



Tenderfoot Boogie

Detailed Race Information Guide

Race Day - June 20, 2026
Whistler, BC

Welcome to your Tenderfoot Boogie Trail Race Experience!

We are grateful to run the Tenderfoot Boogie on the Unceded Traditional Territories of the Lil'wat and Skwxwú7mesh First Nations.



Last update: **June 15, 2026**. Check back for updates as race day approaches. Let us know if you see any corrections required @tenderfootboogie@trailwhispererbc.ca.

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Key Race Logistics and Important Information

Changes from 2025

- The 26K and 50K only go as far south as Cal-Cheak Campground, and then turn back on an out and back. After Trash Trail, they head over to trails in the Whistler Interpretive Forest. The 12K route covers the same trails, but will start on Sea-to-Sky and finish on Trash Trail, the opposite to 2025.

Reminders

- ✓ ALL racers must check-in 30 minutes prior to race start. This includes racers who picked up their race package on Thursday or Friday.
- ✓ All racers must be at the start line 15 minutes prior to the race start for the pre-race briefing.
- ✓ NO Dogs are allowed in the race.
- ✓ Carry hydration and nutrition. June can be hot, and the course may be tougher than you expect.
- ✓ Bring your own reusable cup (racers will get one at package pickup).
- ✓ Please stay aware, watch for, and be courteous to MTB riders and other trail users. **Please give riders the right-of-way on any MTB trails.** Be courteous to each other, particularly at the start where there may be some congestion on the narrow Trash Trail.
- ✓ No short cutting on switchback trails.
- ✓ Take care crossing roads – you are responsible for your own safety. Cross only with the light on Hwy99 and do not short-cut the pedestrian crossing on Cheakamus Road (50K only).

All Trail Whisperer Policies can be found [here](#). Please familiarize yourself with these policies, this includes [Safety](#), [Race Rules](#), [Crewing](#), and [Cancellation/Deferral/Distance Changes](#).

Date & Location

- Saturday, June 20th
- Starting and finishing in Bayly Park, Whistler, BC — <https://maps.app.goo.gl/ZJTcv76r7Szt3H7F7>
- Bayly Park is ~9 km south of Whistler Village (a 10-minute drive) and ~110 km north of North Vancouver or Vancouver, a 1.5-hour drive, depending on traffic conditions.



Schedule of Events

Package Pick-up

Runners are encouraged to pickup their bib prior to race day to reduce race day wait times.

Date	Location	Time
Thursday, June 18	Running Room, #754 – 2601 Westview Dr. (Westview Shopping Centre), North Vancouver	5:00 PM – 7:00 PM
Friday, June 19	Whistler Athletes' Centre, 1080 Legacy Way, Whistler (across from the Start/Finish area in Bayly Park)	5:00 PM – 7:00 PM
Saturday, June 20 (Race Day)	Start Area at Bayly Park, Whistler	6:00 AM to 20 min. before race start

Race Day Key Times

Pre-race briefings are 15 minutes prior to each start time.

Check-in on race day is MANDATORY,
or you are not an official starter.

Distance	Package Pickup/ Race Day Check-in	Start Time	Course Cut-offs**	Average Minimum Pace (km/h)
50K	6:00 AM – 6:40 AM	7:00 AM	1. 25k Riverside Trail x Cheakamus E Forest Service Rd.: 12:30 PM 2. Finish 6:00 PM (11h)	4.5
26K	6:00 AM – 7:40 AM	8:00 AM	1. Trash Trail & Legacy Way: 12 noon 2. Finish 2 PM	4.3
12K	6:00 AM – 8:10 AM	8:30 AM	Finish 12:30 PM (4h)	3

Schedule of Events on Race Day

Time	Event
6:00 AM	Racer check-in/package pick-up opens for all distances
6:45 AM	50K Race briefing
7:00 AM	50K Race starts
7:45 AM	26K Race briefing
8:00 AM	26K Race starts
8:15 AM	12K Race briefing
8:30 AM	12K Race starts
9:30 AM	Approximate time for first 12K finisher*
10:00 AM	Approximate time for first 26K finisher*
11:30 AM	Approximate time for first 50K finisher*
12:00 PM	Cut-off for 26K runners at Trash Trail x Legacy Way
12:30 PM	Cut-off for 12K finishers
12:30 PM	Cut-off for 50K runners at Riverside Trail x Cheakamus E Forest Service Rd ~25 km**
2:00 PM	Cut-off for 26K finishers**
6:00 PM	Course closes for 50K finishers

* Individual award ceremonies for each category (Men & Women for each race distance) will be held shortly after the top 3 have finished in each category

** Race organizers reserve the right to pull runners off the course at any point if it is deemed likely that a runner will not be able to make the cut off time.

Things to Know

Drop Bags

After you check in, you can drop your bag with clothes for later. Any reasonably sized bag labelled with your name, bib number and race distance is fine. For 50K runners, these will be transported to Function Junction Aid Station for you and then they'll be transported back to the finish line for pick up. Do not leave valuables in your drop bag, we are not responsible for your possessions. Drop bags will be held at Bayly Park for 12K and 26K runners.

Distance Transfers

We understand that sometimes training doesn't go as planned, and you may want to change your distance. If there is still room in your preferred distance, you are welcome to transfer. PLEASE DO THIS AS EARLY AS POSSIBLE to help with our planning. There is a transfer fee, and this increases as race day approaches. See our policies for [Cancellation/Deferral/Distance Changes](#) for more information. Transfers can be completed by following this [link](#) and selecting **Transfer** from the menu.

Aid Stations

As you pass through the aid stations, give out high fives and appreciation for the special efforts of the aid stations crews. Aid stations will have water, electrolyte, cookies and other snacks, chips, coke, and fruit. We appreciate the support of the following companies for donating or providing cost reduced aid station supplies:

- Carb + Electrolyte drink from [Hail](#), a local Squamish based company. 200 calories/500ml. At 50K-only aid stations.
- [Huma](#) Energy Gels.
- Electrolyte from [Organika](#), a family business providing high quality wellness products, founded in British Columbia, Canada.
- Energy Cookies (50K only) from [PeakCookies](#), a Canadian company providing *nutrition for runners by runners*.
- [Nesters' Market in Whistler](#) is providing our aid station and finish line fruit.



ORGANIKA®



There are five aid stations along the route plus a water only aid station on the 12K course. We highly recommend carrying at least one water bottle, and most runners should carry over one litre of water. If it's a warm day, carry more hydration.

