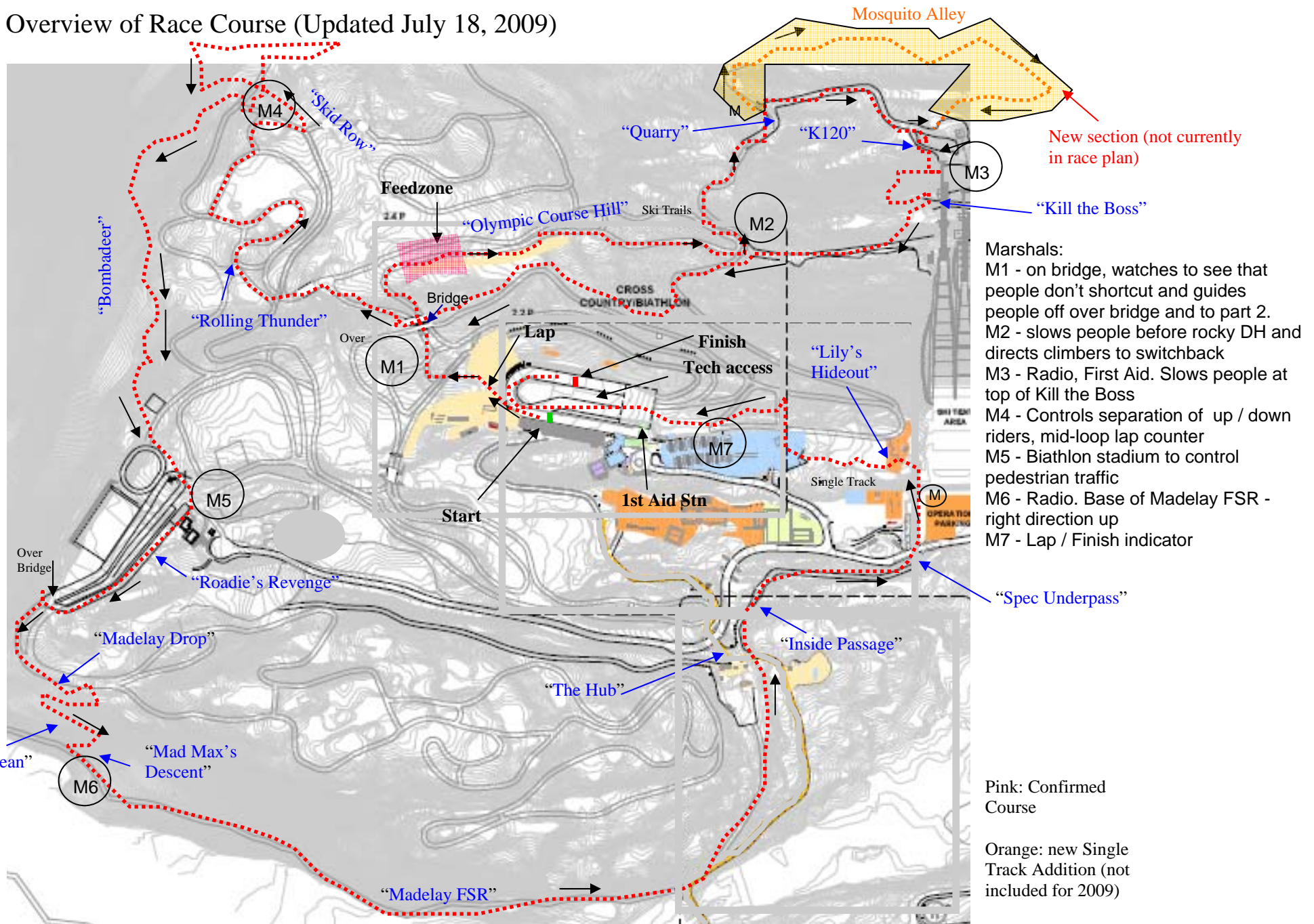


Overview of Race Course (Updated July 18, 2009)



