

STORMY

50-mile ultramarathon and team relay
100-mile ultramarathon



New Section Fork left and run to the west of Alice Lake. Pass behind the picnic tables, cross the small bridge near the washrooms and turn left onto the paved road. Continue towards Hwy 99. At the top of steep hill turn left onto single track. Descend and then turn right onto Wonderland. After Aid Station 2 climb back up Alice Lake Park Rd. and past the campground entrance.

Squamish Test of Running Metal, Yeah! (STORMY)

Squamish, BC • Course Map 2009 (version 08-July-09)

Friday, August 7th, 10 am - 100-mile solo start

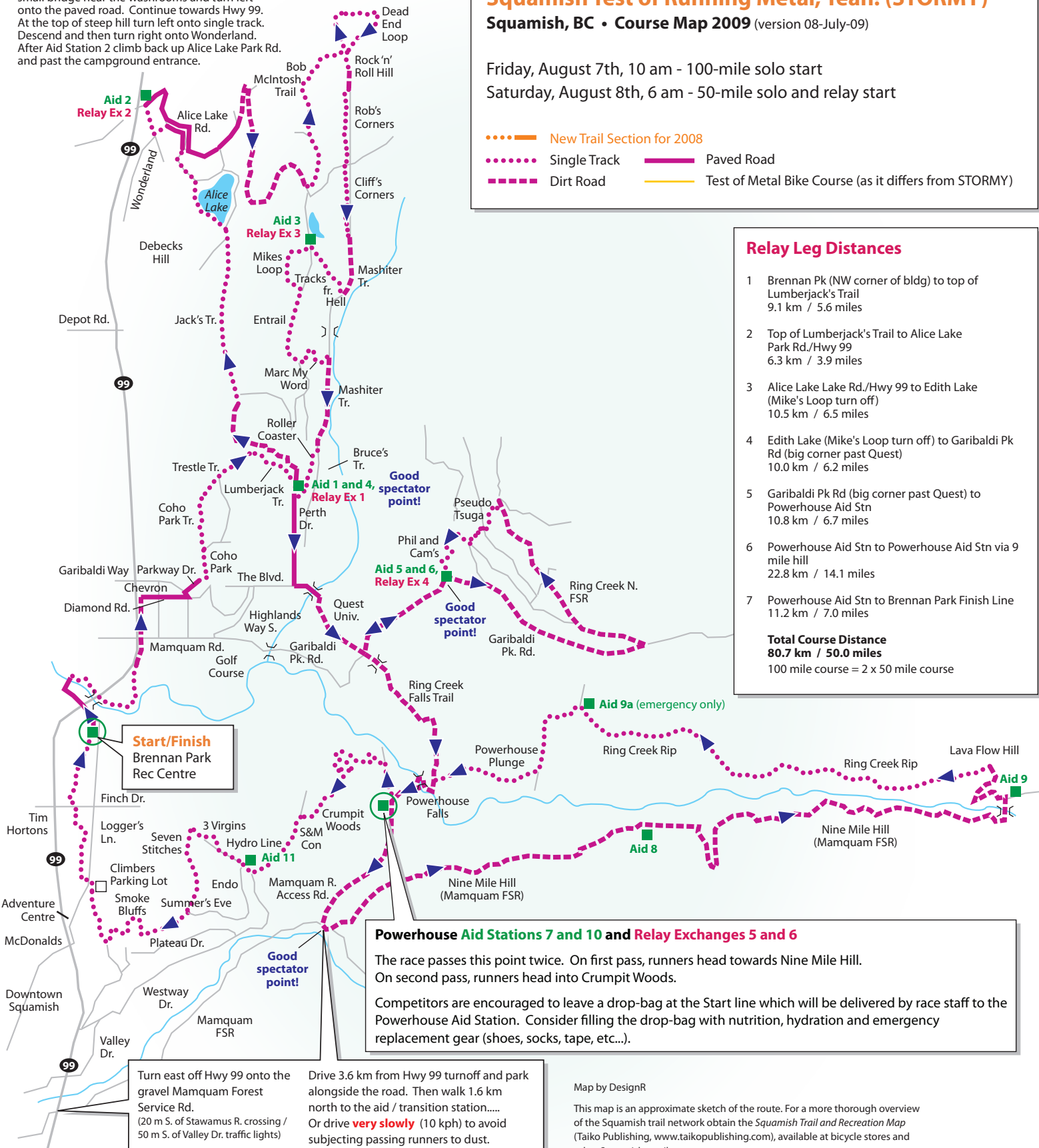
Saturday, August 8th, 6 am - 50-mile solo and relay start

- New Trail Section for 2008
- Single Track
- Paved Road
- Dirt Road
- Test of Metal Bike Course (as it differs from STORMY)

Relay Leg Distances

- 1 Brennan Pk (NW corner of bldg) to top of Lumberjack's Trail
9.1 km / 5.6 miles
- 2 Top of Lumberjack's Trail to Alice Lake Park Rd./Hwy 99
6.3 km / 3.9 miles
- 3 Alice Lake Lake Rd./Hwy 99 to Edith Lake (Mike's Loop turn off)
10.5 km / 6.5 miles
- 4 Edith Lake (Mike's Loop turn off) to Garibaldi Pk Rd (big corner past Quest)
10.0 km / 6.2 miles
- 5 Garibaldi Pk Rd (big corner past Quest) to Powerhouse Aid Stn
10.8 km / 6.7 miles
- 6 Powerhouse Aid Stn to Powerhouse Aid Stn via 9 mile hill
22.8 km / 14.1 miles
- 7 Powerhouse Aid Stn to Brennan Park Finish Line
11.2 km / 7.0 miles

Total Course Distance
80.7 km / 50.0 miles
100 mile course = 2 x 50 mile course



Powerhouse Aid Stations 7 and 10 and Relay Exchanges 5 and 6

The race passes this point twice. On first pass, runners head towards Nine Mile Hill. On second pass, runners head into Crumpit Woods.

Competitors are encouraged to leave a drop-bag at the Start line which will be delivered by race staff to the Powerhouse Aid Station. Consider filling the drop-bag with nutrition, hydration and emergency replacement gear (shoes, socks, tape, etc...).

Turn east off Hwy 99 onto the gravel Mamquam Forest Service Rd. (20 m S. of Stawamus R. crossing / 50 m S. of Valley Dr. traffic lights)

Drive 3.6 km from Hwy 99 turnoff and park alongside the road. Then walk 1.6 km north to the aid / transition station.... Or drive **very slowly** (10 kph) to avoid subjecting passing runners to dust.

Car Access to Powerhouse Aid Station, Relay Transition

Map by DesignR

This map is an approximate sketch of the route. For a more thorough overview of the Squamish trail network obtain the *Squamish Trail and Recreation Map* (Taiko Publishing, www.taikopublishing.com), available at bicycle stores and other Squamish retailers.