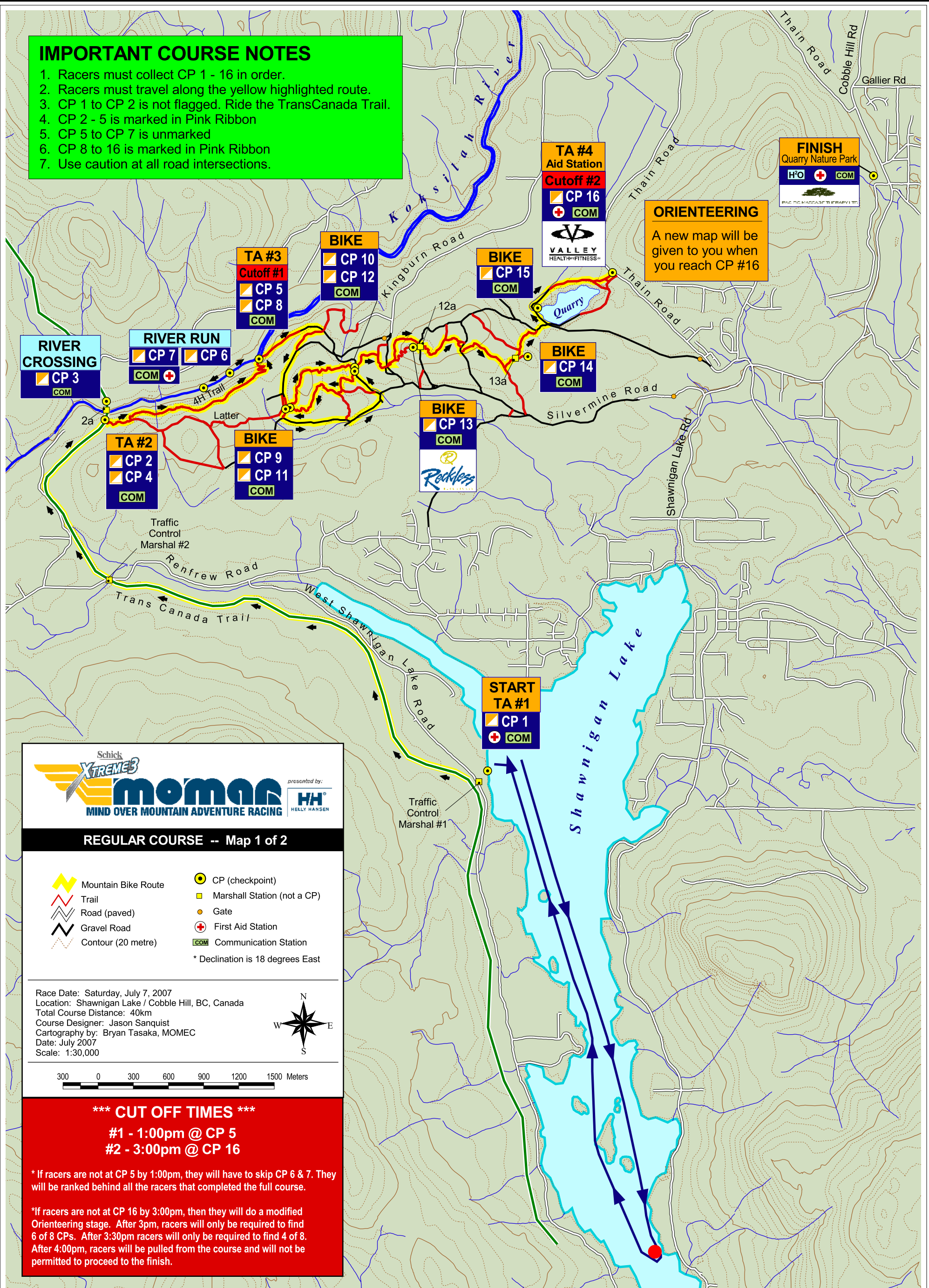


IMPORTANT COURSE NOTES

1. Racers must collect CP 1 - 16 in order.
2. Racers must travel along the yellow highlighted route.
3. CP 1 to CP 2 is not flagged. Ride the TransCanada Trail.
4. CP 2 - 5 is marked in Pink Ribbon
5. CP 5 to CP 7 is unmarked
6. CP 8 to 16 is marked in Pink Ribbon
7. Use caution at all road intersections.



ORIENTEERING

A new map will be given to you when you reach CP #16

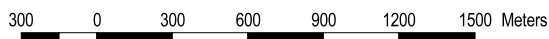


REGULAR COURSE -- Map 1 of 2

- | | |
|---------------------|-----------------------------|
| Mountain Bike Route | CP (checkpoint) |
| Trail | Marshall Station (not a CP) |
| Road (paved) | Gate |
| Gravel Road | First Aid Station |
| Contour (20 metre) | Communication Station |

* Declination is 18 degrees East

Race Date: Saturday, July 7, 2007
 Location: Shawnigan Lake / Cobble Hill, BC, Canada
 Total Course Distance: 40km
 Course Designer: Jason Sanquist
 Cartography by: Bryan Tasaka, MOMEAC
 Date: July 2007
 Scale: 1:30,000



*** CUT OFF TIMES ***

- #1 - 1:00pm @ CP 5
- #2 - 3:00pm @ CP 16

* If racers are not at CP 5 by 1:00pm, they will have to skip CP 6 & 7. They will be ranked behind all the racers that completed the full course.

*If racers are not at CP 16 by 3:00pm, then they will do a modified Orienteering stage. After 3pm, racers will only be required to find 6 of 8 CPs. After 3:30pm racers will only be required to find 4 of 8. After 4:00pm, racers will be pulled from the course and will not be permitted to proceed to the finish.