




CRANKWORX WHISTLER | AUGUST 10-19

LIAISON INFORMATION

Liaison	Description	Time Allocated
Start – Stage 1 Start	Depart Skiers Plaza Pedal Valley Trail > Blackcomb Access Road > Out of the Dust > Micro Climate Access Trail Elevation difference = 456m Transition Distance = 6.1km  <p style="color: red;">Riders are not permitted to use any alternate routes for this transition during either training or race days. Riders will be disqualified if they are found on the Blackcomb Mountain Rd</p>	70min
Stage 1 Start – Stage 2 Start	Descend <i>S1 Micro Climate</i> [2,143 m distance, 3 m climb , -424 m descend] Water station will be located at the bottom of Micro Climate. Climb Blackcomb Access Road > Out of the Dust to start of <i>S2 Crazy Train</i> Elevation difference = 340m Transition Distance = 3.3km  <p style="color: red;">Riders are not permitted to use any alternate routes for this transition during either training or race days. Riders will be disqualified if they are found on the Blackcomb Mountain Rd</p>	65min
Stage 2 Start – Stage 3 Start	Descend <i>S2 Crazy Train</i> [1,579 m distance, 2 m climb , -333 m descent] Pedal Blackcomb Access Road > Lorimer Road > Rainbow Lake Valley Trail > Creekside base area Upload on Creekside Gondola Descend Crossroads to start of <i>S3 Delayed Fuse</i> Riders will be permitted to stop at the team pits in the Village before proceeding to Creekside Water fountains will be available in the Village, at Rainbow Park and Ravens Nest. Riders will pass Feed Zone at the Creekside base area Elevation difference (Riding) = -235m Transition Distance (Riding) = 10km	80min

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<p>Stage 3 Start Stage 4 Start</p>	<p>Descend <i>S3 Delayed Fuse / BC Trail</i> [1,430 m distance , 42 m climb , -312 m descent]</p> <p>Exit BC Trail at the grass road that connects to the top of Kadenwood Gondola . Climb to Love Canal > Kushy Love > Microwave Tower Road > Lower Microwave Tower Access Road to start of <i>S4 Heavy Flow</i></p> <p> Riders will not be permitted to shuttle Kadenwood Road for training as it is a private road</p> <p>There will not be any water stations on this transition.</p> <p>Elevation difference = 21m Transition Distance = 4.2km</p>	<p>55min</p>
<p>Stage 4 Start – Stage 5 Start</p>	<p>Descend <i>S4 Heavy Flow, Hind Sight and Lower Tunnel Vision</i> [1,711 m distance , 15 m climb , -225 m]</p> <p>Pedal Bayshores Valley Trail to Creekside base area Upload on Creekside Gondola and Red Chair. Descend Peak Chair Connector Upload Peak Chair</p> <p>Riders will pass Feed Zone at the Creekside base area Water fountains will be available at the Roundhouse Lodge</p> <p>Elevation difference(Riding) = -80m Transition Distance(Riding) = 2.6km</p>	<p>95min</p>