Aid Stations for 12K runners:

- 12K Turnaround water station at 6.5 km. (For 12K Runners only)

Aid Stations for 26K and 50K runners:

- Cal-Cheak Forest Rec Site Aid Station: 9 km
- Riverside Aid Station: 19km

Aid Stations for 50K runners only:

- Function Junction Aid Station: 28 km. Drop bags will be available here for 50K runners.
- Rainbow Falls Trail Aid Station: 38 km
- Stonebridge Drive Aid Station: 41 km

SEE THE DETAILED [AID STATION INFORMATION](#) FOR MORE INFORMATION.

Cups & Waste

We're committed to reducing unnecessary waste at our events and Tenderfoot Boogie is **cupless**. There will be **NO CUPS** at the aid stations. Every runner will receive a reusable *SpeedCup* provided by HydraPak to use during and after the event. Bring your own cup if you want any hot drinks.



Speaking of waste, please place your waste in the appropriately labelled bins that will be at each aid station. Also visit the **waste sorting table** at the finish line to learn more about sorting waste. Every bit of waste will be sorted and disposed of appropriately.



Live Race Tracking

Would you like your friends and family to be able to track your progress? [RunGo](#) makes that possible. The RunGo app will provide both live tracking for those at home AND turn by turn route navigation throughout the race for you. It's easy to use, and free for all our runners:



- ★ FAQ rungoapp.com/live-tracking-guide
- ★ Download the free RunGo app, for iPhone, Apple Watch, or Android
- ★ Find the route now or on Saturday morning via <https://routes.rungoapp.com/group/tenderfoot-boogie>
- ★ Enter your name and/or bib for tracking, then press Start when you're off.
- ★ Listen if you like during the run. You'll hear turns, trail names, climbs, aid stations, etc.
- ★ All participants will appear on the route map Saturday at the link above.

Course Etiquette and Safety

Trail running, by its nature, involves many hazards – there will be roots, rocks, and slippery and narrow sections. Bunching a group of runners together can increase the risks, so please pass with caution and courtesy.

The starting trail (Trash) is narrow in places, very technical, and has a couple of drop-offs to the river. Try to seed yourself for a reasonable position during the starting park loop (this is why we do this loop). If you need to pass, call out “On your left”, and wait for a safe place to pass. If you are ahead of faster runners, step off the trail and let them pass safely.

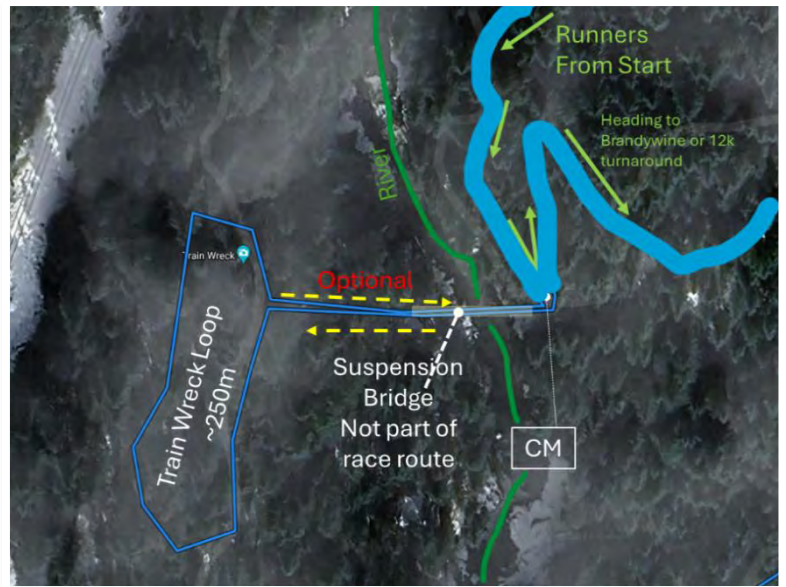
These trails are very popular with a variety of trail users. Please be courteous and take your time. Please walk when crossing suspension bridges if other users are present.

One area of special note:

The Train Wreck:

The Train Wreck IS NOT included in the race route this year.

In 2024, while some runner's loved it, the number of other users was very challenging. It's a super fun feature and you are welcome to take a few (~5) extra minutes to check it out. It's just across a suspension bridge on the way out at ~2 km into the race. If you decide to check it out, you need to retrace your steps back across the suspension bridge to continue on the race route. Please be courteous to the other users.



If you don't want to check it out during the race, you can go over later for a cool down after your race, or a shake-out the day before. It's only 1.2 km from the finish via the most direct route.



Road Crossings



You are responsible for your own safety when crossing roads. There should be course marshals to help you stay safe; but, except for the start, they can NOT stop traffic.

The 50K course will cross Highway 99 by Function Junction both out and back. You must use the pedestrian light to cross.

Taking pictures



There are numerous places where you might want to take pictures. Step to the side of the trail to stay out of the way of runners behind you.

If you want to step off the course by more than a couple of metres to get a great shot, and you are near the back and the sweeps might pass you, you **MUST** communicate to the sweep. Leaving your pack on the side of the trail is advised as a way to let sweeps know you have stepped off the course.

WORCA and Mountain Bike Trails



We are raising money for WORCA, the Whistler Off-Road Cycling Association. You'll be running on some lovely WORCA maintained trails, particularly in the 50K. They have been very helpful and supportive of the race. Please be courteous to mountain bikers and step out of their way.

Speaking of mountain biking trails, the 50K will be running on several. These can have lots of switchbacks, which makes for lovely, flowy, running. **Do NOT cut the switchbacks!** The race route is designed to use the trails; short cutting is not allowed.



Race Shirt

All racers will receive one of our fabulous race shirts. The shirts are made of technical wicking fabric made with recycled polyester in women's and men's specific sizing.



Friday Night Pre-Race Dinner

Tenderfoot Boogie runners, volunteers, friends and family are welcome to join a pre-race buffet dinner, 6:45 PM Friday, June 19, at the Whistler Athletes' Centre (WAC), after package pickup*.

Dinner will be served starting promptly at 6:45PM and will be available for 30 minutes only. Please make sure to arrive before 7:15PM to enjoy the meal, as dinner service will end at that time. We appreciate your punctuality and look forward to seeing you there!

***Pre-registration required.** Cost is \$25pp + processing fees. **Sign up before June 5th – Space is limited.** Runners can register through race roster – if already registered for the race, select "Store" on the [Race Roster menu](#). All others, please email tenderfootboogie@trailwhispererbc.ca before June 5 to register. Vegetarian and meat options will be available. Please email us with any other dietary restrictions and please see the [Allergy Disclaimer](#).



