

The Moraine For Life Adventure Relay, 2007 Edition

Overall Results

Times are start and finish times for each stage, with stage travel time in brackets.

Fastest time for stage

To review the course stage details, see the chart at the end of this report.

Stage	Team 1 Shaw Connection	Team 2 Team Trails Open	Team 3 All Sports Marketing	Team 4 Runningfree.com	Team 5 Only 160K?	Team 6 Outdoor Recreational Maniacs	Team 7 Team 7Systems
Start to Checkpoint #2	10:16-11:30 am (1 hr 14 min)	10:16-11:22 am (1 hr 6 min)	10:16-11:33 am (1 hr 17 min)	10:16-11:13 am (57 min)	10:16-11:18 am (1 hr 2 min)	10:16-11:27 am (1 hr 11 min)	10:16-11:08 am (52 min)
Checkpoints #2 to #3	11:30-2:23 pm (2 hr 53 min)	11:24-3:00 pm (3 hr 36 min)	11:33-1:12 pm (1 hr 39 min)	11:18-12:35 pm (1 hr 17 min)	11:18-1:30 pm (2 hr 12 min)	11:27-12:46 pm (1 hr 19 min)	11:08-12:08 pm (1 hr 0 min)
Checkpoints #3 to #4	1:46-3:12 pm (1 hr 26 min)	1:54-3:08 pm (1 hr 14 min)	1:12-2:14 pm (1 hr 2 min)	12:37-1:28 pm (51 min)	1:30-2:54 pm (1 hr 24 min)	12:46-1:51 pm (1 hr 5 min)	12:08-1:24 pm (1 hr 16 min)
Checkpoints #4 to #5	3:12-4:02 (50 min)	3:08-4:30 (1 hr 22 min)	2:17-3:06 (49 min)	1:30-2:15 (45 min)	2:54-4:05 (1 hr 11 min)	1:51-3:17 (1 hr 26 min)	1:24-2:05 (41 min)
Checkpoints #5 to #6	4:02-6:15 (2 hrs 13 min)	4:30-6:30 (2 hrs 0 min)	3:06-4:15 (2 hrs 9 min)	2:17-3:04 (47 min)	4:05-5:16 (1 hr 11 min)	3:17-5:25 (2 hrs 8 min)	2:07-2:55 (48 min)
Checkpoints #6 to #7	5:32-6:34 (1 hr 2 min)	5:35-6:35 (1 hr 0 min)	4:15-5:23 (1 hr 8 min)	3:05-3:50 (45 min)	5:16-6:16 (1 hr 0 min)	5:26-6:35 (1 hr 9 min)	2:55-3:35 (40 min)
Checkpoints #7 to #8	6:34-7:47 (1 hr 13 min)	6:37-8:36 (1 hr 59 min)	5:24-7:00 (1 hr 36 min)	3:52-5:26 (1 hr 34 min)	6:17-7:59 (1 hr 42 min)	6:35-7:58 (1 hr 23 min)	3:36-4:43 (1 hr 7 min)
Checkpoints #8 to #9	7:49-8:44 (1 hr 55 min)	8:37-9:45 (1 hr 8 min)	7:00-7:46 (46 min)	5:39-6:37 (58 min)	8:00-9:09 (1 hr 9 min)	7:59-9:08 (1 hr 9 min)	4:48-6:00 (1 hr 12 min)
Checkpoints #9 to #10	8:44-10:14 (1 hr 30 min)	9:45-10:47 (1 hr 2 min)	7:50-8:45 (55 min)	6:41-7:31 (50 min)	9:10-10:25 (1 hr 15 min)	9:08-10:22 (1 hr 14 min)	6:02-6:42 (40 min)

