

2019 WHISTLER ALPINE MEADOWS 110 KM COURSE OVERVIEW

AS #	Location	Distance (kms)	Distance (to next AS)	Elevation Splits	Drop Bags?	Crew?	Toilet?	Cut Off	
								Time	Hrs
START	Riverside	0	16	+733m / -696m			Y		
1	Alta Lake	16	11.5	+632m / -711m	N	Y	Y		
2	Function	27.5	21.5	+1,071m / -1,061m	N	Y	Y		
3	WAC	49	14	+1,572m / -158m	Y	Y	Y	15:00 SAT	11
4	Whistler Mtn	63	19.5	+482m / -1,772m	N	N	Y		
5	Base 2	82.5	4	+848m / -6m	Y	Y	Y	23:30 SAT	19.5
6	7th Heaven	86.5	12	+758m / -758m	N	N	N	04:15 SUN	24.25
7	7th Heaven	98.5	15	+300m / -1,235m	N	N	N		
FINISH	Riverside	113.5	-	-	Y		Y	10:00 SUN	30