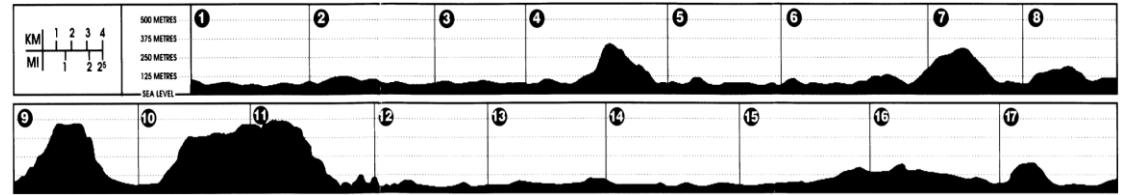


CTRR Legs



Leg	Distance	Rating	Gain (m)	Mat Pace	Start Time	Short Name	Starting Location	Ending Location
1	17.00	3.5	319	5:52	7:00	St. Ann's Bay	The Gaelic College Monument	Church after the North River Bridge
2	17.92	3.5	275	5:51	8:40	North River	Church after the North River Bridge	Clucking Hen Café
3	13.46	2	138	5:56	10:25	Wreck Cove	Clucking Hen Café	Wreck Cove General Store
4	20.01	5	562	5:59	11:45	Smokey Mtn.	Wreck Cove General Store	Came Smokey Ski Lodge
5	17.50	3.5	198	6:00	1:45 PM	Ingo	Came Smokey Ski Lodge	Mary Ann Falls (Warren Lake Entrance)
6	17.50	4.5	377	6:16	3:30 PM	North of Ingo	Mary Ann Falls (Warren Lake Entrance)	Cabot High School
7	13.10	3	201	6:06	5:20 PM	Cape North	Cabot High School	Cape North Firehall
8	12.36	2.5	193	6:03	6:40 PM	Sunset	Cape North Firehall	Before Picnic Park at Big Intervale
9	17.84	5	600	5:52	7:55 PM	North Mtn.	Before Picnic Park at Big Intervale	Mountain View Motel & Restaurant
10	14.70	5	448	6:07	9:40 PM	MacKenzie Mtn.	Mountain View Motel & Restaurant	Benjie's Lake
11	14.00	3.5	426	5:21	11:10 PM	Skyline (French Mtn.)	Benjie's Lake	Lookoff Past Trout Brook Picnic Park
12	15.78	3	350	6:01	12:35	Into Cheticamp	Lookoff Past Trout Brook Picnic Park	CO-OP Parking Lot
13	15.88	3	268	5:58	2:10	Grand Étang	CO-OP Parking Lot	Joe's Scare Crows (RIP)
14	19.81	4	141	5:48	3:45	Margaree Harbour	Joe's Scare Crows (RIP)	Coady Tompkins Library
15	15.42	2	264	5:50	5:40	Margaree	Coady Tompkins Library	Lakes Café
16	15.35	2	124	5:51	7:10	Middle River	Lakes Café	Middle River Chruches
17	18.70	4.5	282	6:24	8:40	Hunter's Mtn. / Baddeck	Middle River Chruches	Downtown Baddeck