

Fat Dog 120 Racer Guide

**Paradise Valley Route
2024**



Welcome!

Welcome to the Fat Dog 120 Trail Race! This race is a point-to-point course, including many different landscapes unique to Southern BC. This incredible route takes you on a journey through amazing alpine meadows, across rivers, up four distinct climbs, through Coastal Western Hemlock forests, and finishes along the shores of Lightning Lake in E.C. Manning Provincial Park. It is truly a rewarding and difficult route, whether you race for a podium finish, or are just out to enjoy an adventure with some other like-minded people. Thanks for joining us this year!

The run is a non-stop event; once the clock starts, it does not stop until 48 hours later. Runners must **leave** each aid station before designated cut-off times to continue.

Course Amenities

Racers will be well supported on their journey with eight major aid stations, serving hot food to order, as well as five minor aid stations which will have water, electrolyte, and more limited food options available. Major aid stations and one minor (Nicomen Lake) will also have first-aid attendants on site.

Other Distances

If you want to join the fun, but don't want to tackle 120 miles just yet, you can join in for a 100k, 50 mile or 40 mile race which completes portions of the full 120 mile course. All distances finish on the shore of Lightning Lake at the day use area, in Manning Park BC.

Awards

All finishers of the 120 mile distance will receive a unique Fat Dog belt buckle. Those who finish in 36 hours or less will receive a full-color buckle, and matte silver belt buckles will be awarded to those who complete the course after 36 hours but within the 48 hour time cut-off.

For the 100k, 50 mile and 40 mile distances, finishers who complete the course within the cut-off times allowed will receive finisher medals.

Additionally, the top three male and female racers in each distance will receive special awards including cash prizes and a pair of Altra shoes. Extra cash prizes will be added for any course records broken.

Schedule of Events for Race Weekend

Date	Time	Event	Activity	Location
Thurs Aug 8	10:00 am -3:00 pm	120 mile	Mandatory bag drop and package pick-up. Mandatory gear check	Cascade Room, Manning Park Lodge
	4:00-5:00 pm	120 mile	Mandatory pre-race briefing and sign-in	Alpine Room, Manning Park Lodge
Fri Aug 9	8:00 am	120 mile	Buses load for start line (must pre-book through Google form)	In front of Manning Park Lodge
	8:15 am	120 mile	Buses depart for Start Line	In front of Manning Park Lodge
	8:30-9:45 am	120 mile	Racer check-in and tracking device pick-up.	East Gate FSR at Hwy 3
	10:00 am	120 mile	Race starts	East Gate FSR at Hwy 3
	1:00-5:00 pm	100 km, 50 mile, 40 mile	Mandatory bag drop and package pick-up. Mandatory gear check	Cascade Room, Manning Park Lodge
	5:00 pm	100 km	Mandatory pre-race briefing and sign-in	Alpine Room, Manning Park Lodge
	6:00 pm	50 mile, 40 mile	Mandatory pre-race briefing and sign-in	Alpine Room, Manning Park Lodge
Sat Aug 10	6:15 am	100 km	Buses load to go to start line (must pre-book through Google form)	In front of Manning Park Lodge
	6:30 am	100 km	Buses depart for start line	In front of Manning Park Lodge
	7:30am	100 km	Race starts	Cascade Rest Area along Hwy 3

	7:45 am	50 mile	Buses load to go to start line (must pre-book through Google form)	In front of Manning Park Lodge
	8:00 am	50 mile	Buses depart for start line	In front of Manning Park Lodge
	9:00 am	50 mile	Race starts	Cascade Rest Area along Hwy 3
	8:45 am	40 mile	Buses load to go to start line (must pre-book through Google form)	In front of Manning Park Lodge
	9:00 am	40 mile	Buses depart for start line	In front of Manning Park Lodge
	10:00 am	40 mile	Race starts	Cascade Rest Area along Hwy 3
Sun Aug 11	4:00 am	40 mile	Race finishes (cut off-18 hours)	Lightning Lake Day Use Area
	6:00 am	50 mile	Race finishes (cut off – 21 hours)	Lightning Lake Day Use Area
	9:30 am	100 km	Race finishes (cut off-26 hours)	Lightning Lake Day Use Area
	10:00 am	120 mile	Race finishes (cut off – 48 hours)	Lightning Lake Day Use Area
	10:30 am	All distances	Awards and Draw Prizes	Lightning Lake Day Use Area

Fat Dog 120 Code of Conduct

Runners are expected to behave in an appropriate manner and recognize the challenges of an extreme sport.

1. Know the course - study and understand the course in advance so you are prepared. Download the GPX file (mandatory gear) ahead of racer check-in and be familiar with how to use it and navigate while on course. Make sure your device has sufficient battery life for the duration of your race (put a battery pack in your drop bags if needed).

