


## Skwxwú7mesh Úxwumixw Squamish Nation

We acknowledge that the Squamish50
races takes place on the traditional,
ancestral, and unceded territory of the
Skwxwú7mesh (Squamish) peoples. We are
grateful to have the opportunity to enjoy,
recreate, and share in this beautiful territory.

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## W:GON:

We are honoured to have become the home of the 2023 \& 2024 Canadian Mountain \& Trail Running Championship for 50 km and 50 Miles, in collaboration with Athletics Canada, the Association of Canadian Ultramarathoners (ACU), and the Canadian Mountain Running Association (CMRA).

As a reminder, athletes MUST be a 2023 Athletics Canada member to be eligible to be declared Canadian Champion and receive a National Championship medal (Awarded to the top 3). All athletes must be citizens of Canada and eligible to represent Canada in international competition. Non-citizens who are Athletics Canada members are welcome to compete but will not be declared Canadian Champions and receive a medal. If you do not have a 2023 membership, complete a membership application first with your Provincial/Territorial Branch. You cannot retroactively apply for a membership post race.

Given our new Championship status, and our illustrious list of previous winners, we've decided to up the course record ante across the board. A new CR in any race distance now includes at least a $\$ 500 \mathrm{CR}$ bonus payout. $23 \mathrm{~km}, 50 \mathrm{~km}$ and $50 / 50$ course records $=\$ 500$, while the traditional 50 mile course record bonus still stands at $\$ 1000$.

Year 11, wow how time flies when you're having fun, and that is of course thanks to each and every one of you!

According to Ultra Running Magazine's annual "numbers issue", the SQ50 races rank as the $2^{\text {nd }}$ largest ultra distance trail race(s) on the continent, by combined weekend finishers, behind only the oldest 50 miler in the United States, the JFK50 in Maryland!

Our 50 mile distance was the $3^{\text {rd }}$ largest in North America by finishers, while our 50 k race was $8^{\text {th }}$. When combined, it pushes our little race into second on the continent by total weekend ultra distance finishers. If we add in our 23 km finishers it certainly positions us as one of the/biggest trail events in North America! We've worked tirelessly to get to this point, and we endeavour to provide you with a memorable race experience, from start to finish throughout your entire Squamish50 adventure.

We proudly donate over $\$ 30,000$ back to the local Squamish trails annually, and as of last year we also now plant TWO trees for every single runner, meaning we'll plant over 3500 trees from this single race alone in 2023. As a company we strive to be carbon positive and environmentally conscious at every step. We recently switched out all of our events to battery-powered energy sources, and as always we have a strong focus on reduce, reuse, recycle, along with separating out food waste and compost wherever possible. In fact, much of the course flagging you'll be following out there on race weekend, has been with us from the very start, over a decade ago.

Our "trail trash" program is back in full effect, with new sock partner Smartwool Whistler on board. What does this mean exactly? If you find (at least 2 pieces of) garbage out on the trails during your race, and you pick it up and bring it to us at the finish line, we'll trade that out for a brand new pair of super sweet $\$ 35$ Smartwool socks! We always like to leave the trails cleaner than when we arrived, like good little citizens of the Earth.

Our finish line food station will be stocked with deliciousness, from sushi to BBQ, to a newly added grilled cheese station (with vegan \& GF options throughout of course) to an ice cream vendor in Alice \& Brohm.

Also as a friendly reminder, if you want to gain early access into the 2024 races, you could run one day, and volunteer the next, or vice versa. In case you were wondering, we even have 50/50 runners who do this every year too -

SQ50 merch is available for purchase via this link, and as a reminder, all our merchandize is produced in limited quantities and the only way to guarantee an item is to pre-purchase before we produce those items...meaning, get on it soon if there's a particular piece you're hoping to acquire on race weekend.

We've added live tracking as an option this year, via GPS trackers you carry during the race. This is by registration/request only, available in the merch store. For just $\$ 20$ your friends and family at home can follow your progress through the course, every step of the way!
*Trackers must be rented online via the merch store for $\$ 20$, by the end of July. There will be no way to add this on as a last minute addition after August 1st.

We're looking to bump up our LIVE RACE WEEKEND COVERAGE, and are working diligently behind the scenes for how best to provide an engaging experience for your friends and family at home, to follow along while you're out celebrating on the trails from dawn till dusk. 3 Stay tuned for the live race weekend link to share with your loved ones.

NEW THIS YEAR will be a Monday morning brunch gathering, replacing the previous Monday evening gathering that was always sparsely attended. Please consider joining us at The Executive Inn and Suites from 10:45am - 12:45pm Monday, August $21^{\text {st }}$ for a breakfast/ brunch get together as we all proudly show off our new SQ50 threads.
*Two brand new colour schemes this year too, for racer \& volunteer shirts by the way*

We're stoked to add Naak as our new nutrition partner, and Athletic Brewing as our official non-alcoholic beer partner, and this means delicious aid stations, plus a comp can of n/a beer for every single runner and volunteer throughout the weekend. Of course our ever present post-race beer gardens will once again be stocked full of Backcountry Brewind products for purchase.

One last thing to note, we've got a special surprise in store for all of you this year at the final aid station during your race(s) at Farside. We've sourced enough battery power to power a home, and we've unleashed this into the ever-creative hands of our Farside Captain, Kyle Conway. He and his team always impress us with their ingenuity, and we're all waiting with bated breath as to what they dream up next!

See you all in August, in one of the most beautiful trail running destinations on the planet, Squamish, BC.

Gary Robbins, co-founder Coast Mountain Trail Running / Squamish50
Geoff Langford, co-founder Coast Mountain Trail Running / Squamish50

## SCHEDULE OF EVENTS

## FRIDAY, AUGUST 18

3:00pm - 9:00pm package pick up at Executive Suites Hotel \& Resort for all distances.

