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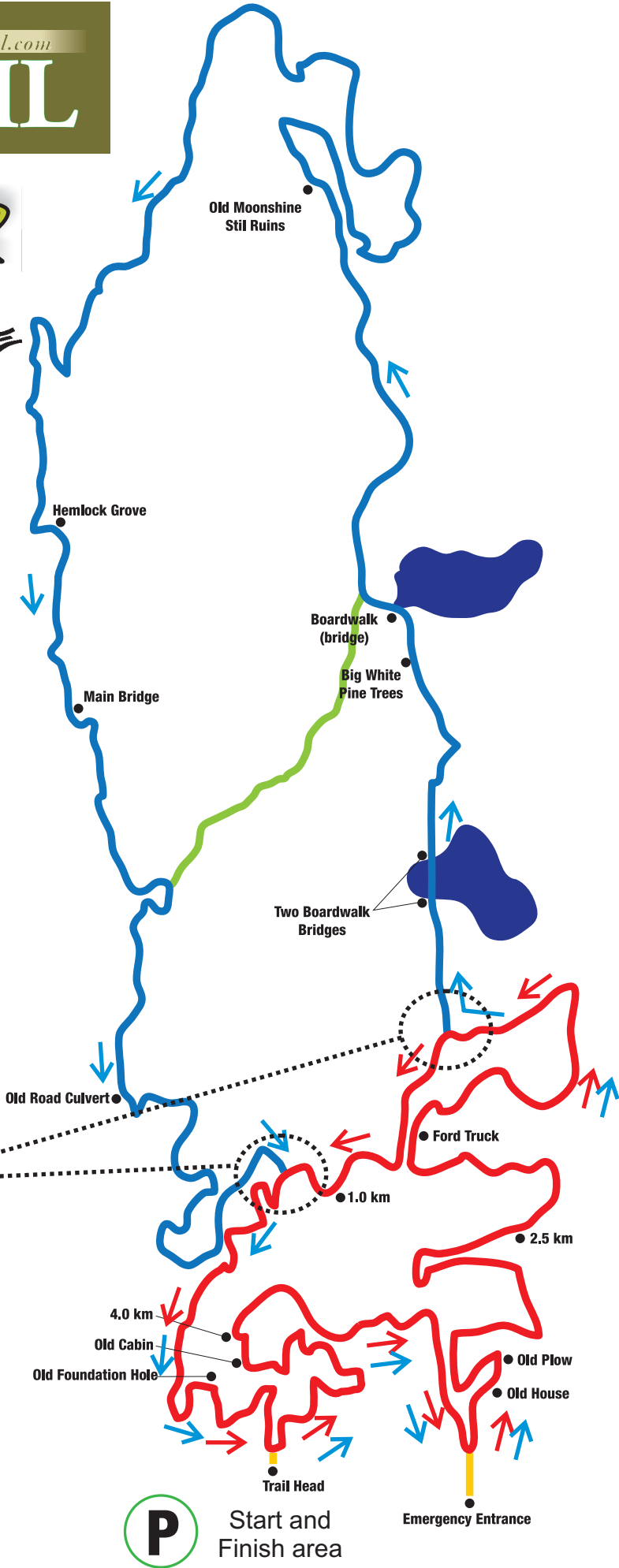
THE DOWNEASTER MOUNTAIN BIKE RACE

Not sure how to race? Check out our map and follow the arrows.

Beginner Riders = **RED (~5 km)**
 Advanced Riders = **BLUE (~10 km)**

Everyone starts and finishes at the same place. You must finish your last lap within the 4 hour time frame to count it. The team with the most laps wins.

2 team members can be on the course at one time. So if you have a 1 or 2 person team, you can continuously race the entire four hours. If you have a 3 or 4 person team, only 2 of the team members can be on the course at one time, so these teams will trade turns.



Transition Areas

Beginner riders always stay on the **RED** loop

Advanced riders transition - onto the **BLUE** loop and then off the **BLUE** back onto the **RED** loop.

Everyone rides in a counter-clockwise direction at all times.

P Start and Finish area