



REGULAR COURSE -- Map #1

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|---------------------|---------------------------|
| Mountain Bike Route | CP (checkpoint) |
| Kayak Route | Aid Station |
| Trail | Certified Traffic Marshal |
| Road (paved) | Gate |
| Gravel Road | First Aid Station |
| Contour (20 metre) | Communication Station |
- * Declination is 22 degrees East

Race Date: Saturday, July 26, 2008
 Location: Shawnigan Lake, BC, Canada
 Total Course Distance: 50km+
 Course Designer: Jason Sandquist
 Mapping by: Bryan Tasaka, Mind Over Mountain Event Co. Ltd
 Date: July 2008
 Scale: 1:40,000

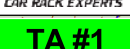


500 0 500 1000 1500 2000 2500 Meters



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Trekking 'O' Stage

Use Map #2
to find the CPs
on Cobble Hill Mtn.



*** CUT OFF TIMES ***

- #1 - 11:30am @ CP 2 -- Skip CP 3, 4, & 5 and continue on from CP 6
- #2 - 2:00pm @ CP 9 -- Skip CP 10 & 11 and continue to CP 12
- #3 - 3:30pm @ CP 13 -- Skip CP 14 & 15 and continue to CP 16

*** ALL RACERS MUST CROSS THE FINISH LINE IN 8 HOURS OR LESS OR ELSE THEY WILL BE DISQUALIFIED.

HINT: If you feel that you are in risk of exceeding the 8 hours, consider skipping checkpoints in order remain ranked.

WHAT SECTIONS ARE FLAGGED?

A significant portion of this race course is NOT marked. You are required to self navigate from one CP to the next for many of the sections. Your route is highlighted in yellow for the bike and blue for the kayak and you must not deviate from this route.

The only section of the course that is marked is from CP 9 to CP 16. Follow the PINK flagging.

Take the time to make sure you are going the right way!

CHECKPOINT HINTS...

The following CPs are NOT manned with course marshals. To find these CPs, you must be alert and keep your eyes open. Here are some detailed hints as to where they will be located:

CP #3 - Cross the creek and look for the flag ~200m on the right side of the trail.

CP #5 - Look for a small clearing (swamp) on the left side of the trail. The CP is at the second small clearing; hanging on a mossy tree. If you cross a dried out gravel bed, then you've gone too far.

CP #7 - Watch for an intersection noted with a trail sign on your right. This one might be tricky...

CP #10 - 300m upstream on your right

CP #11 - 100m downstream, follow the flags.

CP #14 & #15 - Follow the instructions of the course marshal.

Choose your own route from CP 7 to CP 8. Remember CP 7 is unmanned,

