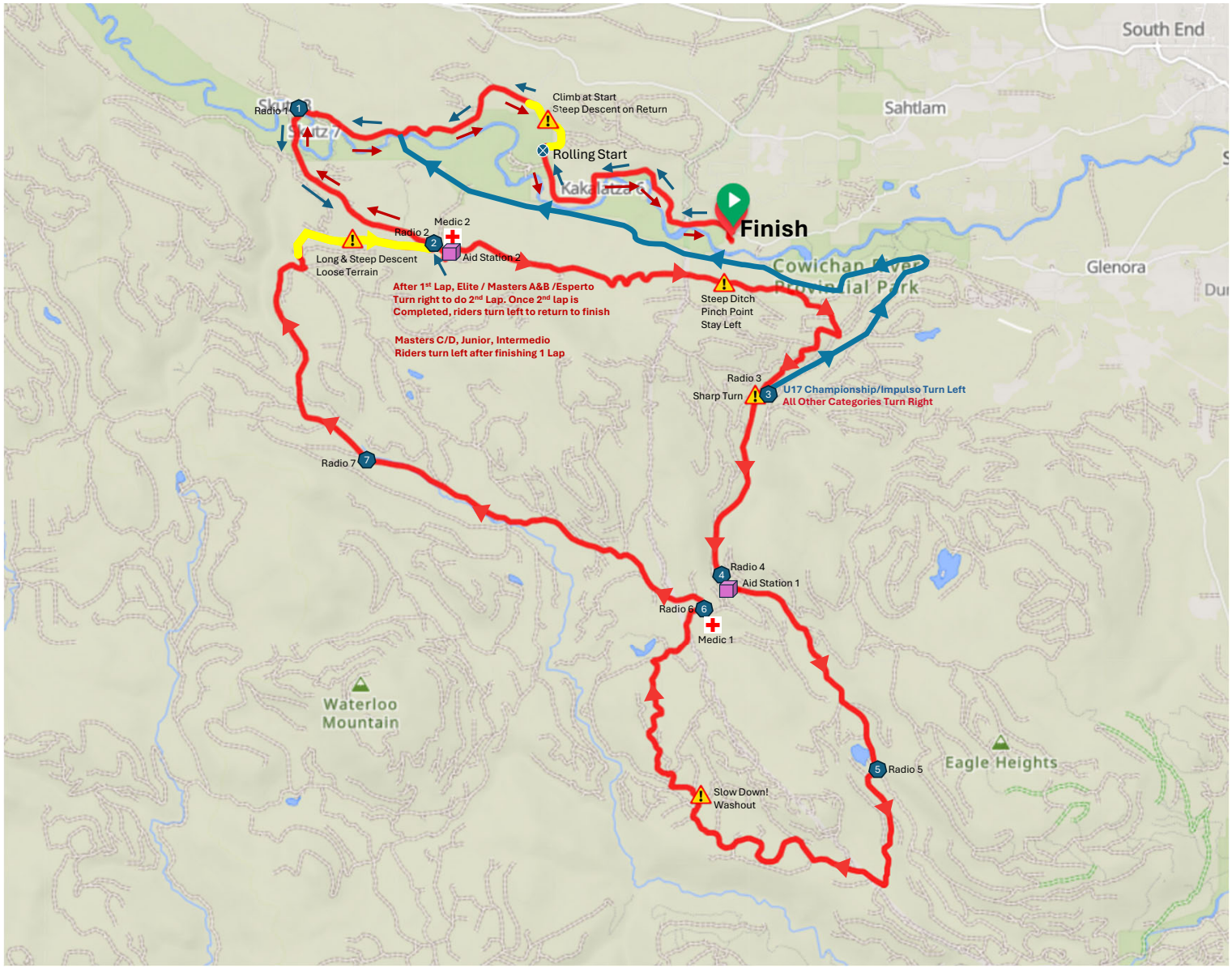
South End
Sahtlam
Glenora
Cowichan River Provincial Park
Waterloo Mountain
Eagle Heights
Radio 1
Climb at Start
Steep Descent on Return
Rolling Start
Finish
Medic 2
Radio 2
Aid Station 2
Long & Steep Descent
Loose Terrain
After 1st Lap, Elite / Masters A&B /Esperto
Turn right to do 2nd Lap. Once 2nd lap is
Completed, riders turn left to return to finish
Masters C/D, Junior, Intermedio
Riders turn left after finishing 1 Lap
Steep Ditch
Pinch Point
Stay Left
Radio 3
Sharp Turn
U17 Championship/Impulso Turn Left
All Other Categories Turn Right
Radio 7
Radio 4
Aid Station 1
Radio 6
Medic 1
Radio 5
Slow Down!
Washout