

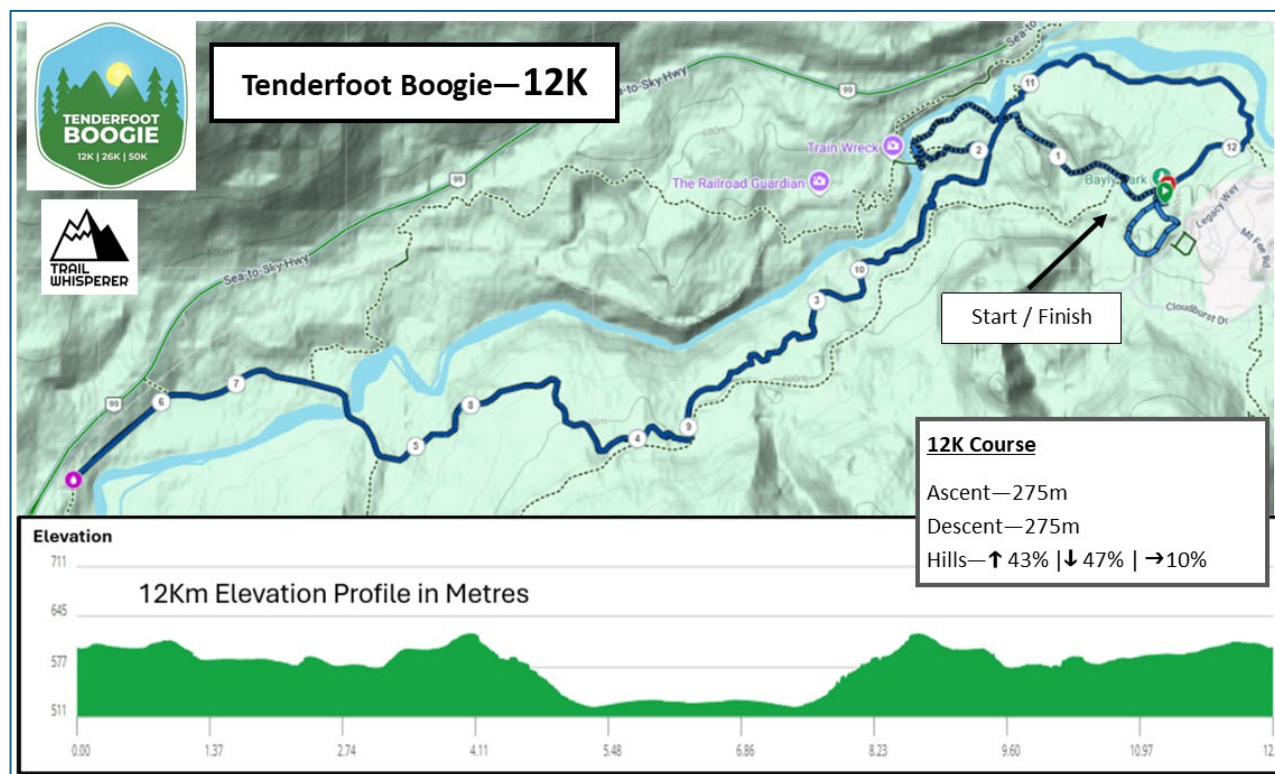


12K Tenderfoot Boogie Course Description

The scenic Tenderfoot Boogie is a fantastic, fun and challenging race on mostly runnable (but some very technical) trails running through beautiful west coast forests and around glacier-fed streams and rivers. Both new and experienced trail runners will find something for them as they experience the beauty of BC's coastal mountains in Whistler, BC.

Note: The course has been designed to bring the runners close to the WHISTLER TRAIN WRECK, an iconic tourist site. The official racecourse does not go directly to the Train Wreck, but racers have the **OPTION** to visit it during (or after) the race. The detour is <100m. If you do so, please be courteous, as it may be busy with other trail users.

The Tenderfoot Boogie 12K course¹ starts and finishes at [Bayly Park](#), south of Whistler, BC. This mostly out-and-back course begins with an initial loop through Bayly Park to spread the field before heading onto the trails. Runners will head West on the [Sea-to-Sky Trail](#) towards the beautiful [Cheakamus River](#). This narrow trail may be congested so please be cautious and courteous. About 1.2K into the course, take a short connector trail to the



¹.NOTE: Do NOT use the course description for course navigation. Changes to the course can happen right up to race day depending on weather and trail conditions. The racecourse will be well marked with pink and black striped flagging tape, pink flags, signs, and marshals at key intersections.

right and then to the left to turn onto Trash Trail. Trash will bring you to the bridge that crosses the river to the infamous Whistler Train Wreck. Runners have the OPTION to cross over the suspension bridge to view the train wreck and then return the same way to continue along the route. This would add approximately 5 minutes to your race time, depending on how long you spend taking selfies with the train cars.

After the optional view of the train wreck, runners will head up to the left, up Track Wreck Express and turn right to get back on the Sea-to-Sky Trail. Stay on the south side of the river, until crossing over the river at approximately 6K and continuing along the Sea-to-Sky Trail. At approximately 7K, runners will reach **the turn around point and water station**. You will return on the same route on the Sea-to-Sky Trail. You will not turn down towards the Train Wreck. Instead, go a short distance further, and then turn left at approximately 11K on a small connector trail to join Trash Trail, turning to the right onto Trash. Note, Trash is a narrow, technical trail – please be cautious and courteous. Continue along Trash Trail towards Legacy Way, and just before Legacy Way take the right turn towards Bayly Park and the finish line.

Have a great race!