## SATURDAY, AUGUST 19

4:20am first 50 mile shuttle bus from Brennan Park Rec Centre to 50 mile race start.

4:30am second 50 mile shuttle bus from Brennan Park Rec Centre to 50 mile race start.

4:40am third and final shuttle bus from Brennan Park Rec Centre to 50 mile race start.

4:30am - 5:15am 50 mile package pick-up at race start location, Junction Park, downtown Squamish.
*no parking allowed / no parking available on site at the start/finish area*

5:30am 50 mile start at Junction Park, downtown Squamish.

12:00 noon Kids Race at 50 mile start/finish at Junction Park, downtown Squamish.

12:55pm first 50 mile finisher, if on course record pace.

2:00pm - 8:00pm 50km and 23km package pick-up at race finish, Junction Park, downtown Squamish.

10:30pm 50 mile finish line cutoff.


## SCHEDULE OF EVENTS

## SUNDAY, AUGUST 20

## 5:10am first bus from Brennan Park Rec

Centre to 50 km race start.
5:20am second bus from Brennan Park Rec Centre to 50km race start.

5:30am third and final bus from Brennan Park Rec Centre to 50 km race start.

## *no parking allowed or available at the start

 line*
## *no parking allowed or available at the finish line*

5:15am - 6:00am 50km package pick-up at 50 km start location, just outside Alice Lake Park.

6:15am 50km race start, just outside of Alice Lake Park, see race maps for reference.

7:00am all buses depart from Brennan Park Rec Centre to 23km race start.

7:00am - 7:45am 23km package pick-up at start location at Quest University.

8:00am 23km race start at Quest University.

9:40am first 23 km finisher, if on course record pace.

11:05am first 50 km finisher, if on course record pace.

2:00pm final 23 km finisher.

5:45pm 50km finish line cutoff.

## MONDAY, AUGUST 21

10:45am - 12:45pm Post-race social at the Executive Inn and Suites new restaurant "Free Bird", which is located at race headquarters / where you checked in on Friday evening. Join the team + anyone who's still in town for an informal brunch gathering where we can all trade our tales of the weekend's successes.
*please note this replaces the previously sparsely attended Monday evening gathering. You're still welcome to also have dinner here on Monday evening, but nothing formal will be arranged.

40900 Tantalus Road, Garibaldi Highlands, Squamish, BC V8B0R3


We could not do what we do without the tireless efforts of our 300+ volunteers. We love our volunteers and these are just a few of the ways we like to say thank you for being a part of our SQ50 family.

- Special early access registration code for the following year's Squamish50
- Special "Race Crew" poly/cotton shirt
- Free Trail Butter, Athletic Brewing NA beer \& real fruit ice cream via Alice \& Brohm
- Squamish50 race sticker
- Special race-edition shoe cinch bag
- Finish line sushi, BBQ and festivities
- Free 30-day trial code for FatMap Explore
- Opportunity to win fantastic VOLUNTEER ONLY draw prizes
- An unforgettable day encouraging runners to achieve something special


Aid stations will have a selection of standard ultra running foods, such as:

- Naak Nutrition products (waffles \& purees), along with Naak Ultra Energy drink mixes.
- Trail Butter (33 gram packets to go)
- fruits, such as oranges, bananas, watermelon
- chips, both potato and gluten-free
- snacks, such as salted pretzels, gummies, cookies, salted potatoes, pickles, etc.
- water and Coke
- other gluten-free options
- Vegan labeled food options
- Ice at key aid stations if temps approach $30^{\circ} \mathrm{C} / 85^{\circ} \mathrm{F}$


## Driving Directions to Aid Stations (using 50 mile AS \#s)

- 50 Mile Start at Squamish Pavilion Park to Aid Station \#1 at Escape Route
- Aid Station \#1 at Escape Route to Aid Station \#2 at Alice Lake
- Aid Station \#2 at Alice Lake to Aid Station \#5 at Quest
- Aid Station \#5 at Quest to Aid Station \#7 at Far Side
- Aid Station \#7 at Far Side to Finish Line in downtown Squamish



## 50 MILE

## SATURDAY, AUGUST 19, 2023

## START TIME 5:30AM

START LOCATION: Junction Park, Cleveland Ave, downtown Squamish.
*No parking allowed at start line. Please take buses or get dropped off.*

Please ensure you take your drop bags on the bus with you, after parking at Brennan Park Rec Centre.

FINISH: Junction Park, Cleveland Ave, downtown Squamish.

## PARKING

## Brennan Park Rec Centre

*There is NO finish line parking, all runners, all distances, must park at Brennan Park Rec Centre and board our pre-race and post-race shuttles to access their vehicles.

We offer free shuttles from the finish line back to your vehicle post-race.

## Mandatory Gear = HEADLAMP

Headlamp MUST be >100 lumens of brightness, for your own safety out there on the trails.

Headlamps can be dropped at AS2 Alice Lake, into a bucket that will then be transported to AS7 at Farside for retrieval near the end of your run. Please ensure you label your headlamp with name and bib number.

Sunrise: 6:09am Sunset 8:23pm

## Pacers are not allowed.

Poles are not allowed.

## RACE CUTOFF TIMES

AS2: Alice Lake - Mile 12 / KM 20 9:30am (4h)
AS3: Corners 1 - Mile 17 / KM 28 11:15am (5h45m)

AS3: Corners 2 - Mile 23 / KM 37 12:55pm (7h25m)
AS4: WoM - Mile 30 / KM 48 3:55pm (10h25m)
AS5: Quest University - Mile 33 / KM 53 4:45pm (11h15m)

AS6: Garibaldi Road - Mile 38.5 / KM 62 6:30pm (13h)
AS7: Far Side - Mile 43 / KM 69
7:30pm (14h)
FINISH - 10:30pm (17 hours)


## DROP BAGS

Drop bags are to be dropped off by you, on race morning at the start line at Junction Park in downtown Squamish.