Checkpoints #10 to #11	10:14-11:32 (1 hr 18 min)	10:35-11:32 (57 min)	8:45-10:23 (1 hr 38 min)	7:36-8:29 (53 min)	10:26-11:31 (1 hr 5 min)	10:22-11:30 (1 hr 8 min)	6:42-7:24 (42 min)
Checkpoints #11 to #12	11:15-12:11 am (56 min)	11:15-12:11 am (56 min)	10:30-11:18 (48 min)	8:30-9:03 (33 min)	11:34-12:15 (41 min)	11:30-12:28 (58 min)	7:24-8:00 (36 min)
Checkpoints #12 to #13	12:20-1:10 (50 min)	12:35-2:13 (1 hr 38 min)	11:25-12:52 am (1 hr 27 min)	9:08-9:54 (46 min)	12:20-1:10 am (50 min)	12:28-1:55 am (1 hr 27 min)	8:00-8:39 (39 min)
Checkpoints #13 to #14	1:10-2:07 (57 min)	2:13-2:59 (46 min)	12:52-1:20 (28 min)	10:00-10:45 (45 min)	1:10-2:09 (59 min)	1:55-2:55 (1 hr 0 min)	8:47-9:40 (53 min)
Checkpoints #14 to Finish	2:08-DNF	2:59-4:15 am (1 hr 16 min)	1:22-2:35 am (1 hr 13 min)	11:00-12:20 am (1 hr 20 min)	2:26-3:47 am (1 hr 21 min)	2:55-3:52am (57 min)	9:40-10:32pm (52 min)
Overall Course Time	Did Not Finish	17 hrs 59 min	16 hrs 19 min	14 hrs 4 min	17 hrs 31 min	17 hrs 36 min	12 hrs 16 min

Individual Team Results

Fastest for this stage

TEAM #1 The Shaw Connection

Member	Stage	Start Time	Finish Time	Stage Time	Stage Description
Lynda W./Bruce S.	1	10:16	11:30	1 hr 14 min	8 km canoe
Rylan S.	2	11:30	2:23	2 hr 53 min	18 km bike
Janet S.	3	1:46	3:12	1 hr 26 min	10 km run
Samantha F./Jim W.	4	3:12	4:02	50 min	6 km run
Paula T.	5	4:02	6:15	2 hr 13 min	7 km run
Lindsay F.	6	5:32	6:34	1 hr 2 min	10 km bike
Jim W.	7	6:34	7:47	1 hr 13 min	19 km bike
Bruce W.	8	7:40	8:44	55 min	17 km bike
Garrett S./Luke W./Zachary S.	9	8:44	10:14	1 hr 30 min	9.5 km run
Bill F.	10	10:14	11:32	1 hr 18 min	9.5 km run
Luke W./Rylan S.	11	11:15	12:11	56 min	12 km bike
Jacob F.	12	12:20	1:10	50 min	6.5 km run
Rylan S./Jim W./Bruce S.	13	1:10	2:07	57 min	15 km bike
Zachary S.	14	2:08	DNF		11 km run

Fastest for this stage

TEAM #2 Team Trails Open

Member	Stage	Start Time	Finish Time	Stage Time	Stage Description
Jeremy C./Tony B.	1	10:16	11:22	1 hr 6 min	8 km canoe
Sophia L.	2	11:24	3:00	3 hr 36 min	18 km bike
Wayne K.	3	1:54	3:08	1 hr 14 min	10 km run
Jennifer K.	4	3:08	4:30	1 hr 22 min	6 km run
Rosanna M.	5	4:30	6:30	2 hr 0 min	7 km run
Denis H.	6	5:35	6:35	1 hr 0 min	10 km bike
Kevin K.	7	6:37	8:36	1 hr 59 min	19 km bike
Kevin K.	8	8:37	9:45	1 hr 8 min	17 km bike
George B.	9	9:45	10:47	1 hr 2 min	9.5 km run
Laura H./Thomas W.	10	10:35	11:32	57 min	9.5 km run
Paula T.	11	11:15	12:11	56 min	12 km bike
George B./Erin S./Kim M.	12	12:35	2:13	1 hr 38 min	6.5 km run
Aleksandra Z.	13	2:13	2:59	46 min	15 km bike
Sean F.	14	2:59	4:15	1 hr 16 min	11 km run

