

Actif Epica Checkpoint Locations and Times
From South to North on Crow Wing Trail

Emerson Arena:	Saturday	6:30 am to 7:30 am cyclists leave 200 km
Ridgeville Community Hall:	Friday	10:00 pm to 10:30 pm runners leave 162 km
	Saturday	9:00 am to 11:00 am
Senkiw Bridge	Saturday	1:00 am to 2:30 am
		10:00 am to 4:00 pm
St. Malo Arena	Saturday	5:00 am to 7:30 am runners and cyclists leave 120 km
		1:00 pm to 6:00 pm
St-Pierre-Jolys Sugar Shack	Saturday	7:30 am to 10:00 pm
Crystal Springs Hutterite Colony	Saturday	9:00 am to 12:30 am (Sunday)
Niverville Arena	Saturday	10:30 am to 3:00 am (Sunday)
St. Adolphe Seniors' Club	Saturday	11:00 am to 4:30 am (Sunday)