50 Mile runners are allowed two drop bags which will be transported to:

AS 3: The Corners
mile 17 and 23 / km 28 and 37

AS 5: Quest University
mile 33 / km 53

## FINISH LINE BAG

To be dropped off by you at the start line, which is also the finish line.

## AID STATIONS

## CREW \& SPECTATOR ACCESS POINTS

AS 1: Escape Route
AS 2: Alice Lake (park and walk)
AS 5: Quest University (park and walk)
AS 7: Far Side (park and walk)
*park and walk means you cannot park directly at the aid station. Each area presents an approximately 5-10 minute walk time to get to the aid station. Please plan accordingly.

You are not allowed to access your crew at AS 3, AS 4 or AS 6.

Any and all vehicles seen attempting to access these areas WILL get their runner disqualified immediately.

| AID STATIONS | SEGMENT DISTANCE | CUMUlative distance | 递 | 管 |  | CUTOFF |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| AS 1 |  |  |  |  |  |  |
| Escape Route | 10 km (6 mile) | 10 km (6 mile) |  | $\checkmark$ | $\checkmark$ | no |
| AS 2 |  |  |  |  |  |  |
| Alice Lake | 10 km (6 mile) | 20 km (12 mile) |  | $\checkmark$ | $\checkmark$ | 9:30am |
| AS 3 (1st stop) |  |  |  |  |  |  |
| Corners | 8 km (5 mile) | 28 km (17 mile) | $\checkmark$ | $\checkmark$ |  | 11:15am |
| AS 3 (2nd stop) |  |  |  |  |  |  |
| AS 4 |  |  |  |  |  |  |
| AS 5 |  |  |  |  |  |  |
| Quest University | 5 km (3 mile) | 53 km (33 mile) | $\checkmark$ | $\checkmark$ | $\checkmark$ | 4:45pm |
| AS 6 <br> Garibaldi Road | 9 km (5 mile) | 62 km (38 mile) |  | $\checkmark$ |  | 6:30pm |
| AS 7 |  |  |  |  |  |  |
| Far Side | 8 km (5 mile) | 70 km (43 mile) |  | $\checkmark$ | $\checkmark$ | 7:30pm |
| FINISH at Junction Park | 11 km (7 mile) | 80 km (50 mile) |  | $\checkmark$ | $\checkmark$ | 10:30pm |

## 50 MILE

## COURSE DESCRIPTION

Your race begins at 5:30am, by headlamp. Ensure you're wearing at least 100 lumens of light, as those are the rules of engagement. The world famous Chief looms above and on a clear night it's nothing but stars and mountains staring down on our starting line. The first seven miles / eleven kilometres are flat, fast and twisty, as you make your way through the heart of Squamish and out to the hills and mountains that'll dominate the rest of your day. Don't get too excited and start off too fast, for you'll be sure to regret that within a few hours.

After your first aid station you head through a small neighbourhood to gain the Coho Trail. In previous years we've had kids dressed up in costumes high fiving runners, at 6:15am! This is one supportive and passionate outdoor community in Squamish!

Shortly after getting back onto the singletrack at Coho Trail you'll start towards your first big climb of the day, up and over Debeck's Hill, which presents about 1000 feet / 300 metres in about one mile / 1.5 kilometres. As you ascend Debeck's you'll be confronted with some of the steepest terrain of the entire race, but you'll be rewarded with views up valley and out over the mountainous peaks of The Tantalus Range. As you crest the top you'll test your fancy footwork through some rocky terrain before it peters out into a $4 \times 4$ service road. On the way down you'll pass by a historic Steam Donkey forestry relic. Feel free to stop and snap a pic.

You swing back onto singletrack after just a kilometre or so of service road, and then drop down a trail named Mid-life Crisis to intersect with Jack's Trail. If your name is Jack please don't read into this, we're not saying you're having a mid-life crisis Jack, but is this your first ultra? We're just asking is all. Once you pop out onto Jack's it's flat and fast all the way to your second aid station at Alice Lake. There are flushable toilets to utilize if breakfast hasn't been sitting well. Enjoy the feast of the aid station and proceed through Alice Lake Park to gain Four Lake Trail at the far side of the campgrounds.

You will first run past Stump Lake and then Fawn Lake before popping out onto the Bob McIntosh Trail. Turning left we head towards Dead End Loop, stay left on Dead End Loop to tackle your next sizeable climb up Made In The Shade to gain Ed's Bypass. Drop back down to Rob's Corners and enjoy the winding flowy slight downhill grade.


Your third aid station, and first drop bag location, will be located in between Rob's and Cliff's Corners. As a 50 mile runner you'll be turning right to complete a 10 kilometre loop via Cliff's Corners and one of your RD's favorite trails, Entrails. This 10km loop is a mix of runnable and not so runnable for those unfamiliar with technical terrain. Once you drop down Entrails you return to the same aid station for a second time, via a very runnable double wide trail / gravel surface decommissioned road. Check back in at the aid station a second time, use your drop bag again, and then exit the aid station to the right.

You're now on the Northside Connector gravel service road for a few kilometres, enjoy the last bits of runnable terrain before you head into the big nasty. Stay right at the $Y$ split in the Forest Service Road, proceed approximately 1 kilometre further until you can pick up a trail on your left named Plastic Scheisse that leads to Galactic Scheisse. This trail is located just a few hundred metres after you cross over a prominent water flow in the FSR.

