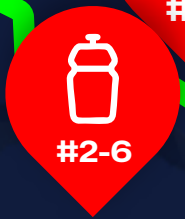





VANIER


SAINT-CHARLES RIVER




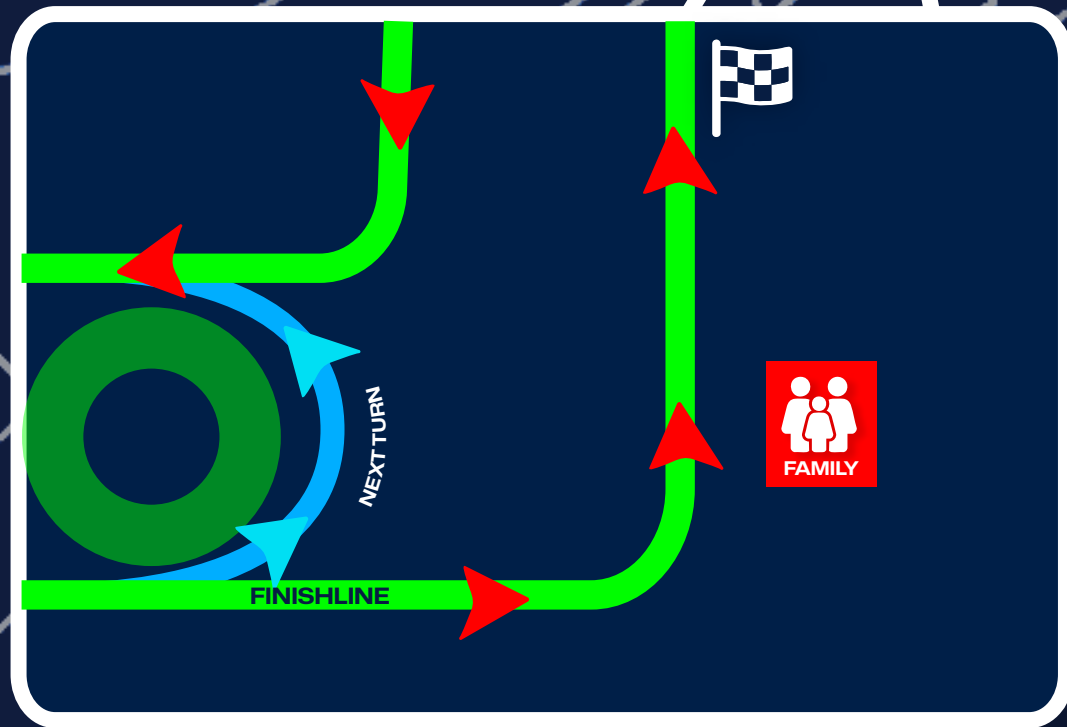
START



 AID STATION

 NEXT TURN

 FINISH



QUÉBEC

ST LAWRENCE RIVER