

PRE-RACE FACTOIDS

Black Sheep Cycling Club

XC1 2009 Mud N' Mayhem Festival - Centennial Park

May 24, 2009

Registration: 9 am - 10:30 am

Races: Start at 11 am

Food, fun and festivities to follow

Fellow Black Sheeppers:

Outlined below are the routes and course details for XC1 2009 Mud N' Mayhem Festival.

Remember, for 2009 we've changed the race classes as follows:

- There will be no Pre-Lambateur category in 2009.
- 2008 Pre-Lambateur = 2009 Lambateur. This category is intended mainly for young racers and their parents. Note that due to expected smaller numbers in this class, we are not including age categories in Lambateur for 2009 . . . racers will compete "head to head" regardless of age.
- 2008 Lambateur = 2009 Sport.
- 2008 Sport = 2009 Advanced.
- 2008 Advanced = 2009 Elite. Note that due to expected smaller numbers in this class, we are not including age categories in Elite for 2009 . . . racers will compete "head to head" regardless of age.

Lambateur Course Details:

- Complete 1 lap of prologue course (approximately 1 km). This is a "dash for the cash" . . . 1st female and male racer to finish the lap wins \$10.
- Ride from log cabins toward Expressway Bridge.
- Cross under bridge and stay right on trail next to river.
- Proceed along trail until you reach orange cones (at walking bridge to Trowbridge Falls).
- Ride around orange cones and return along same route.
- Finish at log cabins.
- **Note: Course is mainly flat double-track with modest climbs and descents.**
- **Approximate distance = 5 km.**
- **Expected average duration = 20 minutes.**

Sport Course Details:

- Complete 1 lap of prologue course (approximately 1 km). This is a "dash for the cash" . . . 1st female and male racer to finish the lap wins \$15.
- Ride from log cabins toward Expressway Bridge.
- Cross under bridge, stay left and proceed up Hydro Hill.
- Climb Hydro Hill until you reach the top, then veer right at the log which divides the trail.
- Stay right and proceed along Red Trail.
- Proceed along Red Trail, following log markings and flagging tape.
- Return under Expressway Bridge and return to finish at log cabins.
- **Note: Course is a mainly double-track with considerable climbs and descents. Please keep your speed under control on the descents. Also, there are a few muddy areas . . . please use caution when crossing them.**
- **Approximate distance = 5 km.**
- **Approximate average duration = 30 minutes.**

Advanced & Elite Course Details:

- Complete 1 lap of prologue course (approximately 1 km). This is a "dash for the cash" . . . 1st female and male racer to finish the lap wins \$20.
- Ride from log cabins toward Expressway Bridge.
- Cross under bridge, stay left and proceed up Hydro Hill.
- Climb Hydro Hill until you reach the top, then veer left at the log which divides the trail.
- Stay left and proceed along single-track toward 2K Trail.
- At flagging tape, veer right onto Upper 2K Trail.
- Proceed along Upper 2K Trail until you reach clearing and Hydro lines.
- Follow flagging tape and proceed to Crossover Trail.
- Proceed along Crossover Trail to flagging tape, then turn right onto Cassandra Trail.
- Proceed along Cassandra, cross double-track road, and continue on.
- At flagging tape, turn right onto hydro line and proceed across to Hilltop Trail.
- Proceed along Hilltop Trail to Adventure Trail (double-track road), then turn left.
- Descend along Adventure trail, follow flagging tape and continue along sections of Blue Trail and Yellow Trail.
- At markings, veer right and proceed up Red Trail.
- Complete Red Trail and return to Hydro Hill.
- Either proceed up Hydro Hill again or return under Expressway Bridge to finish at log cabins.
- **Note: Course is mainly double-track with some single-track.**
- **Approximate distance Advanced = 14 km.**
- **Approximate distance Elite = 20 km.**
- **Approximate average duration Advanced = 60 minutes.**
- **Approximate average duration Elite = 80 minutes.**