

All long course races (55 and 31 km classic) start at the Ukrainian Cultural Heritage Village, travel 1k across Goose Lake and then 2.3k south along the Elk Island National Park fence before entering Cooking Lake - Blackfoot Provincial Recreation Area at km 3.3

From that point they split and merge several times before reaching the finish at the Waskahegan Staging Area

Start at Ukrainian Cultural Heritage Village at 0 km

KM 3.3

BLACKFOOT 1 - 5.2K (55)

BLACKFOOT 2 - 20.9 (55)

Blackfoot Staging

FARAWAY 10.8 (55)

31/55 merge

WASKAHEGAN FINISH
54.8K (55)
31.3K (31)

13k event splits away from 31/55

13k joins 31/55 for approx. 4k

31/55 merge

31/55 split

ELK PUSH
36.5k (55)
18.7k (31)

ROUNDUP
27.8k(55)
10.0k (31)

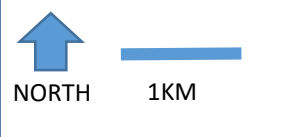
Central Staging Area

CENTRAL
32.1 (55)
14.3k (31)

BOOSTER
51.2K (55)
27.7k (31)

BOUNDARY
48.1K (55)
24.6k (31)

WANISAN
43.7K (55)



Islet Staging Area

COOKING LAKE - BLACKFOOT

ELK ISLAND NATIONAL PARK

LONG EVENTS 2017

- 55K (LITE/WITH PACK)
- 31K
- COMBINED 31/55K
- ▲ FOOD/MEDICAL