Fastest for this stage

TEAM #3 All Sports Marketing

Member	Stage	Start Time	Finish Time	Stage Time	Stage Description
Seth G./Ash A.	1	10:16	11:33	1 hr 17 min	8 km canoe
Peter D.	2	11:33	1:12	1 hr 39 min	18 km bike
Ash A.	3	1:12	2:14	1 hr 2 min	10 km run
Ash A.	4	2:17	3:06	49 min	6 km run
Patrick G.	5	3:06	4:15	1 hr 9 min	7 km run
Nick	6	4:15	5:23	1 hr 8 min	10 km bike
Kyra	7	5:24	7:00	1 hr 36 min	19 km bike
Peter D.	8	7:00	7:46	46 min	17 km bike
Ash A.	9	7:50	8:45	55 min	9.5 km run
Patrick G.	10	8:45	10:23	1hr 38 min	9.5 km run
Nick	11	10:30	11:18	48 min	12 km bike
Peter D.	12	11:25	12:52	1 hr 27 min	6.5 km run
Kyra	13	12:52	1:20	28 min	15 km bike
Ash A.	14	1:22	2:35	1 hr 13 min	11 km run

Fastest for this stage

TEAM #4 Runningfree.com

Member	Stage	Start Time	Finish Time	Stage Time	Stage Description
John Y./Denise R.	1	10:16	11:13	57 min	8 km canoe
John Y./Denise R.	2	11:18	12:35	1 hr 17 min	18 km bike
Bob M.	3	12:37	1:28	51 min	10 km run
Bob M./Denise R.	4	1:30	2:15	45 min	6 km run
Bob M./Denise R.	5	2:17	3:04	47 min	7 km run
John Y.	6	3:05	3:50	45 min	10 km bike
John Y.	7	3:52	5:26	1 hr 34 min	19 km bike
John Y./Denise R.	8	5:39	6:37	58 min	17 km bike
Bob M.	9	6:41	7:31	50 min	9.5 km run
Bob M./Denise R.	10	7:36	8:29	53 min	9.5 km run
John Y.	11	8:30	9:03	33 min	12 km bike
Bob M.	12	9:08	9:54	46 min	6.5 km run
John Y./Denise R.	13	10:00	10:45	45 min	15 km bike
John Y./Bob M.	14	11:00	12:20	1 hr 20 min	11 km run

Fastest for this stage

TEAM #5 Only 160 km

Member	Stage	Start Time	Finish Time	Stage Time	Stage Description
Alex/Allison	1	10:16	11:18	1 hr 2 min	8 km canoe
Jacob K.	2	11:18	1:30	2 hr 12 min	18 km bike
Laura J.	3	1:30	2:54	1 hr 24 min	10 km run
Khua L.	4	2:54	4:05	1 hr 11 min	6 km run
Lionel N.	5	4:05	5:16	1 hr 11 min	7 km run
Ken D.	6	5:16	6:16	1 hr 0 min	10 km bike
Ken D.	7	6:17	7:59	1 hr 42 min	19 km bike
Anne R.	8	8:00	9:09	1 hr 9 min	17 km bike
Sarah K.	9	9:10	10:25	1 hr 15 min	9.5 km run
Christine T./Ryan N.	10	10:26	11:31	1 hr 5 min	9.5 km run
Ryan N.	11	11:34	12:15	41 min	12 km bike
Christine T./Ryan N.	12	12:20	1:10	50 min	6.5 km run
Gary W.	13	1:10	2:09	59 min	15 km bike
Kelly M.	14	2:26	3:47	1 hr 21 min	11 km run

