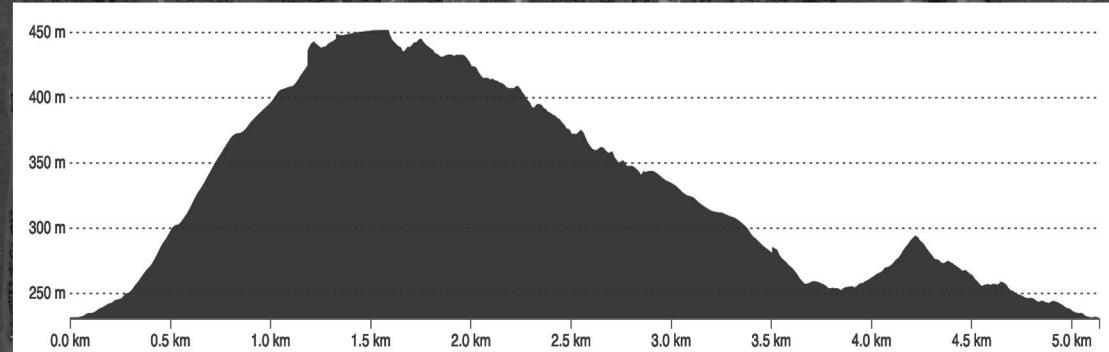
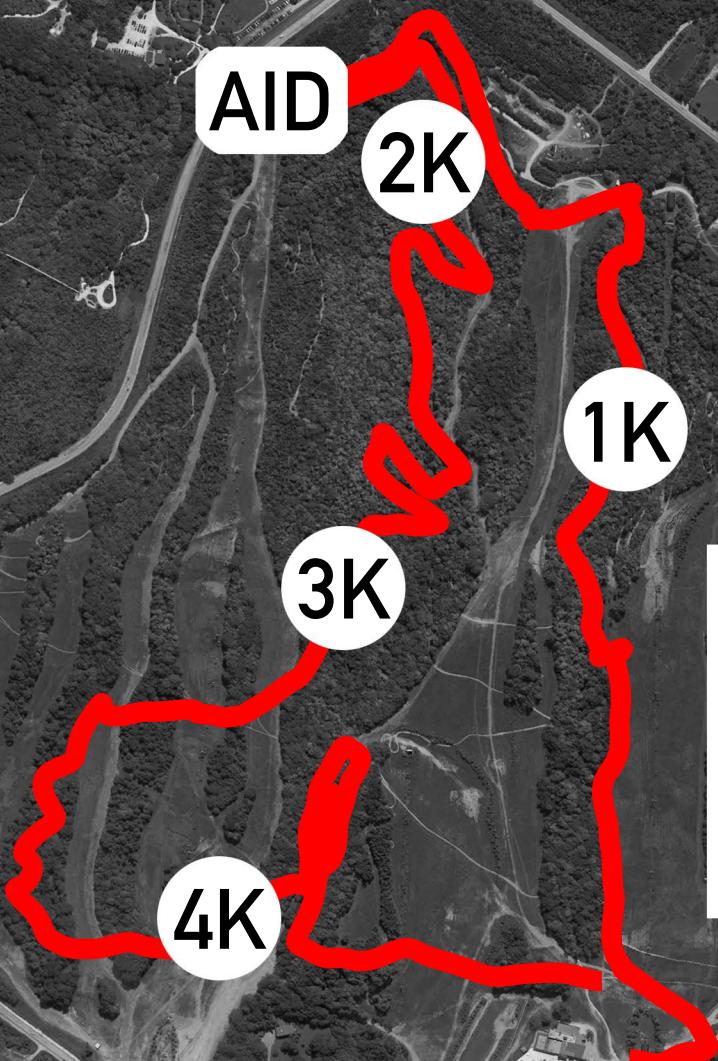


5K Course Description

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 advised¹) 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 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 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 to the home stretch along the Lower Green Trail for a final rip to the finish just outside the South Base Lodge where you began. Phew! Time to relax on the Bullwheel Patio and take in the post-race endorphin fueled celebrations!





**START
FINISH**