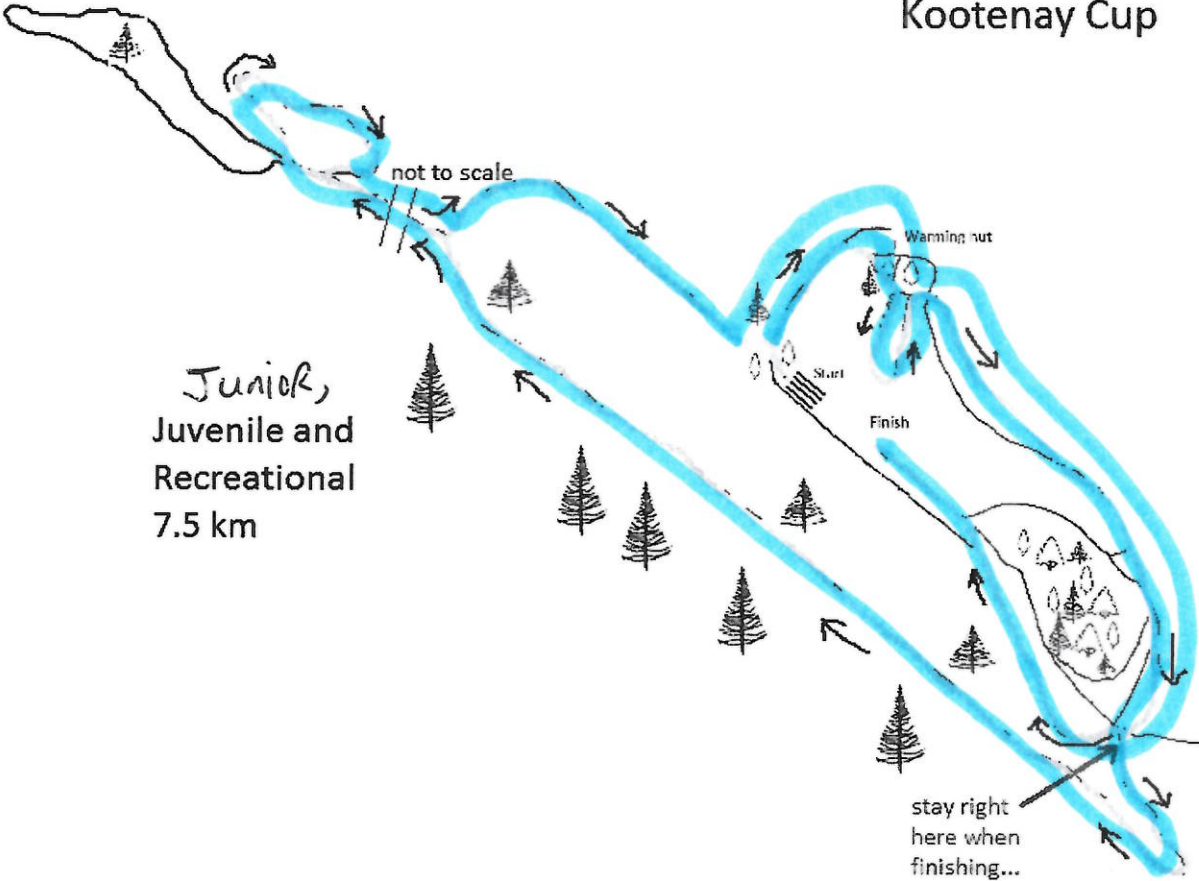


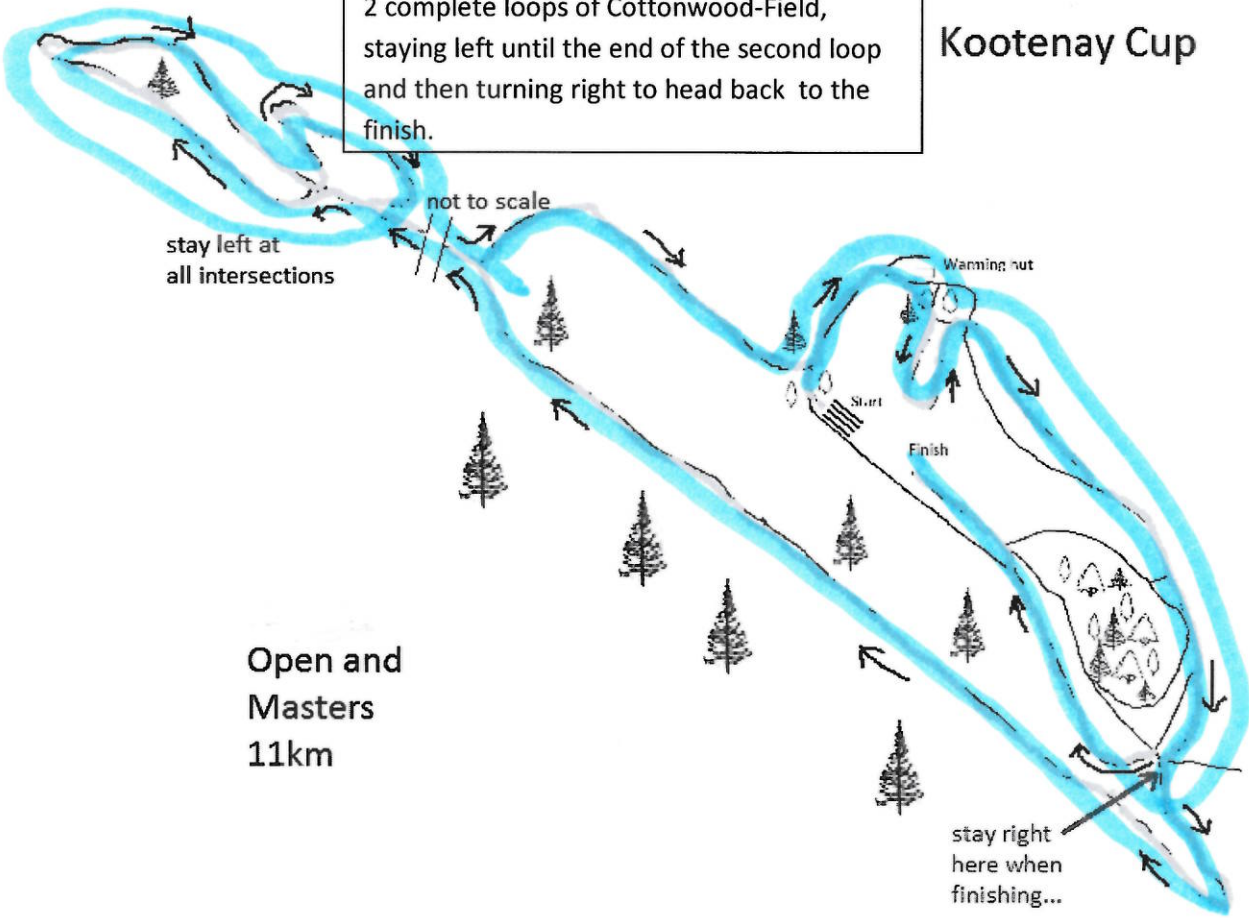
# Kootenay Cup



Junior,  
Juvenile and  
Recreational  
7.5 km

# Kootenay Cup

2 complete loops of Cottonwood-Field, staying left until the end of the second loop and then turning right to head back to the finish.



stay left at all intersections

not to scale

Warming out

Start

Finish

Open and Masters  
11km

stay right here when finishing...