



PRESENTED BY
GORE-TEX
PRODUCTS



GORE-TEX 50 MILE COURSE GUIDE

IMPORTANT UPDATES (05/01/2015)

- New Course Guides for 2015!
- Course pending final approval
- Pacer, crew and spectator information

RACE DAY CHECKLIST

PRE-RACE PREPARATION

- Review the shuttle and parking information on the website and make a plan for your transportation to the start area. Allow extra time if you are required or planning to take a shuttle.
- Locate crew- and spectator-accessible Aid Stations on the course map and inform your family/friends where they can see you on-course. Review the crew and spectator information section of this guide for crew rules and transportation options.
- If your distance allows, make a plan with your pacer to meet you at a designated pacer aid station. Review the pacer information section of this guide for pacer rules and transportation options.
- Locate the designated drop bag aid stations and prepare a gear bag for the specific drop bag location(s). Review the drop bag information section of this guide for more information regarding on-course drop bag processes and policies.
- Pick up your bib and timing device at the designated packet pickup location.
- Attend the Pre-Race Panel Discussion for last-minute questions and advice from TNF Athletes and the Race Director.
- Check the weather forecast and plan clothing and extra supplies accordingly for both you and your friends/family attending the race and Finish Festival. It is typically much colder at the Start/Finish area than it is in the city.
- Make sure to have a hydration and fuel plan in place to ensure you are properly nourished throughout your race. See the Aid Station Menu and the Clif Bar product information for details on the hydration and fuel options available on-course.



WHAT TO BRING

- Directions and/or map to race start, parking location or shuttle pickup location
- Bib, timing device and safety pins
- Bibs should be worn on the front where they will be clearly visible to assist aid station volunteers tracking your progress on the course, and to ensure you will have some great photos of your achievement! Photos will be available a few days after the race, and can be found at www.ultraracephotos.com/tnfec.
- Headlamp or flashlight (mandatory for all GORE-TEX® 50 Mile participants)
- Change of clothes and shoes for the Finish Festival
- Appropriate clothing based on the weather forecast (jacket, pants, gloves, head cover, rain jacket, etc.)
- Appropriate equipment based on the weather forecast (umbrella, poncho, blanket, etc.)
- Bag to store your belongings at the Finish Festival
- Water bottle or hydration pack
- Required medications, inhalers or EpiPens
- Sunscreen
- Sunglasses or hat
- Anti-chafe gel
- Watch/GPS device (remember to charge the night before)
- Cell phone (limited cellular reception at Start/Finish area) or camera
- Cash for food and beer
- I.D. for beer garden
- Ibuprofen or pain reliever (this will not be distributed to any individual by event staff, volunteers or medical teams)
- Game face

