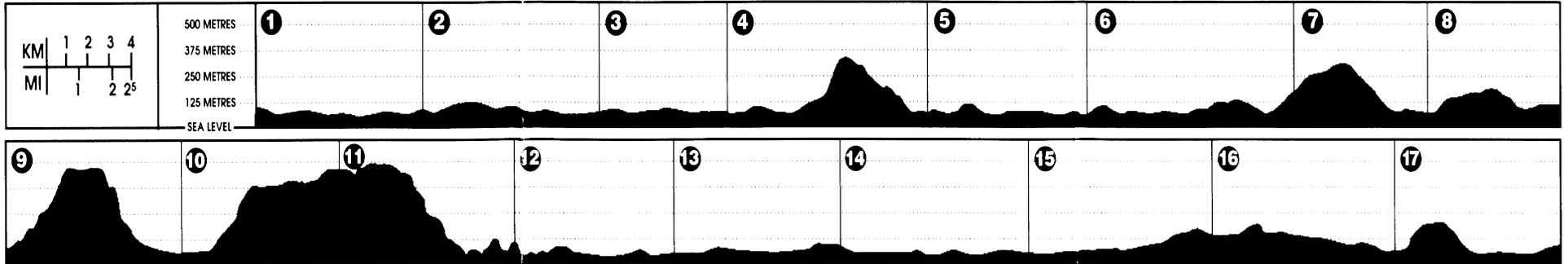


LEG DESCRIPTIONS



1 17.00 km Rating 3.5 (start time: 0700hrs)
Start on the Cabot Trail, at the Gaelic College monument, 1.1 km from Exit 11 off #105 Highway, and finish after crossing the North River Bridge, at the church on the left. This is a gently rolling leg with on long, moderate hill rising from 0 to 50m. Beautiful scenery and a fabulous time of day. There will be two portables at the Gaelic College.

2 17.92 km Rating 3.5 (start time: 0840hrs)
This long easy rolling leg finishes at the Clucking Hen Cafe along the North Shore and passes through a quiet, remote river valley with a maximum elevation of 60 m. Three portables at the Church in North River.

3 13.46 km Rating 2 (start time: 1025hrs)
This leg finishes at Wreck Cove General Store on the left. A rolling leg with a few short hills. Two portables at the Clucking Hen and three at the Wreck Cove General Store.

4 20.01 km Rating 5 (start time: 1145hrs)
The first 9 km are continuous easy ups & downs but the best is yet to come. You must now complete a 2.1 km climb up Cape Smokey. Relax for the steep downhill on the way to the finish. A couple more hills will take you to the finish at Cape Smokey Ski Lodge on the left. Two portables will be at the finish of this Leg.

5 17.5 km Rating 3.5 (start time: 1345hrs)
A long moderate climb up to Ingonish Beach and the entrance to the Cape Breton Highlands National Park, then go gently rolling downhill through the village of Ingonish. This leg finishes at the Mary Ann Falls Warren Lake entrance on the left just past the Broad Cove campsite. Two portables will be available at the finish of this Leg

6 17.5 km Rating 4.5 (start time: 1530hrs)
The scenery on this seacoast run will captivate you despite a couple of long challenging hills. This leg climbs to the finish at Cabot High School on the right. Elevation 90m. Be prepared for strong coastal breezes. There will be access to washrooms and showers at Cabot High School.

7 13.1 km Rating 3 (start time: 1720hrs)
A rolling leg but the first 8 km climbs steadily 90m and then falls quickly to finish at the Cape North Firehall 0.2 km past the Dingwall garage, where there will be two portables for washroom breaks.

8 12.36 km Rating 2.5 (start time: 1840hrs)
An easier leg with a gorgeous view of the Sunrise Valley on the right. There is a slow steady 3 km climb in the beginning. After this you are rewarded by a flat stretch and afterwards finish just before the picnic park at Big Interval. There will be two portables at the finish. The picnic park will be closed.