Finish Line

Come hang out at the finish area when you're done your race. Every finisher receives a finishers medal! We'll have awards for top 3 (men and women) in each distance. Enjoy the finish line food, check out the draw prize table, check out where your friends are on the RunGo live tracking screen at the finish (or on your phone), and cheer the runners coming in. We'll also have first aid in case there were any mishaps that need attention.

Most draw prizes will be pre-drawn, but we'll also be doing live draws throughout the day and you must be present to win (including for the pre-drawn ones after a reasonable length of time). So plan to hang around for a while!



Volunteers

We have the best! Volunteers are at the start, finish, in the middle and outside of the race. Trail racing depends on volunteers! Please take a moment to thank them generously. Let them know how much we appreciate all they do!



Aid, Facilities, and Spectators Guide

Aid Station Locations and Distances

50K

	Name	km	Segment	Segment Dist. (km)	Ascent (m)	Descent (m)
1	Cal-Cheak AS	9	Start to Cal-Cheak	9	111	203
2	Riverside AS	19	Cal-Cheak to Riverside	10	283	150
3	Function Junction AS★	27	Riverside to Function Junc'n	7	165	201
4	Rainbow Falls Trail AS	37	Func'n Junc'n to Rainbow F.	11	444	386
5	Stonebridge Drive AS	41	Rainbow F. to Stonebridge	4	226	108
6	Finish	50	Stonebridge Dr. to Finish	9	339	520
Total					1,568	1,568

★ Drop bags available for 50K Runners at Function Junction Aid Station

26K

	Name	km	Segment	Segment Dist. (km)	Ascent (m)	Descent (m)
1	Cal-Cheak AS	9	Start to Cal-Cheak	9	111	203
2	Riverside AS	19	Cal-Cheak to Riverside	10	283	148
3	Finish	26.1	Cal-Cheak to Finish	7	148	191
Total					542	542

12K

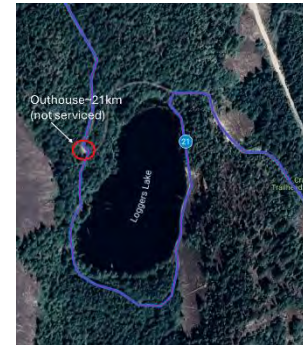
	Name	km	Segment	Segment Dist. (km)	Ascent (m)	Descent (m)
1	12K Turnaround	6.5	Start to 12K Turnaround	6.5	92	166
2	Finish	12.4	12K Turnaround to Finish	6	190	116
Total					274	274

Outhouses & Bathroom Facilities

Location	Description	12K	26K	50K
Bayley Park – start/finish area	Bathrooms with running water	Yes	Yes	Yes
Cal-Cheak Forest Rec Site ~9 km	Outhouse in campground	No	Yes	Yes
Loggers Lake ~21 km	Un-serviced outhouse on trail	No	Yes	Yes
Whistler Interpretive Forest ~ 26 km	Outhouse in parking lot	No	No	Yes
Rainbow Falls Trailhead at Alta Lk Rd. ~37 km	Outhouse on edge of parking lot	No	No	Yes

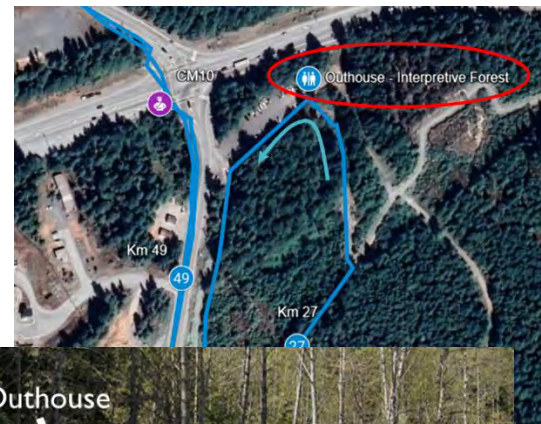
Logger's Lake

- 26K/50K routes at ~20.5 km
- This is a user-maintained outhouse and is not stocked with toilet paper.



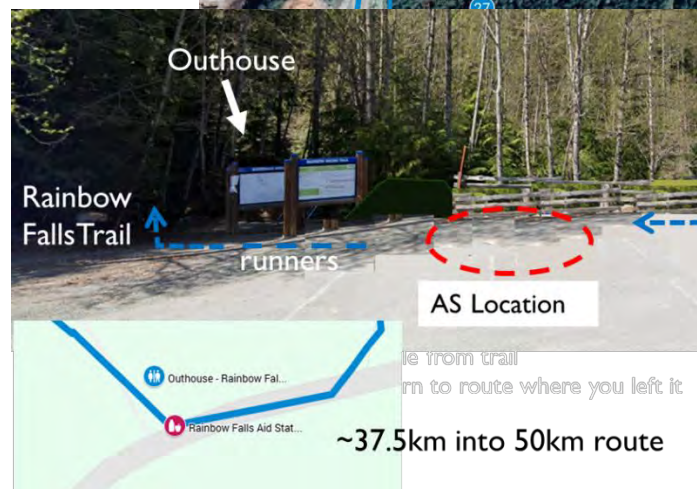
Whistler Interpretive Forest Parking Lot

- 50K route at ~25 km, accessible outbound only.
- Outhouse located in the Whistler Interpretive Forest parking lot
- Runners pass right by it on the outbound. You do not pass by on the return.
- Please be considerate of other users.



Rainbow Falls Trailhead Parking Lot

- 50K route at ~37 km
- Outhouse located on the edge of the Rainbow Falls Trailhead parking lot
- Runners pass right by it when leaving the aid station
- Please be considerate of other users.



★ **IMPORTANT:** If you are near the back and you need to use the outhouse or step off the trail for any reason, communicate to the sweeps and/or leave your backpack where the sweeps will see it, so they know you've stopped.

