

O-CUP, NOVEMBER 17th, 2024

PARKING:

[Rosedale Park - Google Maps](#)



Check in/registration is by the building, at the north end of softball parks. Washrooms are available at Rosedale Arena.

FORMAT:

O-Cup format with traditional THOMASS Box with seven controls in the box. Handicaps will apply.

START:

The start is 10:00 AM and located 900m south of the parking area.

CAUTION:

The terrain is steep in some areas and the hillsides can be very rocky. Leaves can add some extra challenges going up and down.

The area has many MTB trails so you can expect to meet bikers coming from any direction.

MAP:

Scale: 1:7500 with 5m contours.

The areas marked with green have that colour for a reason – they are dense and it is strongly recommended to avoid those areas. Forest marked as light green is generally runnable. Thorn bushes can be found throughout the area, including some small patches (that can be avoided) in the woods marked as open. Running in shorts is not recommended.

There are many new MTB trails and some of them can be hard to see due to leaves covering the ground.

There is a creek running through the event area; you are allowed to cross it at any point if you deem it safe to do so. It is shallow in most places but slippery, so use caution.