



X TERRA®



FINAL MAPS

XTERRA PARRY SOUND

RACE #2 OF THE XTERRA ONTARIO

POINTS SERIES

Georgian Nordic
SKI CLUB

GENUINE
MUSCLE
ME
TM BRAND



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EVENT SPECIFICS:

To keep life simple, we have organized this race course into a swim loop, a bike loop, and a run loop. Short XTERRA racers will complete ONE swim loop (abbreviated to 500m), ONE bike loop, and ONE run loop. Full XTERRA racers will complete TWO swim loops (full 750m per loop), TWO bike loops, and TWO run loops. XTERRA Duathletes will complete one short initial 2.5km run (start/finish at T1), TWO bike loops, and TWO run loops. Trail racers will complete ONE run loop.

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2 TRANSITION ZONES FOR XTERRA PARRY SOUND

IMPORTANT NOTE: XTERRA Parry Sound has a unique set up for its location. Its incredible trail system is located 1.4km's from its swim location. It has been advised that for the better ease of this race that we implement TWO TRANSITION ZONES.

TRANSITION ZONE 1: This will be located directly at the swim start/exit. In this transition you will set up your swim to bike transition only. After completing your swim (or first run in the case of the Duathlon), you will transition from your swim and onto your Mountain Bike. Exiting transition 1 you will head up the main (and only) road towards the Georgian Nordic Ski and Bike Club and onto the XTERRA Parry Sound Bike trails.

TRANSITION ZONE 2: After you complete your Mountain Bike, you will enter into a second transition zone located directly at the Georgian Nordic Ski Club. In this location you will have pre-set up your bike to run transition. You will mount your bike onto the bike races, and change into your running kit and head out onto the run course trails of XTERRA Parry Sound.

FINISH LINE: This will be located next the Transition 2 at the Georgian Nordic Ski Club.

SWIM:

The swim will take place in Nine Mile Lake. The fresh-water lake is relatively clear, with good visibility.

Racers will complete a long rectangular loop in a clockwise direction, keeping all marker buoys to your right. The lake is quite narrow, and in general you will never be more than 25m from shore. In addition, the McDougall Fire Department Rescue Boat will be staffed and in the water during the race, as well as another motorized safety boat. There will also be lifeguards on shore, and kayakers in the water. Note that a professional video crew will be taping the event, so it is possible that you will encounter an underwater camera, as well as video being shot from a boat adjacent to the swim course.

Note that the **Short XTERRA swim is ONE loop of 500m**. Instructions regarding the buoy sequence for the shortened course will be given just before the start of the Short XTERRA. The **Full XTERRA athletes will complete TWO loops of the 750m swim** (rounding all the buoys), including a brief beach run in between loops.

Swim caps, courtesy of Aqua Sphere, will be provided for all triathletes. You must wear your swim cap for the entire swim. If you are in trouble, simply take it off and wave it in the air to signify that you would like assistance

THE MOUNTAIN BIKE

This is an off-road bike course. Sorry, **no road bikes, cyclocross bikes or hybrid bikes allowed.**

Please Note: There is no water aid on the bike course so be sure to carry what you need however there is a Self Served water bottle exchange area and a designated gel drop zone. Please help us keep the park clean by using the gel drop zone for your refueling and retrieving your old water bottle after the race.

FULL COURSE AND DUATHLON – *you must complete 2-loops of the course.*
SHORT COURSE – you will complete 1 single loop of the course. The entire course will be marked with flagging, caution tape turning arrow's, caution signs, and other directional/informative signage as required. Additionally, arrows and/or caution tape and/or signage will be used to highlight significant turns, hills, or other hazards. It is still and always the participants responsibility to know and stay on course at all times. It is ***VERY IMPORTANT that you keep track of what lap you are on!***

COURSE DESCRIPTION ON NEXT PAGE!

THE MOUNTAIN BIKE CONTINUED...

Once racers are through T1 and on the bike, they will travel approximately 1500m back along Nine Mile Lake Road, keeping to the right of the markers at all times. The road, although seldom-traveled, will still be open to traffic on race day, and racers must exercise caution at all times. Once back at Georgian Nordic, racers will be directed around the parking lot, and onto the main race loop.

