

2011 Surf `n Turf Course Written Directions

Start/Finish:

- The race will start at the Southside Gym at 0900 hrs **10 June 11** and finish at Bakers Island. It will be a mass start.

Leg 1 – 7.4 km Run: Note shorter length due to additional distance in leg 6. (No Bakers Island)

- Will be done on the south side of the Base and will utilize the East side of the trail, proceeding to the West side of the Fitness Trail up Canso, left on **Yukon** and will proceed to Bain park through the Cadet camp.

Leg 2 – 4 km Canoe: 4 km, Kayak for Tin events

- Canoeists will go from the launching area in Bain Park, west in the Bay of Quinte towards Trenton
- Go around the point, under the bridges, and west to the boat ramp beside the Quinte Conservation Building/Century 21. (Just below the overhead rail tracks)
- Upon the arrival of the canoeists at the boat ramp, the road biker will proceed – see presentation.

Leg 3 – 15 km Road Bike:

- The road bike will start in the boat ramp parking lot beside the Conservation building.
- Bikers will proceed and turn right (West) onto Front / Water Street
- Bikers will take Front/Water Street to Stockdale Road (**stop sign**)
- Bikers will proceed straight ahead (north) on Stockdale Road
- Bikers will turn right onto Frankford/Mill Street (**stop sign**)
- Bikers will turn right onto Hwy #33 and proceed to Wolfe Road (**stop light**)
- Bikers will turn right onto Wolfe Road and make an immediate right into the transition area
- Bikers will dismount and the Cross Country Runner goes

Leg 4 – 5 Km Cross Country Run

- Runners will start at the designated area on Wolfe Road in Frankford
- Runners will follow the marked trail through the Frankford Friends of Trail marked path to the mountain bike transition area
- Upon arrival to the transition area which is in the Batawa Ski Hill parking lot, the mountain biker takes off

Leg 5 – 9 km Mountain Bike:

- The Mountain Bike Course will start in the Batawa Ski Hill parking lot and take the riders through the Batawa Hills - follow the marked trail – both coloured tape and staked signs
- Bikers will exit the trail behind the old store / Christ Church on Hwy #33 at the Glen Miller Bridge
- At this transition area, the bikers will dismount and the runner goes

Leg 6 – 7.4 km Run: Note changes due to safety and construction concerns. 2011 route same as 2010

- The runner will cross over the Glen Miller bridge and will proceed through the flashing light at Glen Miller Rd/Johnstown Road, and proceed east on Johnstown Road
- At St. Hilaire runners will turn right and will hook up with Hamilton road and proceed to the RCAF road from the opposite direction than years past.
- Runners will run south on the RCAF road. (Please note that there are two sets of tracks to cross this year)
- The runner turns right into the Canex Parking lot (the transition area)
- The swimmer will then proceed

Leg 7 – 500 m Swim:

- Swimmer swims 20 lengths of the pool, starting at the shallow end
- Upon completion of the 20 lengths, the runner goes

Leg 8 – 3 km Run:

- Runner proceeds right (south) from the pool on to RCAF Road
- Runner will cross Hwy #2 (**at the stop lights**) and continue through the lights into Bain park
- Runner will turn left into the cadet camp using the south entrance, and staying to the south side
- Runner will stay on Yukon until Canso, go right on Canso and continue up to Bakers Island Community Centre, stay left towards the finish line.

NOTE: All runners and cyclists must adhere to the rules of the road – failure to comply shall constitute grounds for immediate disqualification. Race coordinator x3328

*******Safety first and foremost at all times*******