

SPORT

MAP #1
 SQUAMISH, BC
 MAY 23, 2009

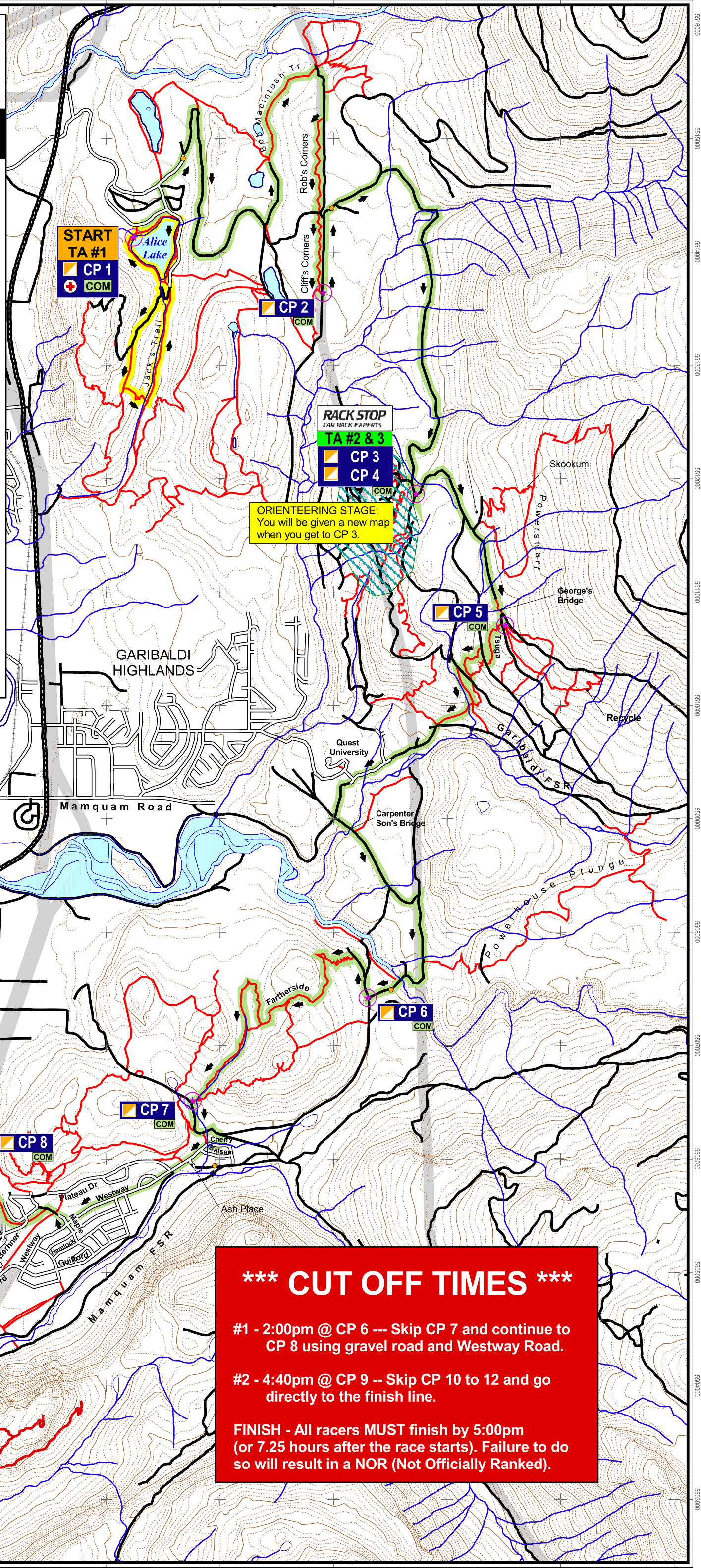
INSTRUCTIONS:

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.

There are five (5) sections that are marked and you must not deviate from the PINK flagging. These flagged sections are between:
 --- Stage 1 Trek around Alice Lake and Jack's
 --- Bob McIntosh Trail to Rob and Cliff's Corners
 --- Tsuga (CP 5) to the Garibaldi FSR
 --- Fartherside Trail
 --- Vista Road to CP 15

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|--|------------------------|--|----------------------------------|
| | Mountain Bike Route | | CP (checkpoint) |
| | Flagged Trekking Route | | Marshall Station (not a CP) |
| | Trail | | Gate |
| | Road (paved) | | First Aid Station |
| | Gravel Road | | Communication Station |
| | Contour (20 metre) | | * Declination is 22 degrees East |

Race Date: Saturday, May 23, 2009
 Location: Squamish, BC, Canada
 Total Course Distance: 50km
 Course Designer: Jen Segger (www.challengebychoice.ca)
 Mapping by: Bryan Tasaka, Mind Over Mountain Event Co.
 Date: May 2009
 Scale: 1:33000



ORIENTEERING STAGE:
 You will be given a new map when you get to CP 3.

RACK STOP
 FOR THE EXPERTS
 TA #2 & 3

DOWNTOWN FINISH & TREK #3
 CP 10 CP 11
 CP 12
 H₂O + COM
 You will receive this map at CP 9

***** CUT OFF TIMES *****
 #1 - 2:00pm @ CP 6 --- Skip CP 7 and continue to CP 8 using gravel road and Westway Road.
 #2 - 4:40pm @ CP 9 -- Skip CP 10 to 12 and go directly to the finish line.
FINISH - All racers MUST finish by 5:00pm (or 7.25 hours after the race starts). Failure to do so will result in a NOR (Not Officially Ranked).