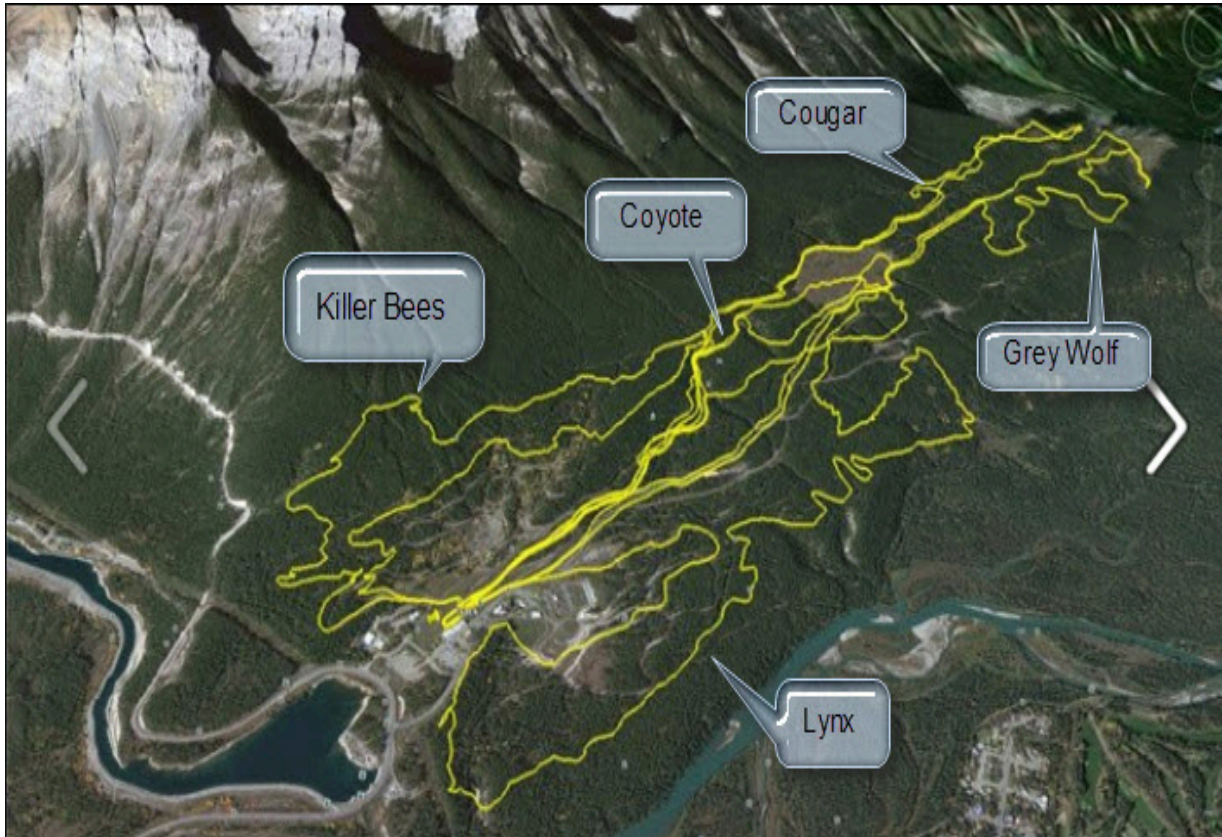


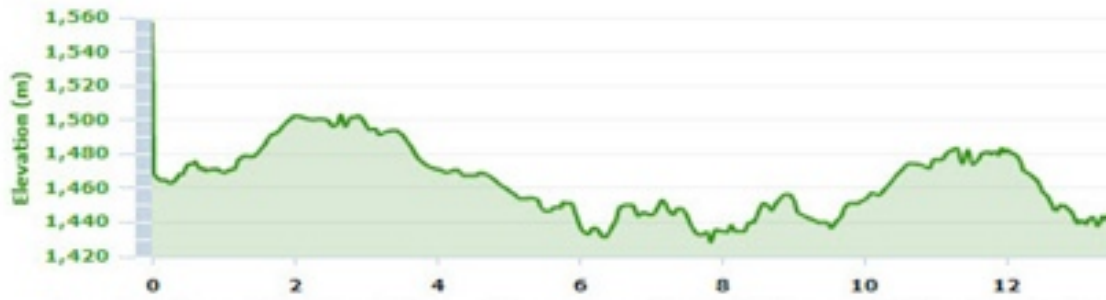
GRIZZLY ULTRA MARATHON & RELAY

COURSE PROFILES AND DESCRIPTIONS



The Grizzly Ultra Marathon & Relay is comprised of 5 individual legs which all start and finish in the former Olympic stadium at the Canmore Nordic Centre. The total combined distance is 50km with an elevation gain of 1691 Meters / 5548 Feet.

Each leg has been graded for difficulty by adding the elevation gain to the distance to arrive at a Grizzly Paw Rating. The most difficult Leg 3 is rated at 5 Claws while the easiest Leg 5 is rated at 1 Claw. With individual legs rated for all abilities our Ultra Marathon makes for the perfect team event. The Olympic stadium hub is the perfect base camp from which to cheer on your team mates.



Leg 1 – Grey Wolf – 13.5 km – Elevation Gain 224 m – Difficulty 3 Claws

The Grizzly Ultra Marathon begins with non-technical wide double track to allow for lots of room for passing in the early going. Runners will follow Banff Trail out through the Meadow and on to the far end of the park before making a right turn onto Bow Trail. Runners then make a short out & back section bringing them back to Bow Trail which winds it's way to the Grey Wolf connector back to Banff Trail and the return leg to the stadium.



Leg 2 – Cougar - 12km – Elevation Gain 350 m – Difficulty 4 Claws

Leg 2 is rated as the second most difficult leg at 4 claws. The combination of 12km distance and 350m elevation gain combine to make Cougar a solid challenge. King Of Sweden will lead runners to incredible Bow Valley views from Meadow View before connecting to Rundle for some breathtaking climbs and fast descents. Cougar will connect back to Meadow View for a return to the stadium by way of Olympic trail. Cougar will demand both strength and endurance and is non-technical wide double track.



Leg 3 – Lynx – 12.15 km – Elevation Gain 435m – Difficulty 5 Claws

From the main stadium runners will head out past the Olympic 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 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 blue Coal Chutes to connect back with EKG and onto Salt Lake. More climbing ensues by switch backing 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 fast downhill for the final 2 km joining Olympic Trail for a stadium finish.



Leg 4 – Killer Bees – 6.84 km – Elevation Gain – 270m – Difficulty 2 Claws

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 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 joins EKG East. Enjoy Mad Handler and Hey Mcleod before taking Centennial into the stadium. Don't be fooled by the 2 claw rating, Killer

Bees packs a sting with lots of technical single track. Watch for roots, rocks and fun drops. This leg is Sweet like Honey !



Leg 5 – Coyote – 5.63 km – Elevation Gain 215 m – Difficulty 1 Claw

Solo participants will need to save some legs for the 5.63 km and 215 metres on Coyote. 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.