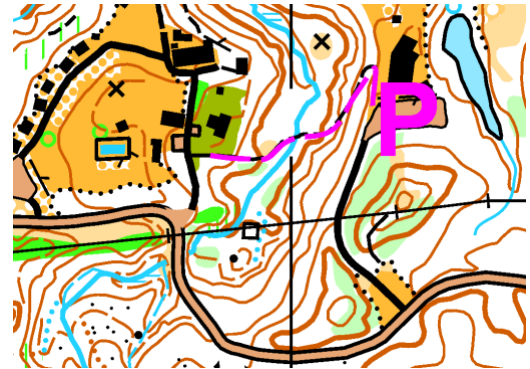
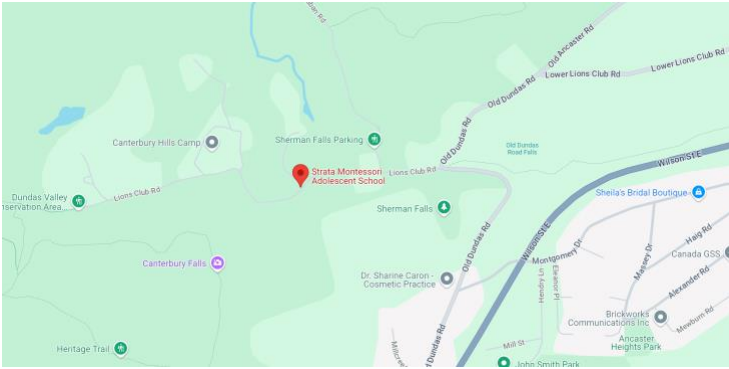


ONTARIO CHAMPIONSHIPS, NOVEMBER 16th 2024

PARKING:

[Strata Montessori Adolescent School - Google Maps](#)



Follow tape from the parking area to the start/finish at *Canterbury Hills Camp*. DO NOT park along *Lions Club Rd* as you will be ticketed and potentially towed. Parking at *Canterbury Hills* is for organizers only.

FORMAT:

Middle distance, point-to-point.

START:

The first start is 10:00 AM. Please see separate link at [GLO Fest & OOCs | DGL AdventureRunning \(dontgetlost.org\)](#) for start times. There are two starts. The start for courses 3 to 8 is by the swimming pool and the start for course 1 (MF10, Open 1) and course 2 (MF12, Open 12) is 100m north of the camp.

PRELIMINARY COURSE LENGTHS:

Course	Categories	Course Length	Scale & Contours	Notes
8	M20, M21, M35, Open 8	4.2 km	1:5000 & 5m contours	map flip
7	M18, F20, F21, F35, M45, M55, M21S, Open 7	3.1 km		map flip
6	F18, F45, F55, MF65, MF 17-20S, F21S, Open 6	2.4 km		
5	M/F75, M/F80, M/F85, M/F90, Open 5	2.0 km		
4	M/F16, Open 4	2.1 km		
3	M/F14, M/F16S, Open 3	1.6 km		
2	M/F12, Open 2	1.4 km		
1	M/F10, Open 1	1.4 km		

CAUTION:

The terrain is very steep so all participants must use caution, especially down the hills.

AWARDS:

This is THE Ontario Championship race. Medals will be handed out to the top three finishers in the youth categories and the winner in the adult categories.

WATERFALLS:

You are in the middle of the beautiful *Dundas Valley*. Seize the opportunity to visit *Sherman Falls* and *Canterbury Falls*, both just a short hike away from *Canterbury Hills*.