2. Sportsmanship/Respect - All runners must treat the trails, volunteers, other runners, and other trail users with respect. The course is not closed, so you will meet other trail users. Pack out your garbage (can be left at a MAJOR aid station only). Leave no trace.
3. Mandatory gear – All racers must be in possession of and always carry their own mandatory gear. Mandatory gear checks will be conducted randomly during the event, and runners who do not have the mandatory gear will be disqualified or given a time penalty. Pacers must carry their own mandatory gear and may not carry gear for a racer – A pacer may use a racer’s GPX file or vice-versa provided the racer has their own file while not with a pacer.
4. Complete the course. If you go off course, return to your last known point. Racers are expected to complete the entire course on foot without the aid of any motorized or non-motorized assistance. You may not leave the course at any point during the race, for any reason, other than after you have dropped out and notified race staff. If you need to sleep in a vehicle at a crew-access aid station, it must be parked and at the aid station, if allowed!
5. Check in and out at EVERY aid station. You must check in AND out with a volunteer at every aid station. Your bib number must be visible at all times. Do not tamper with or trim down your racer bib; it must be left intact to keep it as visible as possible for our race staff. Ensure that your bib number is recorded at each aid station. At no point may you leave the course without notifying us. If you must drop, you must do so at an aid station, after notifying a volunteer or staff member and you must remove your bib and give it to the aid station volunteer. We need to have all racers accounted for, or we will send Search and Rescue after you! If you would like your race bib returned after the event, you can notify us, and we will do our best to accommodate.
6. Racers must cooperate with race staff and officials. You must LEAVE an aid station before the cut-off time. If a race official or first aid attendant deems you unfit to continue, you must cooperate. Failure to do so will result in disqualification and banning from the event in the future.
7. Take care of other racers on-course. If you give up your race to help another injured racer receive the aid they require, or get them to the finish line, we will reward you with free entry to next year’s event (subject to the Race Director’s discretion).
8. You can NOT just poop anywhere! Respect the fragile ecosystems you are traveling through. Please make use of the aid station toilet or pit toilet facilities if possible. If not, you must bury your poo at least six inches into the ground or cover it with rocks, sticks, leaves etc., and carry all wipes and toilet paper out and dispose of it in the garbage at an aid station. A zip-top bag is recommended for this purpose. We are constantly attempting to minimize our impact on the lands that we are privileged to run through.
9. You may not receive aid outside of designated crew-access aid stations. You cannot stash food, water, or supplies along the route, or have crew meet you at other points.
10. No camping in undesignated areas at the start line, finish line or along the course for racers or crew. No camping in parking lots or at aid stations. If you choose to camp, please book a campsite in one of the many designated camping areas in E.C. Manning Provincial Park or utilize one of the first-come-first-served campsites.

11. Be aware that the racecourse takes you through some backcountry campsites which will have campers and through hikers spending the night. Please be respectful of others and keep your noise to an absolute minimum, especially at night. Attempt to avoid shining headlamps into camper's tents.
12. Many of the alpine/subalpine areas the race goes through are extremely fragile environments. Please DO NOT pick flowers and remember to stay on the designated trails (no cutting/braiding corners etc.) to avoid damaging the ecosystem.
13. As a racer, you are responsible for your pacers and crew. Please make sure they have read this racer guide and that they comply with all regulations and directions from Fat Dog volunteers. Crew and Pacers must park in designated parking areas only. Crew must use washroom facilities at the aid stations, and practice a "leave no trace" policy. Aid station food and water is for registered racers and their on-course pacers only, and not for crew. Crew must be self-sufficient. At most of our aid stations water must be brought in and we need to ensure we have enough for all racers.
14. No animals on course please. Animals must be on leash at all aid stations and kept away from food service areas.

Failing to comply with these may result in a penalty being added to your race finish time, or you being disqualified or banned from the race completely.

Denial of Future Entry

Rule violations that result in denial of future entry include:

1. Failing to obey any BC Parks Ranger or staff, Park Operator, or Resort Employee.
2. Failing to respect private property or Forest Service/BC Parks property.
3. Mistreatment of, or failing to obey aid station volunteers, first aid staff, other runners, or pacers.
4. Running on course without being registered in the event, either as a racer or a pacer. Pacers must always accompany a registered racer on the course.
5. Any action by a runner or crew that the race directors feel may have consequences for the future of this event or our ability to secure permits in the future.
6. Malicious posts on social media about the race or race volunteers will not be tolerated. If you have feedback for us, we would love to hear it, but please remember that we are people too so express your thoughts kindly. Our aim is to become better, so if your feedback is constructive and positive, please contact info@fatdog120.ca.

Mandatory Gear and Pacer Gear

This race takes place in very remote, mountainous areas. Over the course of the race there will likely be extreme temperature fluctuations. As with any mountainous area, extreme weather changes may occur suddenly and in past years we have experienced everything from

extreme heat, to rain, hail, snow, lightning, and strong wind, sometimes within the same hour. Racers **MUST** be prepared for both hot and cold weather, as well as precipitation. **All racers (regardless of distance) MUST always carry the following gear on course. Pacers MUST carry their own mandatory gear and not mule (carry gear) for their runner.** (Exception for pacers having their own GPX file, provided their racer has one operational. Pacers may have a GPX file for their racer, provided the racer has a working file while not accompanied by the pacer). This gear is in place to keep you prepared and safe. Keep in mind, the extra clothing layers and coverage is not necessarily there to keep you comfortable while you are running, but to keep you alive in the event you are immobile. As all four race distances travel through low valley bottoms to high, subalpine terrain, all four distance entrants are required to carry the same gear.