Welcome to your favourite part of the day! Galactic Scheisse tops out at over 3300 feet / 1000 metres. Given that your starting line is approximately 600 feet / 175 metres and you've only gained a minimal total amount up until this point in time you should ensure you've grabbed ample supplies from your last aid station. The trail climbs at a steady grade that is indeed runnable by those challenging near the front. The total gain is over 2500 feet / 750 metres and it plays out over approximately 4 kilometres of continued ascent. The great part about this climb, besides the challenge, is that it presents the most stunning views of the entire course, so it's well worth your efforts! Multiple clear views are presented to break up your slog.

There is a slight reprieve once you top out but shortly thereafter you are thrust into an equivalent descent. Trails you'll run include Upper Powersmart, IMBA Smart, Fred, and Word Of Mouth. The trails will start off as average technical and proceed into greater technicality as your legs fight through the impending fatigue. You're welcome!

As you exit Fred you'll arrive at your fourth aid station of the day at "Word of Mouth."

Once you exit Word Of Mouth you'll be at the approximate 30 mile point of your race at Quest University. A full aid station, full facilities and your other drop bag await.

Once you depart Quest it's back to the climbing again, this time via Garibaldi Road, to The Climb Trail. Early in The Climb Trail you'll pass a nice little waterfall and about a mile further along you'll start to get some more open views back down valley towards Quest and across to The Tantalus Mountain Range. You are climbing on singletrack until crossing over The Northside Connector and then continuing up the Upper Climb Trail. Climbing, climbing, climbing you'll top out as you find A.M. or the non politically correct name of Angry Midget. A.M. is a wonderful fall line running trail and though you're legs might be screaming you'll likely be doing the same out loud as you enjoy every step!

At the bottom of A.M. cut left onto Ring Creek and follow it for a few hundred metres until you can cross over the Garibaldi FSR. From here to the finish you'll be following the same course as every other distance.

You will access another aid station here. Once across the gravel road you'll drop back onto singletrack. This will wind you down to a river crossing across a bridge known as 'Darwin's, watch your step. A short but steep climb awaits you on the other side and you'll be taking your first right onto STP.

You get to drop down STP, climb back up on Bonsai, drop back down on Somewhere Over There, and then hit your final aid station of the day at the entrance to The Far Side.

Departing the aid station, you turn onto Fartherside and then S\&M Connector. Enjoy this open slightly graded descent but don't worry, you're not done with your climbing just yet!



Crossing under the powerlines you take right onto the boardwalk and then a left onto Endo, but only briefly before you turn right onto Seven Stitches as you slowly climb up to Pipe Trail. From Pipe Trail you are closing in on your final climb of the day, up Mountain Of Phlegm. Don't fuss over the name though, we've saved the best views for last! From the top of Mountain Of Phlegm, which is a short but steep climb, it's 'almost' all downhill to your finish line.

Take Summer's Eve into The Smoke Bluffs, blaze past the rock climbers and boulderers until you end up in the parking lot at the bottom. It's time to get those legs to turn over on some flat stuff finally, and you're only a few kilometres from celebrating your achievement in our beer gardens!

Along the water, through Rose Park, under the highway and down to Junction Park, at the O'Siyam Pavilion, where you can finally lay down and call it a day!

In case you've made it this far and haven't deduced this just yet... it's NOT an easy course, but if you train hard you'll be one of those receiving a finisher's medal and finish line hug or high-five.


If you are from out of the country and don't have access to data, we recommend downloading the GPS track of the course that you can then check from your electronic device using an App similar to FATMAP that will allow you to see your position on the course without needed data.

## 50 KW

## RACE INFORMATION



## 50 KM

## SUNDAY, AUGUST 20, 2023

## START TIME 6:15 AM

At the cleared area 400 m north of the Alice Lake turnoff from Highway 99, very near the entrance to Alice Lake Park, along Black Bear Road.

FINISH: Junction Park, Cleveland Ave.

## PARKING is located at,

Brennan Park Rec Centre
*There is NO start line parking, and new this year you are not allowed to be dropped off on Black Bear Road due to massive congestion \& safety issues*
*There is NO finish line parking*
*All runners, all distances, must park at Brennan Park Rec Centre and board our pre-race and post-race shuttles to access their vehicles.*

We offer free shuttles from the finish line back to your vehicle post-race.

## HEADLAMPS are NOT needed in the 50k distance, due to the start heing right at sunrise.

Sunrise: 6:09am Sunset 8:23pm

Pacers are not allowed.

Poles are not allowed.

## DROP BAGS

Drop bags are to be dropped off by you, on race morning, at the start line. 50km runners are allowed one drop bag which will be transported to Quest University, which is 23 kilometres into your run..

## FINISH LINE BAG

Runners may leave a bag with us at the start line that will be transported to the finish line.

## AID STATIONS

## Km 8 / 18 / 23 / 32 / 40

Mile 5 / 11.2 / 14.3 / 20 / 25

## CREW \& SPECTATOR ACCESS POINTS

AS 3: Quest
AS 5: Far Side

You are not allowed to access your crew at AS 1, AS 2 or AS 4. All vehicles seen attempting to access these areas WILL get their runner disqualified immediately.

