

Wed March 6 2013

### Red River Nordic MEC 10k Race Route

Start in front of the clubhouse. 10k skiers will proceed as follows:

- Ski through the no pass trail to the grid, turning **right** at the grid.
- Proceed around the grid turning left before the grid bridge and enter the roller coaster climb.
- Climb up the roller coaster and turn **right** to the concrete bridge hill.
- Ski down the concrete bridge hill, cross the river and turn sharp right up the connector to **Green Trail**. (Watch for Course Controller!!)
- Ski **Green Trail** in reverse until you reach the next Course Controller at the far North East end of **Green Trail** at the corner of the St. Boniface /Hidden Oval.
- Ski the complete St. Boniface/Hidden Oval until you come back to the Course Controller and Turn Right towards the **Blue oval**. Join the **Blue oval** at the East corner and proceed in the normal direction around the oval, through the **blue** river loops to the back stop corner.
- Turn right as normal at the back stop corner on **blue trail** and climb the backstop hill turning right at the top and back down into the remaining river loops as normal on **blue trail** until you leave the last river loop towards the pump house.
- Just before the pump house two way traffic area, the fun begins as you turn left at the course controller and proceed on **blue trail**, back toward the pimple hill.
- Climb the pimple, enjoying the awe inspiring view and head to the **Blue oval** as normal.
- Ski the **blue oval**, all **blue** river loops once again and climb the backstop hill.
- Ski the remaining **blue** river loops and proceed to the pump house two way traffic zone.
- Stay on return **blue** past the pump house and cross the river on the steel bridge.
- Proceed up the first fairway through the normal finish, but guess what???????, you're not finished!!.
- Proceed around the horn at the hut and back through the normal down up down start on the first fairway.
- Turn right and come up through the trees to the front of the club house area and lap through the start line.
- Ski back through the no passing zone transfer trail and around the grid once again.
- Turn left before the grid bridge and enter the roller coaster climb once again.
- Turn right at the top of the roller coaster and cross the river at the concrete bridge.
- Continue as normal up the bank and onto **blue trail** skiing towards the pump house.
- At the pump house little kid turn around, turn hard left back towards the steel return bridge. (There will be a course controller to assist you.)
- Cross the steel bridge. (Careful, you will be tired)
- Proceed up the first fairway through the normal finish, but guess what????????? you're *still* not finished!!.
- Proceed around the horn at the hut and back through the normal down up down start on the first fairway.
- Turn right and come up through the trees to the back of the club house area and through the finish line. Yay !!!!, you made it.