









map#2
mindovermountain
 adventure race

Mount Tzouhalem

-  CP7 CheckPoint
-  FirstAid
-  WaterStation
-  MountainBikeStage
-  TrekkingStage
-  PavedRoad
-  GravelServiceRoad
-  Single-trackTrail

Rules&CourseNotes

1. There are now water stations on the course
2. The course is marked with orange & blue ribbons
3. Stay on the marked trail at all times unless otherwise instructed
4. You must collect all CPs (checkpoints) or else you are disqualified
5. Watch out for mountain bikers or other trail users at all times
6. Use extreme caution at all times. Watch for open rock and exposed roots which will be very slippery
7. No littering
8. St. John Ambulance attendants will be on site during the race. If you get injured, let a fellow runner know and get them to find a volunteer who will radio for assistance.
9. You must make it to the start of the Orienteering stage by 3:00pm. Failure to do so will result in team having to bypass this stage and receive a 2-hour penalty.



Map Design: Bryan Tasaka
 bryan@mindovermountain.com
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