2010 ROUTE

Rest Stop #3 - Marina
- Kayak Challenge
- First Aid
- Water/ refreshments
- Snacks
- Washrooms
- **LUNCH**

7 km

Rest Stop #2 & #4—Point View
- Water
- First Aid

8 km

Rest Stop #1 + 5 - Community Hall
- Refreshments
- Washrooms
- Water
- First Aid

6 km

Rest Stop #6- Boundary Bog
- Hiking Challenge
- Water
- First Aid

9 km back to hall

ELK RIDGE START FINISH
- Cyclist & Volunteer Check-in
- First Aid
- Breakfast/Supper
- Washrooms & Showers
- Team Tent Zone

9 km

7 km

Rest Stop #7 L.T.s Gas Station
- Water / refreshments
- Snacks
- washrooms

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