We are very proud of the new bike race loop at Georgian Nordic, and we are 100% certain that it will provide all riders with plenty of challenges on race day. The course itself is on typical Canadian Shield terrain, which features plenty of exposed granite ridges, with sections of forest floor (and roots) in between. For those accustomed to riding on smooth hardpack, this race course will be an eye opener.

The entire course is rideable, with no death-defying drops or extreme exposure. However, plenty of off-camber turns and small drops exist, and there are very few sections where riders can truly relax. You will need to maintain your focus the entire way around the loop. While traction is generally very good or excellent in dry conditions, if the course becomes wet the exposed granite sections become more challenging.

MORE ON NEXT PAGE!

THE MOUNTAIN BIKE CONTINUED...

The loop itself is approximately 11km long, and it typically takes 40-45 minutes to complete one loop. Approximately 40-45% of the time you will be on single track, with the remainder of the loop being on double track trails.

Approximately 10% of the loop is on sand, with the remainder being mostly bumpy hardpack and exposed granite. There are no single large ascents, but there are several short and punchy climbs, which will require either careful planning or lots of pedal mashing.

We are often asked for tire recommendations. In general, the suggested tires are fast-rolling cross-country tires that still have decent grip. Examples would include Schwalbe Racing Ralphs, Specialized Fast Traks, Maxxis Ikons, and Ritchey WCS Shields. If you have the luxury of choosing between a hard tail and a dual-suspension bike, we would generally suggest that the dual suspension will enable you to better absorb the constant chatter of bumps and still have legs left for the run... Enjoy!

THE RUN

A single run loop officially measures 4.2km.

Short Course Triathletes and Trail Runners will do a single loop

Full Course Triathletes and Duathletes will do a double loop.

The run loop has politely been described as challenging, although the word diabolical has come up in conversation as well... After leaving T2, racers will have approximately 300m on dry, smooth, and wide trails. After this, it's pretty much all either soft surface trails, or technical running on granite ridges. You are virtually guaranteed to get wet feet at some point in the run, and conditions dictate that shoes with some grip would be advisable. Leave the road racing flats at home! Trail runners will have an advantage on the constantly-undulating terrain. For those accustomed to running on uneven surfaces, the run will be a blast. For those more at home on pavement, enjoy 😊 After all, this is indeed an XTERRA...

To add to your already-memorable day, we have built in a climb of the Wall into each run loop. With fresh legs and dry conditions, it's pretty easy to run right up the massive 15m granite slab to enjoy the view from the top (well okay, maybe not really easy, but at least it's doable). However, throw in a little rain and/or cramping legs at the end of a genuinely tough triathlon, and it becomes much more interesting. Not to worry - we have provided a 50-foot rope to help you up the steepest section of the ascent. But we truly hope that you won't need it. This is a very photo-friendly location, and a good spot for spectators since from the top of the Wall it is possible to see riders coming and going, as well as runners struggling to the top of the Wall climb. Don't forget to smile for the cameras...

DUATHLETES INFO NEXT PAGE

DUATHLON FIRST RUN AND SHOE TRANSPORT:

Some special notes are required about Duathlon Run 1. To keep the XTERRA Duathlon as consistently parallel to the Full XTERRA as possible, we have opted to have your first run start and finish at T1. The run itself is a simple out-and-back course, up Nine Mile Lake Road for approximately 300m, and then plunging into the forest along a rough road used for snowmobiling in the winter. Unless the weather leading up to race day is exceptionally dry, we would suggest that you plan to have muddy and/or wet feet at some point during the run. At just over 1km, you will encounter the turnaround sign – please round the cone, and then retrace your steps back to T1.