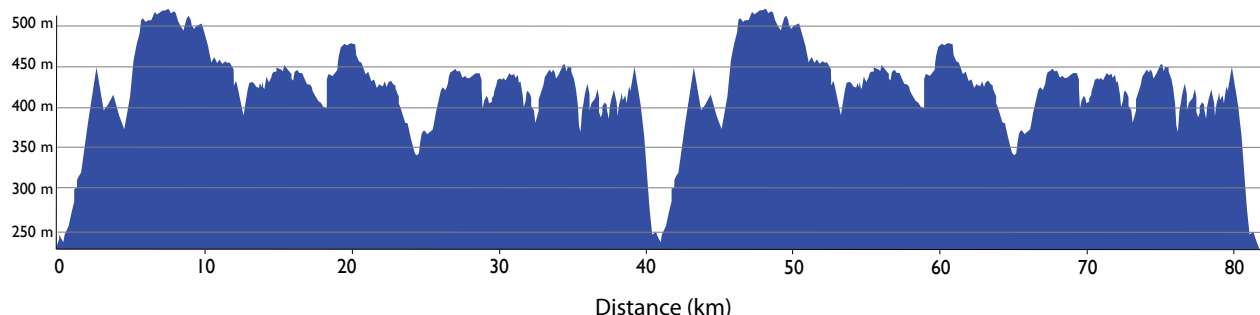
COURSE RATING, ELEVATION PROFILE & PACE CHART

OVERALL DIFFICULTY: ★★★★★

TECHNICAL TERRAIN: ★★★★★

ELEVATION CHANGE: ★★★★★

SCENERY: ★★★★★



Highest Elevation Point: 519 m

Lowest Elevation Point: 232 m

Aid Station	Name	Kilometer	Next Aid	Crew	Pacer	Pace per km				Drop Bags		
						0:04:58	0:07:39	0:10:19				
Start	Blue Mountain	0.0	5.5	Yes	No	0:00:00	5:00 AM	0:00:00	5:00 AM	0:00:00	5:00 AM	Yes
Aid #1	12th Side Road	5.5	6.1	No	No	0:27:11	5:27 AM	0:41:49	5:41 AM	0:56:27	5:56 AM	No
Aid #2	Southern Comfort	11.6	5.0	Yes	No	0:57:33	5:57 AM	1:28:33	6:28 AM	1:59:33	6:59 AM	Yes
Aid #3	4th Line/21st	16.6	8.0	No	No	1:22:20	6:22 AM	2:06:40	7:06 AM	2:51:01	7:51 AM	No
Aid #4	6th Line/21st	24.6	8.4	No	No	2:02:18	7:02 AM	3:08:10	8:08 AM	4:14:02	9:14 AM	No
Hard Cut Off 6th Line/21st		All 50M racers need to be through this Aid Station by this time								9:14 AM		
Aid #5	4th Line/21st	33.0	6.0	No	No	2:43:51	7:43 AM	4:12:07	9:12 AM	5:40:22	10:40 AM	No
Aid #6	Southern Comfort	38.9	1.8	Yes	No	3:13:26	8:13 AM	4:57:37	9:57 AM	6:41:48	11:41 AM	Yes
Aid #7	Blue Loop	40.7	5.5	Yes	No	3:22:13	8:22 AM	5:11:08	10:11 AM	7:00:03	12:00 PM	No
Hard Cut Off Blue Loop		All 50M racers need to be through this Aid Station by this time								12:00 PM		
Aid #8	12th Side Road	46.2	6.1	No	No	3:49:24	8:49 AM	5:52:57	10:52 AM	7:56:30	12:56 PM	No
Aid #9	Southern Comfort	52.3	5.0	Yes	Yes	4:19:46	9:19 AM	6:39:41	11:39 AM	8:59:36	1:59 PM	Yes
Aid #10	4th Line/21st	57.3	8.0	No	No	4:44:33	9:44 AM	7:17:49	12:17 PM	9:51:04	2:51 PM	No
Aid #11	6th Line/21st	65.3	8.4	No	No	5:24:31	10:24 AM	8:19:18	1:19 PM	11:14:05	4:14 PM	No
Hard Cut Off 6th Line/21st		All 50M racers need to be through this Aid Station by this time								4:14 PM		
Aid #12	4th Line/21st	73.7	6.0	No	No	6:06:05	11:06 AM	9:23:15	2:23 PM	12:40:25	5:40 PM	No
Aid #13	Southern Comfort	79.7	1.6	Yes	Yes	6:35:39	11:35 AM	10:08:45	3:08 PM	13:41:51	6:41 PM	Yes
Aid #14	Blue Loop	81.3	0.2	Yes	No	6:43:39	11:43 AM	10:21:03	3:21 PM	13:58:27	6:58 PM	No
Finish	Blue Mountain	81.4	-	Yes	No	6:44:27	11:44 AM	10:22:17	3:22 PM	14:00:07	7:00 PM	Yes
Hard Cut Off Blue Mountain		All 50M racers need to be through the Finish Line by this time								7:00 PM		

CUTOFF POLICY

In accordance with parameters agreed to by ALL permitting properties and for the safety of all runners, volunteers and race staff, any runner that is off pace to complete their distance by the designated course cutoff may be pulled at any time by the Race Director.

Please be aware that **14 Hours** is considered a hard cutoff time. All runners will be expected to carry the slowest official finishing pace for the entirety of the course.

If the runner fails to do so and is significantly behind pace, the race staff reserves the right to pull ANY runner from the race at ANY time and at ANY point on the course.

Wave start times are accommodated in the cutoff times.

