



RELAY STAGES : 2009 RACE

version June 10, 2009

Stage	Start Locations & Checkpoints (CP)	Map #	Default Start Time	Finish Locations	Activity	Distance (km)	Estimated Finish (for 8am start)
1	Gore's Landing (CP 1)	1		Bewdley Waterfront	Canoe	8	9:00-10:15 am
2	Bewdley Waterfront (CP 2)	2 & 3	9:45 am	Ganaraska Forest Centre (Cold Springs Camp Rd)	Mtn Bike	18	9:30 am-11:30 am
3	Ganaraska Forest Centre (CP 3)	4	11:45 am	Boundary Rd Parking Lot #3 (green 'P')	Run/Hike	10	10:45 am-1:00 pm
4	Boundary Rd Parking Lot #3 (CP 4)	4 & 5	1:30 pm	Hwys 35 & 115 Junction	Run/Hike	6	11:45 am-2:15 pm
5	Hwys 35 & 115 Junction (CP 5)	5	2:30 pm	Darlington Con. 8 & Darlington-Clarke Townline	Run/Hike	9	12:00-3:00 pm
6	Darlington Con. 8 & Townline (CP 6)	5 & 6	3:00 pm	Long Sault Conservation Area Parking Lot	Mtn Bike	10	1:00-3:30 pm
7	Long Sault Conservation Area (CP 7)	7 & 8	3:30 pm	Purple Woods Conservation Area	Mtn Bike	19	2:00-5:30 pm
8	Purple Woods Conservation Area (CP 8)	9	5:30 pm	Houston Rd., Durham Forest (west of Lakeridge Rd)	Hybrid/Mtn Bike	15	3:00-6:15 pm
9	Houston Rd., Durham Forest (CP 9)	9 & 10	6:30 pm	Concession 4, Uxbridge Twp.	Run/Hike	10.5	3:30-8:00 pm
10	Concession 4, Uxbridge Twp. (CP 10)	11	8:00 pm	Bloomington Rd. & 10 th Line	Run/Hike	11	4:15 pm-8:30 pm
11	Bloomington Rd. & 10 th Line (CP 11)	12	8:30 pm	YRF Hollidge Tract / east side of #48 (Parking Lot)	Mtn Bike	12	4:30 pm-9:00 pm
12	YRF Hollidge Tract / east side of #48 (CP 12)	12	10:00 pm	McCowan Rd & Jesse Thompson Rd, Stouffville	Run/Hike	6.5	5:15 pm-11:00 pm
13	McCowan Rd & Jesse Thompson Rd (CP 13)	13	11:00 pm	Sheppard Bush Conservation Area, Aurora	Hybrid/Mtn Bike	15	5:45 pm-11:30 pm
14	Sheppard Bush Conservation Area (CP 14)	14 & 15	12:00 am	ORTA – Seneca College – King City	Run/Hike	9	6:30 pm-12:30 am

Total distance = 159 km(i.e. approx. 160 km). Run 62 km; Biking 89 km; Canoeing 8 km