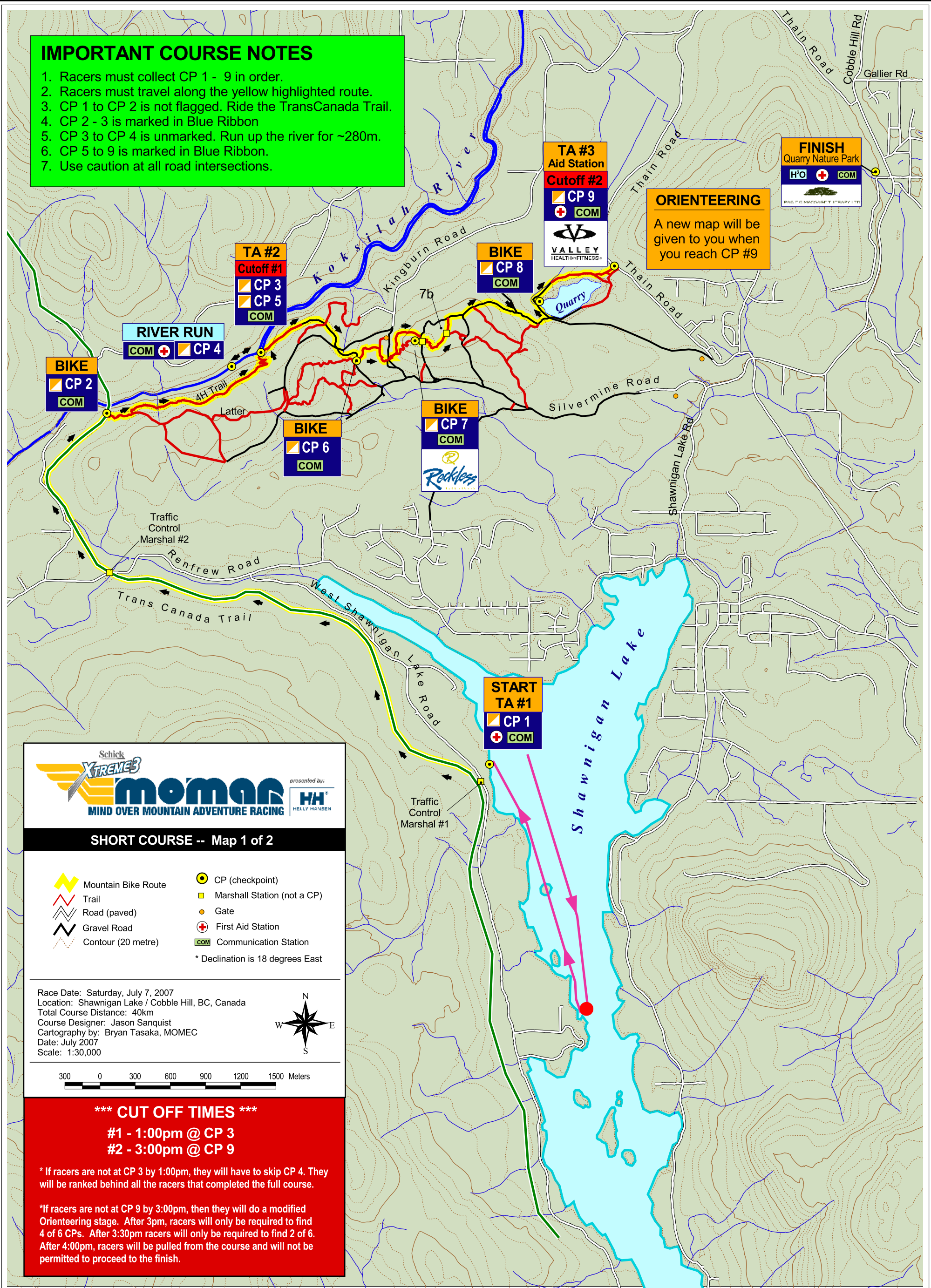


IMPORTANT COURSE NOTES

1. Racers must collect CP 1 - 9 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 - 3 is marked in Blue Ribbon
5. CP 3 to CP 4 is unmarked. Run up the river for ~280m.
6. CP 5 to 9 is marked in Blue Ribbon.
7. Use caution at all road intersections.



FINISH
Quarry Nature Park
H₂O + COM
PACIFIC MAGAZET LIBRARY LTD

ORIENTEERING
A new map will be given to you when you reach CP #9

TA #3
Aid Station
Cutoff #2
CP 9
COM
VALLEY HEALTH & FITNESS

BIKE
CP 8
COM

TA #2
Cutoff #1
CP 3
CP 5
COM

RIVER RUN
COM + CP 4

BIKE
CP 2
COM

BIKE
CP 6
COM

BIKE
CP 7
COM
Rockless

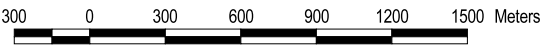
START
TA #1
CP 1
COM

Schick XTREME3 presented by: MOMAR MIND OVER MOUNTAIN ADVENTURE RACING HH HELLY HANSEN

SHORT COURSE -- Map 1 of 2

- Mountain Bike Route
 - Trail
 - Road (paved)
 - Gravel Road
 - Contour (20 metre)
 - CP (checkpoint)
 - Marshall Station (not a CP)
 - Gate
 - First Aid Station
 - 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 3
- #2 - 3:00pm @ CP 9

* If racers are not at CP 3 by 1:00pm, they will have to skip CP 4. They will be ranked behind all the racers that completed the full course.

* If racers are not at CP 9 by 3:00pm, then they will do a modified Orienteering stage. After 3pm, racers will only be required to find 4 of 6 CPs. After 3:30pm racers will only be required to find 2 of 6. After 4:00pm, racers will be pulled from the course and will not be permitted to proceed to the finish.