Fastest for this stage

TEAM #6 Outdoor Recreational Maniacs

Member	Stage	Start Time	Finish Time	Stage Time	Stage Description
Tim H./Bev H.	1	10:16	11:27	1 hr 11 min	8 km canoe
Jared B.	2	11:27	12:46	1 hr 19 min	18 km bike
Mara M.	3	12:46	1:51	1 hr 5 min	10 km run
Jules N.	4	1:51	3:17	1 hr 26 min	6 km run
Tri L.	5	3:17	5:25	2 hr 8 min	7 km run
Sara G.	6	5:26	6:35	1 hr 9 min	10 km bike
Christy D.	7	6:35	7:58	1 hr 23 min	19 km bike
Bruce S.	8	7:59	9:08	1 hr 9 min	17 km bike
Gail A.	9	9:08	10:22	1 hr 14 min	9.5 km run
Michael B.	10	10:22	11:30	1 hr 8 min	9.5 km run
Sybella V.	11	11:30	12:28	58 min	12 km bike
David B./Lindsay	12	12:25	1:55	1 hr 30 min	6.5 km run
Jeremy F.	13	1:55	2:55	1 hr 0 min	15 km bike
Rizaldo P.	14	2:55	3:52	57 min	11 km run

Fastest for this stage

TEAM #7 Team 7Systems

Member	Stage	Start Time	Finish Time	Stage Time	Stage Description
Marnie M./Martin R.	1	10:16	11:08	52 min	8 km canoe
Martin R.	2	11:08	12:08	1 hr 0 min	18 km bike
Marnie M.	3	12:08	1:24	1 hr 16 min	10 km run
Stacie S.	4	1:24	2:05	41 min	6 km run
Stacie S.	5	2:05	2:55	50 min	7 km run
Craig P.	6	2:55	3:35	40 min	10 km bike
Craig P.	7	3:36	4:43	1 hr 7 min	19 km bike
Craig P.	8	4:48	6:00	1 hr 12 min	17 km bike
Martin R.	9	6:02	6:42	40 min	9.5 km run
Martin R.	10	6:42	7:24	42 min	9.5 km run
Marnie M.	11	7:24	8:00	36 min	12 km bike
Stacie S.	12	8:00	8:39	39 min	6.5 km run
Stacie S.	13	8:47	9:40	53 min	15 km bike
Martin R.	14	9:40	10:32	52 min	11 km run

Course Stages

Checkpoint	Start Location	Finish Location	Activity	Distance (km)
1	Gore's Landing	Bewdley Waterfront	Canoe	8
2	Bewdley Waterfront	Ganaraska Forest Centre (Cold Springs Camp Rd & 10 th Line)	Bike	18
3	Ganaraska Forest Centre	Boundary Rd Parking Lot (green 'P')	Run / hike	10
4	Boundary Rd Parking Lot	Hwys 35 & 115 Junction	Run / hike	6
5	Hwys 35 & 115 Junction	Darlington Con. 8 & Darlington-Clarke Townline	Run / hike	7
6	Darlington Con. 8 & Darlington-Clarke Townline	Long Sault Conservation Area Parking Lot	Bike	10
7	Long Sault Conservation Area	Purple Woods Conservation Area Parking Lot	Bike	19
8	Purple Woods Conservation Area	7 th Concession – Uxbridge Twp (green 'P', Albright Rd.)	Bike	17
9	Con. 7, Uxbridge Twp.	Con. 4 & Albright Rd., Uxbridge Twp.	Run / hike	9.5
10	Con. 4 & Albright Rd., Uxbridge Twp.	Bloomington Rd. & 10 th Line	Run / hike	9.5
11	Bloomington Rd. & 10 th Line	YRF Hollidge Tract / east side of #48 (Parking Lot)	Bike	12
12	YRF Hollidge Tract / east side of #48 (Parking Lot)	McCowan Rd & Jesse Thompson Rd, Stouffville	Run / hike	6.5
13	McCowan Rd & Jesse Thompson Rd, Stouffville	Sheppard Bush Conservation Area, Aurora – Parking area	Bike	15
14	Sheppard Bush Conservation Area, Aurora	ORTA – Seneca College – King City	Run / hike	11
		Total distance of the Relay		160km

Total distance = 158.5 km(i.e. approx. 160 km). Run/hike 59.5km; Biking 91 km; Canoeing 8 km