



## GRIZZLY HALF MARATHON & RELAY

### COURSE PROFILES AND DESCRIPTIONS



Leg 3 - Lynx - 12km - Elevation Gain 510m - Difficulty 5 Claws

The New Grizzly Ultra Half utilizes the last 3 legs of the full distance Grizzly Ultra Marathon providing aspiring Ultra runners with a perfect stepping stone to completing the full distance event in October.

From the main stadium runners will head out past the Biathlon Stadium area and pick up "Get In" trail to Lynx and onto the Wax Test Loop. From the Wax Test Loop it's on to Dipped Cone and Soft Yogurt before descending the treacherous Devonian Drop. After successfully negotiating the Drop competitors will join the enchanted Orchid Trail to connect with EKG. A short section on Artistic Merit feeds runners into the Road To Ruin. Road To Ruin ends at the lowest point on the course at 1,350 metres. Now begins the steep scramble up the Coal Chutes to connect back with EKG and onto Salt Lake. More climbing ensues by switchbacking up Matching Jerseys to the Banff Loop and onto Banff Trail. Looping back on Banff Trail for one final steep climb on Coyote to the high point on this leg at 1,540 metres. From here it's mostly downhill for the final 2 km joining Olympic Trail for a stadium finish.



After ascending Centennial and EKG East trails participants will claw their way up the Killer Bee and Back Door climbs. Nector Noodle descends steeply before joining the Albertan. Board walks through the Swamp lead to a short sprint on Meadowview to join King Of Sweden. More single track will challenge on EKG which feeds into EKG East. Enjoy Mad Handler and Hey Mcleod before taking Centennial into the stadium. Don't be fooled by the 2 claw rating, Killer Bee packs a sting with lots of technical single track. Watch for roots, rocks and fun drops. Sweet as Honey !



Solo participants will need to save some juice for the 5 km and 215 metres on Coyote while sprinters can bring their teams home with good speed on this final leg. Coyote feeds into EKG with spectacular views of the Bow Valley from the Meadow before diving back into technical single track to join Silvertip. From the 3 km mark Silvertip delivers a rollercoaster challenge before re-joining Coyote and Olympic to finish.