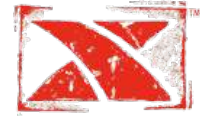
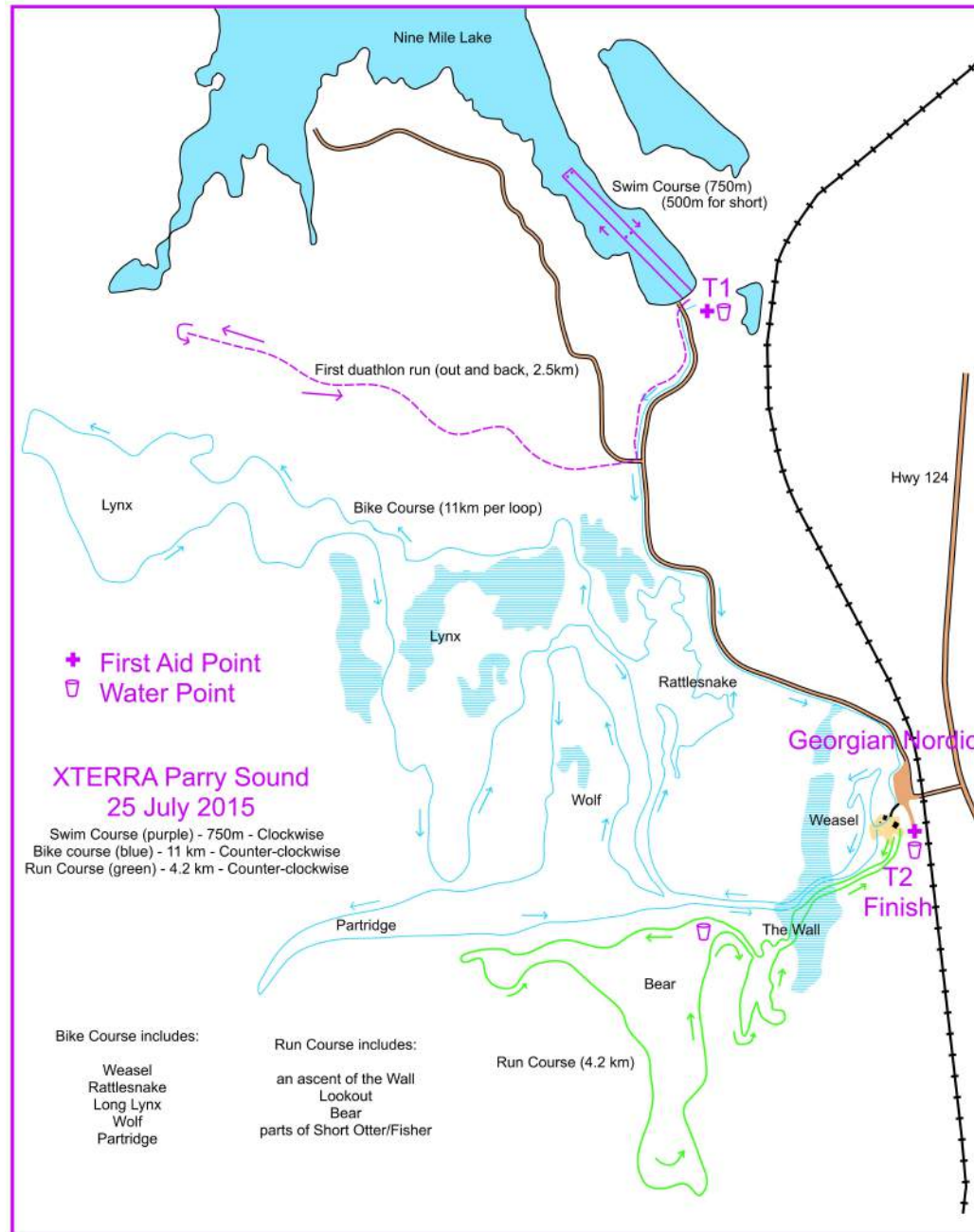
On the final 300m run along Nine Mile Lake Road back into transition, it is possible (but unlikely) that the slowest duathletes could encounter the fastest triathletes already out on their bikes. We would ask the runners to please stay to the left along this short stretch of the road, and yield to cyclists. Also, keep in mind that this road, although seldom-traveled, is still open to traffic during the race. Athletes must exercise due caution at all times.

IMPORTANT INFORMATION REGARDING YOUR SHOE TRANSPORT BETWEEN T1 AND T2 ON THE NEXT PAGE

DUATHLON CONT...

Because we expect that many duathletes may have only one set of trail racing shoes, we will be performing a special shoe transport service during the race, in order to deal with the issue of having two transition zones. Each duathlete will be issued a plastic shoe box with their race number on it for T1. After finishing the first run, duathletes who wish their running shoes to be brought to T2 must place their running shoes into their box, and it will be transported to T2 for them and brought to their numbered spot on the bike rack in T2, where it will be waiting for them as they finish the bike. Any other gear (whatever is not necessary for your second run) should be placed into the plastic bag that you were issued at registration, and marked with your luggage tag. It will be transported to the Finish, where it will be kept secure until you present your race number to pick it up.