Facility Guide for Runners and Spectators

Location	Facilities for Runners or Spectators	Aid Station	Distance	Courses
Bayly Park (start/finish)	Registration, washrooms, finish line food, bag drop, parking	Finish line food	0 km, Finish	All
12K Turnaround	Water station for 12K runners only	Water only	7 km	12K
Cal-Cheak Forest Rec Site Aid Station	Aid station, campsite, outhouse, short gravel road access, parking	Yes	9 km	26 K, 50K
Riverside Aid Station	Aid Station, Parking	Yes	19 km	26 K, 50K
Logger's Lake (just before the lake)	Outhouse on the trail, not serviced. Likely won't have toilet paper.	No	21 km	26K, 50K
Whistler Interpretive Forest	Outhouse, parking	No	26 km	50K
Function Junction Aid Station	Aid station, drop bags (50K), at start of Flank Trail	Yes	27 km	50K
Function Junction commercial area	Several stores & cafes, parking	No	27 km, 48 km	50K
Rainbow Falls Trail head at Alta Lk Rd. Aid Station	Aid station, outhouse, parking	Yes	37 km	50K
Stonebridge Drive Aid Station	Aid station	Yes	41 km	50K

Where to Stay

Whistler Athletes' Centre Accommodation Discount

Whistler's Athlete's Centre, conveniently located next to the Tenderfoot Boogie start/finish area in Bayly Park in the Cheakamus Crossing area of Whistler, is **offering discounted rates for multiple night bookings. One night bookings are available at their regular low rates.** Registered racers and volunteers will receive a discount code via email. If you are registered, and haven't received your discount, please reach out to us. Check out their [booking site](#) for more information.

Other options:

- [Hotels and other lodging](#)
- [Cal-Cheak Forest Recreation Camping Site.](#)
- [Camp sites](#)



Carpooling & Parking

If possible, please carpool to the event. Parking will be limited, and we must be good neighbours and leave some parking available for other users of Bayly Park. We also strive to minimise our carbon footprint. Please try to avoid parking by the soccer field, as there will be games on during the day. See the parking map below. Please sign up on the [Caroster](#) app if you can offer a ride or need a ride.

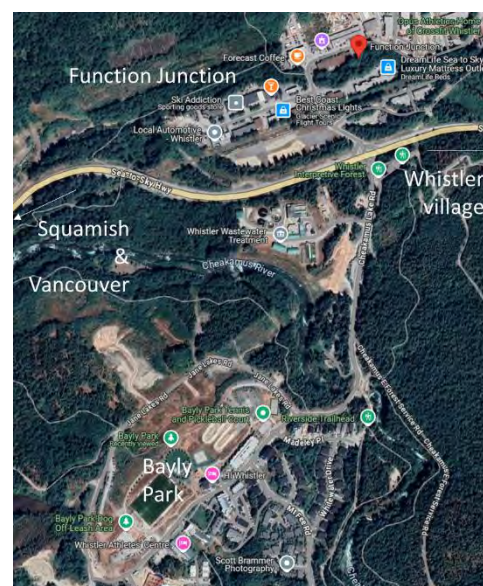


Support Our Sponsors!

While you or your crew are in the area, check out some of the race sponsors. The [Function Junction](#) business area is right across the highway and is a great spot to grab something to eat or drink, engage in some fun activities, check out the bike shops, and browse the interesting clothes stores. [Whistler Village](#) is a short drive away.

Check out our [sponsor offers](#). Check back regularly for updates. The following business are supporting Tenderfoot Boogie:

- [Forecast Coffee](#) – Offering a great selection of Food & Drinks – right by our Function Junction Aid Station! Forecast Coffee is providing race morning coffee, offering Gift Cards for our first 50 volunteers, and sponsoring our **fantastic race shirts**!
- [Smartwool Whistler](#) – Your stop for performance Merino clothing in Whistler Village. Smartwool Whistler is offering a



20% discount, sponsoring our **fantastic race shirts** and providing **Smartwool Socks for draw prizes!**

- [Mt. Waddington Outdoors](#) – Your go-to destination for backcountry gear in Whistler. MWO is providing **gifts for the race winners** and a **20% discount to all runners and volunteers**.
- [Hail](#) - Our 50K-only aid stations will be offering the Hail Carb + Electrolyte drink mix. Hail is a Squamish based company. Try it before race day and **save 15% on your order** (see the discount offer above). Hail will be sampling their product at Farmer's markets Sat June 6 (Squamish) and Sun June 7 (Whistler).
- [Camp Lifestyle and Coffee](#) – A beautiful mountain store and espresso bar, our store is a destination that celebrates a deep love of the outdoors. Camp Coffee is donating **discount coupons** and **draw prizes!**
- [Whistler Athletes' Centre](#) – WAC, right beside the race start/finish, offers affordable accommodation with convenience and comfort. WAC is offering **discounted room rates** and a **draw prize of one free night at the hotel**.
- [RunGo](#) - Live race tracking and audio guided race routes
- [Whistler Brewing](#) – A wide selection of craft beers brewed on the premises, food, tours and merchandise. Whistler Brewing is donating **draw prizes** and **BOGO beer or cider coupons!**
- [LifeMark Whistler Physiotherapy & Massage](#) – Lifemark will lead our **pre-race warm-up** and provide some **draw prizes**. Visit Lifemark for customized treatment solutions.
- [Whistler Bungee](#) – Whistler Bungee gives thrill seekers an unforgettable experience by jumping 160ft (50 meters) over the glacial fed Cheakamus River. Whistler Bungee is donating **draw prizes!**
- [Purebread](#) in Function Junction – a local bakery established in Whistler with one simple mission: to bake delicious bread, savouries, cakes and treats that bring a smile to peoples' faces. Purebread is donating **draw prizes** and some **treats for the finish line!**
- [Forged Axe Throwing](#) – check out axe throwing in Function Junction. Forged Axe is donating **draw prizes**.
- [Opus Athletics](#) – Opus Athletics the home of CrossFit Whistler, located in Function Junction. Opus Athletics is donating two **one-month memberships as draw prizes**.
- [Sea to Sky Gondola](#) – The ride to the summit provides sweeping views of Howe Sound. Located in Squamish, they are offering **gondola lift tickets as draw prizes**.
- [Organika](#) - A family business providing high quality wellness products, founded in British Columbia, Canada. Organika are providing Aid Station electrolytes and free samples to every racer and volunteer.
- [PeakCookies](#) - A Canadian company providing *nutrition for runners by runners*, is providing Energy Cookies for our 50K Aid Stations.
- [MOTUS Endurance](#) – Whistler based coach Oli, the founder of MOTUS Endurance Coaching, specializes in coaching trail and mountain running. MOTUS endurance is offering a [free 8-week training plan](#) for all our racers. For one lucky Early Bird winner, Oli will assess your coaching needs via a detailed in-take form and 1 hour call. He will then develop a personalized 12-week training plan for your review.
- [Nesters' Market in Whistler](#) is providing our aid station and finish line fruit.
- [Brandywine Boogie](#) – A beautiful 9 km trail run on some of the same trails as Tenderfoot Boogie. They are offering a free race entry as a draw prize.
- [Club Fat Ass](#) – Lower Mainland trail running club, offering free events for active people. CFA is running a couple of our aid stations.
- [Naked Sprout](#) - a locally owned vegetarian and Plant-based cafe & eatery, tucked into the heart of Whistler Village - is donating **draw prizes**.

