



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 Biathlon stadium at the Canmore Nordic Centre. The total combined distance is 50km with an elevation gain of 1018 meters.

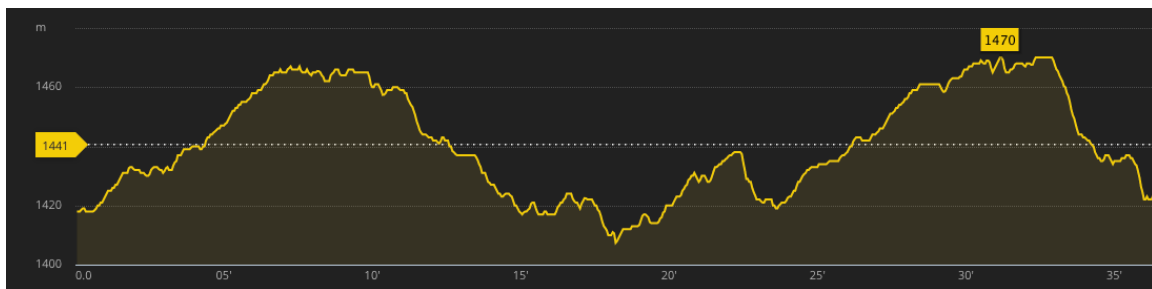
Each leg has been graded for difficulty by adding the elevation gain to the distance to arrive at a Grizzly Paw Rating. The most difficult Leg 3 is rated at 5 Claws while the easiest Leg 5 is rated at 1 Claw. With individual legs rated for all abilities our Ultra Marathon makes for the perfect team event.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



Leg #	Name	Distance *	Elevation	Claw Rating
1	Grey Wolf	12.00 km	172 m	3
2	Cougar	12.00 km	264 m	4
3	Lynx	12.00 km	357 m	5
4	Killer Bees	7.00 km	225 m	2
5	Coyote	5.00 km	153 m	1

*** All Distances Have Been Rounded To The Nearest km.**

Email tony@grizzlyevents.ca if you would like to receive gpx files.



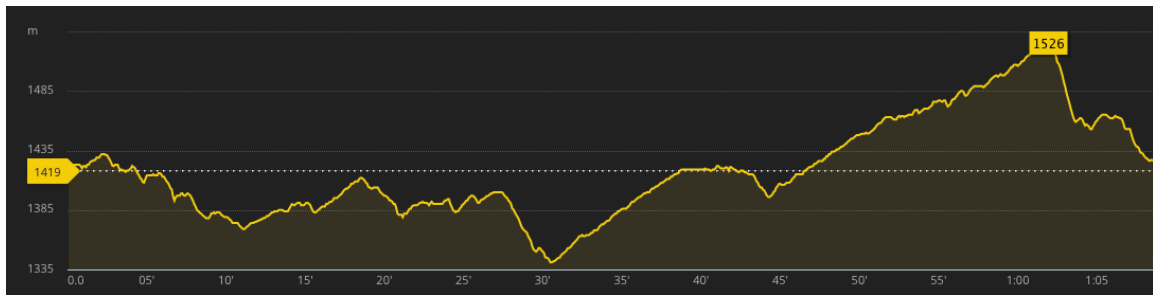
Leg 1 Grey Wolf - 12.00 km - Elevation Gain 172m

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. Bow Trail winds it's way to the Grey Wolf connector bringing runners back to Banff Trail and the return leg to the stadium. Grey Wolf has a 3 claw difficulty rating.



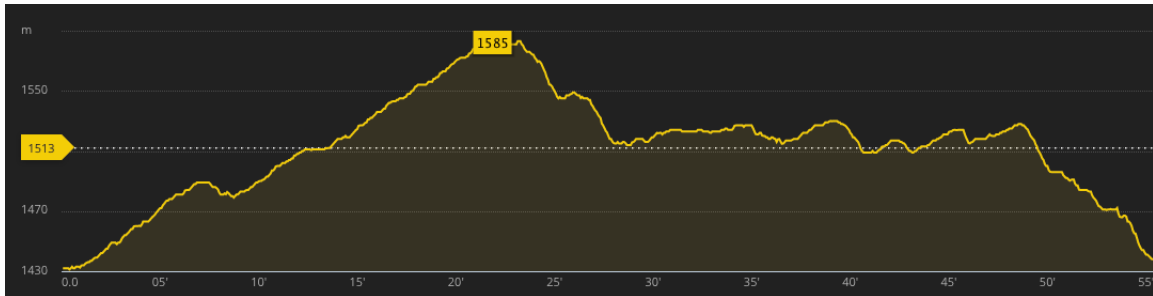
Leg 2 Cougar - 12.00 km - Elevation Gain 264m

Leg 2 is rated as the second most difficult leg at 4 claws. The combination of 12km distance and 264m elevation gain combine to make Cougar a real challenge. Coyote will guide runners to incredible Bow Valley views from Meadow View before connecting to Rundle for some breathtaking climbs and fast descents. Rundle will connect back to Meadow View for a return to the stadium by way of King Of Sweden and Olympic trail. Cougar will demand both strength and endurance but is relatively non-technical.



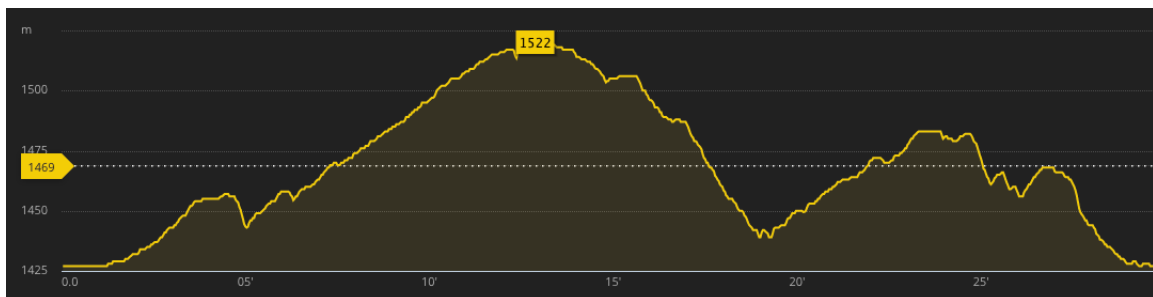
Leg 3 Lynx - 12.00 km - Elevation Gain 357m

Runners will need to exercise caution in the early going when negotiating 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 Long Road To Ruin. Road To Ruin ends at the lowest point on the course at 1,350 metres. Now begins the steep climb 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 connecting 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 on King Of Sweden before joining Olympic Trail for a stadium finish. Lynx is definitely our toughest leg with a 5 claw rating.



Leg 4 Killer Bees – 7.00 km - Elevation Gain 225m

Mountain Goats will enjoy the infamous Killer Bee and Back Door climbs will. After gaining the highest point on our Grizzly Ultra course at 1585m above sea level, Nector Noodle descends steeply before joining the Albertan. Swamp lead to a short sprint on Meadowview to join King Of Sweden. Watch for a hard right turn onto EKG single track leading 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 !



Leg 5 Coyote – 5.00 km - Elevation Gain 153m

Solo participants will need to save some leg strength for 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. Coyote is the “easiest” of all 5 legs with a 1 claw difficulty rating.

