT TO START/ FINISH AFTER THE SWEEPER PASSED CHECKPOINT
- CHECK IN AT STATION FLATS WITH VOLUNTEER ORGANIZER

### **NEAREST FIRST AID:**

- YOUR CHECKPOINT IS FIRST AID

### **OTHER:**

- BRING APPROPRIATE CLOTHING FOR THE WEATHER (RAIN JACKET, GLOVES, UMBRELLA, HAT, ETC.)
- BRING FOOD AND WATER FOR THE DAY

### **RADIO PROTOCOL:**

- DUE TO THE LARGE NUMBER OF RADIOS, RADIO SILENCE IS MANDATORY!
- EXCEPT FOR THE FOLLOWING:
- ARRIVAL AT CHECKPOINT, CHECKIN WITH STATION FLATS
- CHECKIN WITH PRECEDING AND FOLLOWING CHECKPOINTS
- FIRST RIDER THROUGH
- LAST RIDER THROUGH
- SWEEPERS ARE THROUGH
- LEAVING CHECKPOINT
- FIRST AID REASONS (PRIORITY)
- INCASE OF ANY FIRST AID SITUATIONS ALL OTHER TRANSMISSIONS ARE DISCONTINUED UNTIL SITUATION IS RESOLVED

## **CHECKPOINT 13 JUNCTION POWDERFACE CREEK TRAIL / POWDERFACE RIDGE TRAIL**

### **CHECK IN:**

- STATION FLATS DAY USE AREA AT 8:00AM
- PICK UP RADIO AND CHECKPOINT PACKAGE

### **ACCESS:**

- DRIVE FROM STATION FLATS TO POWDERFACE ROAD TRAIL TURN AND DRIVE APPROX. 6KM TO POWDERFACE CREEK TRAIL TRAILHEAD
- RIDE FROM TRAILHEAD 2.6KM TO POWDERFACE RIDGE TRAIL JUNCTION.

### **DUTIES:**

- BE AT CHECKPOINT 13 AT 9:30AM
- RECORD RIDER ORDER ON LAP SHEETS PROVIDED
- REPORT FIRST AID INCIDENTS TO EMT AT CHECKPOINT
- SUPPORT AND AID EMT AS REQUIRED
- REPORT TO START/ FINISH AFTER THE SWEEPER PASSED CHECKPOINT
- AFTER SWEEPER HAS PASSED CLEAN FLAGGING/SIGNING FROM PRAIRIE LINK TR. AND PRAIRIE CREEK TR.. ASCEND THE LINK AGAIN REMOVING SIGNING AND FLAGGING BACK TO POWDERFACE DAY USE AREA
- CHECK IN AT STATION FLATS WITH VOLUNTEER ORGANIZER

### **NEAREST FIRST AID:**

- YOUR CHECKPOINT IS FIRST AID

### **OTHER:**

- BRING APPROPRIATE CLOTHING FOR THE WEATHER (RAIN JACKET, GLOVES, UMBRELLA, HAT, ETC.)
- BRING FOOD AND WATER FOR THE DAY

### **RADIO PROTOCOL:**

- DUE TO THE LARGE NUMBER OF RADIOS, RADIO SILENCE IS MANDATORY!
- EXCEPT FOR THE FOLLOWING:
- ARRIVAL AT CHECKPOINT, CHECKIN WITH STATION FLATS
- CHECKIN WITH PRECEEDING AND FOLLOWING CHECKPOINTS
- FIRST RIDER THROUGH
- LAST RIDER THROUGH
- SWEEPERS ARE THROUGH
- LEAVING CHECKPOINT
- FIRST AID REASONS (PRIORITY)
- INCASE OF ANY FIRST AID SITUATIONS ALL OTHER TRANSMISSIONS ARE DISCONTINUED UNTIL SITUATION IS RESOLVED

## CHECKPOINT 14 POWDERFACE TRAIL RD./PRAIRIE CREEK TRAIL

### CHECK IN:

- STATION FLATS DAY USE AREA AT 9:15AM
- PICK UP RADIO AND CHECKPOINT PACKAGE

### ACCESS:

- DRIVE FROM STATION FLATS DOWN HWY 66 TO POWDERFACE TR RD. TRAILHEAD IS APPROX. 9.9 KM ON POWDERFACE RD.