Mandatory gear checks will be conducted randomly on course. Any racer or pacer who does not have the required gear will need to obtain it from a crew member before proceeding and may be time-penalized or disqualified.

List of Gear -

- Collapsible cup to be used at all aid stations for beverages and food. We are trying to limit our environmental impact by being a cup-less event. Consider a collapsible cup option that can also be a small bowl for ramen noodles etc.
- Minimum of 2 liters of fluid capacity. A three-liter bladder is recommended. Be prepared for at least 25k (16 mi.) between aid stations and water stops. Fat Dog crew may be able to provide more information closer to race day of streams on course that can provide fill ups, depending on snowpack melt and precipitation.
- Two light sources, such as headlamp and small flashlight (hand torch), both in working condition. Bring spare batteries for your lights, but spare batteries **DO NOT** count as a second light source.
- Two emergency/ survival blankets or one bivvy.
- Whistle attached to outside of pack or clothing.
- Extra food in reserve. Minimum 400 calories in reserve (not to be consumed unless emergency).
- Waterproof jacket with **taped seams and hood**.
- Long running pants or leggings or a combination of leggings and long socks which cover the legs completely (optional waterproof pants).
- Insulating layer long-sleeve shirt - merino wool or light fleece is recommended.
- Insulating hat (touque/beanie) and insulating gloves.
- GPX navigation device with the correct race route loaded. This must be charged and operable for the entire event. To keep charged, many runners use battery packs in their drop bags. The navigation device can be a cell phone or other device such as a GPS watch. Pacers may share a navigation device with their racer. Keep in mind, running the nav function on a watch will greatly decrease battery life.

- For 120 mile racers, your race-issued tracking device must be attached to your pack at all times, and never tampered with or removed unless done so by race staff in the event you must drop out of the race.

We also highly recommend -

- Water bottle/soft flask equipped with filtration, or water treatment tablets if you plan to use streams for water.
- Extra soft flask(s) in case your water bladder or hose breaks/leaks.
- Personal medications – Race crew and aid station volunteers cannot administer any medications, even Advil!
- Sunscreen and lip balm.
- Bug spray.
- Extra pair of socks in your pack.
- Large zip top bag(s) to keep extra socks and other mandatory clothing layers dry if it is raining.
- 1 compression bandage for sprains or other injuries.
- Compact first aid and foot care kit.
- Toilet paper/wipes and a zip top bag to carry it out with.
- Moleskin, band aids, duct tape/KT tape.
- Vaseline or other anti-chaff products.
- Bear spray or air horn if you are concerned about bears. (no incidents of negative bear encounters have occurred during the race).
- Finish line warm clothes packed in a waterproof finish line drop bag.
- If you don't have a crew, carry your car key in your pack in case you drop out.

Drop Bags

Drop bags are highly recommended but not required. You may choose to have drop bags at all or only some drop bag locations.

Leave your small size (approx. 6L) **waterproof, soft-sided** drop bags at the drop bag collection area at package pick-up. All drop bags must be clearly marked with:

- **Your name,**
- **Bib number**
- **Corresponding aid station name** on the bag.

Drop bags must be compact and securely closed. Large **solid** containers will NOT be accepted (i.e. cooler or tackle box/toolbox/plastic tote). Please no cardboard shoe boxes. If you don't have a crew, stash your car keys in your pack that you carry with you, not in your finish line drop bag (in case you need to drop out before the finish line is set up!). You must have your drop bags ready and dropped off when you pick up your race bib the day before the race. Any

drop bags left after the package pick-up time will not be transported to the aid station locations. We cannot accept drop bags at the start lines as most aid stations have already left to set up.

Although we do our best to take care of your things, we are not responsible for lost or stolen drop bags. Please do not put valuables (or perishables i.e. watermelon - yes, it's happened!) in your drop bags. We will do our absolute best to make sure that drop bags are at the location labeled on the drop bag before you get there, however vehicle breakdowns etc. can happen and we are not responsible if your drop bag does not make it to the aid station.

It is also recommended that your drop bags at Cascade, Tulameen, Windy Joe's and Hope Pass Aid Stations contain packable calories and electrolyte for the longer stretches of back-country (with only hike - in access aid stations). These back-country aid stations are remote, so all supplies must be hiked in by volunteers prior to race weekend. As a result, menus will be more limited at these locations.

Drop bags will be returned to the finish line as soon as the aid station closes, but the last aid station does not close until after 6:00 am on Sunday morning. All drop bags will be back at the finish line by the awards time (10:30 am) on Sunday morning. Unclaimed drop bags will be disposed of or donated to charity as we do not have space to transport the remaining drop bags. Please remember to claim your belongings!

Pacer Regulations

Pacers are allowed for the 120 mile and 100 km distances only.

Runners are responsible for the conduct of their pacers. Actions by a pacer that are against the Fat Dog 120 Code of Conduct risk disqualifying their racer. Choose your pacers wisely!

For the 120 Mile course, the first aid station where a pacer may join a runner is **Cascade Aid Station (56k/35.1 miles into the race)**.

