

Stage 5 Jackpine Alley (Alley-Oop as named by Gord Rennie- Jackpine Alley)

Your team is half way as you start. Almost right away you drop into a bigger dip and then another. Enjoy the scenery including the swamps and the forests. You soon come to quite a long uphill section climbing towards the second forest plantation and now the landfill just before the road drops into the Nechako valley. Then there is quite a long flat by the painted rock and then the long downhill past O'meara's and the swamp at the bottom. Don't forget the last abrupt and untimely uphill 2 or 3 hundred metres. Hilly.

Stage 6 Down 12 mile hill

This stage starts out with a continuation of the abrupt little hill (past the pruned pine trees on the west side). Then comes the delicious (to a cyclist) long 12 mile hill. Don't overrun it as there are 3 kms or so of near-flats and a bit of an uphill on the bottom. This leg takes you out of the forest and into the farmland. Great for the downhill specialist.

Stage 7 (90 Degree Turns)

There is a short curve to run and then there is 1 km south then turn due east at the Braeside turn-off. DON'T turn on to the Loop Road which has become the shortest route to Vanderhoof. Tradition demands that you carry on straight towards the airport, make 2 more 90 degree turns. Flat, flat, flat. Remember these stages are harder because it's now mid-afternoon and the weather can be warm. Warm, but the easiest stage.

Stage 8 Into Vanderhoof

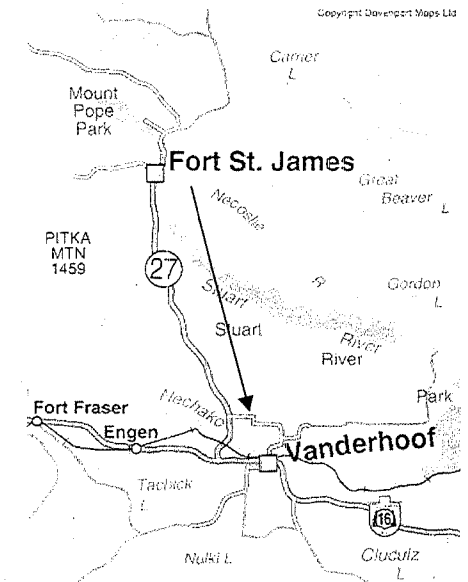
If you have a hot weather runner who can't handle any hills - this is the stage for them. Go past the Airport, the Mormon church, the golf course and Fall Fair grounds then around the corner in the residential area, down the hill and across the bridge. Take the first residential street turning right and go 1 block west then turn south again and finish at Ferland Park. Another easy one but hot because it's mid-afternoon. Congratulations



31st Annual Mother's Day Relay

SUNDAY MAY
9TH 2010

Fort Saint James, B.C. to
Vanderhoof, B.C



RELAY NUTS AND BOLTS

1. This event is FREE (totally run by volunteers)
2. The objective: As a team you will run, jog or walk from Fort Saint James to Vanderhoof (a total of 60km or 37 miles). Teams have been known to finish relay in anywhere from 4 to 8 hours.
3. Relay starting time: **10 am Sunday May 9th 2010**
4. Relay starting location: **Cottonwood Park/Beach, Fort Saint James BC**
5. Registration prior to event is REALLY appreciated! However teams may register on the day of the race. Please register your team and stage information WITH THIS FORM. For more information AND where to send registration:

Colleen Mullin: 250 996 6888 or cmullin@mail.sd91.bc.ca
250 996 7708 (fax)
Mail : PO Box 8 FSJ BC V0J 1P0

Keith Gordon: 250 996 8572 or kkgordon@telus.net
6. Rules:
 - i.) Each stage is 8 km, however a stage maybe split into 2x 4km sections (this must be organized prior to race commencement). The maximum # of team members is 16
 - ii.) A team member can run, jog or walk more than 1 stage; however this must also be arranged prior to race commencement.
 - iii.) No bikes, rollerblades etc... you can only use the legs that your momma gave ya!
 - iv.) Your team is responsible for recording and calculating the stage times (forms supplied the morning of the race), for shuttling runners, for providing positive support, food, fluids and any medical support and/or first aid
 - v.) This event is totally at your own risk! Please follow the rules of the road!

TEAM NAME:

Team Captain (name and contact phone number)

TEAM MEMBERS:

Stage #	Team Member Name(s) for each leg [(b.) is optional]
1	a.) b.)
2	a.) b.)
3	a.) b.)
4	a.) b.)
5	a.) b.)
6	a.) b.)
7	a.) b.)
8	a.) b.)

ROUTE DESCRIPTION - FORT ST. JAMES TO VANDERHOOF RELAY

Stage 1 Out of the Fort

The race starts at the Junkers airplane and heads out of town. Runners should normally stay on the left but are permitted to "cheat" on the right past the liquor store. Then you must stay on the left. The route is flat until almost to Willick's Trailer Court when there is a short hill. Then it's flat to the end just past the first Airport turnoff. Pretty easy except for the one small hill.

Stage 2 Past Spencer's Ridge

This leg goes past the farms, the Spencer's Ridge turnoff and the gravel pits then the S turn and a pretty steep hill up to the Armstrong turnoff (with the horse and cowboy cutout) and then down the hill. You will really feel the uphill on this stage because you will have run 5 or so kms before you hit it. The hand over is in the middle of the fill across the swamp with the tree island in the middle. One long hill.

Stage 3 Through Dog Creek

This starts out with a medium/difficulty hill that you really feel especially if you go too fast. Once crested there is almost a mile of flats through the fields cleared about 20 years ago. Before the mile is done however you get into a long gradual uphill towards Dog Creek. Near the top there is a dip and another hill before you cross the creek. Then you run past the cement plant on the right then past the junction with Dog Cr. Road and about 1/2 a mile on the flat. The change is on a fairly large road fill. Toughest.

Stage 4 Past Echo Lake

Stage 4 and 5 are the most remote sections - very quiet. Much of the old dead pine forest is being harvested - much changed since the early days of the race. You start out with quite a long straight stretch then a couple of dips (dips mean uphills on one side) then a gradual down hill then up to the Echo lake plantation. Then it's flat all the way out to the end of the stage. The change is just before a corner and dip.