

STORMY



50-mile ultramarathon and team relay
100-mile ultramarathon



Squamish Test of Running Metal, Yeah! (STORMY)

Squamish, BC • Course Map 2007 (version 18-June-07)

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

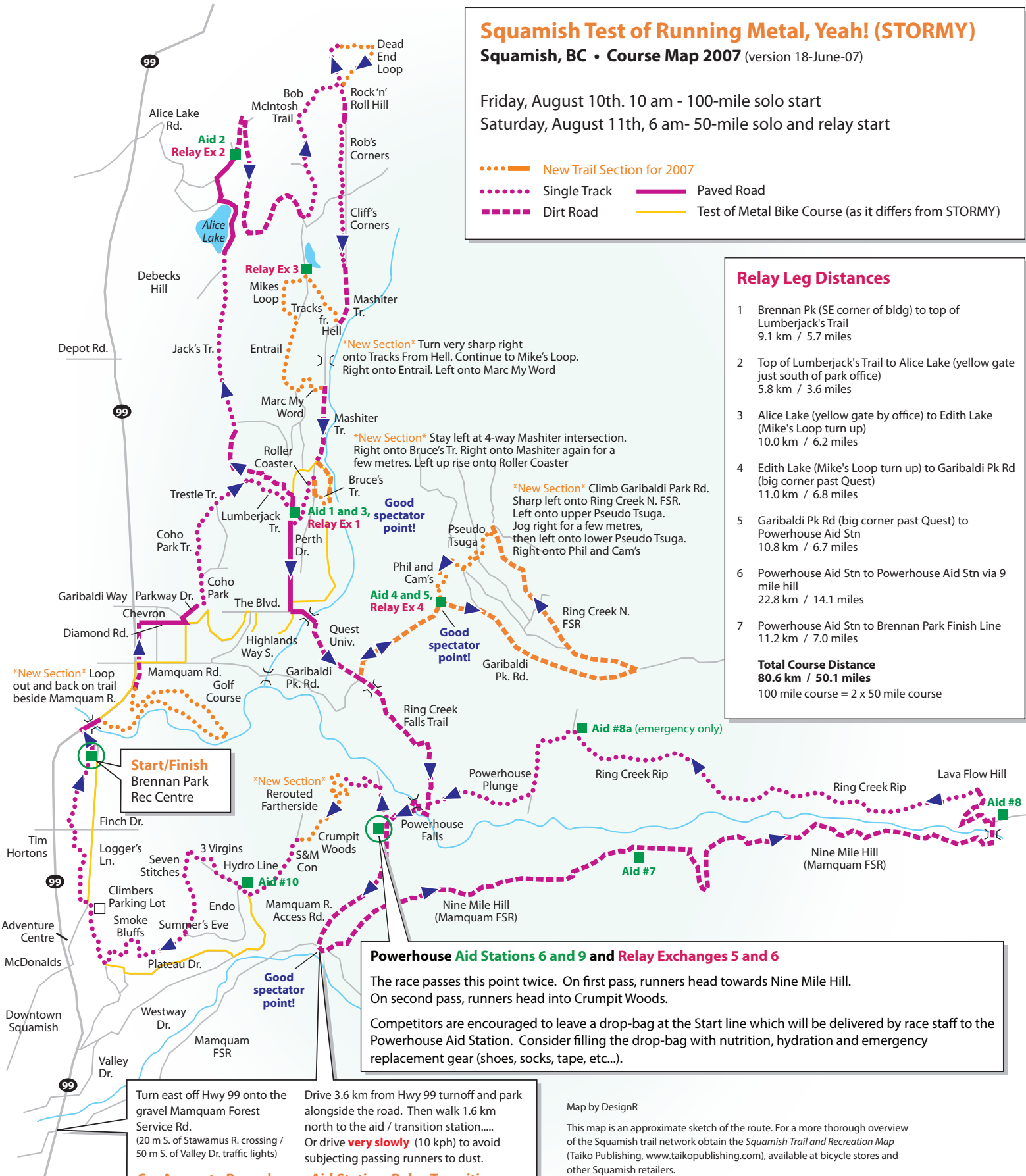
Saturday, August 11th, 6 am- 50-mile solo and relay start

- — New Trail Section for 2007
- Single Track
- Paved Road
- Dirt Road
- Test of Metal Bike Course (as it differs from STORMY)

Relay Leg Distances

- 1 Brennan Pk (SE corner of bldg) to top of Lumberjack's Trail
9.1 km / 5.7 miles
- 2 Top of Lumberjack's Trail to Alice Lake (yellow gate just south of park office)
5.8 km / 3.6 miles
- 3 Alice Lake (yellow gate by office) to Edith Lake (Mike's Loop turn up)
10.0 km / 6.2 miles
- 4 Edith Lake (Mike's Loop turn up) to Garibaldi Pk Rd (big corner past Quest)
11.0 km / 6.8 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
80.6 km / 50.1 miles
100 mile course = 2 x 50 mile course



Powerhouse Aid Stations 6 and 9 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 Crumplit 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.