For the 100 km course, the first aid station where a pacer may join a runner is **Hope Pass (28.2 km/17.5 miles into the race)**.

If you are over 65 years young, we congratulate you for being part of our event! For these racers, you may have a pacer present with you for the entire race, for any distance. Other exceptions may be made for underlying medical conditions. Please contact race staff (info@fatdog120.ca) for prior approval.

Pacers must check in with the timekeepers at the aid station **where you are starting** so they know you are ready to join your racer and are on course. Please do not arrive more than 30 min ahead of when your racer is expected to arrive. For 120 mile pacers, please use the live tracking to monitor their progress. Remember that aid-station food is available when you are on course, not while waiting!

Make sure you and your runner check in and out of every aid station. If your runner needs to drop, it must be done at an aid station. Please notify the aid station captain and hand in the runner's bib. Do not under any circumstances leave the course without notifying race officials. If your runner must drop, you may NOT continue without them.

Pick up a pacer bib at any package pickup time and have it visible at all times while on course. Aid stations will have a limited supply of extra pacer bibs. You must stay with your runner at all times while on-course. If your runner drops, you may continue with another runner who does not have a pacer after you have received the okay from race staff **at an aid station**. This must be done at a crew-access aid station ONLY. A runner may not leave a pacer on course and must stay with them until the next aid station. A pacer may not leave a racer on course.

Racers may only have ONE pacer at a time.

Pacers must also carry the mandatory gear. Pacers cannot mule/carry gear or food for your racer. Pacers may share a navigational device (with a functional GPX file of the course) with their racer.

Pacers may NOT leave vehicles at aid station locations or at the finish line as there is not sufficient parking at any access point to accommodate this. Pacers are responsible for their own transportation to and from aid station locations. Cars may be left at the resort in the Fat Dog 120 designated parking area (location to be confirmed closer to race day). There will be a shuttle available from the finish line back to Manning Park Resort, but not from other locations.

Crew

Due to an increase in registration and limited space at aid stations, racers are limited to a crew size of **two people in one vehicle** (children may be in addition to this) only at crew-accessible aid stations. 120 mile racers will have live tracking devices, so please monitor your racer's progress and do not arrive more than 30 min before your racer is expected at the aid station. Respecting these rules will allow us to continue crew access at as many locations as possible.

Racers are responsible for the conduct of their crew. Please make sure that crew park in designated parking areas only and respect all race volunteers and officials. Racers may be disqualified or given a time penalty for inappropriate actions of their crew.

Crew needs to be self-sufficient. They need to have their own water, food etc. Some aid stations, particularly through the night, are quite cold. A blanket and warm clothing is recommended. **Food and water at aid stations is for registered racers and their on-course pacers only, not for crew.**

Crew must also practice "leave no trace" principles. Please use toilet facilities provided or bury your poo at least 6 inches. Do not leave any garbage behind.

Please try to arrive no more than about 30 minutes before your racer is expected at an aid station and leave as soon as possible after your racer has departed. Aid stations have limited space available so please, no motorhomes, RVs, or trailers. Camping is not permitted at aid station locations.

Pets must be always kept on leash and away from food prep/service areas.

Hope Pass aid station is located on a Forest Service Road (rough gravel road). Be aware that small cars are not recommended for traveling to this aid station. (4WD vehicles are not required but are highly recommended).

Please Note: There is **no parking** at Windy Joe's aid station. You may park at Manning Park Resort (500 m away), at Lightning Lakes Day Use area, or at your accommodations and walk to the aid station. Alternately you may be dropped off at the aid station. Anyone who parks a vehicle at the aid station or along the road risks disqualifying their runner.

If You Aren't Able to Bring a Crew...

You may utilize the shuttle bus to the start line from Manning Park Lodge on race morning (must sign up through Google form emailed to racers one month before race date). You may leave a bag (well-labeled) with anything extra you have at the start line to be transported to the finish line (i.e. jacket, coffee mug etc.). Vehicles can be left in the designated Fat Dog 120 Racer Parking area at Manning Park Resort. Details of the location will be given at your respective pre-race briefings.

Aid stations will have volunteers that are eager to assist you and help you on your journey. Please ask them (kindly)!

We will have volunteers on the finish line to help you retrieve your finish line drop bag and get some food. We will also have shuttles running from the finish line back to Manning Park Lodge.

Aid Station Amenities

Aid stations will be stocked with typical race food such as:

- Water (hot/cold)
- Potato chips
- Coke
- Ginger ale
- Tailwind electrolyte/energy drink
- Gels/waffles - limited locations
- Cookies
- Watermelon
- Oranges
- Pickles
- Boiled potatoes
- Perogies
- Quesadillas
- Grilled cheese
- Soup/soup broth
- Ramen noodles
- Instant oatmeal
- Coffee
- Gummies/candy
- Pancakes
- Bacon
- **Gluten friendly and vegan options**
- many other surprises!

A major aid station will be fully equipped with cooking facilities and hot food. A minor aid station will be more lightly equipped due to location (no road access) and will have no perishable foods and limited hot foods. Nicomen Lake will have some hot foods available.

All aid stations will have water available.

