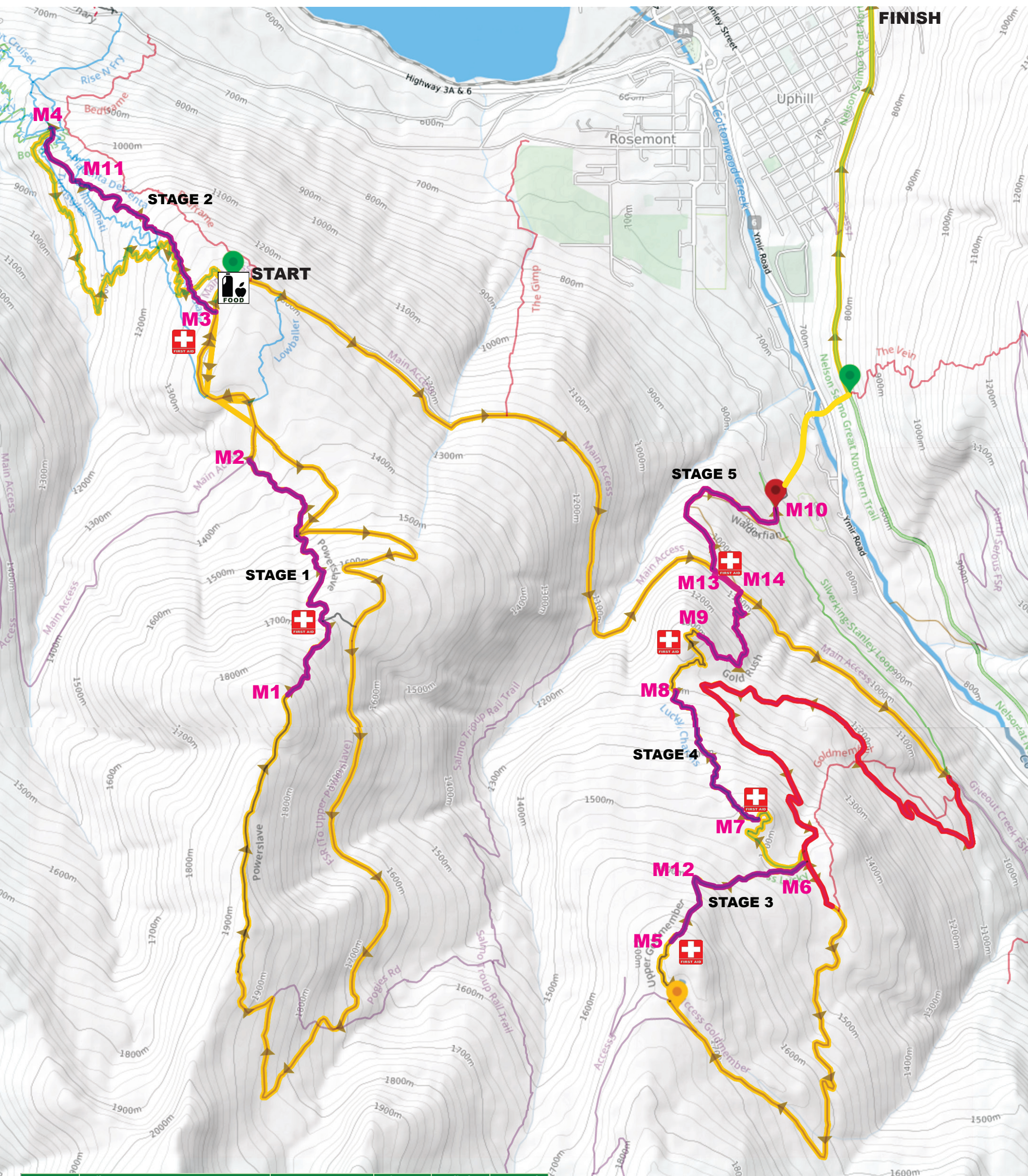


DAY 5 - TOUR DE NELSON

FRIDAY JULY 8



Stage	Trail		Distance	Climb	Descend
T1	Up to Powerslave	1hr 30 to 1hr 45min	12.5	800	177
Stage 1	Power Slave	10-13mins	2.3	3	540
T2	Down access road to Stage 2	5mins	0.5	0	0
Stage 2	Placenta Descenta	9-13mins	2	3	435
T3	Upper Bottoms up & FSR	45min to 1hr 10	10	421	270
T3a	SHUTTLE UP	15min			
T3b	Climb FSR to Upper gold member	40-50mins	3.5	280	0
Stage 3	Upper Gold member	4-8mins	1.2	0	270
T4	Climb to Lucky Charm	5-10mins	0.75	80	0
Stage 4	Lucky Charm	5-8mins	1.4	0	238
S5	5min hike a bike	5mins	0.5	60	0
Stage 5	Gold Rush to Waldorfian	10-15mins	2.5	16	590
S6	Back to Selkrik (5min climb, rest cruisy!)	20mins	4	56	210
			45km	1750m	2750m