## RACE CUTOFF TIMES

AS3: Quest University - 12:00pm (5h45m)
AS4: Garibaldi Road - 2:30pm (8h15m)
AS5: Far Side - 3:30pm (9h15m)
FINISH - 5:45pm (11h30m)

| AII Stations | SEGMENT DISTANCE | cumulative distance | 䜌 | 륜 E E B |  | cutoff |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| AS 1 |  |  |  |  |  |  |
| Corners | 8 km (5 mile) | 8 km (5 mile) |  | $\checkmark$ |  |  |
| AS 2 |  |  |  |  |  |  |
| Word of Mouth | 10 km (6 mile) | 18 km (11 mile) |  | $\checkmark$ |  |  |
| AS 3 |  |  |  |  |  |  |
| Quest University | 5 km (3 mile) | 23 km (14 mile) | $\checkmark$ | $\checkmark$ | $\checkmark$ | 12:00pm |
| AS 4 |  |  |  |  |  |  |
| Garibaldi Road | 9 km (5 mile) | 32 km (19 mile) |  | $\checkmark$ |  | 2:30pm |
| AS 5 |  |  |  |  |  |  |
| Far Side | 8 km (5 mile) | 40 km (24 mile) |  | $\checkmark$ | $\checkmark$ | 3:30pm |
| Finish at Junction |  |  |  |  |  |  |
| Park | 10 km (6 mile) | 50 km (31 mile) |  | $\checkmark$ | $\checkmark$ | 5:45pm |

## 50 KM

## COURSE DESCRIPTION

The Squamish50-50 km course is a very challenging route as evidenced by the 11.5-hour cut off time. There's not a lot of flat in this course BUT we have at least put those flatter sections at the very beginning and the very end, so you'll be properly warmed up before you get into the guts of the course.

Our race start is a destination all by itself. Alice Lake Provincial Park offers on-site camping, bathroom facilities and swimming in Alice Lake, which is flanked by mountains on all sides. A clear sight line back across the lake shows off Mount Garibaldi, the dominant peak in Garibaldi Provincial Park.

Our start line is just outside of Alice Lake Provincial Park, near the highway turn off to Alice Lake itself, but 400 metres further along in the clearing at the end of the pavement. The race will begin by running briefly up the road, continuing past Alice Lake camping area proper, keeping it on your right, (do not turn into Alice Lake itself) until hooking a left onto the Four Lakes Trail system. You will first run past Stump Lake and then Fawn Lake before popping out onto the Bob McIntosh Trail. Turning left we head towards Dead End Loop, stay left on Dead End Loop to tackle your first sizeable climb up Made In The Shade to gain Ed's Bypass. Drop back down to Rob's Corners and enjoy the winding flowy slight downhill grade.

Your first aid station will be located in between Rob's and Cliff's Corners. As a 50 km runner you'll be turning left out of the aid station, onto the Northside Connector. About 1km further along, stay right in the FSR split and continue on a few more kilometres until until you can pick up a trail on your left named Plastic Scheisse. This trail is located just a few hundred metres after you cross over a prominent water flow / bridge in the FSR.

Welcome to your favourite part of the day! Plastic Scheisse climbs to Galactic Scheisse and tops out at over 1000 metres / 3300 feet. Given that your starting line is approximately 180 metres / 600 feet and you've only gained a minimal total amount up until this point in time you should ensure you've grabbed ample supplies from your last aid station. The trail climbs at a steady grade that is indeed runnable by those challenging near the front. The total gain is over 750 metres / 2500 feet and it plays out over approximately 4 km of continued ascent. The great part about this climb, besides the challenge, is that it presents the most stunning views of the entire course, so it's well worth your efforts! Multiple clear views are presented to break up your slog.

As you approach the top of your climb you'll cross over a few small bridges across streams, feel free to filter some water if there is water flowing on the day. There is a slight reprieve once you top out but shortly thereafter you are thrust into an equivalent descent. Trails you'll run include Upper Powersmart, IMBA Smart, Fred, and Word Of Mouth. The trails will start off as average technical and proceed into greater technicality as your legs fight through the impending fatigue. You're welcome!


As you exit Fred you're just 250 metres shy of your next aid station at the entrance to Word of Mouth.

Once you exit Word Of Mouth you're just around the corner from the approximate half way point of the course, at Quest University. Awaiting you is a full aid station, full facilities and your drop bag.

Once you depart Quest it's back to the climbing again, this time via Garibaldi, to The Climb Trail. Early in The Climb Trail you'll pass a nice little waterfall and about a mile further along you'll start to get some more open views back down valley towards Quest and across to The Tantalus Mountain Range. You are climbing on singletrack until crossing over The Northside Connector before linking up with the Upper Climb Trail. Climbing, climbing, climbing you'll top out as you find A.M. or the non politically correct name of Angry Midget. A.M. is a wonderful fall line running trail and though your legs might be screaming you'll likely be doing the same out loud as you enjoy every step!

At the bottom of A.M. cut left onto Ring Creek and follow it for a few hundred metres until you can cross over the Garibaldi Road FSR. You will access your fourth aid station, and from here to the finish you'll be following the same course as every other distance.

Once across the gravel road you'll drop back onto singletrack. This will wind you down to a river crossing while using a bridge called "Darwin's", watch your step.
A short but steep climb awaits you on the other side and you'll be taking your first right onto STP.


You get to drop down STP, climb back up on Bonsai, drop back down on Somewhere Over There, and then hit your final aid station of the day at the entrance to The Far Side.

Departing your aid station you head into Fartherside and then S\&M Connector. Enjoy this open slightly graded descent but don't worry, you're not done with your climbing just yet!

Crossing under the powerlines you take a right onto the boardwalk, followed by a quick left onto Endo but only briefly before you turn right onto Seven Stitches as you slowly climb up to Pipe Trail. From Pipe Trail you are closing in on your final climb of the day, up Mountain Of Phlegm. Don't fuss over the name though, we've saved the best views for last! From the top of Mountain Of Phlegm, which is a short but steep climb, it's 'almost' all downhill to your finish line.

Take Summer's Eve into The Smoke Bluffs, blaze past the rock climbers and boulderers until you end up in the parking lot down below. It's time to get those legs to turn over on some flat stuff finally, and you're only a few kilometres from celebrating your achievement in our beer gardens!