Major aid stations (and Nicomen Lake) will have first aid attendants on site.

All aid stations will have emergency communication capabilities.

Cell phone reception is very limited along the course (95% of the course has no cell reception). Do not depend on cell reception at any location other than beside Manning Park Lodge (this includes no reception at the finish line area).

Access driving instructions to the aid station locations using the waypoints on the [website](#)

Route Markings

The course will be well marked with reflectors and pink “Fat Dog” flagging tape. In other areas there will be directional arrows, signs, and pin flags. Junctions will be marked more robustly. Although we do our absolute best to mark the course well and close to the race date, you may potentially encounter little to no markings in small sections due to animal tampering (deer like to eat the reflectors), human interference, and wind or other... Runners are expected to be able to navigate independently in the event that course markers are missing and to have the course GPX file operational at all times. Should a section be unmarked due to any unforeseen circumstances, Fat Dog 120 cannot take responsibility for your navigation.



Sleep Breaks

If you choose to sleep, sleep breaks must be done on course or at an aid station. You may use a vehicle at crew-access aid stations provided it is parked. We do not provide any specific sleep stations at any aid stations. Major aid stations will have some cots on site, but not in a designated sleep tent.

Racer Parking

Racers may leave a vehicle at Manning Park Lodge in the Fat Dog Designated Parking area. There will be volunteers to shuttle you from the finish line back to Manning Park Lodge or to the parking area. **There will be NO SHUTTLE back to the start line after the race, so DO NOT leave a vehicle at the start line.**

No vehicles may be left at aid stations by racers, pacers, or crew.

No camping in parking lots or at aid stations. If you plan to camp, please do so in designated campgrounds. DO NOT camp along the road or in any undesignated areas. E.C. Manning Provincial Park has many campsites, some of which can be reserved using the [BC Parks Website](#), and others which are available first-come, first-served basis. **Please be aware that E.C. Manning Provincial Park is quite popular for camping so available sites book quickly.** Camping in undesignated areas could affect our ability to secure permits in the future, and therefore is potential grounds for disqualification from the race.

Getting Supplies Locally

Fat Dog takes place in a provincial park setting without close access to stores, so come prepared. Make sure you bring batteries, food, etc. If you do need something, here are a few options:

Manning Park Resort – has a restaurant and small convenience store with limited stock. Hours of operation are also limited. There is an electric vehicle charging station, but no gas station.

East Gate – 20 min East of Manning Park Resort there is a gas station with a small convenience store. Hours of operation are limited.

Hope – 45 min West of Manning Park Resort. A town with gas, food, restaurants and some supplies. Probably your best bet if you forgot something. Gas stations are open 24 hours.

Princeton – 45 min East of Manning Park Resort. Small town with gas, food stores, motels and restaurants. Gas stations are open 24 hours.

120 Mile Event



The 120-mile race is run on technical and non-technical trails, mainly single track, with some dirt roads and a small stretch of paved road. The race starts near East Gate, BC, just off the number 3 (Crow's Nest) Highway. The entirety of the race is run within E.C. Manning Provincial Park, traversing from the far East corner of the park to the West end, and the furthest Northern border to one of the most Southerly points. It includes 4 distinct climbs, ascending the Bonnevier Trail to the Heather Aid Station and the "Three Brothers" mountains, climbing the Whatcom trail to Punchbowl Pass and lake, completing the Mount Frosty loop, ending with the Skyline 1 Trail loop finishing on the shore of Lightning Lake at the Day Use Area. See [Routes and Maps web page](#) for full details, GPX files, and elevation profiles.

120 Mile Course Aid Stations (based on GPX and online mapping tools. Individual GPS devices will vary)

	Station	Total Distance	Distance to next aid station	Crew access	Drop bag	Notes	Cut off
1	Heather	17.8 km 11.1 miles	15.5 km 9.7 miles			Minor aid station	3:00 pm Friday
2	Nicomen Lake	33.3 km 20.8 miles	9.8 km 6.1 miles			Backcountry Major aid station – no road access	
3	Grainger Creek	43.1 km 26.9 miles	7 km 4.4 miles			Minor aid station	
4	Cayuse Flats	50.1 km 31.3 miles	6 km 3.8 miles			Major/minor aid station	10:00 pm Friday
5	Cascade	56.1 km 35.1 miles	20.3 km 12.7 miles	Yes	Yes	Major aid station – pacers may join	Midnight Friday
6	Tulameen	76.4 km 47.8 miles	20.4 km 12.8 miles		Yes	Major aid station	
7	Hope Pass	96.8 km 60.5 miles	13.2 km 8.2 miles	Yes	Yes	Major aid station – make sure you take food / race fuel, and water with you for the next section. Pacers may join	10 am Saturday
8	Nicomen Lake (return)	110 km 68.4 miles	15.5 km 9.6 miles			Backcountry Major aid station – no road access	
9	Heather (return)	125.5 km 77.7 miles	9.8 km 6.1 miles			Minor aid station	
10	Blackwall	135.3 km 84.1 miles	10.7 km 6.6 miles	Yes	Yes	Major aid station. Pacers may join	

