

MORIN-HEIGHTS SKI LOPPET 2010

***Coureur des bois* Snowshoe course description - 5 km event**

- Start time of the snowshoe event is 11:15
- Snowshoers must report to the staging area at Morin-Heights Elementary School by 9:45 a.m. to confirm their registration and pick up the race kit and ChampionChip bracelet. This bracelet must be attached to the right ankle to ensure your time is recorded. Your BIB number, which will match the ChampionChip, must also be displayed prominently on the front so that it is easily visible to course marshals.
- All snowshoers will be shuttled to the starting line from the Morin-Heights Elementary School. Please do not drive there directly.

This event is a challenging course in keeping with the legendary reputation of the *Coueurs des bois*. The course is designed for avid snowshoers with good stamina. Course marshals reserve the right to impose a cut-off if they feel a snowshoer will not be able to complete the course within a reasonable time or that the snowshoer's health or safety is in question. Snowshowers wanting to enter the race should be capable of finishing the course under 2 hours.

This event starts on the plateau in the lower parking lot at Ski Morin Heights. The race begins with 250m level section before following a new trail behind the cabins which has a very difficult up hill climb for about 500 metres. The trail continues until it joins the Randonneur trail then levels off near the junction of the Circuit trail. To this point the trail is wide enough to allow for easy passing.

The Circuit has several ups and downs to the Erablière then meanders downhill through the woods via the Beech and Les Rapides trails down to the Aerobic Corridor. The trail crosses the Corridor after 2km and from here continues on Les Rapides trail which runs parallel to the Aerobic Corridor. The trail crosses a bridge

on the Corridor 2.25 km from the finish line and then follows the CN trail which is very narrow with very little room for passing. Faster snowshoers should call `TRACK` if they want to pass. The CN crosses the Corridor again 1.75 km from the finish. Racers will follow the CN trail and share the road crossings and feeding station with skiers at Bennett Road and crossing Route 329. The trail will join the Corridor just before Rockcliffe Road then split to the right on an uphill trail that will lead racers to the foot of Bellevue Hill where racers will have a wide lane for 100m to the finish line.

There will be major control points along the course; however, due to the overlapping nature of the courses, snowshoers must pay attention to junctions where there may not be a marshal. It is the snowshoer's responsibility to follow the signs for their particular event.

Medical personnel will be present at Aerobic Corridor feeding stations. Snowshoers can request assistance at any feeding station and medical help will be arranged.

This is a snowshoe event, participants are required to wear snowshoes!

Update on January 28, 2010