- [RunOn Performance Skincare](#) - samples for all the runners
- Vail Resorts [EpicPromise](#) - Whistler Blackcomb Summer Scenic/Hiking Season Passes
- [Delta Hotels by Marriott Whistler Village Suites](#) 1-night stay door prize
- [Pan Pacific Whistler Mountainside](#) - 1-night stay door prize
- [Ziptrek](#) - Eagle Tour for 2 door prize
- [Canadian Wilderness Adventures](#) - Off-Road Buggy Tour for 2 door prize
- [Altra Running](#) – Altra will be at our finish line with demos and door prizes
- [Sea Vancouver](#) - Waterfront Adventure for 2 door prize
- [Balance in Motion](#) - Gym memberships
- [Stronger Strides](#) - On-line fitness memberships
- [Capilano Suspension bridge](#) - Tickets for door prizes
- [Mongolie Grill](#) - Restaurant in Whistler Village - gift card door prize
- [Naked Sprout](#) - Cafe in Whistler Village - gift card door prize
- [Running Room](#) - Race equipment and podium prizes
- [Cobs Bread](#) - Finish line treats
- [Bremner's](#) - Finish line juice samples
- [Hydrapak](#) - Reusable speed cups for all the runners



FORECAST
Coffee Roasters



STORMTECH® **HydraPak**

• WHISTLER •
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Mt. WADDINGTON
OUTDOORS



BALANCE IN MOTION



STRONGER STRIDES

Lifemark

**WHISTLER
BREWING**



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CAPILANO
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camp
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MOTUS
ENDURANCE



Brandywine Boogie
Whistler - British Columbia

naked sprout
café & eatery

SEA TO SKY GONDOLA
ADVENTURE BY NATURE

Gibbons
WHISTLER SINCE 1979



PAN PACIFIC
WHISTLER MOUNTAINSIDE



Race Background

What is the Tenderfoot Boogie Trail Race?

Tenderfoot Boogie will be a fantastic, fun, and challenging race on mostly runnable (but also some very technical) trails starting and finishing in Bayly Park, Whistler, BC, covering the area from Cal-Cheak Campground in the south to Rainbow Falls in the north. All distances will be on trails running through beautiful west coast forests and around glacier-fed streams and rivers, allowing runners to experience the beauty of BC's coastal mountains.



Suitable for very fit first-time racers with trail experience as well as veteran trail racers, the Tenderfoot has something for everyone. Hardy families and those wanting a shorter or faster race can tackle the 12K distance. The 26K will allow runners to go as far south as Cal-Cheak Campground and east to Whistler Interpretive Forest, and provides a step up in difficulty due to the increased length. The Tenderfoot course really shines in the 50K distance, with some spicy climbing and a range of trail types. All distances will start and finish at Bayly Park, near the Whistler Olympic Village, across the Sea-to-Sky Highway from Function Junction.

Caution: This is not a road race! Expect your trail running pace to be much slower and effort to be significantly greater than a similar length road run. There are sections of the trail that are rocky, steep, have loose gravel, and may be slippery. There are also a few road crossings, where YOU are expected to YIELD to traffic.

Race History

Tenderfoot Boogie ran from 2009 to 2019 under founder Gottfried Grosser's direction. The 50-mile race started in Squamish, passed by the eponymous **Tenderfoot Creek and Fish Hatchery**, and finished in Whistler. After a few years hiatus, Benji Chu (Trail Whisperer owner), and Shanna Knights (current TB race director) worked together to establish a re-imagined Tenderfoot Boogie, with the aim to provide a unique and memorable experience for all participants. We kept as much of the original route as possible while avoiding the challenges posed by the previous highway section and addressing logistical complexities. Trail Whisperer is committed to upholding the Tenderfoot Boogie spirit of fun and community while providing a challenging but doable trail race in beautiful scenery, ensuring the success of these events in the years to come.

Detailed Course Information and Tables

Course Description

Are you ready for a stunning adventure in British Columbia's coastal mountain range in the Sea-to-Sky corridor? Tenderfoot Boogie offers 3 distances through amazing forest, river, and mountain terrain.

Course Downloads

Map links are available in various formats. Please also see the map images and elevation profiles at the bottom of this page.

RunGo:

We will be offering live tracking via RunGo. See [Tenderfoot Boogie Group](#)

- [Tenderfoot Boogie 12K 2026](#)
- [Tenderfoot Boogie 26K 2026](#)
- [Tenderfoot Boogie 50K 2026](#)



Garmin links:

- [Garmin 50K, 1600m](#)
- [Garmin 26K, 600m](#)
- [Garmin 12K, 260m](#)

GPX Files:

- [Tenderfoot Boogie 2025 50K GPX Download](#)
- [Tenderfoot Boogie 2025 26K GPX Download](#)
- [Tenderfoot Boogie 2025 12K GPX Download](#)

Detailed Course Overview

Note: Courses are subject to change due to unforeseen circumstances. The route may be subject to adjustments based on maintenance or trail upgrades needed closer to race day. Check back for updates as the race date approaches. * May 3, 2026 update: The routes for the 50K and 26K courses have been changed due to access issues south of Cal-Cheak, compared to the 2025 courses. Course changes are confirmed below. While the courses appear shorter due to mapping estimates, they will be within error of the stated 26K and 50K distances. The mapped distances are referred to below; actual distances will be longer. The 12K route covers the same trails as 2025 but will start on Sea-to-Sky Trail and finish on Trash Trail.

All 3 distances follow the same trails until turning back towards the finish to achieve the desired distance. The 12K and the first 15k of the 26K, and the 50K, are on an out-and-back route. The second half of the 50K is a double lollipop. All distances start and finish at [Bayly Park](#), south of Whistler, BC..

Note: The course has been designed to bring the runners close to the WHISTLER TRAIN WRECK, an iconic tourist site. The official race course 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.

All routes do an initial loop through Bayly Park to spread the field before heading out of the park. The 26K & 50K head west on Trash Trail following the south side of the beautiful [Cheakamus River](#). Please be cautious and courteous heading out on this scenic but narrow trail, as it may be congested to start. About 2.5 km into the course, the route joins the [Sea-to-Sky Trail](#) just across the river from the infamous Whistler Train Wreck. The 12K route starts on the Sea-to-Sky Trail. Runners will have the **OPTION** to cross over the suspension bridge to view the train wreck and then return the same way to continue on the route. This would add ~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 stay on the south side of the river, until crossing over the river at ~6 km and continuing along the Sea-to-Sky Trail.