TURN-BY-TURN DIRECTIONS

START: Blue Mountain Resort

- Left along the “bottom” to Orchard
- Right up “The Grind”
- Left across Scenic Caves Road
- Left down the shoulder of Scenic Caves Road
- Right onto Bruce Trail, Mission Road Side Trail
- Across Bruce Trail, Mission Road Side Trail to 12th Side Road
- Right up 12th Side Road

The total distance for this section is 7.4 km. The start begins at the base of Blue Mountain Resort in the Village but athletes will quickly realize this is a ski resort. Unlike the skiers in the winter who enjoy a nice chair lift, the only way to the top is up the “GRIND” trail. The name fits the trail as athletes will gain 800 feet shortly from the start and then continue on a mixture of single track and dirt roads across the Mission Road side trail traversing a series of steep wooded valleys before another ascent to the top of the escarpment and into the first aid station.

AID STATION #1: 12th Side Road (Top of the hill before accessing Scenic Caves) - 5.5 km

- Right across Scenic Caves using double-track ski trails and on and off Bruce Trail
- Right to get back onto BMR property following Bruce Trail down 15th Side Road A
- Across Scenic Caves Road
- Right on Corey’s loop around to top of Southern Comfort Chairlift

Runners will negotiate a “ladder” over the fence into Scenic Caves property and onto their cross country ski trails that beautifully twist in and around this unique property before finding your way back onto Blue Mountain Resort property and the second aid station.

AID STATION #2: Southern Comfort (Near top of Southern Comfort Chairlift) - 11.6 km

- Straight out of aid station then down ski run to R-Shore upper trail
- Left on R-Shore upper trail to top of L-Hill Triple Chair
- Begin first two-way section down under L-Hill Triple Chair, then left & back up past Memory Lane trail, under Silver Bullet Chair Lift and onto new Segway Trails
- Follow Segway Trails to Due North Ski run and across to top of Century Express chair lift.
- Left from Century Express chair into single track trail that connects to Route 66 and go right
- Follow Route 66 out to the “north end” of BMR then access Bruce Trail near parking at end of Maple Lane road in Swiss Meadows
- Second two-way section begins shortly after accessing Bruce Trail and continues across top Craigeith and Alpine until 21st Sideroad road allowance is met
- Go left and follow 21st Sideroad road allowance to Aid Station

Runners will make their way across the top of Blue Mountain Resort on a collection of single tracks including Route 66 and the Bruce trail high along the Escarpment. Expect scenic views of the Georgian Bay. Be alert throughout this section as runners will encounter several bridge crossings and a few sections of “out and back” traffic. Pay attention to directional arrows, markings and course marshals.

AID STATION #3: 4th Line (Intersection of 21st Side Road) - 16.6 km

- Continue on 21st Side Road then left onto Bruce Trail, Loree Side Trail
- Follow Bruce Trail, Loree Side Trail to main Bruce Trail junction and turn left on Main Bruce Trail
- Follow Main Bruce Trail south to corner of 18th Side Road & 5th Line and turn right
- Follow Main Bruce Trail west on 18th Side Road for roughly 600m
- Turn left to continue on the Main Bruce Trail
- Follow the Main Bruce Trail to a junction with the Margaret Paull Side Trail
- Turn right (North) leaving the Main Bruce Trail
- Follow the Margaret Paull Side Trail North to 6th Line
- Continue North onto 6th Line leaving the Margaret Paull Side Trail a
- Turn right at the intersection of 6th Line and 21st Side Road

A combination of dirt road, small sections of pavement and beautiful, technical single track on the Bruce Trail make up the diverse portion of the course. This section offers a little bit of everything and allows runners to stride out and enjoy this fast section of the race course.

TURN-BY-TURN DIRECTIONS

AID STATION #4: 6th Line (Intersection of 21st Side Road) - 24.6 km

- Follow 21st Side Road East to the main entrance of Loree Forest
- Turn left (North) into Loree Forest on the main entrance/access road
- Follow the main Loree Access road to the Bruce Trail, Len Gertler Side Trail
- Turn left
- Follow the Bruce Trail Len Gertler Side Trail to the Main Bruce Trail and turn right
- Follow the Main Bruce Trail north and then east to the Lookout at the top of Georgian Peaks Ski Hill
- Leaving the Main Bruce Trail, turn left on the access road down the first steep pitch of the ski hill
- Turn right on another access road
- Follow this access road East and then South back up and into Loree Forest rejoining the Main Bruce Trail
- Turn left (East) on the Main Bruce Trail following it back to 4th Line Aid Station

This section will start off with runners transitioning from dirt road to a short but steep pavement section only to be followed by the most technical single track section of the race course through Loree forest and some quick up and down sections that will test any athlete's legs. "Tasty" is what comes to mind when traversing this section.

