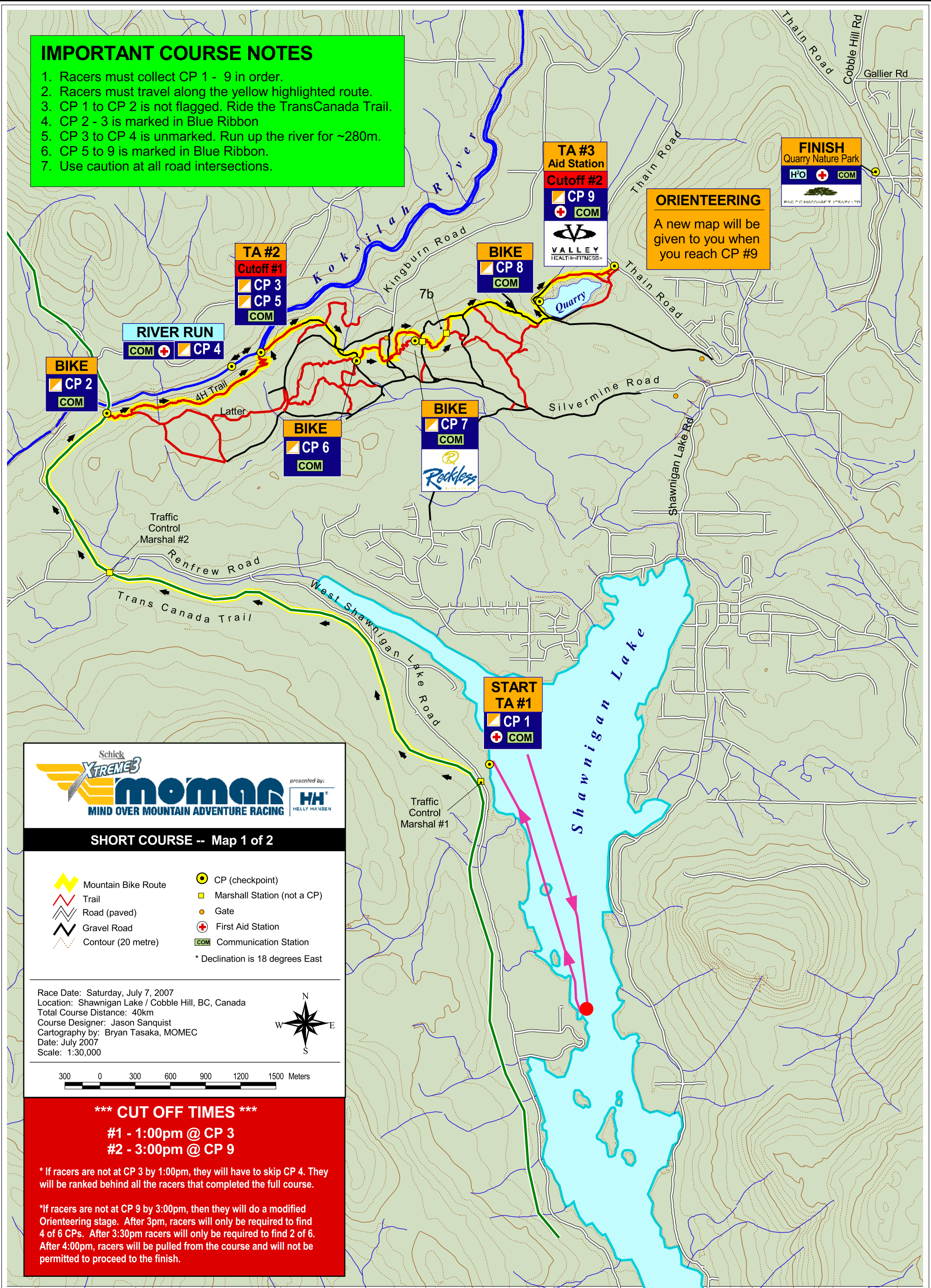


## IMPORTANT COURSE NOTES

1. Racers must collect CP 1 - 9 in order.
2. Racers must travel along the yellow highlighted route.
3. CP 1 to CP 2 is not flagged. Ride the TransCanada Trail.
4. CP 2 - 3 is marked in Blue Ribbon
5. CP 3 to CP 4 is unmarked. Run up the river for ~280m.
6. CP 5 to 9 is marked in Blue Ribbon.
7. Use caution at all road intersections.



**ORIENTEERING**  
A new map will be given to you when you reach CP #9

**FINISH**  
Quarry Nature Park  
H<sub>2</sub>O + COM  
PACIFIC MAGAZINE LIBRARY LTD

**TA #3**  
Aid Station  
Cutoff #2  
CP 9  
COM  
VALLEY HEALTH & FITNESS

**TA #2**  
Cutoff #1  
CP 3  
CP 5  
COM

**RIVER RUN**  
COM + CP 4

**BIKE**  
CP 2  
COM

**BIKE**  
CP 6  
COM

**BIKE**  
CP 7  
COM  
Rockless

**BIKE**  
CP 8  
COM

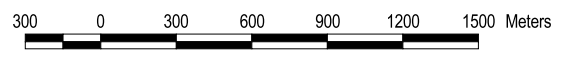
**START**  
TA #1  
CP 1  
COM



### SHORT COURSE -- Map 1 of 2

- |                     |                             |
|---------------------|-----------------------------|
| Mountain Bike Route | CP (checkpoint)             |
| Trail               | Marshall Station (not a CP) |
| Road (paved)        | Gate                        |
| Gravel Road         | First Aid Station           |
| Contour (20 metre)  | Communication Station       |
- \* Declination is 18 degrees East

Race Date: Saturday, July 7, 2007  
Location: Shawnigan Lake / Cobble Hill, BC, Canada  
Total Course Distance: 40km  
Course Designer: Jason Sanquist  
Cartography by: Bryan Tasaka, MOMEAC  
Date: July 2007  
Scale: 1:30,000



### \*\*\* CUT OFF TIMES \*\*\*

- #1 - 1:00pm @ CP 3
- #2 - 3:00pm @ CP 9

\* If racers are not at CP 3 by 1:00pm, they will have to skip CP 4. They will be ranked behind all the racers that completed the full course.

\* If racers are not at CP 9 by 3:00pm, then they will do a modified Orienteering stage. After 3pm, racers will only be required to find 4 of 6 CPs. After 3:30pm racers will only be required to find 2 of 6. After 4:00pm, racers will be pulled from the course and will not be permitted to proceed to the finish.