# Fat Dog 120 Racer Guide

2023

## Welcome!

Welcome to the Fat Dog 120 Trail Race! This race is a point-to-point course spanning 2 separate provincial parks (for 2023), including many different landscapes unique to Southern BC. This incredible route takes you on a journey from Pine forests of Cathedral Provincial Park, through amazing alpine meadows, across rivers, up 4 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 8 major aid stations, serving hot food to order, as well as 5 minor aid stations (2 of which are visited twice) which will have water, electrolyte, and limited food available. Major aid stations 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 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-colour buckle, and matte silver belt buckles will be awarded to those who complete the course up to the 48 hour cut-off time. The top 3 male and female racers in each distance will receive special awards in addition to their finisher awards.

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

## Schedule of Events for Race Weekend

| Date | Time | Event | Activity | Location |
|---|---|---|---|---|
| Thurs Aug 10 | 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 11 | 6:30 am | 120 mile | Buses load for start line (must pre-book in Ultra Signup) | in front of Manning Park Lodge |
| | 7:00 am | 120 mile | Buses depart for Start Line | in front of Manning Park Lodge |
| | 10:00 am | 120 mile | Race starts | Lakeview Trailhead, Cathedral Provincial Park |
| | 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 | Tamarack Room, Manning Park Lodge |
| | 6:00 pm | 50 mile, 40 mile | **Mandatory** pre-race briefing and sign-in | Tamarack Room, Manning Park Lodge |
| Sat Aug 12 | 6:15 am | 100 km | Buses load to go to start line (must pre-book in Ultra-Sign-up) | 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 |
| | 7:15 am | 50 mile | Buses load to go to start line (must pre-book in Ultra-Sign-up) | in front of Manning Park Lodge |
| | 7:30 am | 50 mile | Buses depart for start line | in front of Manning Park Lodge |
| | 8:30 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 in Ultra-Sign-up) | 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 13 | 4:00 am | 40 mile | Race finishes (cut off-18 hours) | Lightning Lake Day Use Area |
| | 5:30 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. Make sure your device has sufficient battery life for the duration of your race (put a battery pack in your drop bags if need be).
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. Leave no trace.
3. Mandatory gear – All racers must be in possession of and carry their own mandatory gear at all times. 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 vise-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. If you need to sleep in a vehicle at a crew-access aid station, it must be parked!
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. 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. We need to have all racers accounted for, or we will send

Search and Rescue after you!

6. Racers must cooperate with race 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.
7. Take care of other racers on-course. If you give up your race to help another injured racer either 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 poo anywhere. Please make use of the aid station toilet or pit toilet facilities if at all possible. If not, you must bury your poo at least 6 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 fragile ecosystems 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.
10. No camping in un-designated 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 along the Ashnola River Road (near the start line) or in E.C. Manning Provincial Park.
11. Be aware that the racecourse takes you through some back country campsites which will have campers and through hikers spending the night. Campsites are located at Grainger Creek (aid station location), Nicomen Lake (aid station location), Kicking Horse camp, and Buckhorn camp. 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/sub-alpine areas the race goes through are extremely fragile environments. Please DO NOT pick flowers and 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 also practice a "leave no trace" policy. Aid station food and water is for registered racers and their 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 time penalty being added to your race finish time, or you becoming disqualified 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. Mistreating aid station volunteers, other runners, or pacers.
4. Running on course without being registered in the event, either as a racer or a pacer. Pacers must accompany a registered racer at all times 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 and 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.

## 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 and strong wind. Racers MUST be prepared for both hot and cold weather, as well as precipitation. All racers (regardless of distance) **MUST** carry the following gear at all times 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.

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 penalized or disqualified.

- 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. A soft flask is not sufficient.
- A spoon or spork to eat with
- Minimum of 2 liters of fluids capacity. A three-liter bladder is recommended. Be prepared for at least 25km (16 mi.) between aid stations and water stops. Fatdog crew will provide more information closer to race day of streams on course that can provide fill ups, depending on snowpack melt and precipitation. If you plan to take water out of creeks, water treatment or filter is recommended.

