3K, 4K and 5K all start at the bottom of Stony Mountain Ski Hill
*photo from 2019 SM RUN*

Shortly after start.
*photo from 2019 Zone 5 Cross Country V Girls*
At end of straightaway, course curls back across bottom of ski hill
*photo from 2019 SM Run*
Continuing along bottom of ski hill
photo from 2019 Zone 5 Cross Country JV Boys
Continuing along bottom of ski hill, back past start line

photo from 2019 Zone 5 Cross Country JV Boys
All distances head up the ‘bunny’ hill – some tough elevation here!

photo from Zone 5 Cross Country V Boys
Another shot coming up the ski hill

*Photo from Zone 5 Cross Country V Girls*
The bike leader will connect with group at top of ‘bunny hill’ and take them across the summit and out onto the remainder of the course.

*photo from 2019 Zone 5 Cross Country V Girls*
Another shot of top of ski hill

photo from 2019 Zone 5 Cross Country JV Boys
After running the length of the ski hill entrance road (on grass), all runners will head out onto Stony Mountain’s walking/cycling trail network through the old quarry.
The Stony Mountain Trail Network is an 8’ wide crushed limestone trail
3K, 4K and 5K all hit this section of the trail network. Shortly after this spot, the 3K loop breaks off and 4K and 5K continue.

*photo from 2019 Zone 5 Cross Country Provincials*
After departing the gravel trail for a couple hundred meters of dirt trail through the bush (sorry no pics!), the 4K and 5K come back onto the gravel at this spot and tackle this short but steep hill. Shortly after this the 4K loop breaks off and 5K continues on.

Only the 5K runners will hit his section of trail – right before tackling the lower portion of Pikes Peak (Stony Mountain toboggan hill)

*photo taken in 2017 during trail construction*
After getting up Pikes Peak, 5K Runners start heading back on this section of trail (going opposite direction of these walkers)

photo from 2016 SM RUN
Due to crazy rainfall in September, a portion of the 4K and 5K routes is flooded. At great trouble, a 4’ wide causeway has been built to bridge the knee deep water here.

Cones and caution tape will be installed at entrance to causeway to funnel traffic down to single file for this very short section. We realize this is not ideal but the other option is two way traffic on a narrow steep section of trail at west end of pond.
A pic of the causeway being covered in gravel and widened on Saturday afternoon due to concerns about the original flat rock construction.

4K and 5K get back on the groomed gravel trail
3K, 4K and 5K all head back through the bottom of the old Quarry on an old gravel roadway.

*Photo from 2019 Zone 5 V Girls*

3K, 4K and 5K all get back on some groomed gravel trails to climb back out of the quarry

*Photo from 2017 SM Run*
3K, 4K and 5K all then head back beside the ski hill driveway (on grass) and loop back over the summit of ski hill, around the chalet before the final sprint to the finish in the ski hill gravel parking lot.