### DUTIES:

- BE AT CHECKPOINT 17 AT 10:00AM
- MAKE SURE RIDERS ARE HEADING RIGHT WAY DOWN POWDERFACE TR
- RECORD RIDER ORDER ON LAP SHEETS PROVIDED
- REPORT FIRST AID INCIDENTS TO EMT AT CHECKPOINT
- SUPPORT AND AID EMT AS REQUIRED
- REPORT TO START/ FINISH WHEN THE SWEEPER REACHED CHECKPOINT
- AFTER SWEEPER HAS PASSED REMAIN AT CHECKPOINT UNTIL SWEEPER HAS REACHED CHECKPOINT 18. REMOVE SIGNING/FLAGGING FROM CP.
- CHECK IN AT STATION FLATS WITH VOLUNTEER ORGANIZER

### NEAREST FIRST AID:

- ROVING FIRST AID

### OTHER:

- BRING APPROPRIATE CLOTHING FOR THE WEATHER (RAIN JACKET, GLOVES, UMBRELLA, HAT, ETC.)
- BRING FOOD AND WATER FOR THE DAY

### RADIO PROTOCOL:

- DUE TO THE LARGE NUMBER OF RADIOS, RADIO SILENCE IS MANDATORY!
- EXCEPT FOR THE FOLLOWING:
- ARRIVAL AT CHECKPOINT, CHECKIN WITH STATION FLATS
- CHECKIN WITH PRECEDING AND FOLLOWING CHECKPOINTS
- FIRST RIDER THROUGH
- LAST RIDER THROUGH
- SWEEPERS ARE THROUGH
- LEAVING CHECKPOINT
- FIRST AID REASONS (PRIORITY)
- INCASE OF ANY FIRST AID SITUATIONS ALL OTHER TRANSMISSIONS ARE DISCONTINUED UNTIL SITUATION IS RESOLVED

## **CHECKPOINT 15 POWDERFACE DAY USE AREA**

### **CHECK IN:**

- STATION FLATS DAY USE AREA AT 9:30AM
- PICK UP RADIO AND CHECKPOINT PACKAGE

### **ACCESS:**

- DRIVE FROM STATION FLATS APPROX. 10KM TO POWDERFACE DAY USE AREA

### **DUTIES:**

- BE AT CHECKPOINT 19 AT 9:45AM
- RECORD RIDER ORDER ON LAP SHEETS PROVIDED
- REPORT FIRST AID INCIDENTS TO ROVING FIRST AID
- REPORT TO START/ FINISH AFTER THE SWEEPER PASSED CHECKPOINT
- AFTER SWEEPER HAS PASSED CLEAN FLAGGING/SIGNING FROM TRAILS WINDING THROUGH POWDERFACE AREA.
- CHECK IN AT STATION FLATS WITH VOLUNTEER ORGANIZER

### **NEAREST FIRST AID:**

- CALL ROVING FIRST AID

### **OTHER:**

- BRING APPROPRIATE CLOTHING FOR THE WEATHER (RAIN JACKET, GLOVES, UMBRELLA, HAT, ETC.)
- BRING FOOD AND WATER FOR THE DAY

### **RADIO PROTOCOL:**

- DUE TO THE LARGE NUMBER OF RADIOS, RADIO SILENCE IS MANDATORY!
- EXCEPT FOR THE FOLLOWING:
- ARRIVAL AT CHECKPOINT, CHECKIN WITH STATION FLATS
- CHECKIN WITH PRECEEDING AND FOLLOWING CHECKPOINTS
- FIRST RIDER THROUGH
- LAST RIDER THROUGH
- SWEEPERS ARE THROUGH
- LEAVING CHECKPOINT
- FIRST AID REASONS (PRIORITY)
- INCASE OF ANY FIRST AID SITUATIONS ALL OTHER TRANSMISSIONS ARE DISCONTINUED UNTIL SITUATION IS RESOLVED

## CHECKPOINT 16 CANYON CREEK ROAD CROSSING

### CHECK IN:

- STATION FLATS DAY USE AREA AT 9:45AM
- PICK UP RADIO AND CHECKPOINT PACKAGE

### ACCESS:

- PARK ON CANYON CREEK ROAD (LOCATED APPROX. 6KM FROM STATION FLATS AND 0.25KM FROM HWY 66)

