

WELCOME TO ...

PAUL'S DIRTY INDURO

Lucky



KEEP ME
IMPORTANT RIDER INFORMATION
BEFORE YOU START

Follow the fluorescent ORANGE arrows. Every course is ONE LAP. The 30k, 60k and 100k riders will loop back through the Ganaraska Forest Centre after the prologue loop and have regular feed zones and road marshals on their courses.

STAY ON
THE TRAIL!



Eye protection, sun-screen, snacks, extra water and an extra layer of clothing are all necessary ingredients for a good ride



GASP! IT'S

POISON IVY!

THE GANARASKA FOREST IS LOADED WITH POISON IVY. DON'T GO BUSH-WACKING IF YOU CAN POSSIBLY AVOID IT. WASH WITH DETERGENT AS SOON AS YOU GET BACK TO CIVILIZATION. THERE WILL BE LOTS O' BUCKETS AND DETERGENT PROVIDED AT THE START/FINISH

THE DIVE SOURCE * MOUNT KIRBY SKIS & BOARDS * DONALD TRAVEL * OSHAWA CYCLE SALVAGE * STARBUCKS * GATORADE * HAASELTON'S * KAWARTHA DAIRY * SMATTY'S NO FRILLS * TIM HORTON'S COFFEE * MINUTE MAID * SHIMANO

SCHEDULE OF EVENTS

SATURDAY

9 AM GANARASKA FOREST CENTRE OPENS
 2 PM REGISTRATION OPENS
 EVENING CARNIVAL EVENTS GO WILD

SUNDAY

7 AM RACE DAY REGISTRATION OPENS
 8 AM 100KM REGISTRATION CLOSES
 9 AM 100KM RACE BEGINS
 10 AM 60KM REGISTRATION CLOSES
 11 AM 60KM RACE BEGINS
 12 PM REGISTRATION CLOSES
 KID'S RACE
 1 PM 15KM AND 30KM TOURS BEGIN
 2 PM PARTICIPANT LUNCH OPENS
 4 PM AWARDS CEREMONY
 7 PM SITE CLOSES

PRE-RIDING THE COURSE!

Only the Prologue (15km) and the 30km courses will be open for pre-riding. They are open from 9am on Saturday morning.

HELMETS ARE REQUIRED!

NUMBER PLATE IDENTIFICATION

1 - 199	100 KM	BLACK LETTERING
200 - 399	60 KM	RED LETTERING
400 - 599	30 KM	GREEN LETTERING
600 - 799	15 KM	BLUE LETTERING

IF YOU ARE HURT OR YOU NEED HELP SIT DOWN OFF THE TRAIL AND ASK RIDERS WHO GO PAST TO SEND HELP. STAY WHERE YOU ARE, HELP WILL COME.

IF YOU SEE A RIDER WHO NEEDS HELP. REMIND THEM NOT TO MOVE. REMEMBER WHERE THEY ARE ON THE TRAIL (CHECK YOUR COMPUTER). TELL THE NEXT MARSHAL VOLUNTEER OR SWEEP. THEY HAVE PROCEDURES FOR THESE SITUATIONS.

ATTENTION RIDERS!

PLEASE CONGREGATE NEAR THE START LINE TEN MINUTES BEFORE YOUR EVENT FOR A MANDATORY RIDERS' MEETING. IMPORTANT!



PRODUCTION TEAM:

ROB, MONIQUE, LAURELLE & BEREC COX
 MAUREEN DONALD, JOANNE BARLOW, MARY RUSH
 NORTH SHORE AMATEUR RADIO
 CANADIAN MENTAL HEALTH ASSOC. (PETERBOROUGH BRANCH)
 RICK WILLING & KT MISENER, ZAC WHEELER, PETER BURCH
 AND A CAST OF SO MANY FABULOUS VOLUNTEERS!



MINUTE MAID



Trail Tours & DIRT BIKE SCHOOL



J.E. QUANTRILL
 Chevrolet - Datsun - Cadillac I.M.
KHS
 ACS Distributing



BELL CANADA * CABLE PRODUCE LTD. * SOBEY'S * QUAKER * LOBLOWS * PETERBOROUGH WHOLESALES * BULK BARN * STONE BREWERS * CANADA * HERMAS * LUMSDENS * ASP * JACK & JILLS PRODUCE * RJS FRESH PRODUCE * OLDF

STARBUCKS * GATORADE * HAASELTON'S * KAWARTHA DAIRY * SMATTY'S NO FRILLS * TIM HORTON'S COFFEE * MINUTE MAID * SHIMANO