



- \* **STRAIGHT** across Fisher Lakes parking lot
- \* **RIGHT** on Water Tower road
- \* **RIGHT** on Ski Hill road
- \* **LEFT** on Old Race Course (0.5)
- \* **LEFT** on Simon Says (1.8)
- \* **RIGHT** on Ski Hill Road (0.6)
- \* **LEFT** on Old Race Course (0.3)
- \* **MERGE** and then veer **LEFT** on Crystal Lake (0.3)
- \* **RIGHT** on Crystal Lake Power lines (0.4)
- \* Follow single track to the left towards It's Gotta Go
- \* **LEFT** on It's Gotta Go (0.9)
- \* **LEFT** on Rockpile Road (1.1) This section includes what used to be called Lollypop
- \* **RIGHT** on Mayflower Lake (0.8)
- \* **RIGHT** on Splenda (0.2)
- \* **RIGHT** on Sweetness (1.2)
- \* **LEFT** on Zoo Trail (1.0)
- \* **AID STATION**
- \* **LEFT** on Mayflower Lake (0.2)
- \* **RIGHT** on 9<sup>th</sup> Hole (0.7)
- \* **LEFT** on Donnie's Detour (0.1)
- \* **LEFT** on Golf Trek (0.7)
- \* **RIGHT** on V-Dub (0.5)
- \* **LEFT** on Donnie's Detour (0.2)
- \* **LEFT** on Zoo Trail (0.4)
- \* **LEFT** on Golf Trek (0.8)
- \* **RIGHT** on Tour de Pants (0.4)
- \* **RIGHT** on Zoo Trail (0.2)
- \* **LEFT** on Sponge Bob (0.5)
- \* **LEFT** on Owen Lake (1.1)
- \* **RIGHT** on Moose Trax (2.3)
- \* **LEFT** on Newfoundtrail (0.6)
- \* **STRAIGHT** on Long Lake (0.2)
- \* **LEFT** on Ginger (0.3)
- \* **RIGHT** on Maryanne (0.6)
- \* **AID STATION**
- \* **RIGHT** on Shyzer (0.5)
- \* **LEFT** on Corduroy (0.3)
- \* **LEFT** on Horse Trail (0.3)
- \* **RIGHT** on Shyzer (0.2)
- \* **RIGHT** on Carnage (2.4)
- \* **LEFT** on Corduroy (0.2)
- \* **LEFT** on Trans Canada (1.0)
- \* **RIGHT** on Skywalker (0.2)
- \* **LEFT** on Our Compliments (0.7)
- \* **LEFT** on Trans Canada (0.2)
- \* **LEFT** on Tall Grass (0.4)
- \* **LEFT** on MacKay Skyway (1.3)
- \* **RIGHT** on Old Carriage Road, Keep Left (0.4)
- \* **LEFT** on Trans Canada, Keep Left (0.5)
- \* **STAY RIGHT** through Parking Lot
- \* **VEER LEFT** on sidewalk and around to finish by staying **LEFT** of Fisher Lakes (0.3)