### DUTIES:

- BE AT CHECKPOINT 20 AT 10:15AM
- MAKE SURE RIDERS CROSS THE ROAD SAFELY AND YIELD TO TRAFFIC
- RECORD RIDER ORDER ON LAP SHEETS PROVIDED
- REPORT FIRST AID INCIDENTS TO EMT
- REPORT TO START/FINISH AFTER SWEEPER HAS PASSED CHECKPOINT
- AFTER SWEEPER HAS PASSED CLEAN FLAGGING/SIGNING FROM ROAD
- CHECK IN AT STATION FLATS WITH VOLUNTEER ORGANIZER

### NEAREST FIRST AID:

- CALL ROVING FIRST AID

### OTHER:

- BRING APPROPRIATE CLOTHING FOR THE WEATHER (RAIN JACKET, GLOVES, UMBRELLA, HAT, ETC.)
- BRING FOOD AND WATER FOR THE DAY

### RADIO PROTOCOL:

- DUE TO THE LARGE NUMBER OF RADIOS, RADIO SILENCE IS MANDATORY!
- EXCEPT FOR THE FOLLOWING:
- ARRIVAL AT CHECKPOINT, CHECKIN WITH STATION FLATS
- CHECKIN WITH PRECEDING AND FOLLOWING CHECKPOINTS
- FIRST RIDER THROUGH
- LAST RIDER THROUGH
- SWEEPERS ARE THROUGH
- LEAVING CHECKPOINT
- FIRST AID REASONS (PRIORITY)
- INCASE OF ANY FIRST AID SITUATIONS ALL OTHER TRANSMISSIONS ARE DISCONTINUED UNTIL SITUATION IS RESOLVED

## **CHECKPOINT 17 ASCENT FROM CANYON CREEK ROAD**

### **CHECK IN:**

- STATION FLATS DAY USE AREA AT 9:45AM
- PICK UP RADIO AND CHECKPOINT PACKAGE

### **ACCESS:**

- PARK ON CANYON CREEK ROAD (LOCATED APPROX. 6KM FROM STATION FLATS AND 0.25KM FROM HWY 66). PROCEED UP THE ASCENT ON THE RIGHT SIDE OF THE RD. (NORTH) TO THE TOP OF THE SWITCH BACKS. YOU SHOULD HAVE A GREAT VIEW OF THE VALLEY.

### **DUTIES:**

- BE AT CHECKPOINT 4 AT 10:15AM
- RECORD RIDER ORDER ON LAP SHEETS PROVIDED
- REPORT FIRST AID INCIDENTS TO EMT AT CHECKPOINT

### **OTHER:**

- BRING APPROPRIATE CLOTHING FOR THE WEATHER (RAIN JACKET, GLOVES, UMBRELLA, HAT, ETC.)
- BRING FOOD AND WATER FOR THE DAY
- CHECK IN AT STATION FLATS WITH VOLUNTEER ORGANIZER

### **NEAREST FIRST AID:**

- YOUR CHECK POINT IS FIRST AID

### **OTHER:**

- BRING APPROPRIATE CLOTHING FOR THE WEATHER (RAIN JACKET, GLOVES, UMBRELLA, HAT, ETC.)
- BRING FOOD AND WATER FOR THE DAY

### **RADIO PROTOCOL:**

- DUE TO THE LARGE NUMBER OF RADIOS, RADIO SILENCE IS MANDATORY!
- EXCEPT FOR THE FOLLOWING:
- ARRIVAL AT CHECKPOINT, CHECKIN WITH STATION FLATS
- CHECKIN WITH PRECEDING AND FOLLOWING CHECKPOINTS
- FIRST RIDER THROUGH
- LAST RIDER THROUGH
- SWEEPERS ARE THROUGH
- LEAVING CHECKPOINT
- FIRST AID REASONS (PRIORITY)
- INCASE OF ANY FIRST AID SITUATIONS ALL OTHER TRANSMISSIONS ARE DISCONTINUED UNTIL SITUATION IS RESOLVED