- 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 extra (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 (not long-sleeve sun shirt). Examples include base layer merino wool, light fleece etc.
- Hat and 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 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.

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 – 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 drop bag.
- If you don't have crew, carry your car key in your pack in case you must 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 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). 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!). 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.

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!) 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 recommended that you place a dry pair of shoes in your drop bag at the Pasayten Aid Station as you will have just completed a river crossing.

It is also recommended that your drop bags at Bonnevier 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 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 and returns to race HQ. All drop bags will be back at the finish line by the awards time on Sunday morning. Unclaimed drop bags will be disposed of or donated to charity as we do not have space to transport 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 pacer. 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 Bonnevier Aid Station (63km/39Mi. 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).

Pacers may only join their racer at Crew-accessible aid stations. Hike-in aid stations do not have space or facilities to accommodate pacers waiting for their runner to arrive. Thank-you for respecting this.

Pacers should 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.

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. Do not under any circumstances leave the course without notifying race officials.

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 need mandatory gear. Pacers cannot mule/carry gear or food for your racer. Pacers may share a navigational device (with 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. There will be a shuttle available from the finish line back to Manning Park Resort.

**Senior's Pacer Policy**

If you are over 65 years old, 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 to see if you meet these criteria.

## Crew

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 need 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. Many aid stations have limited space available. Please no motorhomes, RV's, or trailers at aid stations. Camping is not permitted at aid station locations.

Pets must be kept on leash and away from food prep/service areas at all times.

Ashnola and Hope Pass aid stations are located on Forest Service Roads (rough gravel roads). Be aware that small cars are not recommended for travelling to these aid stations. (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, 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 Crew…

You may utilize the shuttle bus to the start line from Manning Park Lodge on race morning (must sign up on your Ultra Signup registration. You can edit these details in Ultra Signup after your initial registration). You may leave a bag (well-labeled) with anything extra you have at the start line to be transported to the finish line. Vehicles can be left in the designated "Fat Dog 120 Racer Parking" area, at Manning Park Resort.

Aid stations will have volunteers that are eager to assist you and help you on your journey. Please ask them (kindly)! Without them we do not have a race!!

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.

- We recommend drop bags at Bonnevier and Hope Pass aid stations include run fuel and electrolytes for the longer stretches of back-country with only minor aid stations. Heather, Nicomen Lake and Grainger Creek are all minor aid stations without road access. All supplies need to be hiked in before the race date by our volunteers, so menu and quantity will be more limited at these locations.

- Change of shoes (120 milers recommended change at Pasayten aid station after river crossing). There are no other major water crossings on course.

## Aid Station Amenities

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

- Water (hot/cold)
- Potato chips
- Coke
- Ginger ale
- Electrolyte/energy drink
- Spring energy gels
- Bars
- Cookies
- Watermelon
- Oranges
- Pickles
- Boiled potatoes
- Perogies
- Quesadillas
- Grilled cheese
- Soup/soup broth
- Ramen noodles
- Instant oatmeal
- Coffee
- Gummies/candy
- Pancakes
- Bacon
- **Gluten free 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 will have first aid attendants on site.

All aid stations will have emergency communication capabilities.

Cell phone reception is very limited along the course. Do not depend on cell reception at any location other than beside Manning Park Lodge (including the finish line).

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 120” 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, you may potentially encounter little to no markings in sections due to animal tampering (deer like to eat the reflectors), human interference, and wind. Runners are expected to be able to navigate in the event that course markers are missing and to have the course GPX file on them and operational at all times.

## Sleep Breaks

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.

## 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, 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. Along the Ashnola River Road (start line area) there are several campgrounds that are available on a first-come, first-served basis. 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 un-designated areas could affect our ability to secure permits in the future, and as such 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 limited 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.

**Keremeos** – 1 hour 30 min East of Manning Park Resort, 30 min from 120 mile start line. Small town that has gas, restaurants and is famous for it's fruit stands!

