

10<sup>th</sup> Year Running!!!

UPDATED FEBRUARY 10, 2009

Location

Rattlesnake Point Conservation Area,  
 GPS 43.472 N 79.912 W

Directions

From Highway 401, take Highway 25 south to Steeles Av. west on Steeles to Appleby Line, south on Appleby for 3 km. From Q.E.W., take Appleby Line north; 1 km north of Derry Road on top of escarpment

Parking

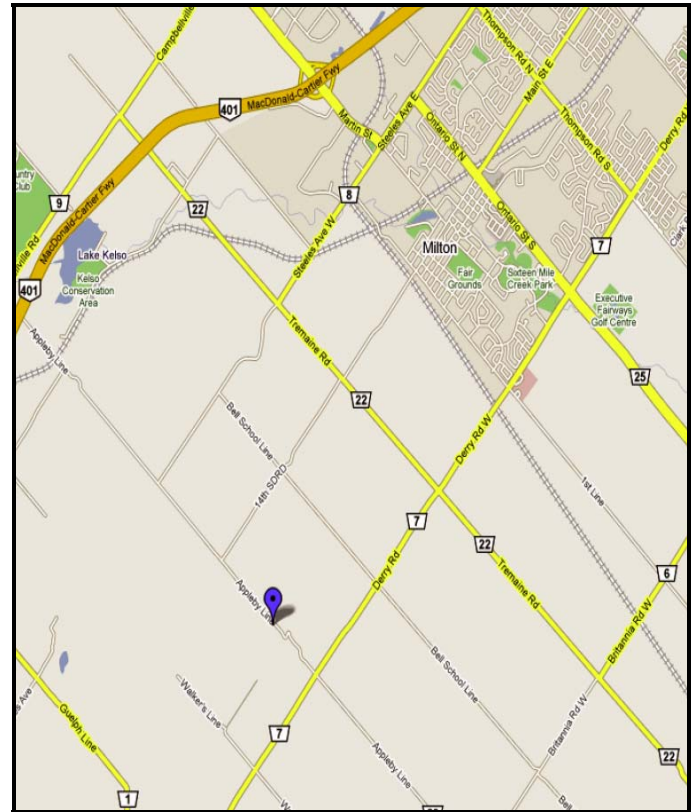
Limited at upper lots, use campsite #5 & 6; Please do not block the roadways or race course. Additional overflow parking located at the lower lot (5 minute walk from registration).

Registration/Racer Check In

Located at main Pavilion near Upper Parking Lot. Race Kit pick up will close at 09:30

Race Day Schedule

8:00—9:30 am	Registration & Race Kit Pick Up
9:30 am	ScotiaBank Children's Challenge
9:45 am	Exhale Warm Up
<b>10:00 am</b>	<b>Enduro Wave Start</b>
<b>10:05 am</b>	<b>Sport Wave Start</b>
11:00 am	Sport Awards
11:45am	Enduro Awards



7200 Appleby Line, Milton

Venue Amenties

Kicking Horse coffee station open 08:00 -10:00. Post race food available after race start. Portolets located near race compound.

Course Highlights

**Sport 4.5 km:** first half is hard packed double track, perfect for getting into a groove; at the turn around, the Sport follows 1.5 km of technical single track alongside the top of the Escarpment before opening up into the last kilometer of double track to the finish.

**Enduro 12.7 km:** first 4.5 km is primarily hard packed double track that descends into the canyon; a challenging 350 m climb through the boulder run brings runners up to the top of the west side of the canyon; next 3 km is a combination of very technical rocky single track and wide hard packed gravel path before descending back down into the canyon via the Bypass Trail; the course then crosses the creek on 100 m of boardwalk before ascending out of the canyon; remaining 3 km is a combination of hard pack dirt trails and 1.5 km of technical single track alongside the top of the Escarpment; last kilometer opens up into double track to the finish.

**Aid Stations:** Sport 1.8k & 2.5 km; Enduro 1.8k, 4.6k, 8.3k, & 10.5k

Event Highlights

10<sup>th</sup> season at Rattlesnake special edition race souvenir

Due to the size of our attendance and the technicality of our courses, in the interest of racer safety, NONE OF THESE THINGS BELONG ON THE TRAIL DURING THE RACE. Thank you for your cooperation.  
**No dogs      No headphones      No strollers / baby joggers      No nordic walking poles**