## **CHECK POINT 22**

### **SULPHUR SPRINGS/ ELBOW VALLEY TRAIL JUNCTION**

#### **CHECK IN:**

- STATION FLATS DAY USE AREA AT 10:00AM
- PICK UP RADIO AND CHECKPOINT PACKAGE

#### **ACCESS:**

- PARK ON HWY 66 APPROX. 5.5 KM FROM STATION FLATS AND PROCEED UP TRAIL HEAD ON WEST SIDE OF THE HWY TO SULPHUR SPRINGS/ELBOW VALLEY TRAIL JUNCTION

#### **DUTIES:**

- BE AT CHECKPOINT 22 AT 10:15AM
- MAKE SURE RIDERS GO THE RIGHT WAY ON ELBOW VALLEY TR. FROM SULPHUR SPRINGS TR.
- REPORT FIRST AID INCIDENTS TO EMT AT CHECKPOINT
- AID AND SUPPORT EMT AS REQUIRED
- REPORT BACK TO START/FINISH AFTER SWEEPER HAS PASSED CHECKPOINT
- AFTER SWEEPER HAS PASSED CLEAN FLAGGING/SIGNING FROM INTERSECTION
- RECORD RIDER ORDER ON LAP SHEETS PROVIDED
- CHECK IN AT STATION FLATS WITH VOLUNTEER ORGANIZER

#### **NEAREST FIRST AID:**

- YOUR CHECK POINT IS FIRST AID

#### **OTHER:**

- BRING APPROPRIATE CLOTHING FOR THE WEATHER (RAIN JACKET, GLOVES, UMBRELLA, HAT, ETC.)
- BRING FOOD AND WATER FOR THE DAY

#### **RADIO PROTOCOL:**

- DUE TO THE LARGE NUMBER OF RADIOS, RADIO SILENCE IS MANDATORY!
- EXCEPT FOR THE FOLLOWING:
- ARRIVAL AT CHECKPOINT, CHECKIN WITH STATION FLATS
- CHECKIN WITH PRECEDING AND FOLLOWING CHECKPOINTS
- FIRST RIDER THROUGH
- LAST RIDER THROUGH
- SWEEPERS ARE THROUGH
- LEAVING CHECKPOINT
- FIRST AID REASONS (PRIORITY)
- INCASE OF ANY FIRST AID SITUATIONS ALL OTHER TRANSMISSIONS ARE DISCONTINUED UNTIL SITUATION IS RESOLVED

## **CHECKPOINT 19 MOOSE MOUNTAIN ROAD CROSSING**

### **CHECK IN:**

- STATION FLATS DAY USE AREA AT 10:15AM
- PICK UP RADIO AND CHECKPOINT PACKAGE

### **ACCESS:**

- DRIVE SOUTH ON HIGHWAY 66 APPROX. 3KM TO MOOSE MTN. ACCESS RD. TURN RIGHT AND DRIVE TO
- SULPHUR SPRINGS TRAIL CROSSING APPROX. 2KM FROM HWY. 66

### **DUTIES: CK 19**

- BE AT CHECKPOINT 19 AT 10:30AM
- MAKE SURE RIDERS CROSS THE ROAD SAFELY AND YIELD TO TRAFFIC
- THIS CHECKPOINT
- STOPS ALL RIDERS AFTER 2:00 PM
- REPORT FIRST AID INCIDENTS TO STATION FLATS
- REPORT TO START/FINISH AFTER SWEEPER HAS PASSED CHECKPOINT
- AFTER SWEEPER HAS PASSED CLEAN SIGNING AND FLAGGING OFF MOOSE MTN. RD.
- CHECK IN AT STATION FLATS WITH VOLUNTEER ORGANIZER

### **RADIO PROTOCOL:**

- DUE TO THE LARGE NUMBER OF RADIOS, RADIO SILENCE IS MANDATORY!
- EXCEPT FOR THE FOLLOWING:
- ARRIVAL AT CHECKPOINT, CHECKIN WITH STATION FLATS
- CHECKIN WITH PRECEDING AND FOLLOWING CHECKPOINTS
- FIRST RIDER THROUGH
- LAST RIDER THROUGH
- SWEEPERS ARE THROUGH
- LEAVING CHECKPOINT
- FIRST AID REASONS (PRIORITY)
- INCASE OF ANY FIRST AID SITUATIONS ALL OTHER TRANSMISSIONS ARE DISCONTINUED UNTIL SITUATION IS RESOLVED

