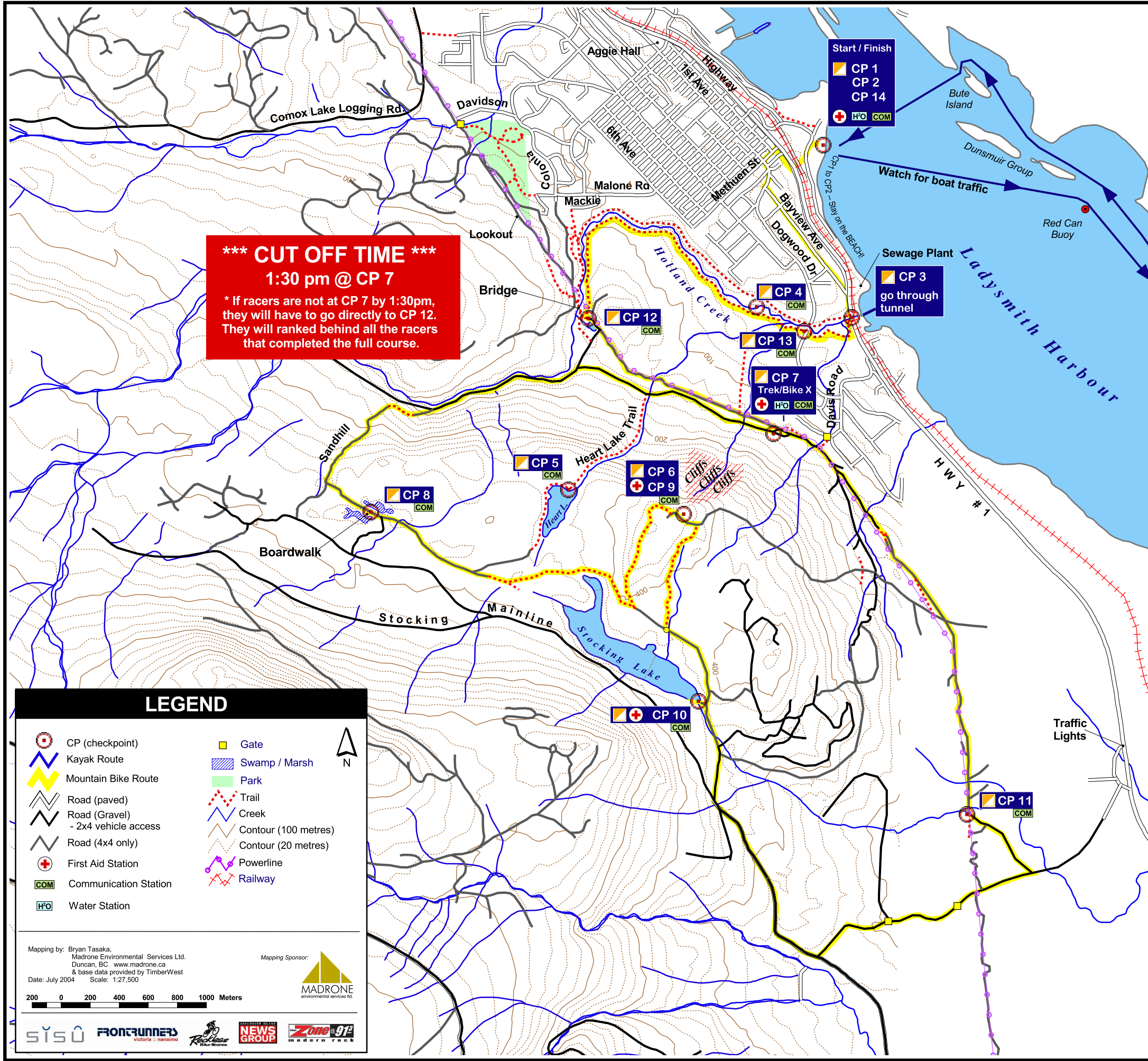


2004 :: Ladysmith, BC, Canada Regular Course

***** CUT OFF TIME *****
1:30 pm @ CP 7
 * If racers are not at CP 7 by 1:30pm, they will have to go directly to CP 12. They will ranked behind all the racers that completed the full course.




CP DESCRIPTIONS

CP 1 to 2 * kayak	Kayak around red can buoy. Out to Coffin Rock and back around Bute Island. Watch for boaters. Don't cut corners -- we will be watching!
CP 2 to 3 * Beach Run	Run along the beach and find the tunnel that will take you under the highway and into Holland Creek. CP 3 is located at the entrance to the tunnel. Unmanned CP.
CP 3 to 4 * creek run	Run up Holland Creek to CP 4. YOU MUST STAY IN THE CREEK BED. 10 minute time penalty if you are caught on the trail.
CP 4 to 5 * trek	Find your way to CP 5 using any route you choose. CP 5 is located at the edge of Heart Lake
CP 5 to 6 * trek	Find your way to CP 6 using any route you choose. If you bushwalk, please be careful! CP 6 is located on the rock knob North of the road and BEFORE the downhill.
CP 6 to 7 * trek	Find your way to CP 7 using any route you choose. If you bushwalk, please be careful and avoid the cliffs (you will get 'bluffed out'). CP 7 is located at the bike transition.
CP 7 to 8 * bike	You are now on your bike. You must get the CPs in order AND you MUST follow the yellow line on the map. This will be the biggest climb of the day. CP 8 is in a special spot by the boardwalk.
CP 8 to 9 * bike	Time for some single-track. Be sure you make the turn up to CP 9. The CP is the in the SAME place as CP 6. Leave your bike on the road and run up to get the CP.
CP 9 to 10 * bike	More single-track. Be sure to make the Right turn down the single track or else you're screwed! CP 10 is right on the edge of Stocking Lake.
CP 10 to 11 * bike	Easy downhill ride on the logging road. Fast and fun! Be sure to follow your map and don't make a wrong turn. CP 11 is in a special spot.
CP 11 to 12 * bike	Follow the powerlines all the way to CP 12.
CP 12 to 13 * bike	Fast and flowy single-track down the Holland Creek Trail. Watch the stairs. CP 13 is at Dogwood Road. Use caution when crossing the road.
CP 13 to 14 * bike	Last section of trail. Watch for hikers. Get on the sidewalk and get onto Bayview Ave (use path) to Methuen St. Ride to the bottom and make a right to the tunnel under the highway. Follow the road back to the amphitheatre and to the finish. Drop bike and run!

LEGEND

	CP (checkpoint)		Gate
	Kayak Route		Swamp / Marsh
	Mountain Bike Route		Park
	Road (paved)		Trail
	Road (Gravel) - 2x4 vehicle access		Creek
	Road (4x4 only)		Contour (100 metres)
	First Aid Station		Contour (20 metres)
	Communication Station		Powerline
	Water Station		Railway

Mapping by: Bryan Tasaka, Madrone Environmental Services Ltd. Duncan, BC www.madrone.ca & base data provided by TimberWest
 Date: July 2004 Scale: 1:27,500

Mapping Sponsor: 

200 0 200 400 600 800 1000 Meters

