

# THE LEACH

Loxahatchee Eco Adventure Challenge

Come spend a few hours running beautiful trails, hiking through environmentally unique scrub pine forests and cypress swamps, riding single-track bike trails and dirt roads, canoeing the Loxahatchee River, pushing your bike through pristine sugar sand, navigating with map and compass, and other special challenges!

The **LEACH 6-8 hour AR** promises to offer a challenging course in beautiful natural areas: single track, double track, paved trail, cross-county, and lovely swamp and river travel. Teams (2-3 person co-ed or single sex) can expect great challenges and great fun! Canoes, two paddles, PFDs are provided for teams. No kayak paddles or 3<sup>rd</sup> paddle will be allowed. This is a primarily UNMARKED course so know how to read a map and navigate with compass.

Or try the sprint version (the Lil Bleeder), perfect for newcomers or fun-lovers! The **Lil Bleeder 2 hour AR** covers a shorter MOSTLY MARKED course with about 2 hours of biking, running, paddling, challenges, and adventure.

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ENDURANCE FUEL



# THE L.E.A. CH. SIX TO EIGHT HOUR ADVENTURE RACE

AND

# LIL BLEEDER

TWO HOUR ADVENTURE RACE



**SATURDAY  
NOVEMBER 14<sup>TH</sup> 2009**

**AT**

Jonathan Dickinson State Park  
16450 S.E. Federal Highway  
Hobe Sound, Florida 33455

# REGISTRATION

Advanced registration is required!

Registration Deadline is November 11, 2009 - There is no Race Day Registration!!!

**Register early and save!!**

**Early Registration (before October 18, 2009)**

	The LEACH	Lil Bleeder
3-Person Teams:	\$225	\$135
2-Person Teams:	\$160	\$100

**Registration (before November 11, 2009)**

	The LEACH	Lil Bleeder
3-Person Teams:	\$255	\$150
2-Person Teams:	\$180	\$110

Use Active.com to register or Mail to:

**Club Scrub**  
P.O. Box 2263  
Jupiter, Fla. 33468-2263

**Make checks payable to: Club Scrub**

# SCHEDULED EVENTS

Saturday, Nov 14<sup>th</sup> The LEACH & Lil Bleeder will be held in Jonathan Dickinson State Park starting at the Loxahatchee pavilion down by the swimming hole. Check in will open at 6:15am; the LEACH pre-meeting starts at 7:15am; race starts at 8. Lil Bleeder check-in starts at 10:30; race starts at 1. Awards presentations and food will follow starting around 4:30pm. **See Website for more information!!**

# DIVISIONS

- **3-Person Teams**
  - Co-ed, Male, & Female
  - Co-ed Corporate (Lil Bleeder only)
- **2-Person Teams**
  - Co-ed, Male, & Female

# AWARDS

The premiere division, 3 person co-ed, will receive prizes for top 3 teams in the LEACH. The top 3 in all divisions will receive race awards! Swag bags for all pre-registered participants before Oct 18!

# FOOD

A fantastic catered dinner will be provided after the LEACH & Lil Bleeder for all AR participants. Advanced tickets will be available for non-racers.

# DIRECTIONS

The Park entrance is located on U.S. 1 between Tequesta and Hobe Sound. After entering the park, make a right at the first stop sign. Follow the road all the way back for several miles until the road dead ends into the parking area. Turn left to the Loxahatchee pavilion down by the swimming hole.

# QUESTIONS / INFO

The **mandatory gear list** and more info will be posted on the Website: [www.clubscrub.org](http://www.clubscrub.org)

Email Event information to:  
[leach@clubscrub.org](mailto:leach@clubscrub.org)

# REGISTRATION FORM

Please print clearly.

Team Name \_\_\_\_\_

1<sup>st</sup> Name \_\_\_\_\_

Address \_\_\_\_\_

City/State/Zip \_\_\_\_\_

Phone # \_\_\_\_\_

Emergency Contact \_\_\_\_\_

E-Mail \_\_\_\_\_

2<sup>nd</sup> Name \_\_\_\_\_

3<sup>rd</sup> Name \_\_\_\_\_

Circle T-Shirt Size: S M L XL

Circle T-Shirt Size: S M L XL

Circle T-Shirt Size: S M L XL

Circle event: The LEACH Lil Bleeder

Circle Division:

2P-Co-ed 2P-M 2P-F

3P-Co-ed-Corporate 3P-Co-ed 3P-M 3P-F

*I hereby make known to whomever it may concern that I, my heirs, executors and administrators waive, release and forever discharge all rights and claims which I may have or whichever accrue to me against Club Scrub, Jonathan Dickinson State Park, and or any other person connected with the Club Event, individually or collectively, from all responsibility for any injury or property damage during the event.*

Signature \_\_\_\_\_