



5K Course Description

Beginning next to the Voyageur Chairlift runners face a mild incline for 300m up the wider Mary Jane's Lane ski run to help spread things out, then a quick descent to the foot of "The Grind" climb. The Grind will serve as the timed Summit 700 climb for the 2022 event, so if you're looking for King or Queen of the mountain status, now's the time to light the after-burners! The Grind is a mellower climb covering just shy of 2km. Once you've emerged from the trees up the final steep pitch a glance to the right peers over Georgian Bay and the Nottawasaga Lighthouse. There will be a brief flat with an aid station here, then it's down, down, down the "Gully" trail. Gully is mellower and smooth at first allowing the legs to really turn-over, but then it hits a steeper, rootier stretch with a small creek crossing where being nimble underfoot will aid in keeping up speed. Before long the trail brings you back to Mary Jane's Lane then onto the Lower Green Trail for a final rip to the finish just outside the South Base Lodge at the bottom of the Southern Comfort Chairlift. Phew! Time to relax on the Bullwheel Patio and take in the post-race endorphin fueled celebrations!

