

# STORMY

50-mile ultramarathon and team relay  
100-mile ultramarathon



**\*New Section\*** Fork left and run to the west of Alice Lake. Pass behind the picnic tables, cross the small bridge near the washrooms and turn left onto the paved road. Continue towards Hwy 99. At the top of steep hill turn left onto single track. Descend and then turn right onto Wonderland. After Aid Station 2 climb back up Alice Lake Park Rd. and past the campground entrance.

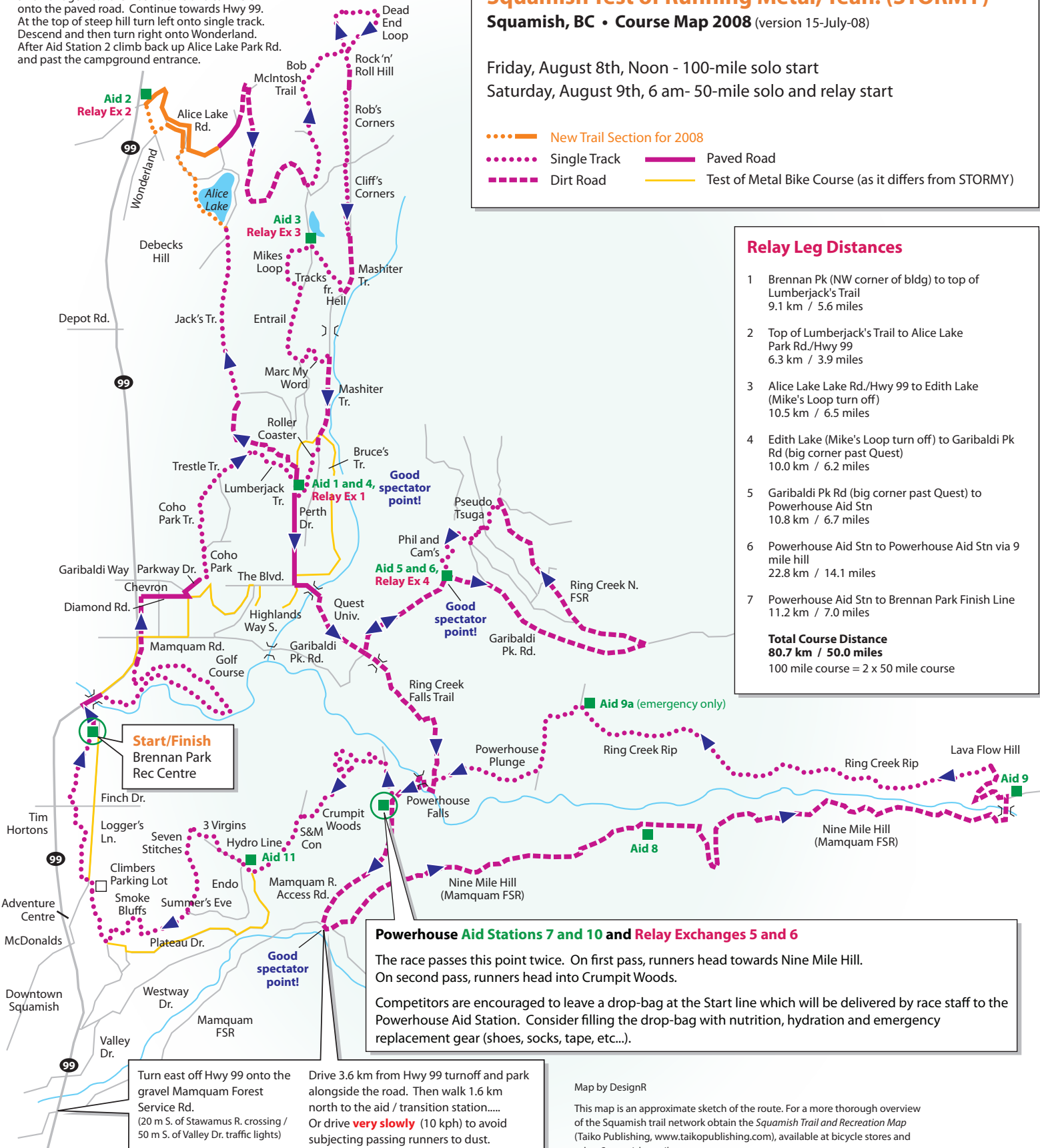
## Squamish Test of Running Metal, Yeah! (STORMY)

Squamish, BC • Course Map 2008 (version 15-July-08)

Friday, August 8th, Noon - 100-mile solo start

Saturday, August 9th, 6 am - 50-mile solo and relay start

- ..... New Trail Section for 2008
- ..... Single Track
- ..... Paved Road
- ..... Dirt Road
- ..... Test of Metal Bike Course (as it differs from STORMY)



**Powerhouse Aid Stations 7 and 10 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 Crumpit 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.