



AID

7K

6K

3K

2K

8K

1K

9K

4K

5K

START

FINISH

## 10K 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 afterburners! 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 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 of the beginner ski runs before passing above the crowds at the South Base Lodge where you'll soon finish, but not before one more big climb and descent! 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 2<sup>nd</sup> 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 more twisty trails over to one of the longest, flowiest downhill in all of Ontario! The Green World trail twists, turns, banks and berms for over 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!

