

**Direction**

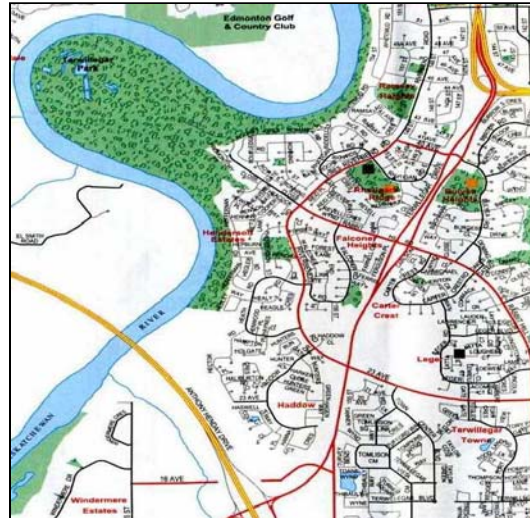
From the north exit the Whitemud Freeway on to Terwillegar Drive. From the south exit the Anthony Henday on to Terwillegar Drive. Turn west onto Rabbit Hill Road and follow it all the way down into Terwillegar Park (approx. 36 Avenue and 156 Street).

**Registration**

Race-day check-in and registration is located at The Start/Finish Venue. Please come early to ease congestion and ensure an on-time start. Sorry - no race day changes.

**Event Schedule**

- 7:30 am Registration Opens
- 8:30 am ScotiaBank Children's Challenge
- 9:05 am Enduro Pre-race Briefing
- 9:15 am Enduro Mass Start**
- 9:50 am Sport Pre-race Briefing
- 10:00 am Sport Mass Start**
- 12:00 am Prizes & Awards



**Washrooms**

Washrooms are available at the Start/Finish area. The course will pass the same washrooms at the 4 km mark.

**Course Description**

Sport Course: 8.0km  
 Elevation Gain: 1053ft/321m per lap

Enduro Course: (2 laps) 16.0km  
 Aid Station: (2) Start/Finish 5.5km

Terwillegar is technical course that will demand plenty of agility and alertness to overcome a variety of obstacles. The name of the game at Terwillegar is LIMITED PASSING. The course is 65% single track so be ready for bottlenecks and small windows to pass. The first three kilometers of the course are flat on a mix of single and double track. There is a minor climb at 450m and a water crossings at 1.5km. The first section of single track begins at 1km and continues until 2.5km. This section is moderately technical with limited passing opportunities. The 3km mark signals the first major climb of the course that continues until 4.0km. Runners will climb for 300m onto a bench where they will find plenty of single track with some double track. A sustained downhill (300m) off the bench begins at 5.0km and eventually narrows into a tight single track before reaching the aid station at 5.5km. The next section is broad double track anchored with a 700m sustained climb. 6.7km marks the beginning of the most technical section of single track on the course. Expect an off-camber root-covered trails and big descents before hitting open double track for the final 600m of the course. Note if the course is wet except the trail to be very slick with plenty of puddles! Please use extra caution on the down-hills and technical sections. A reminder to runners that the park is open to the public during the race and to **expect people with dogs to be present**. This race is conventional or gun timed so please place your number on your chest and seed yourself accordingly. Remember to be kind when passing/being passed and to thank a volunteer.

***Finally the 5 Peaks Kids Zone will be out at Terwillegar. (\$15 per kid, Sign-up Race Day)***