The **12K runners** will turn around at a water station ~1 km after crossing the river to return on the same route. On the return, they will take a short connector trail onto Trash Trail to return to Bayly Park.

At ~9k, the 26k and 50k runners will reach the aid station in the beautiful Cal-Cheak campground area. This is now the turn around point. You will then return on the same route on the Sea-to-Sky Trail. The runners will not turn down towards the Train Wreck, but will go a short distance further, and will turn left at ~15.5k on a small shortcut trail to join Trash Trail and return on the outbound route, continuing on Trash to Legacy Way, just past the turn-off to Bayly Park (which they will not take).

NEW Section: Riverside, Loggers Lake, Farside: The 26K/50K runners will turn south on Riverside Trail, and do ~8k loop down Riverside, up to Lower Ridge Trail, around Logger's Lake, back down to Riverside, cross over the McLauren bridge across the Cheakamus River, and return via Farside Trail. The 26K runners will return to Bayly Park, and the 50K will continue north on Riverside Trail, as per the 2025 route. The 26K will now finish along Legacy Way and into Bayly Park along the same path as the 50K, and as the 50K did last year.

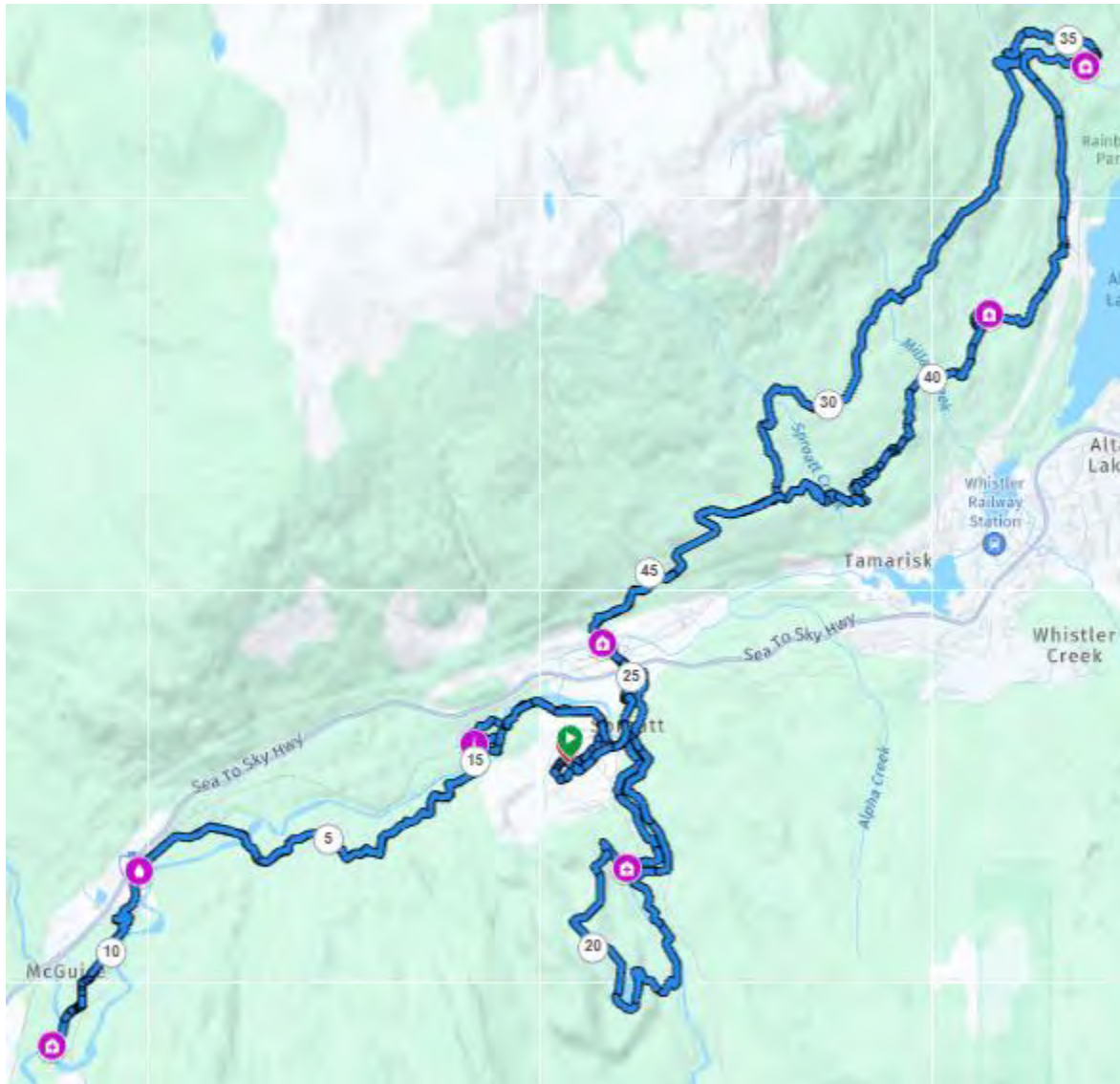
The 50K route will cross Cheakamus Lake Rd. at a pedestrian crossing, and then Highway 99 at the Function Junction traffic light to the Function Junction Aid Station (FJ AS) at ~26k. Note, the highway crossing includes 1 light. **YOU MUST TAKE CARE AND CROSS WITH THE WALK SIGNAL AT THE HIGHWAY** and use caution at the pedestrian crossings. Please **DO NOT SHORT CUT THE PEDESTRIAN CROSSING ON CHEAKAMUS ROAD**. Upon leaving the FJ AS, the route starts climbing steadily up Flank Trail for about 4 km. The trail follows the Rainbow-Sproatt-Flank Trail (or sometimes just referred to as Flank Trail) and Rainbow Falls Loop for about 10 km until reaching the Rainbow Falls Trailhead at Alta Lake Rd (with an Aid Station, outhouse, and parking lot) at ~38 km. The trail will loop back up on the other side of 21 Mile Creek for ~700m and then will follow a series of lovely winding mountain bike trails and old gravel roads (aid station by Stonebridge Way at ~41 km) before climbing back to join the Flank Trail at ~46 km. Please note, some of the MTB trails have multiple switchbacks, which makes them nicely flowing and runnable. **PLEASE DON'T SHORTCUT THE SWITCHBACKS**. Once you join up with Flank Trail, you retrace your steps to Function Junction on a steady long downhill, cross the highway again at the controlled intersection, and return to finish at Bayly Park.

