

Race Category	Directions
U6 (1 km)	Follow orange. Turn back at point A.
U8 (1.5km)	Follow blue. Turn back at point B.
U10 (2 km)	Follow pink. Turn back at point C.
U12 (2 km)	Follow pink. Turn back at point C.
U14 (3.5 km)	Follow Yellow. Turn back at point D.
U16 (4.5 km)	1 st lap: Follow yellow and turn back at point D. 2 nd lap: Follow blue and turn back at point B.
U18 (5 km)	1 st lap: Follow yellow and turn back at point D. 2 nd lap: Follow pink and turn back at point C.
Senior (7 km)	Do yellow trail twice. (Turning back at point D.)

