



21K

AID

7K

6K

3K

2K

19K

8K

18K

17K

9K

AID

10K

15K

11K

16K

13K

20K

4K

5K

1K

START

FINISH



21K Course Description

For those looking for the full mountain experience, this course covers it all from north to south and all the climbing you can handle! Beginning next to the Voyager Chairlift runners face a mild incline for 300m up the wider Mary Jane's Lane ski run to help spread things out followed by 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 afterburners! The Grind is has a mellower pitch covering just shy of 2km with 220m/720ft of elevation. 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 (2.5k mark), then it's down, down, down the "Gully" trail. Gully is mellow 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 across some beginner ski runs before passing above the crowds at the South Base Lodge. Next, we're headed up one of the most picturesque trails in all the Blue Mountains aptly named "Cascade" for the babbling brook that tumbles over the escarpment along its path. As you're heaving up the hill, some solace can be taken in the tranquil setting you'll find yourself in. Once back on top for the 2nd time, enjoy the hard-earned views and catch your breath with 1.3k of flats over roots, rocks and along some smoother segway trails. There will be another Aid Station at the 6.5km mark, then you'll begin a south to north traverse across the top of Blue Mountain Resort with quite a few ups, downs, bridge crossings, creek crossings and overall great trail running with numerous views over Georgian Bay. You'll pass another Aid Station at the 9.6k mark, then once at the far north end start heading down the "Outer Limits" trail which connects into the steep "1940" trail. Now back at the bottom of the escarpment for the 3rd time we pass Toronto Ski Club then begin the 3rd full climb of the escarpment with a more gradual incline on "Happy Haul" and "Apple Bowl Lookout" trails before topping out next to the Weider chairlift. You'll next connect onto the "Cagey" trail which weaves its way above the north ski runs for 1.7k before returning to an Aid Station at the 15.4k mark. Now making our way back south the next few km's have numerous hidden climbs which will take their toll on tired legs, but reprieve will come at the 18.5km mark where runners jump onto the "Green World" trail, one of the longest, flowiest downhills in all of Ontario! Green World twists, turns, banks and berms for 2.5k at just the right pitch to really let your legs open up and enjoy the flow! Once back at the bottom it's a quick traverse above the South Base Lodge for one final wave to your cheerleading squad before reaching the Finish Line! Phew! Time to relax on the Bullwheel Patio and take in the post-race endorphin fueled celebrations!