As we are using mountain bike trails, maintained by WORCA, please stay aware and watch for riders. **Please give riders the right-of-way on any MTB trails.**

Maps and Elevation Profiles (2026)

See interactive maps here: [50K](#), [26K](#), [12K](#).

50Km Route



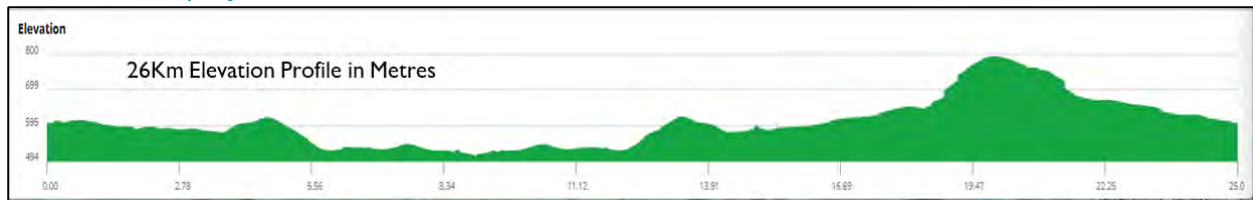
50K Elevation profile in metres



26K Route



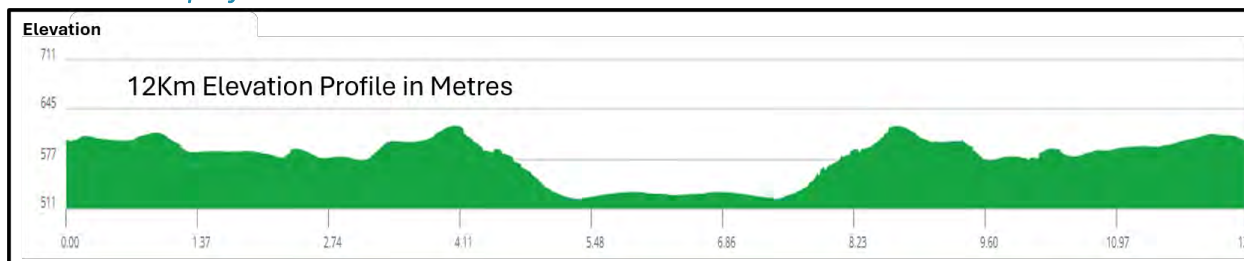
26K Elevation profile in metres



12K Route

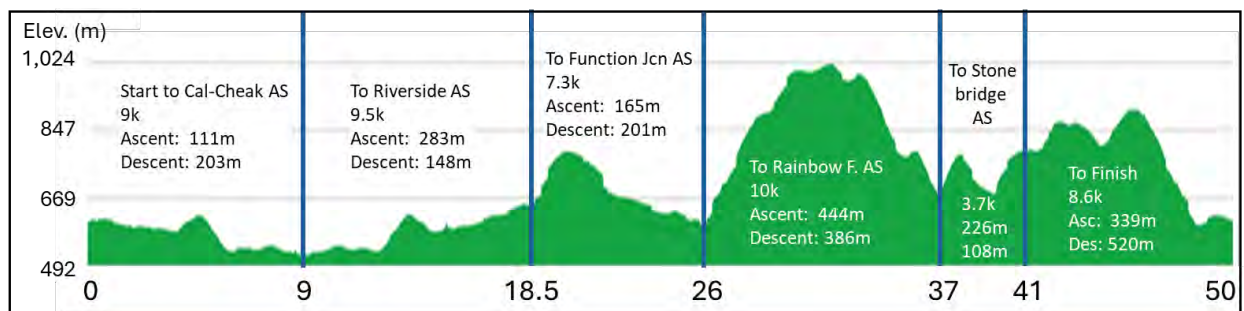


12K Elevation profile in metres

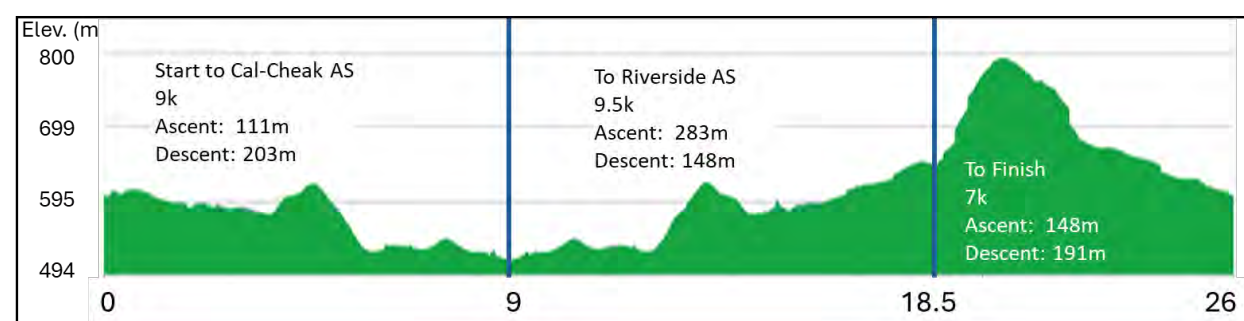


Course Elevation Profile and Aid Station Locations

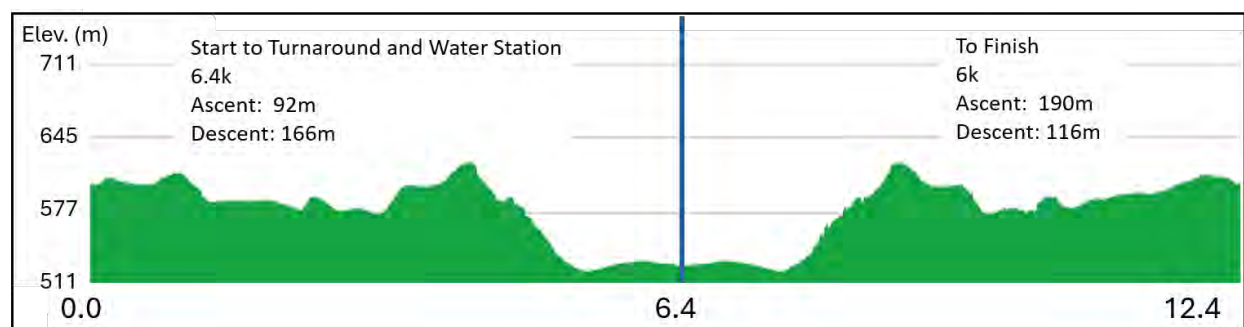
50K Course



26K Course



12K Course



Estimated Race Times 2026

The following tables are provided as an aid to estimate when a runner might be at a certain location on the course. These are only estimates and will not be accurate. They are based on averages for 2024 & 2025 times, with adjustments for course changes.