## 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 Keremeos, BC, just off the Ashnola River Road (23 km from Keremeos) at the Lakeview trail campground and trailhead. The first portion of the race is run in Cathedral Provincial Park. The second portion travels between the Ashnola River valley and Manning Park (Eastgate) and involves one river crossing over the Pasayten River with current. The third portion travels along trails north of Hwy 3 in E.C. Manning Provincial Park, then descends and crosses Hwy 3 at Manning Park Resort. The last portion covers trails south of Hwy 3 (also E.C. Manning Provincial Park) around Lightning Lakes and up Skyline I trail to finish at the Lightning Lakes Day Use Area. See Routes and Maps webpage for full details GPX files and elevation profiles.

### 120 Mile Course Aid Stations

| | Station | Total Distance | Distance to next aid station | Crew access | Drop bag | Notes | Cut off |
|---|---|---|---|---|---|---|---|
| 1 | Cathedral | 12.7 km<br>7.9 miles | 14.4 km<br>8.9 miles | | | Minor aid station | |
| 2 | Ashnola | 27.1 km<br>16.8 miles | 7 km<br>4.3 miles | X | X | Major aid station | 5:00 pm Friday |
| 3 | Trapper | 34.1 km<br>21.2 miles | 18.9 km<br>11.7 miles | | | Major aid station | |
| 4 | Calcite | 53 km<br>33 miles | 7 km<br>4.3 miles | | X | Major aid station | |
| 5 | Pasayten River | 60 km<br>37.3 miles | 3 km<br>1.9 miles | | X | Minor aid station | |

| | | | | | | | |
|---|---|---|---|---|---|---|---|
| 6 | Bonnevier | 63 km<br>39 miles | 18 km<br>11.2 miles | X | X | Major aid station – make sure you take food / race fuel, and water with you for the next section | 12:30 am Saturday |
| 7 | Heather | 81 km<br>51 miles | 15.5 km<br>9.6 miles | | | Minor aid station – no road access | |
| 8 | Nicomen Lake | 96.5 km<br>60.3 miles | 9.8 km<br>6.1 miles | | | Backcountry Major aid station – no road access | |
| 9 | Granger Creek | 106.3 km<br>66.4 miles | 15.5 km<br>9.6 miles | | | Minor aid station – no road access | |
| 10 | Hope Pass | 121.8 km<br>76.1 miles | 12.4 km<br>7.7 miles | X | X | Major aid station – make sure you take food / race fuel and water with you for the next section | 4:00 pm Saturday |
| 11 | Nicomen Lake (return) | 134.2 km<br>84 miles | 15.5 km<br>9.6 miles | | | Minor aid station – no road access | |
| 12 | Heather (return) | 149.7 km<br>94.2 miles | 10.6 km<br>6.5 miles | | | Minor aid station – no road access | |
| 13 | Blackwall | 160.3 km<br>100.1 miles | 10.7 km<br>6.6 miles | X | X | Major aid station – congrats, you have now done a 100 miler! | |
| 14 | Windy Joe's | 171 km<br>107 miles | 7.9 km<br>4.9 miles | X – NO CREW PARKI NG | | 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 | 5:00 am Sunday |
| 15 | Strawberry Flats | 178.9 km<br>112 miles | 17.5 km<br>10.8 miles | X | X | Major aid station | |

| | | | | | | | |
|---|---|---|---|---|---|---|---|
| 16 | Finish Line | 196.4 km<br>122.7 miles | No More! | X | X | Relax, watch other runners finish, and enjoy your finish line food (included)! | 10:00 am Sunday |

Washroom Facilities on Course (all facilities are pit toilets or portable toilets). All aid stations will have feminine hygiene products and toilet paper!

