



## 2010 NACAC and Canadian Championships

### RACE DESCRIPTION July 9th, 2010 – Nakiska, Alberta



The race starts in the Ribbon Creek parking lot (1470 m). Although the actual start line has not been determined, it is likely that the race will start in an open area at the beginning of Ribbon Creek trail and proceed along the north side of the parking lot for 100 meters then turn left and start the climb up to the Nakiska ski area at approx. 10% grade. The surface is mixed grass and compacted dirt double track. In wet weather, small streams may cross this area. As the route approaches the Nakiska lodge, there is a small bridge across a stream and then the trail continues on dirt and compacted gravel past the lodge. The trail flattens as it passes the lodge (1.4 km) then there is an approx. 40 m descent (the only descent on the route) over 500 m, then the trail turns left and upward at 10% grade on mixed grass and dirt double track trail through forest for 750 m up to the Nakiska ski resort access road, which is compacted dirt and gravel double track.

After 350 m on the access road (approx. 3 km into the race, 1600 m), the race will either follow the access road, compacted dirt and gravel double track 10% grade to the top, or follow the perimeter trail to the north, which is mixed grass and compacted dirt double track at 10% grade. The perimeter trail rejoins the access road at the mid-mountain lodge (approx. 6.5 km into the race, 1900 m) and the race will remain on the access road to the top. If the perimeter trail is used (it is more scenic), there is a 20 m descent and muddy creek crossing just before the mid-mountain lodge. The choice of access road versus perimeter trail will depend on wildlife, weather conditions and safety issues. At the top, the route will either finish on a long flat just before and to the south of the gondola station (2280m) or finish at the gondola station on an incline.

Except possibly for the finish, no part of the race is flat, there is no more than 60 m of descent, and the race is virtually all at a 10% upward grade. At the top, the race terminates approx. 100 m below the Centennial Ridge Trail. For those interested in exploring, it is possible to scramble up to the ridge, if only for the views to the south and west, and then descend on the trail back to the Ribbon Creek parking lot.