



RELAY RACE COURSE

COURSE PROFILE

- RACE COURSE LENGTH IS 6K
- START/FINISH LINE: TERRAIN - FLAT
- TRAIL HEAD/LOWER LOOP: TERRAIN - FLAT
- GENTLE CLIMB TO DIP LOOP
- DIP LOOP: TERRAIN - MODERATE DECENT, FLAT, SHORT CLIMB
- FLAT TO HUB
- UPPER LOOP 1: EASY - GENTLE DECENT, MODERATE CLIMB 1/2K
- UPPER LOOP 1: HARD - SHORT CLIMB, GENTLE DECENT, MODERATE CLIMB 1/2K
- UPPER LOOP 2: TERRAIN - RELATIVELY FLAT
- BARB'S FOREST: TERRAIN - COUPLE OF SHORT GENTLE DECENTS

OVERALL DEGREE OF DIFFICULTY AND TECHNICAL LEVEL IS MODERATE. THE COURSE IS SINGLE TRACK RIDING AT THE TOP OF THE NIAGARA ESCARPMENT.