## **CHECKPOINT 20 SULPHUR SPRINGS - PNEUMA INTERSECTION**

### **CHECK IN:**

- STATION FLATS DAY USE AREA AT 10:15AM
- PICK UP RADIO AND CHECKPOINT PACKAGE

### **ACCESS:**

- DRIVE SOUTH ON HIGHWAY 66 APPROX. 3KM TO MOOSE MTN. ACCESS RD. TURN RIGHT AND DRIVE TO SULPHUR SPRINGS TRAIL CROSSING APPROX. 2KM FROM HWY. 66
- RIDE / HIKE TO PNEUMA INTERSECTION TO SEND PEOPLE UP THE CORRECT TRAIL

### **DUTIES: CK 20**

- BE AT CHECKPOINT 20 AT 10:30AM
- THIS CHECKPOINT
- MAKES SURE RIDERS ARE TRAVELING UP PNEUMA
- REPORT FIRST AID INCIDENTS TO STATION FLATS
- REPORT TO START/FINISH AFTER SWEEPER HAS PASSED CHECKPOINT
- AFTER SWEEPER HAS PASSED CLEAN SIGNING AND FLAGGING OFF MOOSE MTN. RD.
- CHECK IN AT STATION FLATS WITH VOLUNTEER ORGANIZER

### **RADIO PROTOCOL:**

- DUE TO THE LARGE NUMBER OF RADIOS, RADIO SILENCE IS MANDATORY!
- EXCEPT FOR THE FOLLOWING:
- ARRIVAL AT CHECKPOINT, CHECKIN WITH STATION FLATS
- CHECKIN WITH PRECEDING AND FOLLOWING CHECKPOINTS
- FIRST RIDER THROUGH
- LAST RIDER THROUGH
- SWEEPERS ARE THROUGH
- LEAVING CHECKPOINT
- FIRST AID REASONS (PRIORITY)
- INCASE OF ANY FIRST AID SITUATIONS ALL OTHER TRANSMISSIONS ARE DISCONTINUED UNTIL SITUATION IS RESOLVED

## **CHECKPOINT 21 PNUEMA / SPECIAL K**

### **CHECK IN:**

- STATION FLATS DAY USE AREA AT 10:15AM
- PICK UP RADIO AND CHECKPOINT PACKAGE

### **ACCESS:**

- DRIVE SOUTH ON HIGHWAY 66 APPROX. 3KM TO MOOSE MTN. ACCESS RD. TURN RIGHT AND DRIVE TO NEAR THE PARKING AT THE TOP OF MOOSE MTN. RIDE OR HIKE TO THE JUNCTION OF SPECIAL K AND PNUEMA.

### **DUTIES: CK 21**

- BE AT CHECKPOINT 21 AT 11:00AM
- MAKE SURE RIDERS ARE TRAVELING DOWN THE CORRECT TRAIL
- THIS CHECKPOINT
- REPORT FIRST AID INCIDENTS TO STATION FLATS
- REPORT TO START/FINISH AFTER SWEEPER HAS PASSED CHECKPOINT
- AFTER SWEEPER HAS PASSED CLEAN SIGNING AND FLAGGING OFF MOOSE MTN. RD.
- CHECK IN AT STATION FLATS WITH VOLUNTEER ORGANIZER

### **RADIO PROTOCOL:**

- DUE TO THE LARGE NUMBER OF RADIOS, RADIO SILENCE IS MANDATORY!
- EXCEPT FOR THE FOLLOWING:
- ARRIVAL AT CHECKPOINT, CHECKIN WITH STATION FLATS
- CHECKIN WITH PRECEDING AND FOLLOWING CHECKPOINTS
- FIRST RIDER THROUGH
- LAST RIDER THROUGH
- SWEEPERS ARE THROUGH
- LEAVING CHECKPOINT
- FIRST AID REASONS (PRIORITY)
- INCASE OF ANY FIRST AID SITUATIONS ALL OTHER TRANSMISSIONS ARE DISCONTINUED UNTIL SITUATION IS RESOLVED