AID STATION #5: 4th Line - 33.0 km

- Continue on Bruce Trail and return direction on second two-way section back across Alpine and Craigleith Ski Club properties to BMR land
- Once at end of two-way section make a left down the forested trail at the north end of Blue Mountain
- Mid way down make a right to head back up Dieppe ski run and rejoin summer mountain biking trails in the north
- Left on north cross country single track and across the trails that comprise the lower bench of BMR property going under Weider Express Chair, down Going South ski run, up Happy Valley ski run, under Century Express Chair lift and back to the first two-way section
- Turn left going under Silver Bullet chair lift and follow two-way back to the top of L-Hill chair lift
- Turn left and follow access road to lower R-Shore trail
- Run lower R-Shore trail to ski run and back up to Aid Station at top of Southern Comfort chair lift

Athletes will leave the aid station they hit earlier in the race and make their way back across the ridge on single track and a combination of double track trails. Same rules apply for the out and back sections so pay attention to the trail markers and the course marshals along this section. Athletes will then descend steeply off the Escarpment only to come straight back up the mountain on a ski run. Using the full spectrum of leg muscles will test any seasoned athlete. Once back on top of the Escarpment, stay on the "lower-bench trails," which wind across ski runs popping in and out of forested valleys and make their way back to the Southern Comfort Aid station.

AID STATION #6: Southern Comfort - 38.9 km

- Left out of the aid station onto Cascade trail and take this back towards the village
- Right turn into Aid Station at bottom of Southern Comfort

What goes up earlier in the day must now go down. Athletes will totally enjoy the panoramic views of this aid station before descending the Cascade trail to the bottom of Blue Mountain Resort. Cascade trail will offer some beautiful water crossings, wooden bridges and some technical stairs. Enjoy this downhill, you've earned it.

AID STATION #7: Blue Loop - 40.7 km

- Repeat entire course
- Continue along the "bottom" to Orchard
- Right Up the Grind
- Left across Scenic Caves Road
- Left down the shoulder of Scenic Caves Road
- Right onto Bruce Trail, Mission Road Side Trail
- Across Bruce Trail, Mission Road Side Trail to 12th Side Road
- Right up 12th Side Road

AID STATION #8: 12th Side Road (Top of the hill before accessing Scenic Caves) - 46.2 km

- Right across Scenic Caves using double-track ski trails and on and off Bruce Trail
- Right to get back onto BMR property following Bruce Trail down 15th Side Road A
- Across Scenic Caves Road
- Right on Corey's loop around to top of Southern Comfort Chairlift

TURN-BY-TURN DIRECTIONS

AID STATION #9: Southern Comfort (Near top of Southern Comfort Chairlift) - 52.3 km

- Straight out of aid station across the top to Route 66 and out to the “north end” of BMR
- Across Bruce Trail

AID STATION #10: 4th Line (Intersection of 21st Side Road) - 57.3 km

- Continue on 21st Side Road then left onto Bruce Trail, Loree Side Trail
- Follow Bruce Trail, Loree Side Trail to main Bruce Trail junction and turn left on Main Bruce Trail
- Follow Main Bruce Trail south to corner of 18th Side Road & 5th Line and turn right
- Follow Main Bruce Trail west on 18th Side Road for roughly 600m
- Turn left to continue on the Main Bruce Trail
- Follow the Main Bruce Trail to a junction with the Margaret Paull Side Trail
- Turn right (North) leaving the Main Bruce Trail
- Follow the Margaret Paull Side Trail North to 6th Line
- Continue North onto 6th Line leaving the Margaret Paull Side Trail a
- Turn right at the intersection of 6th Line and 21st Side Road

