

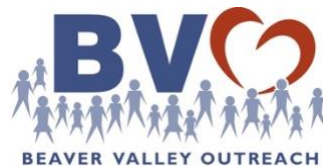
21K Course Description

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 Southern Comfort Chairlift runners face a mild incline on double-track for 300m, then a steeper climb up Sunrise Ski Run before entering the single-track "Cascade Trail". Cascade is one of the most picturesque trails in all the Blue Mountains and aptly named 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. If you fancy yourself a speedy mountain-goat you'll want to make sure you're off to a quick start to avoid congestion climbing Cascade. The climb up Cascade will also serve as the timed Summit 700 climb, so if you're looking for King or Queen of the mountain status, now's the time to light the afterburners! (Mind you, for 95% of the field, pacing yourself, power-hiking and not going too hard too early would be advised!) Once atop the escarpment enjoy the hard-earned views as you traverse the "Waterfall" ski run and catch your breath with 600m of flats over roots, rocks and along some smoother singletrack trails to the 1st aid station at 1.8km. From the Aid Station it's down, down, down the "Gully" trail and the "Down-Country" bike trails. These trails are mellower and smooth allowing the legs to really turn-over. At the 4k mark you'll be close to the bottom of the ski hill, but the course climbs again over a short, but sometimes steep 60m ascent before entering the "Enchanted Forest" trails. A few more quick twists, turns, descents and climbs brings you under the Voyageur Chairlift where runners will turn south traversing some single track and then descending to the foot of "The Grind" climb. 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. This is also the location of the 2nd Aid Station at the 7.2km mark. From here you'll begin a south to north traverse across the top of Blue Mountain ski hill 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 10.2k 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 16k 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 19km 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 2k 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!



SALOMON





21K

