

COURSE NOTES Canberra 6hr – Full



- **START INFORMATION**
- ▶ Race Briefing 730hrs, Event Starts 830hrs

LEG 1	1.5 km	Elevation Gain (a Little)	'PARK RUN'
	Fastest estimate = 0: To Finish estimate = 0 Team Estimate:	1 1 \\\\\\\ 1 1	➤ <u>CAUTION</u> - Public paths, roads and trails, give way to the public at all times ➤ Teams to use the local park and paths to complete the leg ➤ Collect ALL CPs in ANY order on this section, return to HQ to collect bike
LEG 2	7-12kms	Elevation Gain 50m	THE PINES TO THE ARBORETUM
F	Fastest estimate = 0:4 To Finish estimate = 1 Team Estimate:	1 \\\\\\	CAUTION - Public paths, roads and trails, give way to the public at all times Use the single track, roads and trails to complete this leg Collect ALL CPs in order on this section, complete leg at TA1 CPs 6,7,10 are OPTIONAL 'bonus' CPs – bonus CPs have a 15min time credit each
LEG 3	4km	Elevation Gain (a Little)	CANBERRA VIEWS
×	Fastest estimate = 0:3 To Finish estimate = 1 Team Estimate:	I I \\\\\\\ I I	➤ CAUTION - Public paths, roads and trails, give way to the public at all times ➤ Leave bike at TA1 and use the trails and open country to complete this leg, off trail travel permitted ➤ Collect ALL CPs in ANY order on this section, return to TA1 to complete leg
LEG 4	4kms	Elevation Gain -20m	DOWN TO THE WATER
(F)	Fastest estimate = 0: To Finish estimate = 0 Team Estimate:	I I \\\\\\\ I I	➤ <u>CAUTION</u> - Public paths, roads and trails, give way to the public at all times ➤ Use the single track, roads and trails to complete this leg ➤ Collect ALL CPs in order on this section, head to TA2 to complete leg
LEG 5	3-5 km	Elevation Gain (it's water)	LAKE BURLEY GRIFFIN
	Fastest estimate = 0:4 To Finish estimate = 1 Team Estimate:	1 1 \\\\\\\ 1 1	 CAUTION - Public waterway – give way to public ► FIRST RESPONSE - Move or swim to the shore. Use Phone in emergency. ► Leave bike at TA2, collect kayak and use the lake to complete this leg ► Collect ALL CPs in ANY order on this section, return to TA2 to complete leg ► CP "J" is an OPTIONAL 'bonus' CP – bonus CPs have a 30min time credit each
LEG 6	1.5kms	Elevation Gain (not really)	THE HOME RUN (WELLRIDE)
6	Fastest estimate = 0:0 To Finish estimate = 0 Team Estimate:	0:14 hrs	CAUTION - Public paths, roads and trails, give way to the public at all times Use the single track, roads and trails to complete this leg Collect ALL CPs in order on this section, head to the finish to complete leg
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