

2019 WHISTLER ALPINE MEADOWS 100 MILE COURSE OVERVIEW

| AS # | Location | Distance (kms) | Distance (to next AS) | Elevation Splits | Drop Bags? | Crew? | Toilet? | Cut Off | |
|--------|--------------|----------------|-----------------------|-------------------|------------|-------|---------|-----------|-------|
| | | | | | | | | Time | Hrs |
| START | Meadow Park | 0 | 14.5 | +733m / -696m | | | Y | | |
| 1 | Alta Lake | 14.5 | 11.5 | +632m / -711m | N | Y | Y | | |
| 2 | Function | 26 | 19 | +1,071m / -1,061m | N | Y | Y | | |
| 3 | WAC | 45 | 15 | +755m / -601m | Y | Y | Y | | |
| 4 | Village | 60 | 19 | +1,720m / -460m | N | Y | N | 01:00 SAT | 15 |
| 5 | Whistler Mtn | 79 | 14 | +158m / -1,572m | N | N | Y | | |
| 6 | WAC | 93 | 13.5 | +1,572m / -158m | Y | Y | Y | 12:00 SAT | 26 |
| 7 | Whistler Mtn | 106.5 | 19.5 | +482m / -1,772m | N | N | Y | | |
| 8 | Base 2 | 126 | 7 | +848m / -6m | Y | Y | Y | 00:15 SUN | 38.25 |
| 9 | 7th Heaven | 130 | 12 | +758m / -758m | N | N | N | 03:45 SUN | 41.75 |
| 10 | 7th Heaven | 142 | 17 | +495m / -1,420m | N | N | N | 04:30 SUN | 42.5 |
| 11 | Green Lake | 159 | 8 | +275m / -285m | N | N | N | | |
| FINISH | Riverside | 167 | - | - | Y | | Y | 10:00 SUN | 48 |