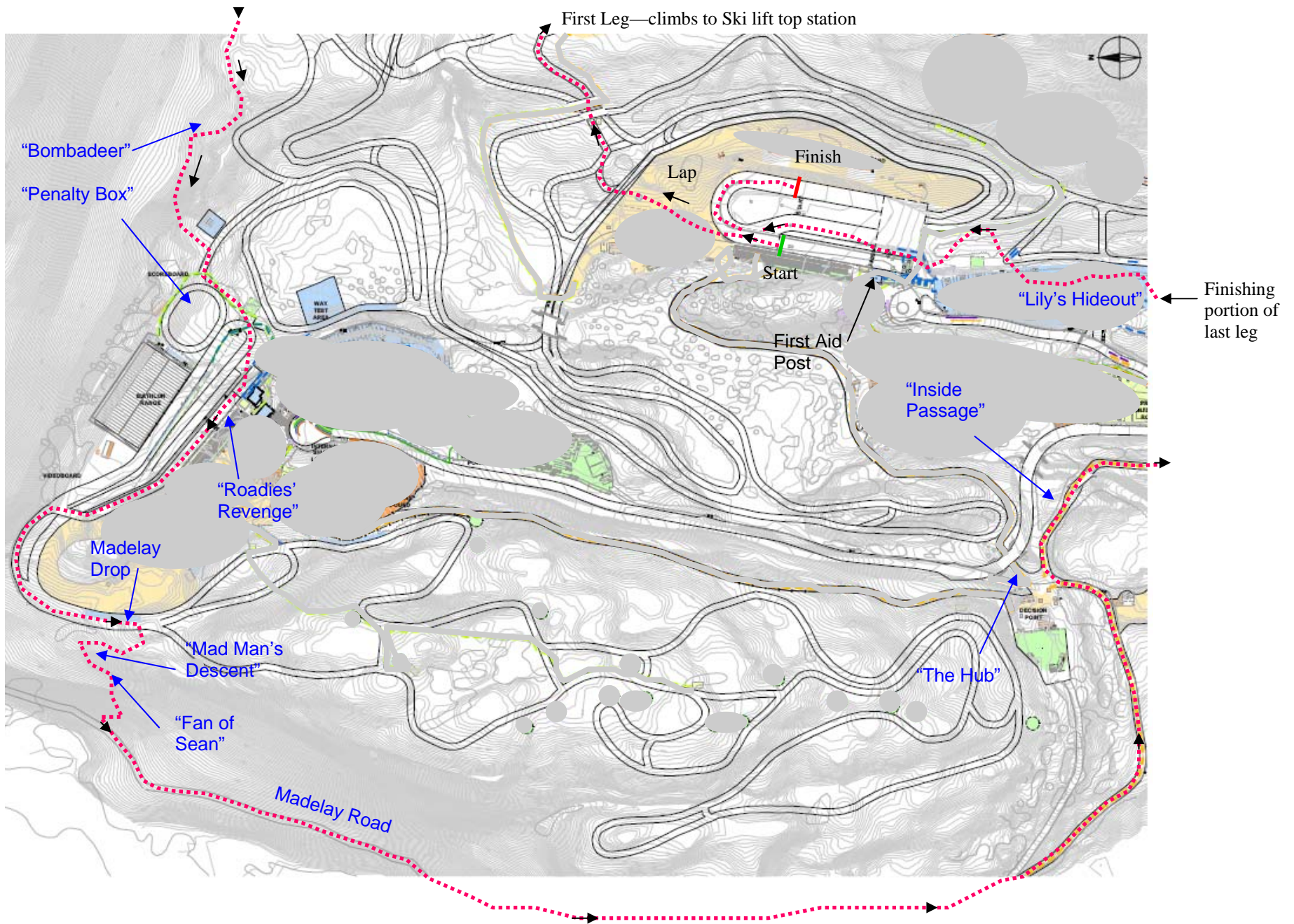
Construction zones highlighted in red below. Optional single track sections not described.

From the CC stadium, ride out, under the bridge and start up the hill (WOP Hill?) past the weather station. Road curves to the right.

- Stay on the obvious road (to the right and slightly less steep than the one on the left).
- You will come to a bicycle barrier – this is a decision point, use it as a switchback to the left where you will continue to climb
- Continue on the main road until you see the top lift station (you will pass an old quarry on your right a few hundred metres from the top)
- Take the fork to the right about 25m from the lift tower (obvious) – keep your speed as this is a good ramp to the next single track section (on your right)
- Ramp up through this section of single track (“K120”)
- The single track pops out onto a road, turn left and ride towards the ski jump.
- As the road opens up almost at the ski jump, look for the ramp down on the right **careful here for beginners, there is a drop on the left if you get way off track** There is a rock cairn showing you the obvious trail by “Kill the Boss”
- The single track is short through the forest and drops onto another road, turn Right and continue down to the bicycle barrier (you saw earlier), then take a hard left onto steep trail with a rocky water bar
- Watch for the ribbons in the trees as you will need to hit a right turn.
- This trail takes you down in elevation. Stay on the single track and drop into the woods - eventually you will ramp up and cross the road. Follow the markings to cross a bridge (About the border between CC and Biathlon stadiums)
- Immediately after the bridge you need to take a hard right down the bank
- Turn left onto the road and begin aim straight - you will see the marks on the bank as they start to rise
- This is section of cross country ski trails rolls and turns
- Watch for a snowmobile road on the left – short and steep single track up to another road/ski trail
- As you come up onto the road you will turn right and there is a lot of marking on the road. A cairn of rocks should send you in the right direction. **Note, the trail comes back to this area – you are meant to stay on the road here.
- Climb up across a bridge until you see the first left - another small road
- Ride across a bridge then crest a ridge—watch for the trail dropping to the left off the road. Single track that ends in a ramped bank (taking you back to the area with a cairn on the road.
- Important—turn Right here—do not go back down the single track.
- Take the high gravel road (ski trail—to the “right”) – you will pass a piece of plywood on your right

- Shortly after the wood, watch for the ramp up to single track “Bombadeer”
- This single track winds downhill before crossing a creek on a bridge that looks like a jump
- Continue down until you hit the paved ski trail—turn Right towards the penalty loop of the biathlon stadium
- Follow the outside loop around the biathlon stadium (lots of ribboned rocks) – go OVER the bridge and turn left (obvious direction)
- Drop down the hill and as you start to climb, watch for the single track on your right (again, rocks and ribbon will guide you). This is the Entrance to the Madelay Drop.
- Trail has four major straight aways—each of which has some interesting drops (watch for the “Fan of Sean”)
- As you come to the clearing towards the road, take the hard left then drop down the ramp onto the Madelay Road
- Follow the road about 1km to “The Hub” (the place where all the trails come together and you are at the road). You will see an overpass – turn Right before the underpass and ride down hill on the “Inside Passage” recreational ski trail (parallels the road – but you can’t see the road).
- At the first intersection, turn left. Look for the ribbons under rocks on the wall of the underpass. Go under the Spectator (Spec) underpass.
- Pass the bicycle barrier (aiming at the ski jump). Look for the ramp up on the left into the trees—Lily’s Hideout
- This single track “ends” right beside a parking lot – follow the cairn towards the daylodge, cut up the grass then around the back of the day lodge. You will start on the lower road but watch it climb up before you enter the stadium.
- Continue into the stadium – you should pop out back onto black top.
- Finish lap goes to the right at the end of the stadium, Lap continues through.

Detail of Race Course Sections (lower elevation)



Start Finish Stadium Detail