11	Windy Joe's	146 km 90.1 miles	23.3 km 14.6 miles	Yes – NO CREW PARKI NG	Yes	Major aid station – crew access but NO CREW PARKING at aid station or along the road- MUST park at Resort or Lightning Lakes Day use area and walk or be dropped off. Pacers may join	10:00 pm Saturday
12	Tom's Bench	169.3 km 105.2 miles	5.5 km 3.4 miles	Yes		Minor aid station. Pacers may join	
13	Strawberry Flats	174.8 km 108.6 miles	17.5 km 10.8 miles	Yes	Yes	Major aid station. Pacers may join	5:30 am Sunday
14	Finish Line	192.3 km 119.5 miles	No More!	Yes	Yes	Relax, watch other runners finish, and enjoy your finish line food (included)!	10:00 am Sunday

Aid Station Segments

Bonnevier Aid Station to Heather Aid Station

Distance **17.9 km** Ascent **1,266 m**

Elevation



Ascent **1,266 m**

Descent **241 m**

Max Elevation **2,051 m**

Min Elevation **1,021 m**

Heather Aid Station to Nicomen Aid Station

Distance **15.4 km** Ascent **453 m**

Elevation



Ascent **453 m**

Descent **707 m**

Max Elevation **2,131 m**

Min Elevation **1,792 m**

Nicomen Aid Station to Grainger Creek Aid Station

Distance **9.78 km** Ascent **82 m**

Elevation



Ascent **82 m**

Descent **911 m**

Max Elevation **1,792 m**

Min Elevation **953 m**

Grainger Creek Aid Station to Cayuse Flats Aid Station

Distance **6.98 km** Ascent **156 m**

Elevation



Ascent **156 m**

Descent **307 m**

Max Elevation **1,014 m**

Min Elevation **803 m**

Cayuse Flats Aid Station to Cascade Aid Station

Distance **5.95 km** Ascent **317 m**

Elevation

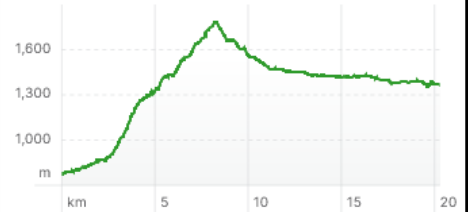


Ascent	317 m
Descent	352 m
Max Elevation	939 m
Min Elevation	771 m

Cascade Aid Station to Tulameen Aid Station

Distance **20.3 km** Ascent **1,272 m**

Elevation



Ascent	1,272 m
Descent	680 m
Max Elevation	1,785 m
Min Elevation	770 m

Tulameen Aid Station to Hope Pass Aid Station

Distance **20.4 km** Ascent **725 m**

Elevation



Ascent	725 m
Descent	487 m
Max Elevation	1,887 m
Min Elevation	1,354 m

Hope Pass Aid Station to Nicomen Aid Station

Distance **13.2 km** Ascent **523 m**

Elevation



Ascent	523 m
Descent	341 m
Max Elevation	1,890 m
Min Elevation	1,609 m

Nicomen Aid Station to Heather Aid Station

Distance **15.4 km** Ascent **698 m**

Elevation



Ascent **698 m**

Descent **441 m**

Max Elevation **2,131 m**

Min Elevation **1,791 m**

Heather Aid Station to Blackwall Peak Aid Station

Distance **10.6 km** Ascent **232 m**

Elevation



Ascent **232 m**

Descent **484 m**

Max Elevation **2,049 m**

Min Elevation **1,794 m**

Blackwall Aid Station to Windy Joe's Aid Station

Distance **10.7 km** Ascent **104 m**

Elevation



Ascent **104 m**

Descent **707 m**

Max Elevation **1,816 m**

Min Elevation **1,184 m**

Windy Joe's Aid Station to Tom's Bench Aid Station

Distance **23.3 km** Ascent **1,326 m**

Elevation



Ascent **1,326 m**

Descent **1,264 m**

Max Elevation **2,303 m**

Min Elevation **1,181 m**

Tom's Bench Aid Station to Strawberry Flats Aid Station

Distance: **5.45 km** Ascent: **212 m**

Elevation



Ascent	212 m
Descent	100 m
Max Elevation	1,374 m
Min Elevation	1,247 m

