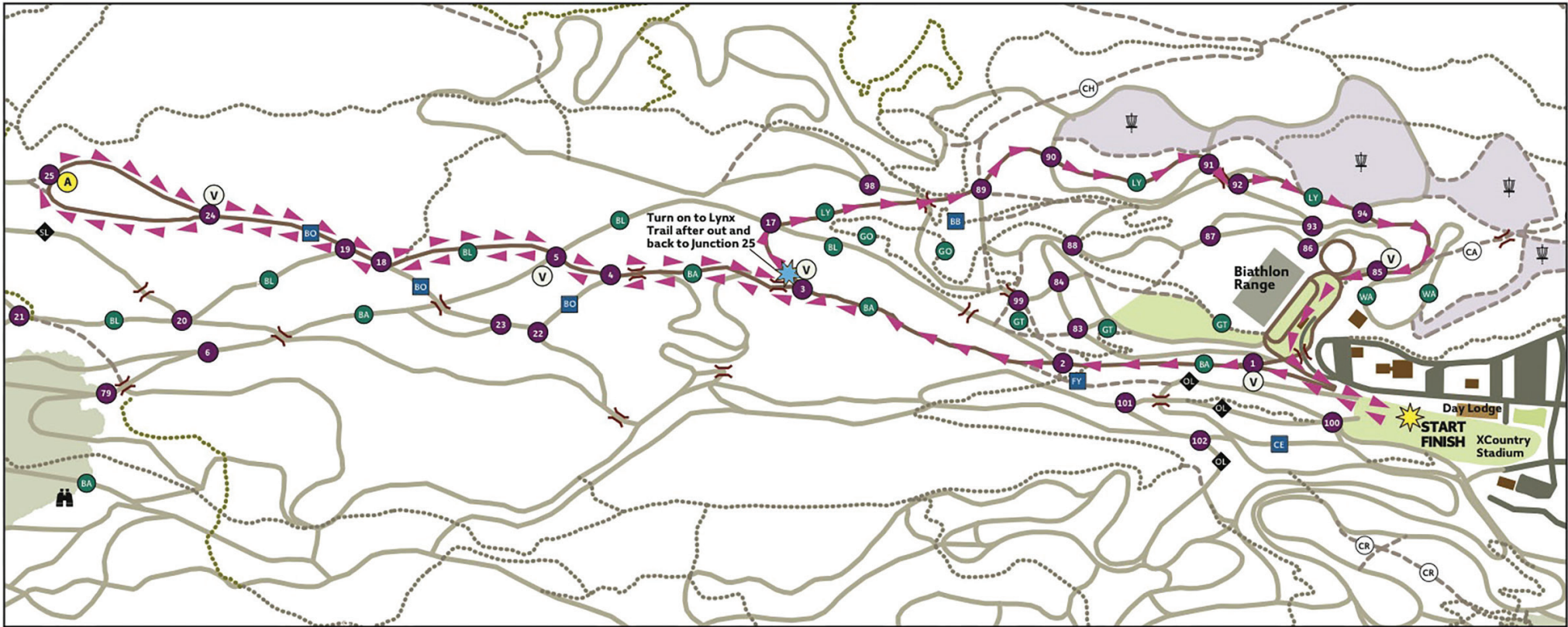


5 KM & 10 KM COURSE MAP

(2 LAPS FOR THE 10 KM)



Start Finish



Turn on to Lynx Trail after completing out and back to Junction 25



Course



Volunteer



Aid Station

Start in Stadium, follow Banff Trail (BA) to Banff Loop (BL) at Junction 5. Continue on Banff Loop to Bow Trail (BO) at Junction 19. Go around loop, turning back towards Day Lodge at Junction 25. Retrace route back along BL and BA, taking a sharp left onto Lynx (LY) at Junction 3. Follow Lynx all the way around back to Stadium area finish.

This route will be used as a contingency route for all runners, if deemed necessary due to trail conditions or wildlife.

10 KM route will complete the loop twice.