9 17.84 km Rating 5 (start time: 1955hrs)
Time to put on the reflective vest! This leg makes Smokey look like a piece of cake. North Mountain in the Cape Breton Highlands National Park climbs 385m & reaches the top at 6.2 km then falls back to sea level. The route then levels off to finish at Mountain View Motel & Restaurant on the right at Pleasant Bay. Night will have fallen completely. The restaurant will be open and there will be two portables in the parking lot.

The course description is general with distances & elevations shown as approximations. These are meant as a guideline only.

10 14.7 km Rating 5 (start time: 2140hrs)
This leg is for people who like running up hills. The first 3.1 km are just to warm up & get you to the base of MacKenzie Mountain. The route then climbs 385m snaking back & forth up the side of the mountain for 6.2 km. It then levels off for the rest of the leg & finishes at the rest area on the left at Benjie's Lake. Two portables will be available.

11 14 km Rating 3.5 (start time: 2310hrs)
This leg located fully within the Cape Breton Highlands National Park is for the runner who likes to run downhill. However, the first 5.8 km climbs steadily to an elevation of 460m. Relax and coast down the next stretch to sea level. Be prepared for two short, very steep hills to the finish at a 60m elevation at the look off past the Trout Brook Picnic Park. Two portables will be provided in the picnic park. There will be a slow down for traffic around 8.5 km into this leg and one lane of traffic.

12 15.78 km Rating 3 (start time: 0035hrs)
Easy rolling leg with a nice view of the Gulf on the right (in the daylight!). Descends from 60m at the look-off to sea level & will be your second brush with civilization as you leave the Cape Breton Highlands National Park and enter the Village of Cheticamp. This leg ends at the parking lot of the CO-OP Grocery Store. Two portables will be available at the parking lot next to the CO-OP. There will be two traffic slowdowns on this leg at 1.5km & 2.8km with one lane for traffic.

13 15.88 km Rating 3 (start time: 0210hrs)
Easy rolling leg through Acadian farms & seacoast to finish at the former site of Joe Scarecrows & Diner. A quiet peaceful leg for the night owl on your team; no street lights out here. Rises to a maximum elevation of 30m. Two portables will be available at Joe Scarecrows.

14 19.81 km Rating 4 (start time: 0345hrs)
This long leg begins a 7.9 km level coastal run to Margaree Harbour. Dawn will be breaking as you turn left & follow the Cabot Trail. The leg heads inland & starts to rise gradually to a maximum elevation of 10m to finish on the left at the Coady Tompkins Library across from Margaree Lodge. There will be two portables at the now abandoned, but nearby gas station.

15 15.42 km Rating 2 (start time: 0540hrs)
Now that daylight has arrived enjoy the scenic Margaree Valley as you roll along this fairly easy leg which finishes at the Lakes Cafe on the left. Maximum elevation on this leg is 30m. The Lakes will be open and we'll have two portables at the site.

16 15.35 km Rating 2 (start time: 0710hrs)
This is the flattest leg in the race. It finishes at the churches in Middle River on the left. It rises from approximately 30m to a maximum elevation of 50m. At the Churches we'll have four portables.

17 STEVE DUNN LEG
18.7 km Rating 4.5 (start time: 0840hrs)
This leg is named after Steve Dunn who tragically passed away during the 2012 race, and who had run this event for 20 years.

This leg has a flat 2km start from the two churches in Middle River then rises 3.5 km up Hunter's Mountain on a fairly steep grade to an elevation of 150m. It then falls quickly to turn sharp left along the Swamp Road. This is a 5 km stretch of high grade gravel road. Turn right over Baddeck Bridge and climb steadily to the overpass on the outskirts of Baddeck. It's downhill all the way to the finish line in front of the Court House in the center of the village of Baddeck. Washrooms and Showers at Baddeck Academy will be available, and there will be two portables near the Welcome Centre in Baddeck.