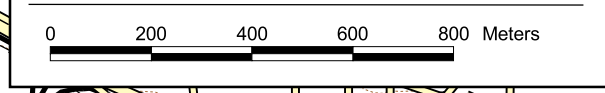


## INSTRUCTIONS:

1. A significant portion of this race course requires teams to self navigate using this map. However, CP10 to CP14 is marked in BLUE flagging tape and you must not deviate from the designated route.
2. CP1 to CP6 is a trek and requires self navigation. CPs must be obtained in order.
- 3 You must stay on the highlighted route as per the map
4. You will Orienteer on foot at CP 8 & 14.
5. You must get the CPs in order except during the two orienteering stages.

- Mountain Bike Route
  - Trail - Double-track
  - Trail - Singletrack
  - Trail - OFF LIMITS
  - Road (paved)
  - Gravel Road
  - Contour (20 metre)
  - CP (checkpoint)
  - Road Crossing Marshall
  - Parking
  - Water Station
- \* Declination is 17 degrees East

Race Date: Saturday, June 2, 2012  
 Location: Burnaby, BC, Canada  
 Total Course Distance: ~30km  
 Course Designer: Gary Robbins, Bryan Tasaka, & Tom Jarecki  
 Mapping by: Bryan Tasaka, Mind Over Mountain Event Co.  
 Scale: 1:15,000



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

**#1 - 2:30pm @ CP 12 --- Skip CP 13 & 14 and continue to CP 15.**

**#3 - 4:40pm @ CP 16 -- Skip final Orienteering and proceed directly to the finish line.**

**FINISH - All racers MUST finish by 5:00pm. Failure to do so will result in a NOR status (Not Officially Ranked).**