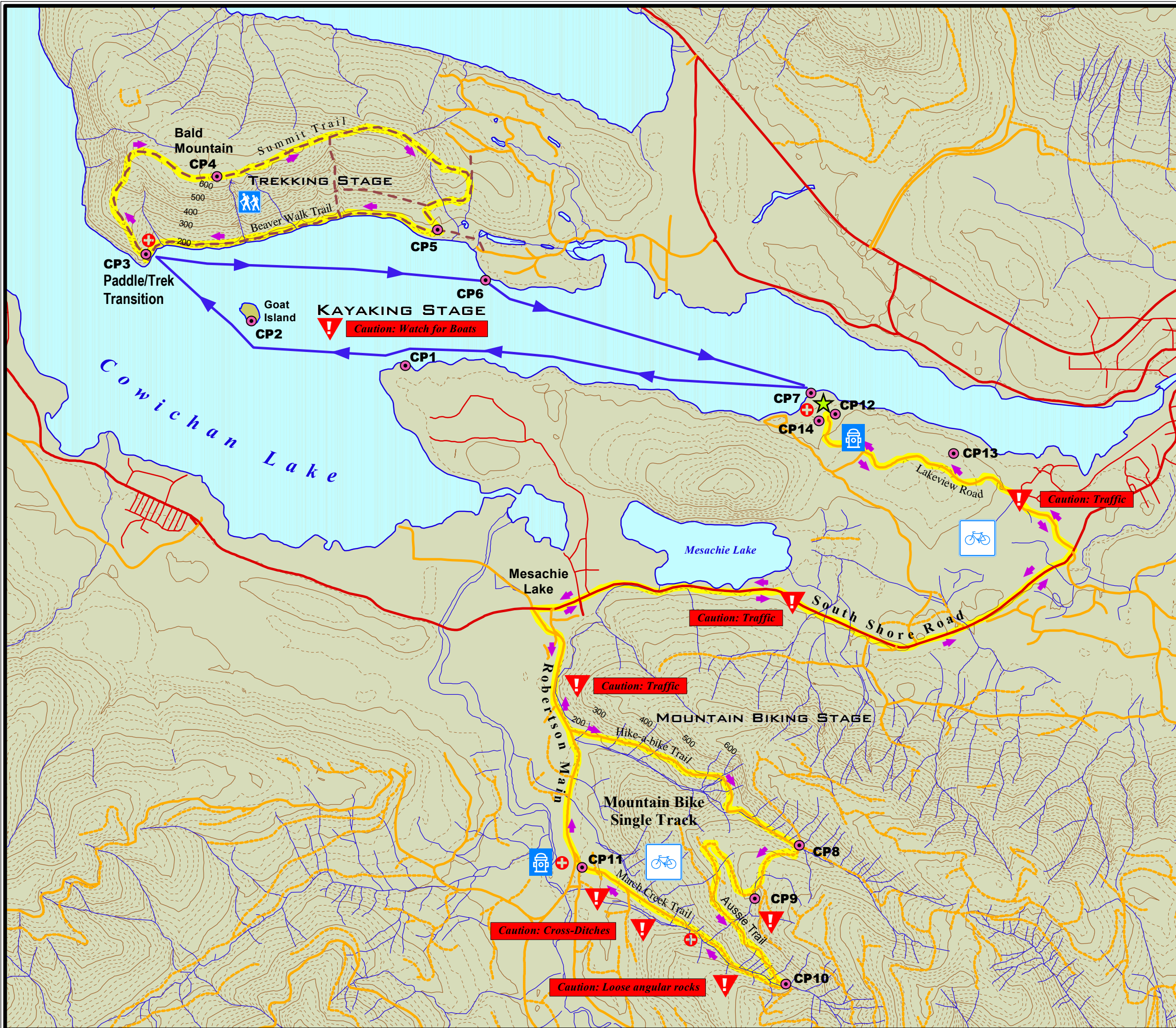


Mind Over Mountain

LAKE COWICHAN



Legend:

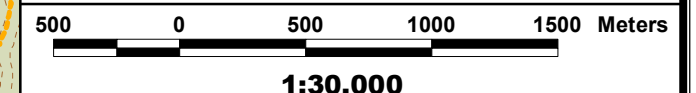
- Paved Road (Main)
- Paved Road (Secondary)
- Gravel Road
- Trail/Overgrown Road
- Bald Mountain Trail
- Creeks
- 100m Contours
- 20m Contours
- Course Route
- Kayak Route
- Trekking Route
- Mountain Bike Route
- Check Points
- Start / Finish Line & Transition Areas
- Water Station
- Race with Caution
- First Aid Station

Notes:

- 1) The race will start with a short LeMans run.
- 2) All Check Points must be collected and written on your passport or you will be disqualified.
- 3) Cut off time 5pm.
- 4) Use extreme caution while riding on roads shared with motor vehicles.
- 5) This map is water-resistant
- 6) The orienteering stage follows the bike stage.
- 7) Watch out for the Mystery Events

Course Distances

LeMans Run	1.1 km
Kayak 1	5.7 km
Trek	7.1 km
Kayak 2	5.6 km
Mountain Bike	25.4 km
Orienteering	2.7 km
Total Distance	47.6 km



Title Sponsor: Data Provided by: Mapping By: Bryan Tasaka