- Start Line
- No facilities at Cathedral Aid Station. Due to mountain goats in the area, please burry all waste, including urine, while in Cathedral Provincial Park.
- Ashnola Aid Station
- Trapper Aid Station
- Calcite Aid Station
- Pasayten Aid Station
- Bonnevier Aid Station
- No facilities at Heather Aid Station
- Nicomen Lake Aid Station (pit toilets 25 m from aid station – ask if you need directions!)
- Grainger Creek Aid Station (pit toilets 25 m from aid station – ask if you need directions!)
- Hope Pass Aid Station
- Nicomen Lake Aid Station (pit toilets 25 m from aid station – ask if you need directions!)
- No facilities at Heather Aid Station
- Buckhorn Camp (2 km past Heather Aid Station)
- Immediately upon exiting the Heather Trail at the parking lot (4 km before Blackwall Aid Station)
- Blackwall Aid Station
- Windy Joe's Aid Station
- Strawberry Flats Aid Station
- Finish Line

## Aid Station Segments

### Start line to Cathedral Aid Station

Distance 12.7 km  Ascent 1,435 m

Elevation

| | |
|---|---|
| Ascent | 1,435 m |
| Descent | 148 m |
| Max Elevation | 2,190 m |
| Min Elevation | 847 m |

### Cathedral Aid Station to Ashnola Aid Station

Distance 14.4 km  Ascent 309 m

Elevation

| | |
|---|---|
| Ascent | 309 m |
| Descent | 1,259 m |
| Max Elevation | 2,332 m |
| Min Elevation | 1,188 m |

### Ashnola Aid Station to Trapper Aid Station

Distance 6.98 km  Ascent 637 m

Elevation

| | |
|---|---|
| Ascent | 637 m |
| Descent | 23 m |
| Max Elevation | 1,809 m |
| Min Elevation | 1,188 m |

### Trapper Aid Station to Calcite Aid Station

Distance 18.9 km  Ascent 541 m

Elevation

| | |
|---|---|
| Ascent | 541 m |
| Descent | 958 m |
| Max Elevation | 2,215 m |
| Min Elevation | 1,393 m |

### Calcite to Pasayten Aid Station

Distance 6.97 km
Ascent 61 m

**Elevation**

| | |
|---|---|
| Ascent | 61 m |
| Descent | 432 m |
| Max Elevation | 1,396 m |
| Min Elevation | 1,013 m |

### Pasayten Aid Station to Bonnevier Aid Station

Distance 2.86 km
Ascent 46 m

**Elevation**

| | |
|---|---|
| Ascent | 46 m |
| Descent | 38 m |
| Max Elevation | 1,028 m |
| Min Elevation | 1,007 m |

### 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 Hope Pass Aid Station

Distance 15.5 km | Ascent 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 12.4 km | Ascent 467 m

**Elevation**

| | |
|---|---|
| Ascent | 467 m |
| Descent | 334 m |
| Max Elevation | 1,890 m |
| Min Elevation | 1,654 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

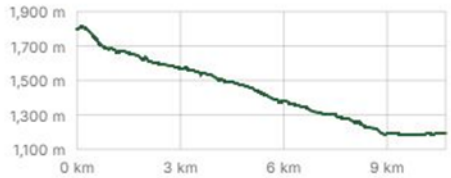
**Elevation**

| | |
|---|---|
| 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 |

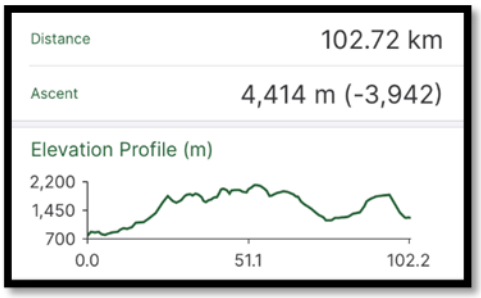
### Strawberry Flats Aid Station to Finish Line