Along the water, through Rose Park, under the highway and down to Junction Park at the O'Siyam Pavilion, where you can finally lay down and call it a day!

In case you've made it this far and haven't deduced this just yet... it's NOT an easy course, but if you train hard you'll be one of those receiving a finisher's medal at Junction Park, in downtown Squamish, on Sunday afternoon.


If you are from out of the country and don't have access to data, we recommend downloading the GPS track of the course that you can then check from your electronic device using an App similar to FATMAP that will allow you to see your position on the course without needed data.
R


## 23 KM

## SUNDAY, AUGUST 20, 2023

## START TINE 8:00MM

## START: Quest University

FINISH: Junction Park, Cleveland Ave, Squamish

## PRAXINC only avallable at

## Brennan Park Rec Centre

*There is NO start line parking.
*There is NO finish line parking.
*All runners, all distances, must park at Brennan Park Rec Centre and board our pre-race buses, and post-race shuttles to access their vehicles.

## FINISH LINE BAG

One bag may be left at the Start Line at Quest to be transported to the Finish Line in downtown Squamish.

## AD STAIIOHS

Km 4.5 \& 12
Mile 2.8 \& 7.5

## CREW a SPEGTITOR ACEESS POIITS

Crew and spectators are allowed at AS 2, Far Side. Please note that you will have to park and walk to the aid station, and as such you may not make it back to the finish line in time to see your runner.

| AID STATIONS | SEGMENT DISTANCE | CUMULATIVE DISTANCE |  | 층 |  |
| :---: | :---: | :---: | :---: | :---: | :---: |
| AS 1 |  |  |  |  |  |
| Garibaldi Road | 4.5 km (2.8 mile) | 4.5 km (2.8 mile) |  | $\checkmark$ |  |
| AS 2 |  |  |  |  |  |
| Far Side | 7.5 km (4.6 mile) | 12 km (7.4 mile) |  | $\checkmark$ | $\checkmark$ |
| Finish at Junction |  |  |  |  |  |
| Park | 11 km (6.8 mile) | 23 km (14.2 mile) | $\checkmark$ |  | $\checkmark$ |

## 23 KM

## COURSE DESCRIPTION

Starting off on the stunning plateau at Quest University we proceed up Mamquam - Garibaldi Park Road for a kilometre until we can access The Climb Trail. While ascending The Climb Trail you are presented with numerous vantage points back down valley and across the mountain peaks on the far side. It's dreamy. You'll love it. If you're packing a camera you'll be stopping to snap some pics.

As you pop out of the singletrack you'll take a right to proceed down the Northside Connector FSR into Ring Creek FSR (both gravel) Road for about a kilometre you'll then cross Garibaldi and access the aid station at km 4.5 .

Once across you go straight back onto singletrack via Fool's Gold. This is a flowy descent that will bring you to the Darwin's Bridge crossing, followed by a short but steep climb on the opposite side.

A few hundred metres up the climb you will take your a right onto STP. This singletrack trail hugs the backside of a ridge as it descends into the valley below. Once you come into a clearing look up and to your right at the downhill mountain biking stunts some ten feet of the ground. Be thankful we're not running you over them! STP will lead you onto Bonsai and as you start in on some more climbing you'll be rewarded with an expansive view back over The Mamquam Range.

From Bonsai we'll cut left onto Somewhere Over There. This is the most technical trail of our race. It's typical Squamish and we love it! When you exit Somewhere Over There you'll turn left onto Powerline (gravel) Road, at which point you'll catch views of The Tantalus Range on the opposite side of the valley.

About a kilometre down and you'll cross a large bridge. If you're not racing it's worth taking a second to look over both sides as the rocks and rapids below are worth the stop. Just around the corner from here you arrive at your second full aid station at km 12 / mile 7.5, Farside.

Departing your aid station you head into Fartherside and then S\&M Connector. Enjoy this open slightly graded descent but don't worry, you're not done with your climbing just yet!

Crossing under the powerlines you take a right onto the boardwalk, followed by a quick left onto Endo but only briefly before you turn right onto Seven Stitches as you slowly climb up to Pipe Trail. From Pipe Trail you are closing in on your final climb of the day, up Mountain Of Phlegm. Don't fuss over the name though, we've saved the best views for last! From the top of Mountain Of Phlegm, which is a short but steep climb, it's 'almost' all downhill to your finish line.


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## 50/50

50/50 finishers received a coveted 50/50 hat. The colour of the hat displays the number of times a runner has finished the $50 / 50$.

First time runners get a blue hat, then we go green, yellow, orange. For the $5 x$ finishers there's an exciting 'rainbow' styled hat that every runner would want in their personal collection ©

Six time finishers get a black hat, seven = purple, and our brand new 8th time finish hat will be eventually be?

For all details surrounding your 50/50 attempt, please reference each individual race page and, good luck!


## START TIIEE 12 HOON

## DISTAMEES

- 500 metre course for ages 5 and under
- 1,000 metre course for ages 5 to 8
- 1,500 metre course for ages $8+$


## ENTiYFEE

Free! But during registration, we offer parents the opportunity to donate to Butterfly Run Vancouver, a local organization that supports families dealing with pregnancy and infant loss

## AWARDS

## 50 MILER CASH PRIZING

$\$ 6500$ in cash prizing for the top 3 male and female 50 milers.

- 1st - $\$ 2000$
- 2nd - $\$ 750$
- 3rd - $\$ 500$
\$1000 additional cash bonus for a new 50 mile Male and Female course record.