Strawberry Flats Aid Station to Finish Line

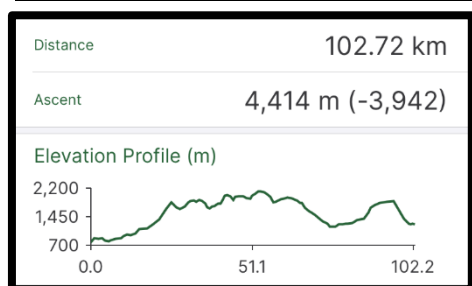
Distance: **17.4 km** Ascent: **960 m**

Elevation



Ascent	960 m
Descent	1,091 m
Max Elevation	1,983 m
Min Elevation	1,245 m

100 km Course

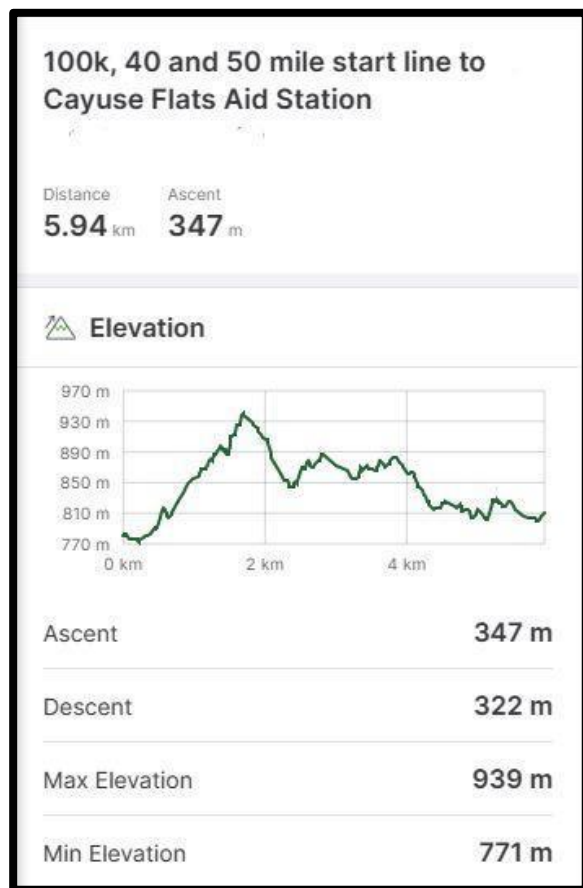


The 100 km course starts at **7:30 am** at the Cascade Rest Area (E.C. Manning Prov. Park), just off Hwy 3. See [Routes and Maps webpage](#) for details and elevation profiles.

(Distances based on GPX and online mapping tools. Individual GPS devices will vary)

	Station	Total Distance	Distance to next aid station	Crew access	Drop bag	Notes	Cut off
1	Cayuse Flats	5.7 km 3.7 miles	7.0 km 4.3 miles			Minor aid station	
2	Grainger Creek	12.7 km 7.9 miles	15.5 km 9.6 miles			Minor aid station – no road access	
3	Hope Pass	28.2 km 17.5 miles	13.2 km 8.2 miles	Yes	Yes	Major aid station – make sure you take food and water with you for the next section. Pacers may join	2:00 pm Saturday
4	Nicomen Lake	41.4 km 25.7 miles	15.5 km 9.6 miles			Backcountry Major aid station – no road access	
5	Heather	56.9 km 35.4 miles	10.6 km 6.5 miles			Minor aid station – no road access	
6	Blackwall	67.5 km 41.9 miles	10.7 km 6.6 miles	Yes	Yes	Major aid station. Pacers may join	
7	Windy Joe's	78.2 km 48.6 miles	7.9 km 4.9 miles	Yes – NO CREW PARKING		Major aid station – crew access but NO CREW PARKING at aid station or along the road MUST park at Resort or Lightning	4:00 am Sunday

						Lake Day use area and walk. Pacers may join	
8	Strawberry Flats	86.1 km 53.5 miles	17.5 km 10.8 miles	Yes	Yes	Major aid station. Pacers may join	5:30 am Sunday
9	Finish Line	103.6 km 64.4 miles		Yes	Yes	Finish Line food available	9:30 am Sunday



Grainger Creek Aid Station to Hope Pass Aid Station 2022

Distance Ascent
15.5 km **1,026 m**

Elevation



Ascent	1,026 m
Descent	325 m
Max Elevation	1,824 m
Min Elevation	943 m

Hope Pass Aid Station to Nicomen Aid Station

Distance Ascent
13.2 km **523 m**

Elevation



Ascent	523 m
Descent	341 m
Max Elevation	1,890 m
Min Elevation	1,609 m

Nicomen Aid Station to Heather Aid Station

Distance Ascent
15.4 km **698 m**

Elevation



Ascent	698 m
Descent	441 m
Max Elevation	2,131 m
Min Elevation	1,791 m

Heather Aid Station to Blackwall Peak Aid Station

Distance Ascent
10.6 km **232 m**

Elevation



Ascent	232 m
Descent	484 m
Max Elevation	2,049 m
Min Elevation	1,794 m

Blackwall Aid Station to Windy Joe's Aid Station

Distance: **10.7 km** Ascent: **104 m**

Elevation



Ascent	104 m
Descent	707 m
Max Elevation	1,816 m
Min Elevation	1,184 m

Windy Joe's Aid Station to Strawberry Flats Aid Station

Distance: **7.90 km** Ascent: **300 m**

Elevation



Ascent	300 m
Descent	118 m
Max Elevation	1,374 m
Min Elevation	1,192 m

Strawberry Flats Aid Station to Finish Line

Distance: **17.4 km** Ascent: **960 m**

Elevation



Ascent	960 m
Descent	1,091 m
Max Elevation	1,983 m
Min Elevation	1,245 m

50 Mile Course



The 50 mile course starts at 9:00 am at Cascade Rest Area (E.C. Manning Prov. Park), just off Hwy 3. See [Routes and Maps webpage](#) for details and elevation profiles.