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 |

## 100 km Course

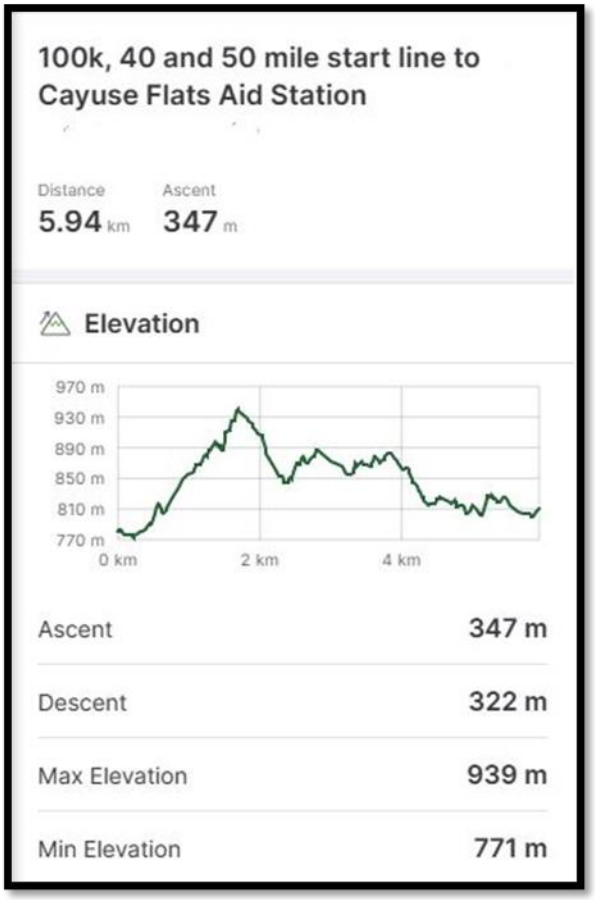


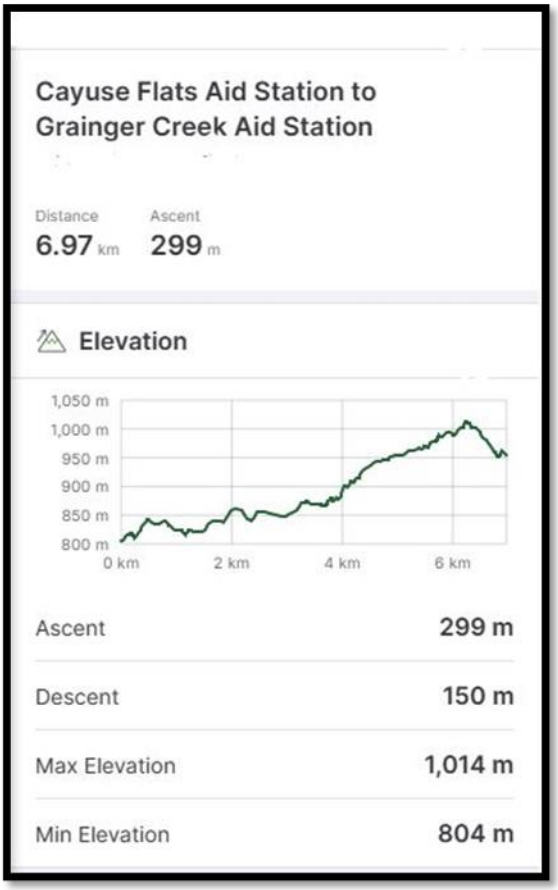

The 100 km course starts at **7:30 am** at the Cascade Rest Area (E.C. Manning Prov. Park), just off Hwy 3. See Routes and Maps webpage for details and elevation profiles.

| | Station | Total Distance | Distance to next aid station | Crew access | Drop bag | Notes | Cut off |
|---|---|---|---|---|---|---|---|
| 1 | Cayuse Flats | 5.7 km<br>3.7 miles | 7.0 km<br>4.3 miles | | | Minor aid station | |
| 2 | Grainger Creek | 12.7 km<br>7.9 miles | 15.5 km<br>9.6 miles | | | Minor aid station – no road access | |
| 3 | Hope Pass | 28.2 km<br>17.5 miles | 12.4 km<br>7.7 miles | X | X | Major aid station – make sure you take food and water with you for the next section | 2:00 pm Saturday |
| 4 | Nicomen Lake | 40.6 km<br>25.2 miles | 15.5 km<br>9.6 miles | | | Backcountry Major aid station – no road access | |
| 5 | Heather | 56.1 km<br>34.9 miles | 10.6 km<br>6.5 miles | | | Minor aid station – no road access | |
| 6 | Blackwall | 66.7 km<br>41.4 miles | 10.7 km<br>6.6 miles | X | X | Major aid station | |
| 7 | Windy Joe's | 77.4 km<br>48 miles | 7.9 km<br>4.9 miles | X – NO CREW PARKIN G | | 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 | 5:00 am Sunday |
| 8 | Strawberry Flats | 85.3 km<br>53 miles | 17.5 km<br>10.8 miles | X | X | Major aid station | |

| | | | | | | | |
|---|---|---|---|---|---|---|---|
| 9 | Finish Line | 102.8 km<br>63.9 miles | | X | X | Finish Line food available | 9:30 am Sunday |

See 120 course aid station segments above for elevation profiles for remaining course segments.



