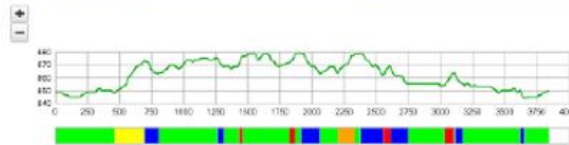
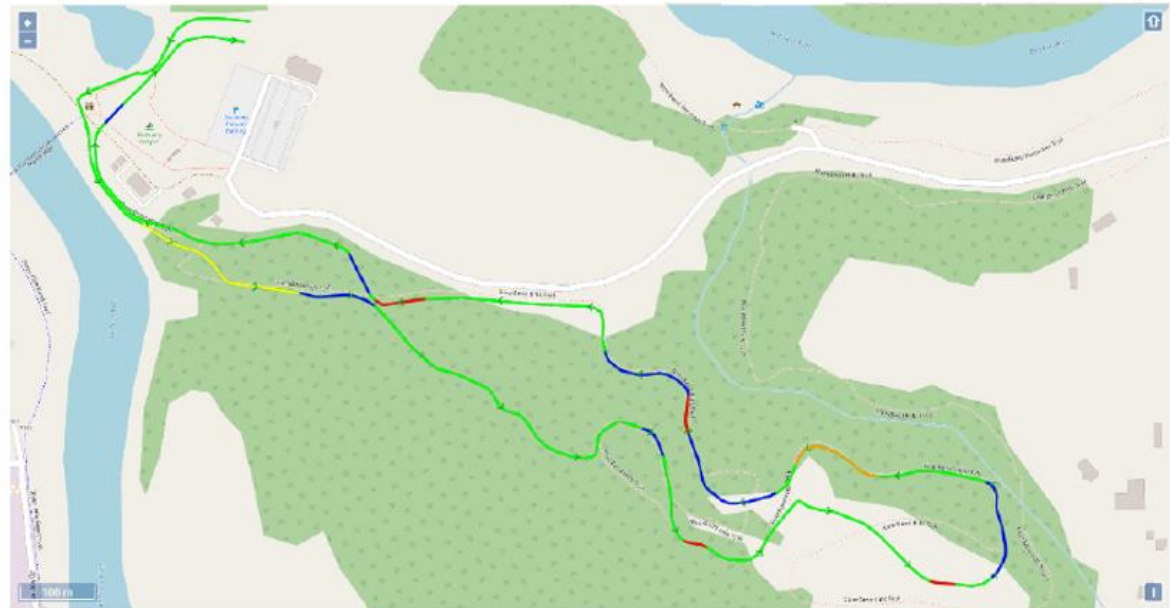


# River Bend Golf & Recreation Area

3.75 km course

U18, U20, Seniors,  
Masters & Sport  
Distance  
(1-4 lap events)



3.75 km course

Course length:		3,868m		Height difference (HD):		39m		Lowest point:		644m
		Maximum climb (MC):		25m		Highest point:		679m		
		Total climb (TC):		127m						
A-climb	#	at m	PHD (m)	PTC (m)	grad. (%)	avg. grad. (%)				
	1	403	25	26	4.7 - 20.9	10.5				
	<b>total</b>		25	26			19.7% part of TC			
B-climb	#	at m	PHD (m)	PTC (m)	grad. (%)	avg. grad. (%)				
	1	2,202	15	15	7.5 - 32.1	11.0				
	<b>total</b>		15	15			11.8% part of TC			
C-climb	#	at m	PHD (m)	PTC (m)	grad. (%)	avg. grad. (%)				
	1	1,420	0	0	0.0 - 20.7	17.0				
	2	1,833	0	0	10.9 - 21.0	16.2				
	3	2,558	0	7	-13.6 - 15.0	11.1				
	4	3,033	0	9	0.0 - 27.7	12.5				
	<b>total</b>			28			22.0% part of TC			
undulating terrain	#	at m	PHD (m)	PTC (m)	grad. (%)	avg. grad. (%)				
	1	3,868	0	0						
	<b>total</b>			58			46.7% part of TC			
	<b>total climb</b>			<b>127</b>						