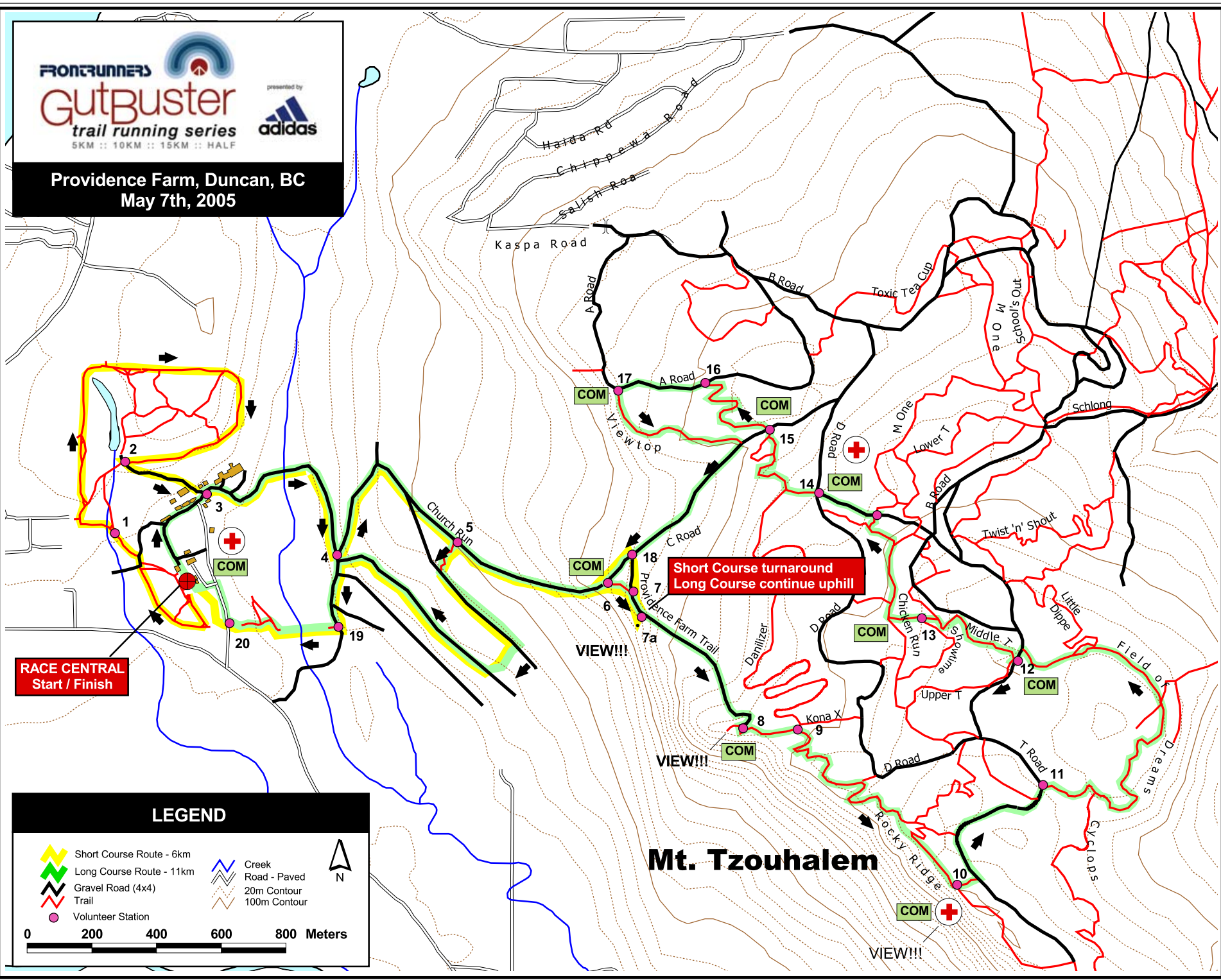












**Providence Farm, Duncan, BC**  
**May 7th, 2005**



**RACE CENTRAL**  
 Start / Finish

**Short Course turnaround**  
**Long Course continue uphill**

**LEGEND**

 Short Course Route - 6km	 Creek	
 Long Course Route - 11km	 Road - Paved	
 Gravel Road (4x4)	 20m Contour	
 Trail	 100m Contour	
 Volunteer Station		

0 200 400 600 800 Meters