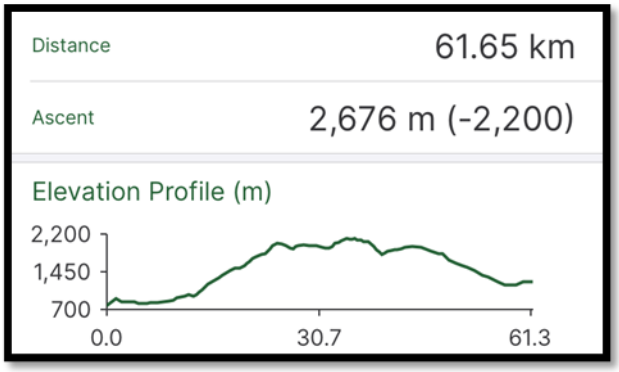
## 50 Mile Course

The 50 mile course starts at **8:30 am** at Cascade Rest Area (E.C. Manning Prov. Park), just off Hwy 3. See Routes and Maps webpage for details and elevation profiles.

| | Station | Total Distance | Distance to next aid station | Crew access | Drop bag | Notes | Cut off |
|---|---|---|---|---|---|---|---|
| 1 | Cayuse Flats | 5.9 km<br>3.7 miles | 7.0 km<br>4.3 miles | | | Minor aid station | |
| 2 | Grainger Creek | 13.0 km<br>8 miles | 9.8 km<br>6 miles | | | Minor aid station – no road access | |
| 3 | Nicomen Lake | 22.8 km<br>14.2 miles | 15.5 km<br>9.6 miles | | | Backcountry Major aid station – no road access | |
| 4 | Heather | 38.3 km<br>24 miles | 10.6 km<br>6.5 miles | | | Minor aid station – no road access | |
| 5 | Blackwall | 48.9 km<br>30 miles | 10.7 km<br>6.6 miles | X | X | Major aid station | |
| 6 | Windy Joe's | 59.6 km<br>37 miles | 7.9 km<br>4.9 miles | X – NO CREW PARKIN G | | 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 | 5:00 am Sunday |
| 7 | Strawberry Flats | 67.5 km<br>42 miles | 17.5 km<br>10.8 miles | X | X | Major aid station | 5:00 am Sunday |
| 8 | Finish Line | 85 km<br>52.8 miles | | X | X | Finish Line food available | 5:30 am Sunday |

See 120 course aid station segments above for elevation profiles of course segments.

## 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.

| | Station | Total Distance | Distance to next aid station | Crew access | Drop bag | Notes | Cut off |
|---|---|---|---|---|---|---|---|
| 1 | Cayuse Flats | 5.9 km<br>3.7 miles | 7.0 km<br>4.3 miles | | | | |
| 2 | Grainger Creek | 13.0 km<br>8 miles | 9.8 km<br>6 miles | | | Minor aid station – no road access | |
| 3 | Nicomen Lake | 22.8 km<br>14.2 miles | 15.5 km<br>9.6 miles | | | Backcountry Major aid station – no road access | |
| 4 | Heather | 38.3 km<br>24 miles | 10.6 km<br>6.5 miles | | | Minor aid station – no road access | |
| 5 | Blackwall | 48.9 km<br>30 miles | 10.7 km<br>6.6 miles | X | X | Major aid station | |
| 6 | Windy Joe's | 59.6 km<br>37 miles | 2.5 km<br>1.6 miles | X – NO CREW PARKIN G | | 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 | |
| 7 | Finish Line | 62.1 km<br>39 miles | | X | X | | 4:00 am Sunday |

See 120 course aid station segments above for elevation profiles of course segments.