**Bear Creek Park League Race #2 2023**

**Race Notes:**

* Maps posted below.
* All athletes will be given an individual time and place.
* Results will be posted at https://southfraserxc.weebly.com/
* Athletes will race with numbered bib.
* Athletes must be pre-signed up.
* Course will be marked, marshalled, flagged and have a lead biker.
* Course not suitable for spikes, there are paved sections.

**Para-Cross Country Race Notes:**

Athletes will run in the Junior race, all grades, and levels welcome.

**Finishing Chute Race Notes:**

* Boys on the left, girls on the right
* After the finish line stay in order until excused, do not pass someone after the finish line

**Para Race - 1.7km - 1 large loop**

**Junior Race - 3.4km - 2 large loops**

**Senior Race – 4.6km - 1 small loop, followed by 2 large loops.**

A map of a forest

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