## 50 KM CASH PRIZING

$\$ 500$ CR bonus

## 23 KM CASH PRIZING

$\$ 500$ CR bonus

## 50/50 CASH PRIIZING

$\$ 500$ CR bonus

## CUSTOM AWARDS!

Beautiful custom awards for the top three male and female finishers in the 50 miler, 40 km and 23 km race by Aravaipa Artworx.

## THE ROKY-ROO MID PACK AWARD

The person who finishes dead center in the 50 mile race will receive a special trophy to celebrate them keeping the pack together and safe. This of course can only be determined after the final runner crosses the finish line on Saturday night.

This award will be handed out during the 50k awards on Sunday. This is a tribute to my (Gary's) pup who passed away in January 2018.

Roxy was born right here in Squamish and she was adopted from the SPCA that everyone runs right past at mile four. In fact the only reason I was able to piece together the first six miles of this race through town is because she helped me discover all of those trails as a puppy. Roxy loved to run right in the middle of her pack so that she could always keep an eye on everyone. This of course is my favourite award. Good luck:)
*The Roxy-Roo award winner also receives a comp entry to the following year's race, any distance(s), along with a SQ50 swag bag.

## DRAW PRIZES!

Over $\$ 5000$ in draw prizes to be won.


## LOCAL INFORMATION

## AIRPORTS

Vancouver International is the closest airport. Drive times from the airport to Squamish can be anywhere from 1h15m to 2+hr depending on traffic.
*The Sea to Sky highway up to Squamish is infamous for its Friday evening inbound, and Sunday evening outbound traffic jams. Attempt to arrive earlier in the day or week if you can.

## SQUAMISH

Squamish is one of the premier outdoor destinations in North America and was officially named a top trail running town by Trail Runner magazine. The community is officially known as "The Outdoor Recreation Capital of Canada" and the descriptor could not be more accurate.

Located just 45 minutes north of Vancouver, along one of the most scenic and famous roads in Canada, The Sea To Sky Highway, you'll enjoy the drive nearly as much as the run. Outside of typical heavy traffic hours it's only a 3-hour commute from Seattle, which can also make for a perfect launching point for eastern US runners.

Find out more at www.squamish.ca or download Tourism Squamish's excellent "Explore Squamish App"

## THE EXEHUTIUESUILS HOTEL \& RESORT Ofifigh nceommodation partuer

The Executive Suites Hotel \& Resort is located in Squamish's prestigious Garibaldi Highlands, and is our host for racer \& volunteer check-in, the event operations centre, and our Monday post-race social. Executive Suites provides a comfortable, mountain-influenced, condo-style getaway with all the amenities to make your stay feel just like home.

The Executive Suites offers studio, one and two bedroom hotel suites all with kitchen facilities. The hotel features FREE wifi and parking, a restaurant and bar, outdoor terrace, double height floor to ceiling windows overlooking spectacular views of the surrounding mountains, extensive meeting and event space, a fitness room and an outdoor pool and jacuzzi.

The Executive Suites Hotel \& Resort is our official host location for racer \& volunteer check in on Friday evening.

Individual reservations can be made at 1.877.815.0048 or info@executivesuitessquamish.com.

Be sure to request the special "Squamish 50 " rates.

A Minimum Two-Night Stay is in place for Friday and Saturday. Guests can choose to stay Thursday/Friday, Friday/Saturday or Saturday/Sunday.

## ALIEE LAKE - Camping

The 50 mile will run right through Alice Lake Provincial Park, and the starting line of our 50 km race is just outside of the park!

Please note that Alice Lake Campground is stellar but INCREDIBLY DIFFICULT TO BOOK.
Online booking opens exactly three months before your intended dates, on a rolling per-day 90 -day window. Please do not count on being able to confirm a spot here.

Approximately 20 mins from the start of the 50 miler, and 5 mins from the start of our 50 km race.

## PARADISE VALLEY CAMPGROUND

Paradise Valley is a peaceful camping area for those who prefer quiet surroundings. They don't allow music, guitars, etc but they are a wonderful option for those who prefer and can adhere to their noise policies.

Located approximately 15 mins from our 50 km start line, and 25 mins from our 50 mile start line.

For all other options, including other hotels, bed \& breakfasts, hostels, camping and more, visit the Tourism Squamish site.
RMOE RULS


Welcome to the Squamish 50 list of things NOT to do in our races. You'll see a consistent theme here as you read through, and that is essentially "be kind" and "don't be a jerk". If you simply follow those two rules, you'll already be following almost all of the rules we have in place.

Our sport is constantly evolving and it is becoming more complex, year over year. Our goal at all of our events is to provide an equal playing field for all involved, and to expound the virtues of inclusivity. We want everyone to have fun, to feel safe, and to have every opportunity to succeed on race day.

With that in mind, here are the rules of engagement for all Coast Mountain Trail Running races:

1. Be kind to the volunteers. Our races cannot happen without the selfless people who volunteer their time so that you can go for a frolic in the forest. Any runner who is belligerent to any volunteer faces disqualification from the event they are running and a potential ban from future events. Please take the time to thank volunteers as you pass them throughout your race.
2. In line with the above, should you face any issues on course that you feel unfair or unjust, it is your duty to bring that up with the management team. It is unacceptable to point blame at any volunteer for any on course issues. All potential issues faced during an event are the sole responsibility of the management team and must be broached with them at the start finish location.
3. Be kind to the environment. No littering, as that's grounds for disqualification. Trash goes in two places and two places alone, a garbage bag or your pocket. Throwing trash on the ground for others to pick up is unacceptable, even if you're at an aid station. If an aid station volunteer has to pick up your trash because you haven't placed it in the bin yourself, they are instructed to report your bib number to us. We always attempt to leave the trails cleaner than when we arrive, and we often have a "trail trash program" in place where we reward runners who pick up trash off of the trails. We always preach "leave no trace" at all of our events.
4. Be kind to other runners. Be kind to other trail users. The trails are not closed for our events, so you'll always be sharing the trails with other people. Please play nice at all times and respect the fact that even a single complaint from someone not associated with our event can have permitting consequences for future years.
5. No drugs. We follow the rules set by WADA. Do not consume, inject, inhale, or put any banned substance in or on your body before or during a race.
6. Bibs are chip timed and must not be folded. Bibs must also be visible on the front at all times. If you are expecting to change layers due to the weather consider affixing your bib to the front of your pack, or wearing a bib belt. Anyone whose bib is not visible may be asked to stop and provide proof that they are in fact in possession of an actual race bib.
7. At some of our larger races we do wristbands at registration. Wrist bands must be worn up until you complete your race. Do not remove your wrist band before crossing your finish line or we will assume you are a bandit runner.
8. As is stated in registration for each race, as policies that you've already signed off on, bibs are non-transferable, non-refundable and cannot be deferred to the same race one year later. Please refer to the specific policies per event on our website to see which events you can defer to if you cannot make your specific race start.
9. No stashing of supplies along the course and no accepting aid except within 30 metres of a designated aid station that allows for crew to support.
10. Crew are the runner's responsibility. Each race is unique in terms of which aid stations allow crew and which do not. In every race there are aid stations that are entirely off limits due to permit restrictions. If a runner's crew shows up at an aid station where crew are not allowed, the runner will be disqualified without question.
11. Crew must report to each aid station and abide by aid station rules. Crew are never allowed to access aid station supplies and are not allowed in the aid station area. Each aid station captain where crew are allowed will have a designated crewing area, within 30 metres of the aid station. Crew can bring their own foods and gear for runners. Runners are the only people that are allowed in an aid station and are the only people allow to access aid station supplies.
12. Crew must treat all race volunteers with respect. A runner can be disqualified if their crew are determined to be an issue for volunteers.
13. Runners must check in with each aid station along the course. Please state your bib number as you approach an aid station and ensure you hear it repeated back to you.
14. Dogs. No dogs allowed on course or within 30 metres of the aid stations. Well-behaved and leashed dogs are welcome at the start/finish of select races where permits allow. Not all races are allowed dogs on site, please refer to each race page to determine if your particular race allows our furry friends to celebrate your finish with you.
15. Pacers are not allowed at any of the current Coast Mountain Trail Running races.
16. Poles are not allowed in the SQ50 races under any circumstances due to permit restrictions.
17. Music is allowed at all of our races, but we enforce low volume music with ideally one ear bud. This is a safety concern, otherwise you will not be able to hear other runners who may want to pass you, but more importantly not be able to hear animals such as black bears, which are very common in all of our races. No Bluetooth speakers, or broadcasting of music allowed. Your music is for you, and you alone.
18. Mandatory gear. Some events have a mandatory gear list, that mandatory gear is to be carried for the duration of the event, start to finish. There are always gear checks on course for these races and should a runner be missing any mandatory gear they will be disqualified. "I must've dropped it" is not an acceptable counter-argument. We are very strict on this policy as it affects the safety of each and every runner in that particular race.
19. No shortcutting, cutting corners, or going off trail. Cutting switchbacks is grounds for disqualification. In no race do we sanction the cutting of switchbacks. You must follow the marked course as it's laid out. If you somehow find yourself off course you must return to the spot where you left the course and continue on from there to have an official finish time.
20. Pooping in the forest. We do our absolute best to provide bathrooms wherever possible at aid stations. If you find yourself in the unfortunate situation of having to drop a number two in the forest, you need to depart the trail by at least 10 metres, kick out a hole of at least 6 inches / 15 centimetres, and then bury things once you're done. Also, please ensure you are nowhere near a natural water source while doing so. As mentioned above, please practice leave no trace ethics.
21. If you do not make a time cut-off in a race, you are required to stop racing at that point. You cannot continue on and will receive a DNF (Did Not Finish). Your bib must be removed. It is up to you if you wish to keep your bib as a memento, but it is not to be worn once you miss a cutoff.
22. You must leave each aid station by the posted cut-off time. If you return to an aid station after cutoff you will be assessed a DNF.
23. Aid Station Captains have the authority to act on behalf of the Coast Mountain Trail Running management team.
24. If you require medical support during a race that includes an IV, you cannot continue the race. You will receive a DNF.
25. If you require significant medical support during a race, the race directors and medical support team will make a decision on whether you are allowed to continue or not. This call is up to the medical staff and you are expected to respect their decision. Once medical staff pull you from the event it is not up for debate as to if you can continue or not, a DNF will be issued.
26. If you decide to pull yourself out of a race you must notify race headquarters, either via an aid station captain, or at the race finish line. Please do not simply leave a course and head home. Every year we have at least one or two people who do this and we are then forced in discussions with search and rescue for a potential call out, until we can properly identify that the runner in question is safe and sound.
27. We are legally prevented from providing "Over the Counter" NSAIDS. NSAIDS cannot be administered to a runner via any race staff, including medical and all on course volunteers. However, if a runner carries their own, or receives NSAIDS from their crew they are permitted.

28. Leaving the course to warm up in a "non-moving" vehicle. In particularly bad weather we do allow runners to attempt to warm themselves in a vehicle, if that vehicle is stationary and parked at a crew accessible aid station. If you intend to do this you must check out with the aid station captain, and then check back in with them once you decide to return to the course, or notify them of your DNF if you cannot continue. If a runner is placed into a moving car, no matter the distance covered, that runner will be disqualified.
29. And finally, thank you for reviewing the rules and we hope you have as much fun as possible while running our races!

## SPONSORS



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