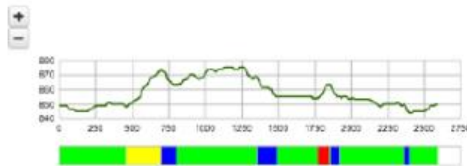


River Bend Golf & Recreation Area

2.5 km course

U14, U16, Sport Distance
(1-3 lap events)



2.5 km hills course

Course length:	2,592m		Height difference (HD):	31m		Lowest point:	844m	
			Maximum climb (MC):	25m		Highest point:	875m	
			Total climb (TC):	72m				
A-climb	#	at m	PHD (m)	PTC (m)	grad. (%)	avg. grad. (%)		
	1	453	25	25	4.7 - 29.8	10.5		
	total			25			34.7%	part of TC
B-climb	total			0			0.0%	part of TC
C-climb	1	1,778	9	9	0.0 - 27.7	12.5		
	total			9			12.5%	part of TC
undulated terrain	total			38			52.8%	part of TC
	total climb			72				