SUMMARY MAP OF ALL RACES AND COURSES



XTERRA



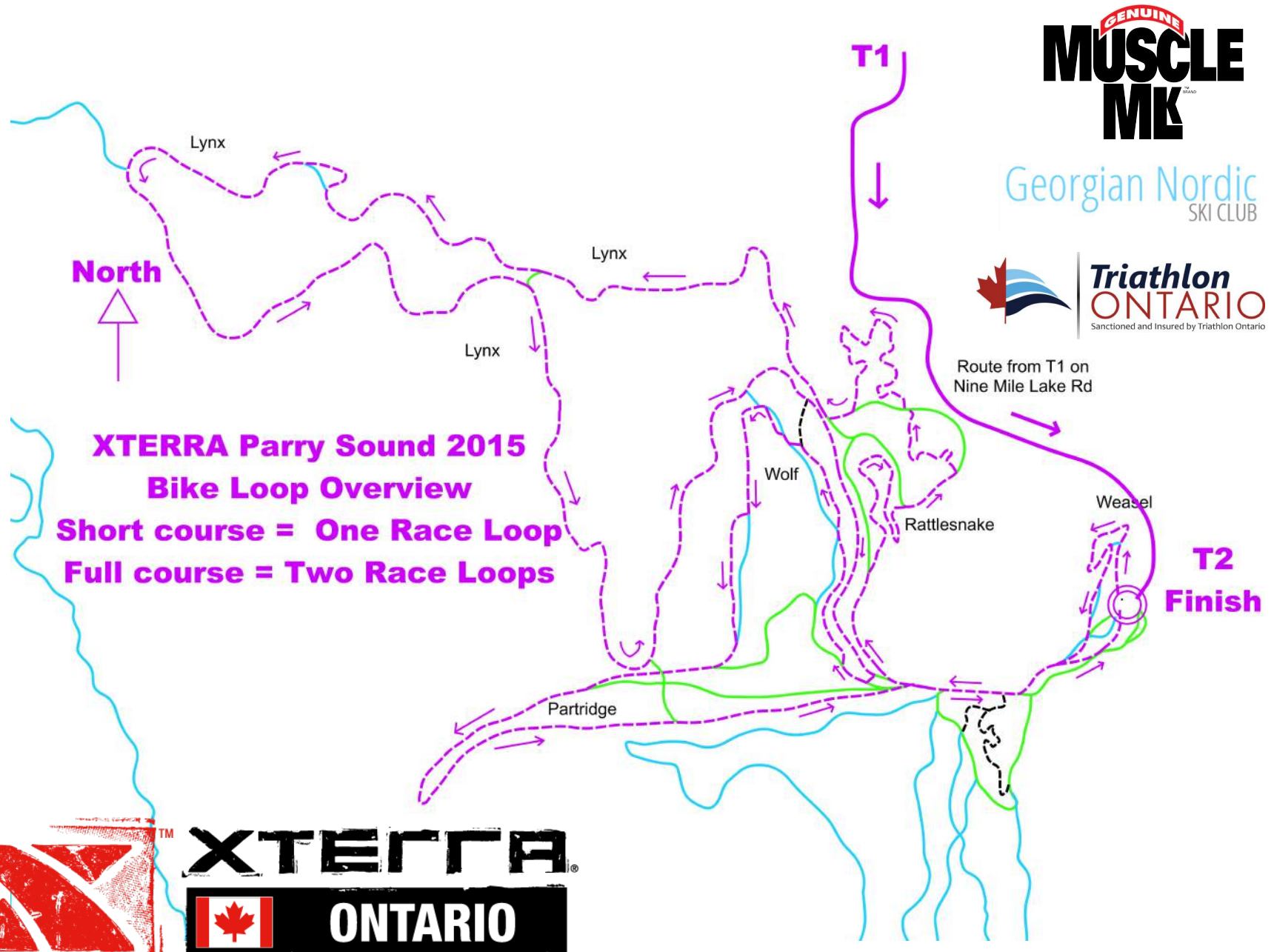
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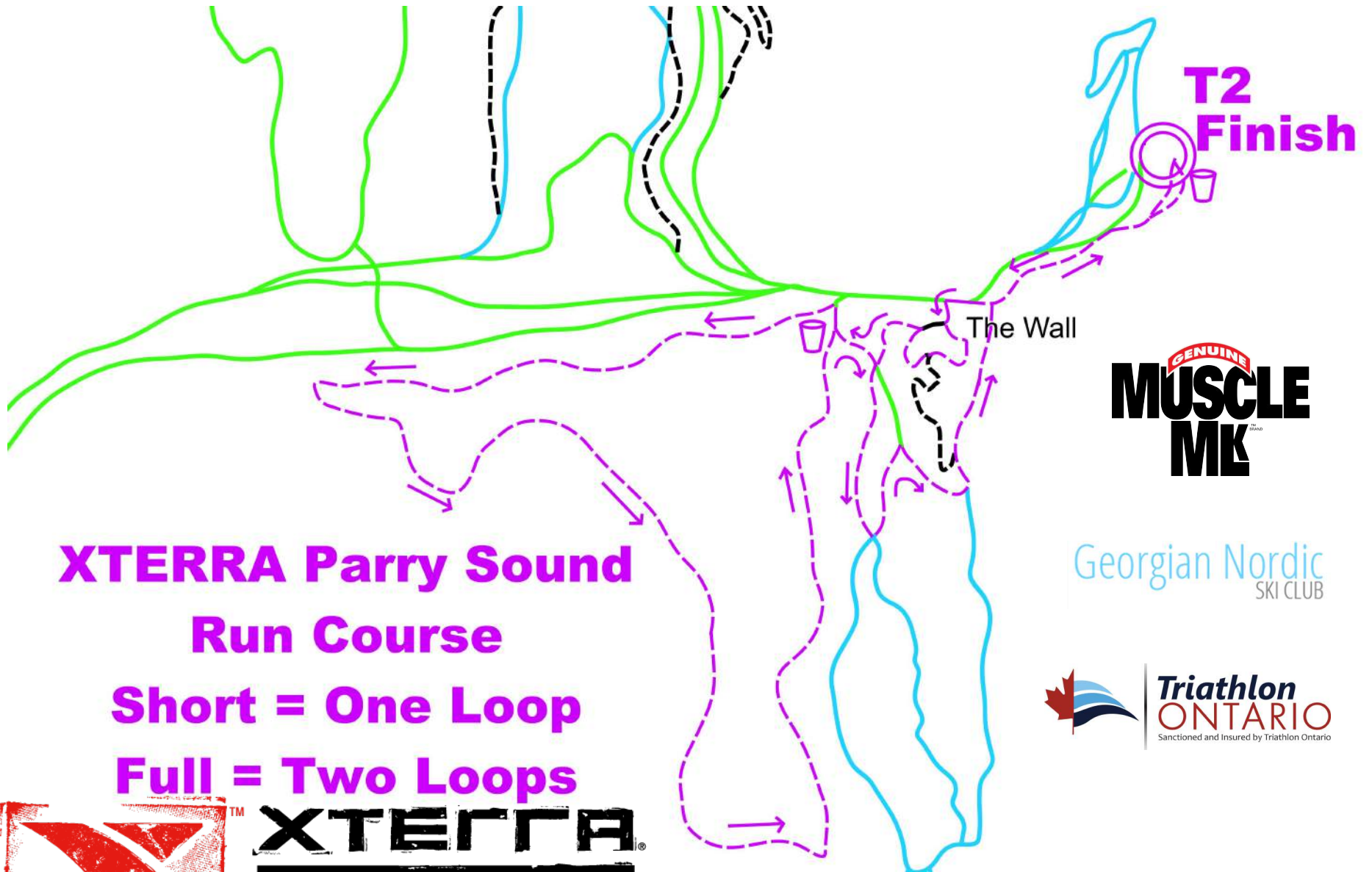


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SINGLE LOOP OF THE MOUNTAIN BIKE COURSES



SINGLE LOOP OF THE RUN COURSES



XTERRA Parry Sound Run Course

Short = One Loop

Full = Two Loops



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