## **CHECKPOINT 22**

### **JUNCTION LOWER TOM SNOW TRAIL / SPECIAL K**

#### **CHECK IN:**

- STATION FLATS DAY USE AREA AT 10:00AM
- PICK UP RADIO AND CHECKPOINT PACKAGE

#### **ACCESS:**

- FROM STATION FLATS RIDE UP TOM SNOW TRAIL APPROX 3 KMS

#### **DUTIES:**

- BE AT CHECKPOINT 22 AT 11:00AM
- RECORD RIDER ORDER ON LAP SHEETS PROVIDED
- REPORT FIRST AID INCIDENTS TO FIRST AID
- SUPPORT AND AID EMT AS REQUIRED
- REPORT TO START/FINISH WHEN SWEEPER PASSES CHECKPOINT
- CLEAN UP ANY SIGNING/FLAGGING AS YOU LEAVE BACK TO STATION FLATS
- CHECK IN AT STATION FLATS WITH VOLUNTEER ORGANIZER

#### **NEAREST FIRST AID:**

- STATION FLATS
- CHECK POINT 26

#### **OTHER:**

- BRING APPROPRIATE CLOTHING FOR THE WEATHER (RAIN JACKET, GLOVES, UMBRELLA, HAT, ETC.)
- BRING FOOD AND WATER FOR THE DAY

#### **RADIO PROTOCOL:**

- DUE TO THE LARGE NUMBER OF RADIOS, RADIO SILENCE IS MANDATORY!
- EXCEPT FOR THE FOLLOWING:
- ARRIVAL AT CHECKPOINT, CHECKIN WITH STATION FLATS
- CHECKIN WITH PRECEEDING AND FOLLOWING CHECKPOINTS
- FIRST RIDER THROUGH
- LAST RIDER THROUGH
- SWEEPERS ARE THROUGH
- LEAVING CHECKPOINT
- FIRST AID REASONS (PRIORITY)
- INCASE OF ANY FIRST AID SITUATIONS ALL OTHER TRANSMISSIONS ARE DISCONTINUED UNTIL SITUATION IS RESOLVED

## CHECKPOINT 23

### LOWER TOM SNOW TRAIL 1.5KM FROM STATION FLATS

#### CHECK IN:

- STATION FLATS DAY USE AREA AT 10:00AM
- PICK UP RADIO AND CHECKPOINT PACKAGE

#### ACCESS:

- FROM STATION FLATS RIDE UP TOM SNOW TRAIL PAST DIAMOND T LOOP OVER THE CREEK TO THE BOTTOM OF THE NEXT DESCENT

#### DUTIES:

- BE AT CHECKPOINT 23 AT 11:00AM
- RECORD RIDER ORDER ON LAP SHEETS PROVIDED
- REPORT FIRST AID INCIDENTS TO FIRST AID
- SUPPORT AND AID EMT AS REQUIRED
- REPORT TO START/FINISH WHEN SWEEPER PASSES CHECKPOINT
- CLEAN UP ANY SIGNING/FLAGGING AS YOU LEAVE BACK TO STATION FLATS
- CHECK IN AT STATION FLATS WITH VOLUNTEER ORGANIZER

#### NEAREST FIRST AID:

- STATION FLATS

#### OTHER:

- BRING APPROPRIATE CLOTHING FOR THE WEATHER (RAIN JACKET, GLOVES, UMBRELLA, HAT, ETC.)
- BRING FOOD AND WATER FOR THE DAY

#### RADIO PROTOCOL:

- DUE TO THE LARGE NUMBER OF RADIOS, RADIO SILENCE IS MANDATORY!
- EXCEPT FOR THE FOLLOWING:
- ARRIVAL AT CHECKPOINT, CHECKIN WITH STATION FLATS
- CHECKIN WITH PRECEDING AND FOLLOWING CHECKPOINTS
- FIRST RIDER THROUGH
- LAST RIDER THROUGH
- SWEEPERS ARE THROUGH
- LEAVING CHECKPOINT
- FIRST AID REASONS (PRIORITY)
- INCASE OF ANY FIRST AID SITUATIONS ALL OTHER TRANSMISSIONS ARE DISCONTINUED UNTIL SITUATION IS RESOLVED