AID STATION #11: 6th Line (Intersection of 21st Side Road) - 65.3 km

- Follow 21st Side Road East to the main entrance of Loree Forest
- Turn left (North) into Loree Forest on the main entrance/access road
- Follow the main Loree Access road to the Bruce Trail, Len Gertler Side Trail
- Turn left
- Follow the Bruce Trail Len Gertler Side Trail to the Main Bruce Trail and turn right
- Follow the Main Bruce Trail north and then east to the Lookout at the top of Georgian Peaks Ski Hill
- Leaving the Main Bruce Trail, turn left on the access road down the first steep pitch of the ski hill
- Turn right on another access road
- Follow this access road East and then South back up and into Loree Forest rejoining the Main Bruce Trail
- Turn left (East) on the Main Bruce Trail following it back to 4th Line Aid Station

AID STATION #12: 4th Line - 73.7 km

- Continue to Bruce Trail back across Alpine and Craigleith Ski Club properties to BMR land
- Once on BMR property make a left down the forested trail to Toronto Ski Club
- At the bottom make a right to head back up Kandahar ski run
- Rejoin summer mountain biking trails in the north
- Left on north cross country single track
- Run across going under, or around Silver Bullet
- Run “R-Shore” loop (trail to service road and then back up service road)

AID STATION #13: Southern Comfort - 79.7 km

- Left out of the aid station onto Cascade trail and take this back towards the Village

AID STATION #14: Blue Loop - 81.3 km

- Let volunteers know that you have completed your 2nd pass through the aid station and kick it in to the Finish!

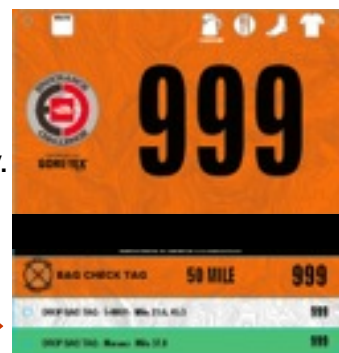
IMPORTANT COURSE INFORMATION

- All runners will be tracked through every aid station. It is crucial that your bib number is recorded by a volunteer for each pass through.
- When entering an aid station, call out your bib number to the volunteers tracking runners.
- Your race bib must be worn on the front of your body outside of your clothing so that it is visible.
- If you are unable to finish the course, please notify event staff at the nearest aid station that you will not be continuing on the race course. The race staff will then notify the race director and arrange transportation if needed.
- If you see a potentially injured runner on course, please get the runner’s bib number and report the situation to the aid station captain at the following aid station.
- To ensure that all participants complete the proper course, a volunteer will be marking race numbers bib at the following location(s):
 - **4th Line**
 - **Blue Loop**
- If you DO NOT have the appropriate markings upon finishing the race, you are not eligible for any awards.

GEAR BAG DROP

ON-COURSE GEAR BAGS

- GORE-TEX® 50 Mile participants are allowed a gear bag to be placed on-course.
- Only designated aid stations will accommodate gear bags.
- Bag tags for each location are located at the bottom of the race number
- On-course gear bags can be dropped off at packet pickup on Thursday or Friday.
- On race day, bags must be dropped at the Gear Check tent before 4:30 a.m.
- Gear bags cannot exceed 10 pounds.
- Overweight or bulky bags will not be delivered to drop locations.
- Runners may only drop one bag per location.
- Gear bags will not be refrigerated.
- Unmarked bags will be available at the Gear Check Area and can be retrieved with description.
- Once you will no longer need access to it on-course, place the bag in the area designated for gear bags to return to the Festival.
- All reasonable efforts will be made to return gear bags to the Finish Festival as soon as possible.
- All gear bags will be returned to the Finish Festival after the aid station is closed. (see pace chart)
- The earliest guaranteed time that drop bags will be back to the Finish Festival is two hours after the final runner passes through the aid station.
- Participants are permitted to drive to accessible aid stations to retrieve gear bags at their convenience.
- The North Face and Endurance Challenge are not responsible for lost or stolen gear bags or property.
- On-course gear bags are exposed to the elements. Contents should be weatherproofed.
- Gear bags are subject to search by race staff if necessary.
- **Gear bags will be available for pickup at the Finish Festival until Sunday at 12:30 p.m. and then at The North Face - Uptown store for one-week following the race.**
- Gear bags WILL NOT be mailed.
- All unclaimed gear bags will be disposed of at the end of the week.