The “First Runner” estimate is generally faster than we expect, in order that we are ready for the actual first runner. But who knows, they could be some really speedy runners! “Last runner” is at the cut-off for 50K or based on previous times. There could be slower runners, but they won’t make the cut-offs.

50K Race Predictions

Pace (min/km)		5.4		6.8	10.6	13.2	
Distance		First Runner (hours)	Time	Surging	Dropping off	Last Runner (hours)	Time
Start	0	0	7:00:00 AM	7:00:00 AM	7:00:00 AM	0	7:00:00 AM
Train wreck suspension bridge	2.3	0.2	7:12:25 AM	7:15:38 AM	7:24:23 AM	0.5	7:30:22 AM
12k Turnaround	7	0.6	7:37:48 AM	7:47:36 AM	8:14:12 AM	1.5	8:32:24 AM
Cal-Cheak AS	9	0.8	7:48:36 AM	8:01:12 AM	8:35:24 AM	2.0	8:58:48 AM
12k Turnaround	11	1.0	7:59:24 AM	8:14:48 AM	8:56:36 AM	2.4	9:25:12 AM
Trash/S2S split	15.5	1.4	8:23:42 AM	8:45:24 AM	9:44:18 AM	3.4	10:24:36 AM
Bayly Park (Trash & Legacy Way)	16.7	1.5	8:30:11 AM	8:53:34 AM	9:57:01 AM	3.7	10:40:26 AM
Riverside AS	18.5	1.7	8:39:54 AM	9:05:48 AM	10:16:06 AM	4.1	11:04:12 AM
Loggers L Trail/ChkLRd	21.4	1.9	8:55:34 AM	9:25:31 AM	10:46:50 AM	4.7	11:42:29 AM
Cheakamus FSR at Enter Riverside	24.3	2.2	9:11:13 AM	9:45:14 AM	11:17:35 AM	5.3	12:20:46 PM
Hwy99/Fcn Jcn AS	26	2.3	9:20:24 AM	9:56:48 AM	11:35:36 AM	5.7	12:43:12 PM
Flank/Industrial waste	28.5	2.6	9:33:54 AM	10:13:48 AM	12:02:06 PM	6.3	1:16:12 PM
Rainbow Trail loop	34	3.1	10:03:36 AM	10:51:12 AM	1:00:24 PM	7.5	2:28:48 PM
Rainbow Falls AS	36	3.2	10:14:24 AM	11:04:48 AM	1:21:36 PM	7.9	2:55:12 PM
Rainbow Trail loop	37	3.3	10:19:48 AM	11:11:36 AM	1:32:12 PM	8.1	3:08:24 PM
Stonebridge Drive AS	40	3.6	10:36:00 AM	11:32:00 AM	2:04:00 PM	8.8	3:48:00 PM
Rtn to Flank Trail	44	4.0	10:57:36 AM	11:59:12 AM	2:46:24 PM	9.7	4:40:48 PM
Hwy99	48	4.3	11:19:12 AM	12:26:24 PM	3:28:48 PM	10.6	5:33:36 PM
Est'd Finish	50	4.5	11:30:00 AM	12:40:00 PM	3:50:00 PM	11.0	6:00:00 PM
Actual Finish 2024		4.7	11:44:00 AM			10.95	5:57:00 PM
Actual Finish 2025		5.8	12:00:00 PM			11	6:00:00 PM

26K Race Predictions

Pace (min/km)		4.7		6.3	9.1	12.5	
Distance		First Runner (hours)	Time	Surging	Dropping off	Last Runner (hours)	Time
Start	0	0	8:00:00 AM	8:00:00 AM	8:00:00 AM	0	8:00:00 AM
Train wreck susp bridge	2.3	0.2	8:10:49 AM	8:14:29 AM	8:20:56 AM	0.5	8:28:45 AM
12k Turnaround	7	0.5	8:32:54 AM	8:44:06 AM	9:03:42 AM	1.5	9:27:30 AM
Cal-Cheak AS	9	0.7	8:42:18 AM	8:56:42 AM	9:21:54 AM	1.9	9:52:30 AM
12k Turnaround	11	0.9	8:51:42 AM	9:09:18 AM	9:40:06 AM	2.3	10:17:30 AM
Trash/S2S split	15.5	1.2	9:12:51 AM	9:37:39 AM	10:21:03 AM	3.2	11:13:45 AM
Bayly Park (Trash & Legacy Way)	16.7	1.3	9:18:29 AM	9:45:13 AM	10:31:58 AM	3.5	11:28:45 AM
Riverside AS	18.5	1.4	9:26:57 AM	9:56:33 AM	10:48:21 AM	3.9	11:51:15 AM
LL Trail/ChkLRd	21.4	1.7	9:40:35 AM	10:14:49 AM	11:14:44 AM	4.5	12:27:30 PM
Cheakamus FSR at enter riverside	24.3	1.9	9:54:13 AM	10:33:05 AM	11:41:08 AM	5.1	1:03:45 PM
Finish	26	2.0	9:59:23 AM	10:40:01 AM	11:51:08 AM	5.3	1:17:30 PM
Actual Finish 2024	28k	2.5	10:27:00 AM			5.85	1:51:00 PM
Actual Finish 2025	26K	2.1	10:04:00 AM			5	1:00:00 PM

12K Race Predictions

Pace (min/km)		4.9		5.5	10.9	11.8	
Distance		First Runner	Time	Surging	Dropping off	Last Runner	Time
Start	0	0	8:30:00 AM	8:30:00 AM	8:30:00 AM	0	8:30:00 AM
Train wreck susp bridge	1.7	0.1	8:38:20 AM	8:39:21 AM	8:48:32 AM	0.3	8:50:04 AM
12k Turnaround	6.4	0.5	9:01:22 AM	9:05:12 AM	9:39:46 AM	1.3	9:45:31 AM
Trash/S2S split	10.8	0.9	9:22:55 AM	9:29:24 AM	10:27:43 AM	2.1	10:37:26 AM
Finish	12.4	1.0	9:30:46 AM	9:38:12 AM	10:45:10 AM	2.4	10:56:19 AM
Actual Finish 2024		1.0	9:32:00 AM			2.4	10:52:00 AM
Actual Finish 2025		1.2	9:40:52 AM				10:46:31 AM