(Distances based on GPX and online mapping tools. Individual GPS devices will vary)

	Station	Total Distance	Distance to next aid station	Crew access	Drop bag	Notes	Cut off
1	Cayuse Flats	5.9 km 3.7 miles	7.0 km 4.3 miles			Minor aid station	
2	Grainger Creek	13.0 km 8 miles	9.8 km 6 miles			Minor aid station – no road access	
3	Nicomen Lake	22.8 km 14.2 miles	15.5 km 9.6 miles			Backcountry Major aid station – no road access	
4	Heather	38.3 km 24 miles	10.6 km 6.5 miles			Minor aid station – no road access	
5	Blackwall	48.9 km 30 miles	10.7 km 6.6 miles	Yes	Yes	Major aid station	
6	Windy Joe's	59.6 km 37 miles	7.9 km 4.9 miles	Yes – NO CREW PARKING		Major aid station – crew access but NO CREW PARKING at aid station or along the road MUST park at Resort or Lightning Lakes Day use area.	4:00 am Sunday
7	Strawberry Flats	67.5 km 42 miles	17.5 km 10.8 miles	Yes	Yes	Major aid station	5:30 am Sunday
8	Finish Line	85 km 52.8 miles		Yes	Yes	Finish Line food available	5:30 am Sunday

100k, 40 and 50 mile start line to Cayuse Flats Aid Station

Distance **5.94 km** Ascent **347 m**

Elevation



Ascent	347 m
Descent	322 m
Max Elevation	939 m
Min Elevation	771 m

Cayuse Flats Aid Station to Grainger Creek Aid Station

Distance **6.97 km** Ascent **299 m**

Elevation



Ascent	299 m
Descent	150 m
Max Elevation	1,014 m
Min Elevation	804 m

Grainger Creek Aid Station to Nicomen Lake Aid Station

Distance **9.77 km** Ascent **929 m**

Elevation



Ascent	929 m
Descent	91 m
Max Elevation	1,792 m
Min Elevation	953 m

Nicomen Aid Station to Heather Aid Station

Distance **15.4 km** Ascent **698 m**

Elevation



Ascent	698 m
Descent	441 m
Max Elevation	2,131 m
Min Elevation	1,791 m

Heather Aid Station to Blackwall Peak Aid Station

Distance **10.6 km** Ascent **232 m**

Elevation



Ascent	232 m
Descent	484 m
Max Elevation	2,049 m
Min Elevation	1,794 m

Blackwall Aid Station to Windy Joe's Aid Station

Distance **10.7 km** Ascent **104 m**

Elevation



Ascent	104 m
Descent	707 m
Max Elevation	1,816 m
Min Elevation	1,184 m

Windy Joe's Aid Station to Strawberry Flats Aid Station

Distance **7.90 km** Ascent **300 m**

Elevation



Ascent	300 m
Descent	118 m
Max Elevation	1,374 m
Min Elevation	1,192 m

Strawberry Flats Aid Station to Finish Line

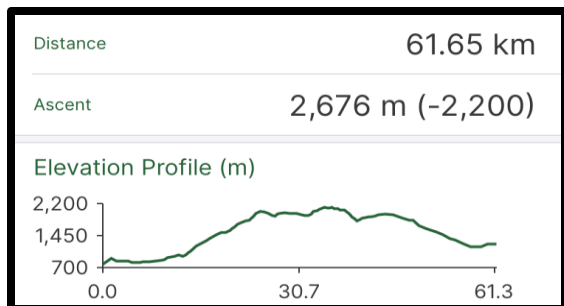
Distance **17.4 km** Ascent **960 m**

Elevation



Ascent	960 m
Descent	1,091 m
Max Elevation	1,983 m
Min Elevation	1,245 m

40 Mile Course



The 40 mile course starts at 10:00 am at Cascade Rest Area, (E.C. Manning Prov. Park), just off Hwy 3. See [Routes and Maps webpage](#) for details and elevation profile.

Distances based on GPX and online mapping tools. Individual GPS devices will vary.

	Station	Total Distance	Distance to next aid station	Crew access	Drop bag	Notes	Cut off
1	Cayuse Flats	5.9 km 3.7 miles	7.0 km 4.3 miles			Minor aid station	
2	Grainger Creek	13.0 km 8 miles	9.8 km 6 miles			Minor aid station – no road access	
3	Nicomen Lake	22.8 km 14.2 miles	15.5 km 9.6 miles			Backcountry Major aid station – no road access	
4	Heather	38.3 km 24 miles	10.6 km 6.5 miles			Minor aid station – no road access	
5	Blackwall	48.9 km 30 miles	10.7 km 6.6 miles	Yes	Yes	Major aid station	
6	Windy Joe's	59.6 km 37 miles	2.5 km 1.6 miles	Yes – NO CREW PARKING		Major aid station – crew access but NO CREW PARKING at aid station or along the road MUST park at Resort or Lightning Lakes Day Use area	4:00 am Sunday
7	Finish Line	62.1 km 39 miles		Yes	Yes		4:00 am Sunday

See 50 Mile course aid station segments above for elevation profiles of course segments. Remember that 40 mile racers go from Windy Joe's directly to the finish line (2.5 km flat) rather than up to Strawberry Flats.