GEAR BAG DROP LOCATIONS

Location #1: Southern Comfort Aid Station

- First Pass Distance: 11.6 km
- Second Pass Distance: 38.9 km
- Third Pass: 52.3 km
- Fourth Pass: 79.7 km
- Aid station close: 6:40 p.m.
- Expected gear bag return: 8:00 p.m.

**** Parking available at aid station for bag retrieval**

RECOMMENDED GEAR BAG ITEMS

Extra Race Clothing

shirts
shorts
socks
shoes
rain gear
gloves
hat or neck gaiter

Required Fuel

energy bars
gels
sandwiches
snacks

Required Hydration

powders
drinks
supplements

First Aid

antacids
ibuprofen/aspirin
lip balm
blister protection
analgesics
towels
eye drops
antibiotic ointment
bandages

AID STATION MENU



Salty Snacks (Chips & Pretzels)
Fruit (Oranges & Bananas)
Assorted Candy (Skittles & M&Ms)
Peanut Butter & Jelly Sandwiches
Potatoes & Salt
Vegetable Broth
CLIF Shot Energy Gels
CLIF Shot Bloks
CLIF Shot Electrolyte Hydration
Soda (Pepsi & Mountain Dew)
Water

GEAR CHECK

FINISH LINE GEAR BAGS

- Runners will be able to leave bags at the Finish in the Gear Check tent.
- Finish Line gear bags must be tagged with the perforated tag located at the bottom of your race bib.
- Race staff will assist with adhering the tag to your bag if needed.
- Gear bags cannot exceed 10 pounds.
- Overweight or bulky bags will not be accepted.
- Coolers will not be accepted.
- Runners may only drop one bag at the Finish.
- Gear bags will not be refrigerated.
- Unmarked bags will be available at the Gear Check Area and can be retrieved with description.
- The North Face and Endurance Challenge are not responsible for lost or stolen gear bags or property.
- Gear bags could be exposed to the elements. Contents should be weatherproofed.
- Gear bags are subject to search by race staff if necessary.
- **Gear bags will be available for pickup at the Finish Festival until Sunday at 12:30 p.m. and then at The North Face - Blue Mountain store for one-week following the race.**
- Gear bags WILL NOT be mailed.
- All unclaimed gear bags will be disposed of at the end of the week.



HEADLAMP POLICY

For safety reasons, all GORE-TEX® 50 Mile participants are required to have operating headlamps at the start of the race until one hour after sunrise. Failure to comply will result in disqualification.

- Sunrise: 5:47 a.m.
- Sunset: 8:59 p.m.
- Headlamp drop bins will be available at the following locations.
 - Southern Comfort Aid Station
- Ziplock bags and sharpies will be available to store and identify.
- Headlamps will be available for pickup at the Gear Check area post race
- It is the responsibility of the runner to label and deliver headlamp to the appropriate location.

COURSE MARKING

RIBBON MARKINGS

- Each distance will follow a unique color of marking that corresponds to the participant's bib color.
- Any time runners do not see their race color among the ribbons hung on the trails, they should take it as an indication that they are no longer on their race course. They should return to the last place they saw ribbon matching their race.
- For portions of the course that will be impacted before sunrise or after sunset, reflective tape and/or glow sticks will be placed alongside course markings.

FLAG MARKINGS

- As needed, ribbon markings will be replaced by flag markings.

SIGN MARKINGS

- All Endurance Challenge racers will follow the white directional signage arrows on-course.
- In the event that the course is marked with a colored arrow instead of a white arrow, runners should follow the sign color that corresponds to the color of their race bib.
- Locations where this may occur include when the race distances split and at trail intersections.

AID STATION SIGNAGE

- At each aid station, runners will find a sign featuring the current mileage and the distance to the next aid station (see bottom image).

SAMPLE MARKINGS



RUNNING WITH GPS WATCHES

We understand that runners will be equipped with a wide variety of GPS watches. These watches should only be used as a guide for measuring your distance throughout your respective trail race. Please be cautioned that satellite reception, tree coverage and other factors will impact the accuracy of the distance displayed on your watch and that the distance of your course will vary depending on the type/model you wear.

PACER INFORMATION

PACER INSTRUCTIONS

- A pacer is defined as a trail companion that may accompany a registered participant along designated sections of the Endurance Challenge course.
- Only participants running the GORE-TEX® 50 Mile race are allowed to use pacers.
- Pacers must follow all rules and regulations set forth by The North Face Endurance Challenge.
- Pacers must comply with all instructions from event staff and volunteers at all points along the trail.
- Failure to comply will result in disqualification of the runner.

RULES FOR PACERS

- Pacers are not allowed on the course prior to mile 27.0
- Pacers cannot meet runners at locations other than those designated
- Pacers must check-in with the aid station captain and sign a release waiver before joining their runner
- Pacers must wear the provided pacer bib at all times
- Pacer bibs must be visible on the outside and front of clothing
- Runners can be accompanied by only one pacer at a time
- No “muling” (carrying runner’s gear or nutrition/fluids)
- No vehicular or bike pacing

PACER LOCATIONS

Location #1: Southern Comfort Aid Station (third and fourth pass ONLY)

- Third Pass Distance: 52.3 km
- Fourth Pass Distance: 79.7 km

PACER TRANSPORTATION

- Parking is available at designated aid stations on the course map; however, pacers are encouraged to arrange for drop off as transportation is not provided to or from the designated aid stations. Pacers are encouraged to utilize shuttles if provided by the event.
- Vehicles parked at aid stations not designated as accessible aid stations may be ticketed and/or towed by park officials
- **SEE COURES MAP FOR PARKING AVAILABILITY**

CREW INFORMATION

CREW INSTRUCTIONS

- A crew member is defined as any individual who provides material support to a runner during The North Face Endurance Challenge event
- Crews must follow all rules and regulations set forth by The North Face Endurance Challenge
- Crew members must comply with all instructions from event staff and volunteers at all times
- Failure to comply will result in disqualification of the runner

RULES FOR CREW

- Crew access is only permitted at designated aid station locations (see pace chart and map)
- Crews must check-in with the aid station captain for direction on where to assist runners
- Crews may only assist runners within a **30m** radius of the designated aid stations
- A traffic cone will signify the allowable parameters for crew assistance
- Crews are limited to one vehicle per runner at designated aid stations
- No smoking is allowed at any of the aid stations
- Littering of any kind is strictly prohibited
- Runners are responsible for the actions of their crew

CREW ACCESSIBLE LOCATIONS (see pace chart for mileage)

- Southern Comfort Aid Station
- Blue Loop Aid Station - **walking distance from Start & Finish Area**

CREW TRANSPORTATION

- Parking is available at designated aid stations on the course map.
- Vehicles parked at aid stations not designated as accessible aid stations may be ticketed and/or towed by park or venue officials.
- **SEE COURSE MAP FOR PARKING AVAILABILITY**

SPECTATOR INFORMATION

SPECTATOR INSTRUCTIONS

- Spectators must follow all rules and regulations set forth by The North Face Endurance Challenge
- Spectators must comply with all instructions from event staff and volunteers at all times
- Failure to comply will result in disqualification of the runner

RULES FOR SPECTATORS

- Spectator access is only permitted at designated aid station locations (see pace chart and map)
- No smoking is allowed at any of the aid stations
- Littering of any kind is strictly prohibited
- Runners are responsible for the actions of their spectators

SPECTATOR ACCESSIBLE LOCATIONS (see pace chart for mileage)

- Southern Comfort Aid Station
- Blue Loop Aid Station - **walking distance from Start & Finish Area**

SPECTATOR TRANSPORTATION

- Parking is available at designated aid stations on the course map.
- Vehicles parked at aid stations not designated as accessible aid stations may be ticketed and/or towed by park or venue officials.
- **SEE COURSE MAP FOR PARKING AVAILABILITY**

AID STATION ACCESS & DIRECTIONS

DRIVING DIRECTIONS TO SOUTHERN COMFORT AID STATION



South Base Lodge Parking Lot <i>Event Parking</i>	
Head west toward Gord Canning Dr	36 m
Turn left onto Gord Canning Dr	65 m
At roundabout, take the 1st exit onto Scenic Caves Rd	240 m
Southern Comfort Aid Station <i>Destination will be on the right</i>	2.2 km

WALKING DIRECTIONS TO BLUE LOOP AID STATION



South Base Lodge Parking Lot <i>Event Parking</i>	
Head southwest toward Gord Canning Dr	38 m
Turn right onto Gord Canning Dr <i>Destination will be on the left</i>	300 m
Blue Loop Aid Station	